

To Register

Make Check Payable To:

High Impact Training & Counseling, Inc.

44 Broad St NW., Suite 707

Atlanta, GA 30303

Tuition Fee: \$65.00

Name: _____

Address: _____

Phone:(H) _____

Phone:(W) _____

Email Address: _____

Credit Card: ___ VISA ___ MC

Card #: _____

Exp. Date: _____

Name on Card: _____

Email address needed for directions to facility to be emailed to you upon receipt of registration.

Cancellations must be received at least 72 hours prior to workshop for a refund. A \$20 processing fee will be assessed for all cancellations.

Program subject to cancellation due to insufficient enrollment. Refunds will be promptly made due to lack of enrollment.

Training Dates

9/28/2016—Atlanta

10/19/2016—Atlanta

12/07/2016—Atlanta

1/17/2017—Atlanta

2/4/2017—Atlanta

4/7/2017—Atlanta

6/7/2017—Atlanta

8/1/2017—Atlanta

**“MAAD”
Managing Angry
Adolescents Differently**

1 Day Course

Various Dates



Anger Management Institute

44 Broad St. NW

Suite 707

Atlanta, GA 30303

404-523-6074

Fax: 404-523-3749

Training Location:

High Impact/Anger Management

44 Broad St. NW, Suite 707

Atlanta GA 30303

Training Provided By:

High Impact/Anger Management

44 Broad St. NW, Suite 707

Atlanta, GA 30303

About the Conference

In today's society, adolescents face daily situations that contribute to them being angry. A multitude of factors contribute to their anger. Some of those factors include poverty, neglect, divorce, physical or psychological abuse, and addictions. To be healthy and safe, teens need to be equipped with skills that allow them to cope with anger in a productive manner. The (MAAD) Managing Angry Adolescents Differently is a one-day workshop that is designed to equip therapist, teachers or anyone working with angry teens with the skills to understand their anger and manage their anger more proactively. The MAAD workshop focuses on understanding the drivers of adolescent anger including brain development, socialization processes, attachment disruption and adverse childhood experiences as well as assisting teens in developing choice-based anger management and behavioral control skills.

Who Should Attend:

The certification training is LPC's, LCSW, SA Counselors, and others interested in developing specialization in Anger Control and Intervention Counseling.

Continuing Education Credits of 6 hours have been applied for through GACA, LPC, and LCSW.

Learning Objectives

- Develop a theoretical base for working with angry adolescents
- Explore the impact today's socialization on teen anger
- Understand the adolescent brain
- Understand anger and physiology; in particular, the role of the hormonal system.
- Understand the negative impact of anger on relationships.
- Learn what actions you can take to manage your anger more effectively.
- Develop skills to manage the anger of others more effectively.
- Describe the use of mindfulness and emotional management skills
- Help teens develop a "Crisis Anger Control Plan"
- Using Subjective Wellbeing strategies to reduce anger

Pre-registration is required. Tuition fee covers the cost of instruction, handout materials, refreshments breaks, continuing education credits,

8:30 a.m.-4:30 p.m.

- 8:45 am Registration
- 9:00 Theoretical bases for working with angry teens
- 9:30 Modern socialization's impact on teen anger
- 10:15 Break
- 10:30 Understanding the adolescent teen brain
- 11:00 Making sense of anger and physiology
- 11:30 Anger and its negative impact on relationships
- 12:00 pm Lunch
- 1:00 Actions teens can take to manage anger more effectively
- 1:30 Managing the anger of others more effectively
- 2:00 Break
- 2:15 Using mindfulness and emotional management skills
- 3:30 Subjective Well-being strategies to reduce angry feeling and actions
- 4:00 Crisis Anger Control Plan
- 4:30 Adjourn

Your Presenter:

Gary K. Byrd, M.Ed., CCS, CAMS, MAC, CEO of The Anger Management Institute. He has written anger management participant workbooks for teens and adults.