

To Register

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Anger Management Institute
44 Broad St. NW, Suite 707
Atlanta, GA 30303
Tuition Fee: \$65.00

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Credit Card: ___ VISA ___ MC

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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.

May 27, 2016—Atlanta GA
June 21, 2016—Atlanta GA
August 22, 2016—Atlanta GA
October 19, 2016—Macon GA
December 14, 2016—Savannah GA
January 27, 2017—Atlanta GA
March 24, 2017—Atlanta GA
May 12, 2017—Atlanta GA

High Impact Training & Counseling, Inc.

44 Broad St., NW

Suite 707

Atlanta, GA 30303

404-523-6074

Fax: 404-523-3749

**Substance Use Disorders
&
Depression**

**Various Training Dates
And Locations**



Training Location:

High Impact/Anger Management

44 Broad St., Suite 707

Atlanta GA 30303

Training Provided By:

High Impact/Anger Management

44 Broad St., Suite 707

Atlanta, GA 30303

About the Conference

Substance abuse disorders and depression are difficult to treat individually; they are more complicated when they co-exist. One of the more complicated conditions facing those with substance abuse problems—as well as for those who treat them—is depression. Depression is the most prevalent mood disorder today, affecting large numbers of people. It has been estimated that one in twenty Americans currently suffers from depression severe enough to warrant medical intervention and those numbers appear to be on the rise. Likewise, substance abuse is now considered by many the number one health and social concern in the United States. This session will examine the relationship between substance abuse and depression and participants will explore some effective strategies for treating these co-existing disorders.

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

1. Review the scope of depression and substance abuse
2. Describe the addicted brain
3. Examine the relationship between substance abuse and depression.
4. Identify some of the causes of both disorders.
5. Describe some of the major signs and symptoms of both disorders.
6. Examine the impact of depression on men
7. Identify strategies for coping with relapse for substance abuse and depression.
8. Examine how positive psychology can contribute to psychological well-being
9. Overview of mindfulness-based cognitive therapy for treating depression and substance abuse.

Tuition: \$65. 00

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

Agenda 9:00 a.m.-4:30 p.m.

- 9:00 The scope of depression and substance abuse
- 10:00 Break
- 10:15 Examine the relationship between substance abuse and depression.
- 10:45 The addicted brain
- 12:00 Lunch
- 1:00 Men and depression
- 2:00 Break
- 2:15 Strategies for coping with relapse for substance abuse and depression
- 2:45 Positive psychology and well-being
- 3:15 Overview of mindfulness-based cognitive therapy
- 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.