

To Register

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

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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.

Dates:

3/23/2016—Atlanta GA
May 20, 2016—Savannah, GA
July 1, 2016—Atlanta, GA
September 12, 2016—Atlanta, GA
.November 4, 2016—Atlanta,GA
November18, 2016—Atlanta, GA
December 2, 2016—Atlanta, GA

Locations

High Impact Training
6555 Abercorn St., 223
Savannah, GA 31405

Macon Location TBA
Call for Location in Macon

**Gratitude and Happiness:
The Keys to Sustained Re-
covery from Substance
Abuse Disorders**

Various Dates and Locations



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

This past year I had a near death experience and I learned firsthand about the power of gratitude and happiness. Until that experience, I had taken a lot for granted, but since that time I have a greater spiritual, cognitive and action oriented philosophy about the daily focus on gratitude and happiness. I began to wonder about how people with substance use disorders practice elusive short-term happiness and ingratitude and take for granted all the blessings that surround their daily lives.

In the active using phase of a person's substance use disorder, the pursuit of short-term happiness and ingratitude often ends up in emotional, spiritual and cognitive bankruptcy. While the process of recovery begins with mastery of the knowledge of how to stay clean and sober, in order to achieve sustained recovery the substance use disordered client must become effective in the mastery of the practice of gratitude and happiness.

This workshop is designed to give practitioners skills and techniques in utilizing gratitude and happiness interventions in helping their clients to develop sustained recovery.

Learning Objectives

By the end of the training, participants will be able to:

- Explain various definitions of gratitude and happiness.
- Explore the philosophical, scientific, and spiritual aspects of gratitude and happiness.
- Strategies for developing a grateful disposition.
- Exploring the three determinants of happiness.
- Enhance gratitude through spiritual practices.
- Describe some obstacles to gratitude and happiness.
- Describe how happiness can lead to sustained recovery.
- Employing gratitude and happiness intervention for more effective living.

Who Should Attend:

The LPC's, LCSW, SA Counselors, and others interested in learning to harness the power of gratitude and happiness

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

Agenda Day 1: 8:30 a.m.-4:30 p.m.

- 9:00 a.m. Definitions of gratitude and happiness
- 9:30 Philosophical, scientific, and spiritual aspects of gratitude and happiness
- 10:30 Break
- 10:45 Strategies for developing a grateful disposition
- 11:15 The three determinants of happiness
- 12:00 LUNCH
- 1:00 The Spiritual practice of gratitude
- 1:30 Obstacles to gratitude and happiness
- 2:00 Break
- 2:15 Happiness and sustained recovery
- 2:45 Happiness and gratitude interventions
- 4:30 Adjourn/Certificates

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. Mr. Byrd is a Certified Grief Specialist.

Fee: \$65.00

