

**To Register**

Make Check Payable To:  
Anger Management Institute  
44 Broad St., Suite 707  
Atlanta, GA 30008  
Tuition Fee: \$85.00

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:**

- April 10, 2019—Atlanta**
- May 24, 2019—Atlanta**
- July 19, 2019—Augusta**
- September 25, 2019—Atlanta**
- November 14, 2019—Atlanta**
- December 19, 2019—Atlanta**
- January 23, 2020—Atlanta**
- February 21, 2020—Atlanta**
- March 30, 2020—Atlanta**
- April 2, 2020—Atlanta**

**Augusta Training Site**  
**High Impact Training**  
**1227 Augusta West Parkway, Suite 201**  
**Augusta GA 30909**

# The Journey from Trauma to Post-Traumatic Growth

**Various Training Dates**



**Training Location**

**High Impact Training**  
**44 Broad St. NW, Suite 707**  
**Atlanta GA 30303**

**Training Provided By:**

**High Impact/Anger Management**  
**44 Broad St., NW. Suite 809**  
**Atlanta, GA 30303**

## About the Conference

*Post Traumatic Growth is triggered by highly stressful life events that pose a significant challenge to an individual's assumptive beliefs about the world. Traumatic events have the power to challenge the validity of these beliefs and cause individuals to question their understanding of the world as well as their place in it. Post Traumatic Growth is developed when trauma survivors' journey through the dark valley of unspeakable fears, threats, and losses to the mountain top of growth that enables them to face the present moment and future challenges. While trauma survivors have lived through highly stressful events, none would ever choose to relive these circumstances; however, many of them recognize that these events have changed them in positive ways. By integrating these positive changes into their life stories, individuals become aware that they have grown in important and meaningful ways.*

*This session will provide participants with an overview of Post Traumatic Growth and examine some of psychological adaptive changes that facilitates a positive transformation after trauma.*

## Learning Objectives

**Tuition: \$85.00**

1. Explore the theoretical underpinning of Post-Traumatic Growth theory.
2. Explore the difference between PTG and resilience.
3. Describe ways to use spirituality as a trauma coping strategy.
4. Review of the Broaden and Build Theory
5. Describe characteristics of Traumatic Event.
6. Complete the PTG inventory
7. Examine 5 positive areas associated with PTG.

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

### **Who Should Attend:**

LPCs, Addiction Professional and others interested in gaining an understanding of Post-Traumatic Growth.

**Continuing Education Credits of 6 hours have been applied for through GACA, IC&RC, & LPC of GA.**

## Agenda

**Registration 8:45 am  
Class from 9:00 a.m. to 4:30 p.m.**

- 9:00 Definition of PTG and theoretical underpinning of Post-traumatic growth theory.
- 10:00 Break
- 10:15 Differences between PTG and Resilience
- 11:15 Review of the Broaden and Build Theory
- 12:00 p.m. Lunch
- 1:00 Spirituality as a trauma coping strategy
- 2:00 Break
- 2:15 Complete the PTG Inventory
- 2:45 5 Positive areas associated with PTG
- 4:30 Adjourn

### **Your Presenter:**

Gary K. Byrd, Ph.D., M.Ed., CCS, CAMS, MAC, CEO of The Anger Management Institute and High Impact Training & Counseling, Inc. Dr. Byrd has over 30 years of teaching and training professionals across the country.