



Taming the **Flames:
Helping Clients Recognize,
Understand & Move
Beyond Anger**

Friday, October 27, 2017

9 a.m. – 4:30 p.m.

Location:

Cumberland County Partnership for Children
351 Wagoner Drive - Charles Morris Room
Fayetteville, NC 28303

Target Audience

This workshop will be beneficial to all mental health practitioners who work with adult clients whose struggle with anger (in the present and/or about their past) serves as an obstacle to living more effective and balanced lives. This includes clinical social workers, psychologists, counselors, substance abuse professionals, psychiatric nurses, and case managers.

Program Description

Despite the absence of a diagnostic category for anger disorders, anger is often problematic for many clients presenting with depression, grief, shame, trauma/PTSD, ADHD or certain personality disorders. Left untreated, toxic anger is strongly associated with increased risk of coronary heart disease, high blood pressure, aggression and/or domestic violence, substance abuse, as well as conflictual interactions at home and at work.

This workshop will introduce clinicians to the different faces of anger; the widespread impact of anger on one's overall functioning; and a variety of techniques to assist clients who are motivated to alter their anger expression patterns and to find greater peace within as well as in their interpersonal relationships with others.

Objectives

Upon completion of this workshop, participants will be able to:

- Explain various expressions and functions of anger;
- Describe the biopsychosocial effects of anger;
- Examine how emotional regression fuels the anger response;
- Demonstrate an understanding of various techniques for managing past & present anger; and
- Discuss how mindfulness, radical acceptance and shame resilience aid in moving through and letting go of anger.

Fee

\$109 if registration and payment are postmarked on or before October 20, 2017; \$119.00 thereafter.

Speakers

Kate Gotelli, LCSW, SEP is a psychotherapist and owner of her solo practice, Mindful Awakening, PLLC in Chapel Hill. With over 20 years of clinical experience in behavioral healthcare services, she specializes in psychotherapy with adults and is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, and a Certified Daring Way™ Facilitator. Her interests focus on the treatment and resolution of relational, developmental, and shock trauma; shame resilience and wholehearted living; women's wellness and sexual orientation issues. She runs weekly groups and intensives in The Daring Way™ and Rising Strong™ based on the research of Brené Brown. Kate also provides clinical consultation and supervision to other licensed mental health professionals.

Kate is currently a training consultant with UNC-CH School of Social Work's AHEC Training Partnership. She has also been a field instructor (2001-2004) and an adjunct instructor (2010-2014) with the school. She has presented at several workshops in North Carolina on the topics of trauma, treatment of adult female survivors of sexual abuse, anger management, mindful parenting, HIV/AIDS, healthy relationships and women's wellness.

This presenter is being supported through the partnership between UNC-CH, School of Social Work and the NC AHEC Program.

Agenda:

8:30 - 9 a.m.	Registration
9 -10:30 AM	Myths about Anger Expression Styles & the Function of Anger
10:30 – 10:45 a.m.	Break
10:45 a.m. – 12 p.m.	Biopsychosocial Effects of Toxic Anger Emotional Regression
12 -1 p.m.	Lunch (On Your Own)
1 – 3 p.m.	Managing Anger in the Present & from the Past
3 – 3:15 p.m.	Break
3:15 – 4:30 p.m.	Mindfulness, Radical Acceptance & Shame Resilience
4:30 p.m.	Adjourn

Credit

C.E.U.: 0.6

Contact Hours: 6.0

Contact Hours (category A) CE for NC Psychologists: The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

NAADAC: SR-AHEC adheres to NAADAC Education Provider Guidelines Provider #843 (Substance Abuse Credit).

NBCC: Southern Regional AHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5362. Programs that do not qualify for NBCC credit are clearly identified.



Southern Regional AHEC is solely responsible for all aspects of the programs. No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

Substitutes/Refunds/Transfers

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel 48 business hours before the program and receive a voucher for 100% of the registration fee for use at a future SR-AHEC program; or
- Cancel 48 business hours before the program and obtain a refund for 70% of the registration fee.

Cancellations less than 48 business hours before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please bring a jacket or other additional covering since we will not be able to adjust the thermostat.

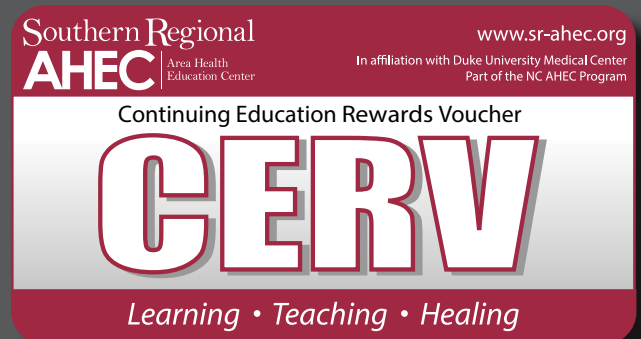
Contacts

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*Not redeemable for CME series or contract programs and must be initialed by SR-AHEC personnel at current program.

Registration Form

Form may be duplicated.

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CASCE #53522/ MH171027

Phone: 910-678-7226 **Fax:** 910-323-0674

Online: <http://www.aheconnect.com/ncahec/eventdetail.aspx?EventID=53522>

Mail: SR-AHEC, Attention Registrar, 1601 Owen Drive, Fayetteville, NC 28304

Circle one: Dr. Mr. Mrs. Ms.

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A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) _____ (secondary) _____

Do not send email announcements of upcoming SR-AHEC programs. Do not share my information with participants and/or exhibitors.

Special Needs / Food Allergies _____

Payment Information

Check (Make payable to SR-AHEC)

Mastercard / Visa # _____ Expiration Date (mm/yy) _____

Name on Card _____ Signature _____

The handouts for the program will be provided online through MyCE located on the SR-AHEC website: www.sr-ahec.org. Early registration is encouraged, as full access instructions will be sent with registration confirmation via e-mail.

For Continuing Education References concerning inclement weather, tobacco-free campus and ADA requirements, please go to: <http://sr-ahec.org/ContinuingEd/CE.html>

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SR-AHEC.org
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