

The Anger Solution

A one-day workshop for clinicians and the general public to recognize and manage anger and rage

www.ccfcm.org/Anger09

Friday, October 9, 2009

8:00 AM to 4:00 PM

Embassy Suites Hotel Cleveland-Rockside
5800 Rockside Woods Blvd, Independence, OH

This workshop will equip counselors, nurses, social workers, psychologists, and the general public with more effective anger management interventions that may lead to a reduction in chemical dependency and violent behavior within the community.

Speaker

John Lee is a best-selling author of sixteen books. He's spoken to thousands of people all over the world in the fields of recovery, relationships, men's issues, spirituality, parenting and creativity.

John's highly innovative work in the fields of anger management and emotional regression has made him an in demand consultant, teacher, trainer, coach and speaker.

His unique approach to anger management has not only been embraced by the therapeutic community- but by the corporate sector and the general public. His non-traditional approach to therapy has been taught worldwide with great success.

Program Director

Joseph W. Janesz, Ph.D., is associate staff at the Cleveland Clinic's Department of Psychiatry and Psychology. His main areas of focus include couples therapy, chemical dependency, group psychotherapy and executive coaching.

Agenda

8:00 Registration, Continental Breakfast
8:45 Welcome and Introductions
9:00* The Anger Solution I
12:00 Lunch (*provided*)
1:00* The Anger Solution II
4:00 Evaluation and CEU Form Distribution

* *There will be a 30 minute break in the morning and afternoon.*



Learning Objectives

- Describe the differences between appropriate anger and inappropriate rage
- Recognize the nine things people do when they think they are expressing anger, but are really "soft rage."
- Explore the four styles of rage
- Discuss emotional regression - "the best kept secret in psychology and recovery"
- Review how emotional regression impacts anger and rage.
- Identify the causes of regression

Target Audience

Counselors, social workers, nurses, pastoral care and the general public, those who have anger issues or those who have family members with anger issues.

Accreditation

- Ohio Psychological Association - 5.5 Mandatory Continuing Education Credits
- State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board – Program approval is pending for 5.5 CEUs.
- Ohio Chemical Dependency Professionals Board – Approval is pending.
- The Cleveland Clinic (OH-045/10-01-09) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval pending for 5.5 CNE credits.

The Anger Solution

October 9, 2009

Embassy Suites Hotel

Independence, Ohio

For Office Use Only: 020598

Fee: _____ M.O.P. _____

Date: _____ CXL/Fee: _____

Name _____ Degree _____
First M.I. Last

Specialty _____

Address _____ Home Business _____

City, State, Zip Code _____

Phone # _____ Fax # _____

E-mail _____

Psychologists \$195

Counselors, Nurses, Social Workers \$149

Patients, Family Members, Students \$125

Course fee includes OPA credit for psychologists, registration materials, continental breakfast and lunch.

Payment Options (please check appropriate box)

Check enclosed (made payable to: The Cleveland Clinic Educational Foundation)

Visa MasterCard AmEx Discover Card # _____

Name on Card _____ Exp. Date _____

Signature _____ 3- or 4-digit Verification No. _____
(not valid without signature) (found on back of card)

Total Amount Paid \$ _____

Mail completed registration form and payment information to:

The Cleveland Clinic Educational Foundation

P.O. Box 931653

Cleveland, OH 44193-1082

Or, if paying by credit card, registration may be faxed to 216-448-0783. (Once faxed, do not mail original registration.)

Register online at www.ccfme.org/Anger09

Registration Deadline and Cancellation Policy

Please Note: Deadline for registration is 5:00 pm (EST), Wednesday, October 7, 2009. A request for a refund must be received in writing by September 30, 2009. No refunds will be given after September 30, but registration is transferable through October 9, 2009. To check on the status of a registration, please call 216-448-0777 or send an e-mail to cmeregistration@ccf.org.

Directions to Embassy Suites Hotel

5800 Rockside Woods Blvd

Independence, OH 44131

The Embassy Suites Hotel Cleveland-Rockside is conveniently located near the intersection of I-77 & I-480. From I-77, take Exit 155 and go East on Rockside Road. Turn left (North) at the 4th traffic light onto Rockside Woods Boulevard. The hotel is on the left side of the street, 1/4 mile from Rockside Road.