

I would like to attend the workshop on “Stop The Anger-Go-Around: Practical & Powerful Techniques for Taking Charge of Anger” with Dr. Robert Nay. Please register my application (TICK A BOX)

☐ **SYDNEY** **03 September 2012**
SMC Conference & Function Centre,
66 Goulburn Street, Sydney NSW

☐ **BRISBANE** **05 September 2012**
Broncos League Club,
98 Fulcher Road, Red Hill QLD

☐ **MELBOURNE** **07 September 2012**
Darebin Arts and Entertainment Centre,
cnr Bell Street & St Georges Road, Preston VIC

☐ **ADELAIDE** **10 September 2012**
Next Generation Health Club,
War Memorial Drive, Adelaide SA

☐ **PERTH** **12 September 2012**
Wollaston Conference Centre,
5 Wollaston Road, Mt. Claremont WA

COST

EARLY BIRD RATE:	\$295 per person (before 3rd August 2012)
STUDENT RATE:	\$265 per person (before 14th September 2012) (applies to self-funded and full time students only)
STANDARD RATE:	\$330 per person

- All prices include GST, Payment is required to secure registration.
- Only cancellations in writing will be accepted.
- **NO REFUNDS WILL BE GIVEN FOR CANCELLING LESS THAN 5 WORKING DAYS BEFORE EACH SEMINAR.** Cancellation policy is final and not negotiable. TATRA regrets difficult personal circumstances that prevent participants to attend, however the logistics of event management prevent TATRA from assuming responsibility for these contingencies.
- Registrations are transferable to another person in full.
- TATRA is unable to accept responsibility for the failure of the presenter to appear due to extreme weather conditions and/or flight cancellations.
- Morning tea and lunch will be provided.
- Certificate of attendance will be issued upon request. Requests must be emailed to info@tatratraining.com after the workshop.
- All courses are run subject to minimum numbers.

TIME

9.15am - 4.45pm

PRESENTER

Dr. Robert Nay

TO ENROLL

1. Select the course you wish to attend (tick boxes above).
2. Complete the registration form details below.
3. Send this form with correct payment (cheque, money order EFT or Credit Card Details) to TATRA Corporate & Allied Health Training Services.
4. **SHOULD YOU REQUIRE AN INVOICE IN ORDER TO MAKE YOUR PAYMENT THEN MAKE SURE THAT WE HAVE CORRECT DETAILS OF YOUR MANAGER OR ACCOUNTS PAYABLE DEPT. YOU WILL NEED TO SUBMIT THIS REGISTRATION FORM TO TATRA IN ORDER FOR US TO ISSUE AN INVOICE.**
5. Remittance notice **MUST** be forwarded to TATRA upon your EFT payment. We will not secure your booking unless we are advised that payment has been made.
6. Credit card payments incur 1.5% surcharge.

NAME: _____

ORGANISATION: _____

ADDRESS: _____ **STATE:** _____ **POSTCODE:** _____

TEL: _____ **FAX:** _____ **EMAIL:** _____

TAX INVOICE TO BE SENT TO: (Include the correct details of your organisations' Accounts' Payable Dept.)

CREDIT CARD DETAILS		<input type="checkbox"/> VISA	<input type="checkbox"/> MASTERCARD
NAME ON CREDIT CARD		CREDIT CARD NUMBER	
EXPIRY DATE	AMOUNT \$		
SIGNATURE	DATE		

TATRA

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CORPORATE AND ALLIED HEALTH TRAINING SERVICES



STOP THE ANGER-GO-ROUND:

Practical & Powerful Techniques for Taking Charge of Anger

1-day workshop for professionals

Presented by

Robert Nay, PhD



AUSTRALIAN PSYCHOLOGICAL SOCIETY:

APS Members can accrue 7 CPD hours by participating in this activity. #12-20



AASW:

Double CPD points, i.e. 2 points per hour, for AASW members (14 points).



PACFA:

PACFA Members can accrue 7 CPD hours by participating in this activity.



This workshop has been endorsed by Royal College of Nursing, Australia, according to approved criteria. Attendance attracts 7 RCNA Continuing Nurse Education (CNE) points as part of RCNA's Life Long Learning Program (3LP).



Double Points Apply.

This seminar offers research-based practical strategies for quickly assessing the roots and nature of anger, overt and passive "faces" of anger expression, level of risk and whether individual or conjoint/family therapy is warranted. A step-wise model for working with angry clients and also their partners/family members focuses on regulating anger arousal, setting boundaries and defusing conflict while opening up new pathways of communication, problem-solving and therapeutic change. A correlated and ethically responsible goal is always the safety of all clients involved the prevention of abuse and violence. Robert Nay is one of world's leading experts on the treatment of anger. A prolific author of two best-selling books, numerous journal articles and textbooks, Dr. Nay will provide you with a program full of practical, hands-on strategies. Dr. Nay has trained thousands of professionals internationally. A sought after expert, he has trained such organizations as American Health Institute, CIA, National Security Agency, numerous clinical and professional groups, universities and agencies, to name the few. This isn't just another anger management seminar. You will learn the very latest skills and techniques that will diffuse anger and provide lasting change in your clients. Dr. Nay will provide proven strategies that will work with your most difficult clients.

This highly focused program has been designed to add the latest anger intervention strategies to your repertoires. You will learn to apply a powerful range of innovative anger management techniques in your work with adults, youth, couples and families.

- Anger Profiling: Assessing five "faces" of anger, anger triggers, self-talk that fuels anger and patterns of anger expression
- Mental Health Disorders and medical conditions that fuel anger.
- New Cognitive-Behavioural treatment strategies to challenge anger-inducing thinking
- Anger Scaling: linking level of arousal to new coping actions
- New problem-solving and collaborative communication skills for couples and families impacted by anger
- 10 proven techniques to quickly defuse provocative behaviour

Objectives

- Distinguish between "Expressive" and "Instrumental" anger expressions to assess prognosis.
- Describe major mechanisms of neuroplasticity.
- Assess psychiatric problems that underlie anger and medication options.
- Design an individualized treatment plan for hostility, aggression/abuse or "hidden/passive" anger.
- Identify and transform your clients' unique pattern of anger arousal.
- Implement the "STOP" model (Nay, 2004) to quickly interrupt, defuse and redirect anger.
- Identify likely causes of setbacks and implement remedies.

About Robert Nay, PhD



W. Robert Nay, PhD, is Clinical Associate Professor at Georgetown University School of Medicine and in private practice in McLean, Virginia and Annapolis, Maryland. Dr. Nay has written two graduate textbooks, numerous chapters and articles in professional journals and worked as associate editor of the academic journal Behavior Therapy. He has spent the last 30 years working with individuals, couples, parents and families to better regulate their anger and to effectively manage relationship conflicts. Based on available research, hundreds of hours of clinical work and the training he has provided to mental health professionals,

Dr. Nay has developed a practical and effective program to address anger and conflict, alter anger-instigating beliefs and thinking, set new personal boundaries for acceptable behaviours and to teach collaborative problem-solving while defusing new conflicts before they can take root. His program is described in his new book **Taking Charge of Anger: Six Steps to Asserting Yourself Without Losing Control** (Guilford Press, 2012) and his recent book **Overcoming Anger in Your Relationship: How to Break the Cycle of Arguments, Put-Downs and Stony Silences** (Guilford Press, 2010).

Program

Introduction and Conceptualization

- Anger, Conflict and Abuse: An Important Social and Family Problem. An Overview.
 - Anger and Violence: Important Considerations for the Clinician.
 - Rational for a Cognitive-Behavioural Approach to Breaking the Cycle of Conflict.
- Most Common Underlying Assumptions for Anger Treatment (Lawson, 2003)
- "Faces" of Anger: From Passive to Active Aggression and Abuse
 - Ladder of Abuse (Nay, 2010)
 - Risk Factors to Estimate Probability of Abuse
- Two Types of Aggression: "Expressive" and "Instrumental". Implications for Treatment
- Patterns of Conflict: approach-approach, approach-avoidance and avoidance-avoidance.
- Implications for treatment.

Anger Assessment: Methods and Issues

- Nay's Multimodal Model of Assessment
- Assessment: Strategies and Methodological Issues
 1. Paper and Pencil Instruments
 - Conflict Tactics Scale
 - MMPI, MCMI and actuarial assessments
 - Novaco Anger Scale
 - Spielberger's State/Trait Anger Scale (STAXI)
 - Nay's Self-Assessment of Anger Questionnaire (SAQ)
 - Relationship Assessment Protocol (RAP)
 - Hare Psychopathy Checklist-2
 2. Behavioural Observations: direct and analogues
 3. Self-Monitoring Strategies: Rationale and Methods
 - Anger Profiles
 - Anger Incident Logs

Anger in Medical and Psychiatric Disorders

- Role of Anger/Sympathetic Arousal in Disease
- Medical Problems Exacerbated by Unresolved Anger
 - Cardiovascular Illness
 - Diabetes
 - Chronic Back Pain/Trigger Point Disorders
 - Musculoskeletal and Vascular Headache
 - Other Chronic Illnesses
- Psychiatric Disorders
 - Attention Deficit/Hyperactivity Disorder (ADHD)
 - Mood Disorders: Major Depression and Bipolar Disorder
 - Anxiety Disorders: Role of Arousal in Disinhibition
 - Thought Disorders
 - Alcoholism and Substance Abuse
 - Personality Disorders
 - Seizure and Neurological Injuries
 - Oppositional -Defiant Disorder (ODD)
 - Conduct Disorder (CD)
- Referral for Medical/Psychiatric Evaluation
 - Medicines Useful in Anger Treatment
- Anger and Aggression Directed at Health Professionals: Strategies and Guidelines for Safety
- Referral for Anger Treatment: Issues and Strategies

Focus of Treatment

- Rationale for Individual, Conjoint or Group Intervention
- Ethical and Professional Issues
 - Who to Treat
 - Multiple Therapists
 - Modality of Intervention
- Treatment Contracts-Coping with Resistance

Anger Arousal Management

- Understanding and Recognizing Anger
 - Three Phases of an Anger Episode
- Identifying and Preparing for Anger Triggers
 - Three Categories of Expectations
- Pinpointing Anger Early On
 - The Physiology of Arousal
 - Anger Scaling
 - Dampening: Signal Breathing and other Strategies
- Identifying and Changing Thoughts that Fuel Anger
 - Cognitive Distortions Related to Anger Arousal
 - The Three Criteria to Challenge Self-talk
 - The Cognitive Restructuring Protocol (CRP)
 - The "STOP" Model: An Integration
 - Special Issues When Working With Adolescent

Setting and Reinforcing Boundaries / Coping with Provocation: Nay's "A-E Model" (Nay, 2010)

- Personal Assessment
 - Relationship Assessment Protocol (RAP, Nay, 2010)
 - Daily Log
 - Assessing Expressions of Anger
 1. sarcasm
 2. contempt
 3. negative labeling
- Inappropriate Reactions to Partner/Child Anger Expression
- Boundaries: Defining and Construction of
 - When Important Needs are Blocked--the Basis for Boundaries: Couples and Parents
 - Rules for Creating Boundaries That Are Behaviorally Specific
- Creating Cognitions That Support New Boundaries
 - Unhelpful Beliefs and Cognitive Distortions that Fuel Inappropriate Reactions to Partner Anger
 - Challenging/replacing cognitions
- Denial of Rewards
 - Identifying Unwitting Rewards for Other's Anger Behaviours

Conflict Resolution/Collaborative Communication

- Preparation to Communicate: Using Sherrod Miller's "Awareness Wheel"
- Expressing Boundaries
 - Active Listening
 - "I" Message Communication of Needs
- Ten Powerful Defusing Conflict Strategies
- Assertive Problem Solving to Reduce Conflict
- Collaborative Problem-solving to Reduce Conflict: Illustrations for Couples and Unique Issues with Adolescents
- Staying the Course
- Coping With Expected Setbacks
 - Not Enough Practice
 - The "Five Ss"
 - Reassessing Expectations
 - Unresolved Resentment: Defining Rational Conditions of Resolution

