

The Anger Management Jumpstart and Beyond: The Powerful Mindfulness-based Techniques for Transforming Anger into Self-acceptance, Empathy and Forgiveness

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LEARNING OBJECTIVES

- Define anger problems in a humanistic and compassionate way that assures rapport and treatment compliance.
- Apply mindfulness-based impulse control training as part of short-term anger management.
- Learn Dr Somov's four core mindfulness-based change modalities:
 - Impulse Control Training
 - Choice Awareness Training
 - Symbolic Threat Inoculation
 - Somatic Emotional Self-Regulation Training
- Explore six anger management interventions for long-term treatment clients, including those with the latest research findings in neuroscience on mirror neurons.
- Implement exposure-based interventions for disapproval inoculation and ego strengthening.
- Use choice awareness training as a way to assure long-term behavioural changes.
- Practice neuro-behavioural empathy training to promote relational stability and compassion.
- Utilize precedent analysis and trend analysis as part of homework review to assure progress and treatment compliance.
- End the day with a discussion of various Eastern methods of keeping calm and cultivating compassion.

PROGRAM OUTLINE

Part I: Rethinking Anger Management

Evolutionary Psychology of Anger

- Anger as a Biological Invention
- Dualistic Thinking (Skin think)
- Concept of Self & Other
- Fundamental Attribution Error

360 Degrees of Anger

- Brain View
- Body View
- Mind View
- Heart View

Anger Management as Fear Management

- Real Fears
- Symbolic Fears
- Courage of Acceptance
- Escape of Action (“To act out is to run”)

Validating Anger

- Anger as Self-Defense
- Anger as Emotional Self-Regulation
- Anger as Social/Relational Boundary Regulation

An Informal Typology of Anger

- Normal Anger
- Perfectionistic Anger
- Narcissistic Anger
- Control Anger
- Neurotic Anger
- Self-Righteous Anger
- Paranoid Anger
- Ruminatory Anger
- Internalized Anger
- Externalized Anger
- Passive Anger
- Organic Anger

Anger as a Clinical/Growth Opportunity

- Anger as a Convenient Clinical Access Point
- Anger as a Convenient Conceptual/Diagnostic Frame
- Anger as a Convenient Progress Marker

“Selling” Anger Management to the Unwilling

- Mood/Affect Stabilization
- Relational Stabilization
- Impulse Control
- Damage Control

Part II: Crisis Management

4-Session Anger Management: Overview

Session 1: Mindfulness-Based Impulse Control Training

Session 2: Choice Awareness Training & Pattern Interruption

Session 3: Symbolic Threat Inoculation

Session 4: Bottom-Up Self-Regulation

Facilitating Homework Compliance

- Trend Focus
- Precedent Focus
- Experiential Curriculum
- Real Life Anger Management Practice

Part III: Existential Rehab

Attributional Retraining & Not Taking Things Personally

Effort Acceptance & Not Feeling Shortchanged

Learning from Fear & Rascal Sages

Relativity Training for Righteous Anger

Neurobehavioral Empathy Training & Mirroring

Neuroendocrine Time-Out & Social Fasting

Part IV: Eastern Know-How of Equanimity

From Anger to Compassion

Equanimity Know-How

- Vipassana
- Metta
- Syadvada
- Wu Wei
- Beginner's Mind

Conclusion & Q & A