

# Healing the Angry Brain: Changing the Brain & Behaviours of Aggressive, Raging & Domestically Violent Clients

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## Objectives

- Apply effective methods to help angry clients commit to and implement neuroplastic change in their brains
- Develop personalised treatment plans to guide change in angry, aggressive and violent clients
- Resolve deeper therapeutic issues such as attachment failure and trauma by linking anger, violence and acts of domestic abuse
- Discuss correlations between anger/aggression and substance abuse
- Differentiate predatory from defensive anger/aggression
- Improve empathy skills by examining how the empathy process involves both unconscious and conscious brain processes
- Acquire skills on how to communicate with angry clients, including critically important information about how the brain develops and maintains a bias toward anger

## Outline

### Anger and the Angry Brain

- 10 things you need to know about the angry brain
- Implications for treatment

### The Emotional Brain

- Value of emotions
- Limbic system

### The Social Brain

- Polyvagal theory & attachment theory
- Connections between head, heart, body

### The Angry Brain

- Brain pathways for anger and aggression
- Predatory aggression and antisocial behaviour
- Defensive, threat-based anger

### The Raging Brain

- Rage vs. normal anger
- Treatment for five types of rage

### The Angry Addict: Alcohol & Substance-Affected Brain

- Key brain pathway for addiction
- Six relationships between anger/aggression and intoxication/addiction

### Six Phases of An Anger Episode

- Help clients identify how and when anger takes control
- Treatment priorities at each phase

### Changing the Angry Brain

- Neuroplasticity; key for creating lasting change
- Lessen unconscious anger activation
- Increase prefrontal cortex effectiveness using cognitive therapy techniques
- Implement neuroscience change for angry, aggressive, and domestically violent clients

### Individualised Brain Change Programs

- Steps for clients to develop, improve and expand personal treatment plans
- Role of peer treatment group members
- Forms, handouts - customizable

### Empathy

- The magic of mirror neurons
- Unconscious and conscious empathic brain processes
- Tips for helping clients increase empathy
- Letting go of resentment