



SDS Ltd presents a one day seminar
on effective therapeutic techniques
for dealing with anger

Updated for
2010

Anger Therapy: Hatred, Hostility & Bitterness

Why "Anger Management" is NOT Enough?

ANGER FACTS

- 32% of UK adults say someone close to them has real problems controlling their anger – Mental Health Foundation (2008)
- 64% believe people in the UK are getting angrier – Mental Health Foundation (2008)
- Anger management programmes make offenders MORE dangerous - Home Office Report (2006)
- 48,000 under 11 yr olds sent home or suspended from school for angry or aggressive behaviour in 2007 - DCSF (2008)
- In 2010 in the UK, there are still few services available for helping those with anger problems- we explain why and how to bridge the gap

You will take away from the seminar:

- A broader therapeutic understanding of the development and treatment of anger problems adding to CBT, Brief Solution & Developmental perspectives
- A range of therapeutic strategies for BOTH anger suppression AND anger expression problems derived from the work of Chip Tafrate, Howard Cassinove, Aaron Beck and Mo Yee Lee, amongst others
- Detailed outlines for running anger management groups, as well as knowing when and how to use an individual approach
- Non-verbal interventions for use in whole school, work and institutional settings

■ **FREE CD-ROM** included containing presentation, guided reading list, evidence-based reference list, further resources and **COPIABLE WORKSHEETS** for use with clients.
■ **Certificate of Attendance.**

"Far and away the most sophisticated and carefully nuanced presentation on anger I've been to (and I run anger workshops myself)"

GG, Psychotherapist

14 June 2010 Belfast
15 June 2010 London
16 June 2010 Harrogate
17 June 2010 Nottingham
18 June 2010 Birmingham
21 June 2010 Bristol

22 June 2010 Portsmouth
23 June 2010 Glasgow
24 June 2010 Newcastle
25 June 2010 Manchester
05 July 2010 London
21 September 2010 London



Book NOW!
Price only £75
+ VAT ('Early Bird' Discount)





- ✓ Course Leader: Paul Grantham, Consultant Clinical Psychologist
- ✓ Worksheets, checklists and forms to use immediately with your clients
- ✓ Video demonstrations of anger therapy techniques
- ✓ Comprehensive further reading and resources list
- ✓ Mapped to DANOS and contains elements towards KSF Core Dimension 1: level 3 and 4, HWB1: levels 3 and 4, HWB3: levels 2,3 and 4, HWB4: level 3 and 4, HWB6: level 2,3 and 4
- ✓ Lots of opportunities for raising questions and discussion with tutor and colleagues
- ✓ Post-seminar case support and consultancy available

Seminar Programme

From 09.00 Registration and refreshments for 10.00 start

10.00 Introduction

10.05 The "Anger Epidemic"

The size, growth and nature of the problem. Different types of anger problems including hidden anger problems. The reasons why there are no specific services.

Why a single "anger management" approach does not work. The question of "ownership of the problem". The development of anger problems in children and adults – gender differences and their implications. Risk factors – environmental, cognitive and interpersonal.

11.15 Refreshments

11.45 Non-Verbal Interventions

Territorial management, Boundary setting, consistency and expectation. Identifying reinforcing factors and changing responses to angry behaviour. Altering environments to reduce angry behaviour. Substance use, diet and anger

12.15 Rethinking Therapeutic Interventions For Anger Problems (1)

Traditional approaches to anger expression problems and their limitations. Anger as addictive behaviour. Understanding anger problems within a Stages Of Change Model.

Working with anger expression clients who do not think they have a problem. General therapeutic approach and the integration of MI and BSFT techniques. Working with ambivalent anger clients.

Video demonstration of the use of the Miracle Question (MQ) with a contemplating client with anger expression problems.

13.00 Lunch – by your own arrangement

14.00 Rethinking Therapeutic Interventions For Anger Problems (2)

Working with clients at an action stage. Therapeutic interventions for anger suppression problems. A self test for our own attitudes towards anger. A BSFT approach to anger suppression.

CBT techniques for raising awareness of negative attitudes towards anger. The constructive use of anger. Role models. Does catharsis work? Confidence building and assertiveness training.

Anger Expression problems - Addressing self awareness and arousal management.

15.15 Refreshments

15.45 Rethinking Therapeutic Interventions For Anger Problems (3)

Avoidance and escape strategies - uses and limitations. The use of the BARB technique and a video demonstration of its use with a client. Life skills training approaches.

16.20 Plenary

16.30 Finish

Available for IN-HOUSE Training

Course Tutor: Paul Grantham, Consultant Clinical Psychologist

Paul is a clinical psychologist with extensive NHS, Social Services and training experience. An extensively informed, clinically experienced and humorous speaker he is known for his emphasis on the practicalities rather than just the theory of client-based work. Paul is a founder and Director of The Skills Development Service Ltd and one of the most popular and inspirational tutors in the field of psychological skills training.



Why you cannot afford to miss this seminar

- Understand the development of anger problems in both children and adults
- Increasing self awareness and teaching self control techniques- best practice examples
- The role of exercise in anger management.....as well as its dangers
- How to work with clients with anger problems who don't think they have a problem!
- Learn why all aggression is NOT due to anger – and what to do about it
- Anger problems CAN be very resistant to change – discover why and how to increase your effectiveness
- Recognise the relationship between substance misuse and anger problems
- Gender differences on anger and their implications for helping clients
- Learn when talking about feelings is counter-productive with those with anger problems..... and when it isn't

How would you deal with the following?

- Carl (37 yrs) is a perpetrator of domestic violence with a past criminal record for ABH. He is seeing you under compulsion and you suspect that he has decided he'll just sit it out and mouth the right words. How would you move him forward?
- Jessie (13 yrs) is seeing you for anger management following an attack on a classmate where she tried to stab her in the eye with a pen. She shows evidence of being bullied and presents as very passive and compliant when you see her. How do you approach this case?

This day will give you ideas on how to approach these and many other difficult cases in new and constructive way

Who should attend?

All health and social care professionals who want to develop new ways of working effectively with clients within time constraints:

Counsellors, Psychologists, Teachers, Occupational Therapists, YOT and Probation Staff, Doctors, Nurses, Allied Health Professionals, Social Workers, Care Staff, Outreach Workers, Housing Support Staff, Substance Misuse Workers, Youth Workers, Police Officers and all those working with individuals with anger problems

Testimonials

"The presenter is very knowledgeable about the research and has an entertaining and down to earth style."

P.W., Counsellor

"Excellent course. I am very impressed."

J.T., Occupational Therapist

"Very enjoyable, Paul is an exceptionally talented speaker with extensive knowledge in his field"

D.E., Counsellor



The Skills Development Service Ltd

The Skills Development Service is an independent training organisation established since 1990. It provides training to approximately 6000 delegates a year and specialises in issues relating to education, health and social care. Our trainers are chosen for their practical knowledge and skills and their reputation for excellent communication skills.

Over 100,000 delegates have attended our courses to date and their formal evaluations indicate that over 92% of them rated our courses as either 'Good' or 'Very Good' with many returning for further training.



Booking Conditions – please read carefully

Please feel free to photocopy the form for multiple bookings

Booking constitutes a contract.

Course fee

- **Early Bird Discount: £75 + VAT (£88.13) per delegate to include refreshments and course materials (available for all bookings received by SDS Ltd before midday 15 May 2010).**
- **£99 + VAT (£116.33) for all bookings received by SDS Ltd after midday 15 May 2010.**
- **Block bookings:** Groups of 4 or more save £5 per person on top of any discount - IF all applications are made in a single envelope with a single authorisation letter or payment.

How to book

DETACH the booking form below (photocopies acceptable) and either:

- Send with a cheque made payable to The Skills Development Service Ltd to: SDS Ltd., P.O. Box 254, UCKFIELD, TN22 9BN
- Send OR Fax: 0870 199 1838 with LETTER OF AUTHORISATION or purchase order from employer showing name & address to send invoice to.
- Telephone: 0870 241 7294 giving credit card details.
- Web: **www.skillsdevelopment.co.uk** giving credit card details.
- No *provisional* bookings taken.

Cancellations

- Cancellation **in writing** up to 14 days prior to the course leads to a refund minus a £15+VAT admin fee (**or** a full credit note for a future course – optional).
- Cancellation **in writing** up to 7 days prior to the course leads to a credit for a future course minus a £15+VAT admin fee.
- Cancellations less than 7 days before the event or failure to attend on the day will leave the individual who is invoiced fully liable for payment. No refund will be made in such instances either. We recommend insurance is taken out to cover such eventualities.
- SDS reserves the right to substitute trainers and/or move venues or postpone and reschedule courses in exceptional circumstances. If you are unable to attend the rescheduled event you will be given a full credit for a future seminar.

To change delegates or locations: Delegates may be substituted at any stage prior to the course as long as SDS Ltd are notified beforehand. We will also change locations if the newly preferred venue is not already full.

www.skillsdevelopment.co.uk

----- Detach and retain top of form for your reference -----

Anger Therapy

Code: WEB

COURSE DATE _____ COURSE LOCATION _____

DELEGATE NAME _____

JOB TITLE _____

ADDRESS _____

_____ POST CODE _____

TEL No: _____ FAX No: _____

E-MAIL : _____

Please tick this box, if you **do not** wish to receive any information about our future courses