

FEBRUARY 16, 2010

## BRAIN TRAINING ANGER CONTROL

Thinking is more of a chore than it has ever been. Besides information overload, it is difficult to put the right words with the right actions. The speed of thinking is put to use in anger control and aggression reduction. Brain training helps! All populations served will enjoy the practice and art of brain training. CUTTING EDge dot~com EDucational applications will EDucate us by using some MR.ED ideas in learning theory, thinking styles, and cognitive applications. This workshop will be fast-paced, jam-packed, informative, and downright funny! The participants will come away with their thinking caps bulging and ready to take to any setting they find themselves in! Learning how to positively cope involves managing anger which is a complex skill. Like any other skill that involves learning, dehabituation and rehabituation both need to occur in our entire being. Managing what we think, say, and do when we are angry is crucial. This workshop will provide sound, practical ways of anger awareness, assessment, management, and positive coping with anger in clients and ourselves.

### **INSTRUCTOR: AL SARNO, PHD, LPC, BCPC**

**AL SARNO, PH.D.** is a Licensed Professional Counselor (LPC) in the state of Missouri. He is Board Certified in Professional Counseling (BCPC) from the American Psychotherapy Association. He has an M.S. in Counseling Clinical Psychology from Nova Southeastern University. He recently earned a Ph.D. from Capella University in Human Services **Location:** 11300 St. Charles Rock Road, Bridgeton, Missouri 63044

**Time:** 8:30 am-12 noon

**Cost of Workshop:** \$75

**3 CEHs:** Washington University, George Warrant Brown School of Social Work for MO and IL

**3 CEHs:** NBCC