



## IICP Education & Training

### Continuing Professional Development Workshop Entitled: Anger Management Saturday and Sunday 3 & 4 March 2012

#### **Part One: Understanding Anger**

Is our Society getting Angrier?  
Are men angrier than women?  
Are our children angrier than we were?  
What is anger?  
The five faces of anger  
The angry brain

#### **Part Two: Why we get angry**

Values, core beliefs and goals  
Negative core beliefs  
How our behaviour affects and triggers others  
The four causes of anger  
Defining ourselves through our anger  
Anger as a defence mechanism

#### **Part Three: The role of anger in our lives**

The goals of our behaviour  
What's at stake-the consequence of our anger  
The four styles of conflict  
Anger and health  
Road rage

#### **Part Four: Anger and Power**

The three types of power  
Exploders and imploders  
Clean and unclean anger  
Anger substitutes  
Anger as a positive force

#### **Part Five: Managing your Anger- Facing the Pain**

Past trauma and emotional regression  
Trauma types and symptoms  
The trauma cycle  
Shame  
Owning your shadow

#### **Part Six: Expressing Anger Safely**

Four powerful steps to controlling anger  
Six key components for resolving conflict

#### **Part Seven: The Eight Golden Rules of Anger Management**

#### **Part Eight: Anger and the Counsellor**

**WHO SHOULD APPLY:** Anyone interested in learning more about the subject area

**DATE FOR TWO DAY CDP WORKSHOP:** Saturday and Sunday 3 & 4 March 2012, 9.30am to 4.30pm.

**WORKSHOP FACILITATOR:** Dr. Fergus Heffernan PhD, Psychology, MSc Counselling Psychology and Family Therapies. Member Associations of Family Therapists, IOC, IIPT.

**AWARD:** Certificate of Attendance and Participation and 12 hours towards CPD.

**VENUE:** IICP Education and Training, Killinarden Enterprise Park, Killinarden, Dublin 24

**WORKSHOP FEE:** €170.00 (cheques, postal orders to be made out to IICP & Training).



## IICP Education & Training

### Two Day Workshop in Anger Management (Sat and Sun 3 & 4 March 2012)

**Full Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Tel No:** \_\_\_\_\_

**Email :** \_\_\_\_\_

**Occupation:** \_\_\_\_\_

**Source:** \_\_\_\_\_

*(Where did you hear about the course/IICP?)*

**Deposit of €70\* Enclosed**  **Full payment of €170.00 Enclosed:**

*Deposit payment is non-refundable*

**Cheques/postal orders to be made payable to IICP Education and Training**

\*Receipts will be made available to you/your organisation on receipt of deposit/full payment. Please note all remaining course fees are due at registration or in advance. Cancellations must be made five working days in advance, or the course fee will be charged. Fees are non-refundable and full fees will be charged for no-shows on the day. Substitutions can be made at any time, subject to availability. We reserve the right to reschedule a course should the need arise. By completing and returning this Application Form you agree to our terms and conditions above.

**Applications to:** Ms. Gloria Fitzpatrick, IICP Education & Training,  
Ground Floor, Main Building, Killinarden Enterprise Park, Dublin 24