

Effective Anger Management: Concepts and Strategies

About the presenter

Dr. Brian Walker is a licensed psychologist in independent practice in Tucson, AZ. His treatment specialty areas include anger management problems, eating disorders, and anxiety and depressive disorders. His treatment orientation is eclectic, with strong theoretical influences coming from humanistic, cognitive, and psychodynamic therapies. He is experienced in the treatment of individuals, couples, families, and groups, from pre-adolescents to adults. He is formerly Director of Psychology at Cottonwood de Tucson, Chief of Psychology at Tucson Psychiatric Institute, Director of the Tucson Psychiatric Institute Eating Disorders Program, and Primary Group Therapist for the Tucson Psychiatric Institute Inpatient Adult Program. He has also worked as Clinical Supervisor of all mental health therapists at Palo Verde Mental Health Services and has taught workshops there and throughout the Tucson Medical Center system on interpersonal skills.



In addition to his private practice, he presently does risk management consultation work at Tucson Medical Center and University Medical Center where he also has developed and directs programs to provide assessment and support resources to physicians who are being sued for alleged malpractice. He is also presently conducting anger management groups at Cottonwood de Tucson and frequently consults with Cottonwood staff regarding patients with anger control problems and dual diagnoses.

Dr. Walker was born and raised in Iowa, and his education was obtained at midwestern universities. He has a Ph.D. degree from the University of Iowa, and he came to Tucson in 1981 to complete an internship in clinical psychology in the Department of Psychiatry at the Arizona Health Sciences Center. Dr. Walker has had seven years' experience as an over-the-road semi-truck driver. He enjoys playing the piano, running, reading, and watching sports. He has longstanding loyalties to the Iowa Hawkeyes, the Denver Broncos, and the St. Louis Cardinals.

Visit <http://www.apca-counselling.com> for more information about Dr. Walker

About the workshop

Questions to be addressed in the presentation

1. What is anger and where does it come from?
 2. What is the difference between anger and aggression?
 3. Is anger ever useful? If so, in what ways?
 4. Is anger ever dangerous or destructive?
 5. Should you always express your anger?
 6. Should you ever suppress or inhibit the expression of your anger?
 7. Is it ever appropriate to express verbal or physical aggression in the process of "venting" your anger toward another person, including situations where this person has treated you rudely or disrespectfully or has attacked your personal integrity or competence or where the other person has acted foolishly, carelessly, or aggressively toward you?
 8. Is the expression of anger ever an appropriate or effective method of addressing and resolving conflicts?
 9. What is it that causes a person to hold onto their anger and to harbor it?
 10. Is it ever useful to express anger vindictively in an effort to even the score or make the other person suffer as much as you are suffering?
 11. Is it ever useful to express anger in passive-aggressive ways?
 12. What do you do with anger that you may feel toward a person who is in a position of authority or has power over you, such as a supervisor or a boss or an advisor, or toward a person who is unavailable or inaccessible?
- Anger arousal theory
 - Justified anger and unjustified anger
 - Anger Management Part I: Gentling down excessive anger
 - Anger Management Part II: Addressing and resolving issues giving rise to anger
 - Communication guidelines
 - A special case of anger dyscontrol: Defensiveness in response to criticism

Course Details

Date & Time: March 25, 2011 (Friday) 2:30 pm to 5:00 pm

Venue: **Room 103, Shue Yan University Library Complex**
12 Wai Tsui Crescent, Braemar Hill, North Point, Hong Kong
Map: <http://goo.gl/mkIq>

Targets: Helping professionals including counsellors, psychologists, psychiatrists, social workers, teachers

Language: English

Fee: **Member: \$200** Non-member: \$400

Application Deadline: March 20, 2011 (Sunday) <Postmark Date as reference>

Registration

Please complete the enrollment form, and send by post with crossed cheque payable to “Asian Professional Counselling Association (H.K.) Ltd.” OR “亞洲專業輔導協會(香港)有限公司” at:

Department of Counselling and Psychology, Shue Yan University 10 Wai Tsui Crescent, Braemar Hill, NORTH POINT, HONG KONG c/o Ms. Ceci Lee
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Enquiries

Tel.: (852) 2104 8232 <Voicemail>
Email: admin@apca-counselling.com
Website: <http://www.apca-counselling.com>

Remarks

1. Only application with COMPLETED ENROLLMENT FORM & PAYABLE CHEQUE will be accepted.
2. Application will be accepted on first-come-first-served basis, confirmation will be sent by email.
3. Fees are non-refundable.
4. Receipt of application fee will be issued on the first day of the workshop/course.
5. Certificate of Attendance issued by “**Asian Professional Counselling Association (Hong Kong)**” will be given to the participants.
6. If Storm Warning Signal No. 8 or above, or Black Rainstorm Warning Signal is hoisted, the workshop will be cancelled. Details of postponement or other arrangements will be announced afterwards.

Enrollment Form

**Please fill in all information.*

OFFICE USE ONLY	<input type="checkbox"/> HK\$	<input type="checkbox"/> Date:
	<input type="checkbox"/> Cheque	<input type="checkbox"/> Receipt No.
		<input type="checkbox"/> Cert No.
Course Name:	<i>Effective Anger Management: Concepts and Strategies</i>	
Salutation:	Dr. / Prof. / Mr. / Mrs. / Ms. / Others: _____	
Name: <i>(To be shown on Cert.)</i>	English:	Chinese:
APCA Membership:	Membership No.: _____	<input type="checkbox"/> Non-member
Employer:		
Type of Service:		
Correspondence Address:		
Telephone:	Mobile: _____	Office: _____
Email:		
Have you attended other workshop/course of the APCA before? <i>Yes / No</i>		
If yes, please specify		
Your expectation towards this workshop/course:		

Thank you for your participation!