

Child and Adolescent Anger Management Certification Course

Today's children and teens feel overwhelmed, time crunched and stressed out by social media, screen time, and an uncertain and often frightening world. These stressors can lead to frustration and the very natural emotion of anger.

But anger can quickly turn into **disrespect, aggression, defiance, and outbursts** when young people are unable to cope; sabotaging school performance, peer relationships, and family functioning.

Whether you're a therapist, educator, counselor, social worker or any professional who works with children and adolescents, it's essential for you to be properly equipped to work with angry, oppositional and aggressive behavior.

Dr. Jeffrey Bernstein is a licensed psychologist and best-selling author who has worked with over two thousand angry and defiant children and their families over the last 32 years.

Dr. Bernstein has appeared on the Today Show and is the author of several publications on anger and defiance.

Join him for this **Online Certification Training** as he gives you the high-impact skills, reliable tools and proven strategies you need to help children and teens with anger issues manage this overpowering emotion. Dr. Jeff will give you detailed step-by-step guidance and walk you through specific real-life scenarios related to family, school and peer relationships so you can:

- End power struggles at home and school
- Reduce and prevent angry outbursts, aggression and violence
- Get teens to think and reflect before reacting
- Cultivate emotional intelligence, communication and problem-solving skills
- Help kids trust and value adults
- Offer healthier alternatives to angrily shutting down or lashing out

Best of all, you can **become a Certified Specialist in Child and Adolescent Anger Management (CSAM-CA)** upon completion of this course **at no additional cost to you** – letting families, schools, agencies or your employer know that you've taken the time and effort to effectively work with angry, oppositional and aggressive behavior.

Sign up today, add valuable skills and credentials to your resume, and make a difference in the lives of children and teens!

Meet Your Speaker

Dr. Jeffrey Bernstein, is a psychologist, author, and expert with over 32 years of experience specializing in child, adolescent, couples, and family therapy.

He is the author of seven books *The Anxiety, Depression, & Anger Toolbox for Teens*; *The Stress Survival Guide for Teens*; *Mindfulness for Teen Worry*; *10 Days to a Less Defiant Child*; *10 Days to Less Distracted Child*; *Liking the Child You Love* and *Why Can't You Read My Mind*. Dr. Bernstein has also published *Letting Go of Anger*, a therapeutic card deck widely used by mental health professionals.

Dr. Bernstein has appeared on the *Today Show* and *Court TV* as an expert advisor and frequently presents at conferences for school counselors and mental health professionals. He completed his post-doctoral internship at the University of Pennsylvania Counseling Center and holds a PhD in Counseling Psychology from the State University of New York at Albany.

Speaker Disclosures:

Financial: Jeffrey Bernstein maintains a private practice. He is an author and receives royalties. Dr. Bernstein receives a speaking honorarium from PESI, Inc.

Non-financial: Jeffrey Bernstein is a part of the Pennsylvania Psychological Association.

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Live Webcast Schedule (both days) (Times listed in Pacific)

8:00 Program begins

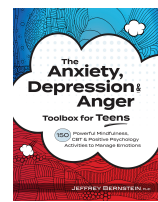
11:50-1:00 Lunch Break

4:00 Program ends

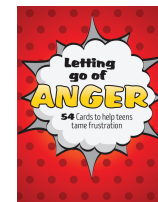
There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

Target Audience: Counselors • Social Workers • Psychologists • Marriage and Family Therapists • Speech-Language Pathologists
Teachers • School Guidance Counselors • Case Managers • Nurses • School Administrators • Educational Paraprofessionals
Occupational Therapists & Occupational Therapy Assistants • Other Helping Professionals that Work with Children

Add Dr. Bernstein's
Book or Card Deck
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*The Anxiety,
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See order form for more information!

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Fast Acting Strategies to Prevent and Overcome
Oppositional and Aggressive Behavior

LIVE Interactive Webcast

Thursday & Friday, December 10 & 11, 2020

BONUS! – Registration includes FREE on-demand access for 3 months.



REGISTER NOW:
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2-Day Live Online Certification Course

Child and Adolescent Anger Management Certification Course

Fast Acting Strategies to Prevent and Overcome
Oppositional and Aggressive Behavior

Become Certified!

This online training meets all requirements when applying to become a Certified Specialist in Child and Adolescent Anger Management (CSAM-CA)! See inside for more information.



- Build your skills and professional reputation
- Reduce and prevent disruptive angry outbursts, aggression and violence at home and school
- Improve self-expression and their ability to calm down and problem-solve
- Over 50 engaging activities and exercises that children and teens respond to
- How-to guidance on working with kids virtually!

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Thursday & Friday, December 10 & 11, 2020

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Outline

Neuroscience-based Nuances of Anger in Children and Teens

How anger is experienced and processed differently in the child and teen brain

The fight-flight-freeze response and manifestation of anger in children and teens

The neuroscience of the body-mind cycle of anger

The threat response and perceived lack of emotional safety

Anger's Connection to Learning Differences, ADHD, ODD, Anxiety, Depression, Trauma, and More

The obvious & nonobvious connection between learning differences, ADHD, and ODD

The mechanisms of anxiety underlying anger

The link of depression to anger

Role of trauma in suppressed and expressed anger

OCD and anger

Addictions and anger

How to Create Emotional Safety to Engage Children and Teens About Sensitive Subjects

Anger, fear, guilt, resentment and shame

Successful anger management and awareness of underlying thoughts and emotions

Behaviors at school, peer struggles, body image concerns, and family stressors sparked by underlying negative thoughts and emotions

Why empathy uncovers and diffuses the underlying thoughts and feelings that drive anger

Myths About Anger and The Mistakes That Come with Them

The "measure up myth" and other societal pressures that drive underlying negative emotions

Why and how oppositional children and teens want to be equal to adults

How perceived violations of fairness become embedded rigid distortions

How positive emotions are incompatible with forming and holding on to anger

Self-reflection activity: What have you seen in angry children and teens?

Anger Triggers: Teaching Children and Teens to Tune into What Sets Them Off

Throwing spaghetti on non-talk kids' refrigerators and seeing what sticks

Drawing out the short fuse and long fuse

Cooking up and digesting an anger triggers pizza

How to use anger logs and thermometers with children

Deescalate anger in specific circumstances

Transitioning off video games

Homework

Siblings

Hearing "no" from parents

Mindfulness and Relaxation Techniques to Let Go of Anger in the Moment

Reset anger with belly breathing

Guided imagery to put children and teens in charge of anger

Squeezing the lemon and other progressive muscle relaxation techniques to maintain control

Body scan strategies to promote mindful awareness

Mindful walking with "silly strides" for younger children

Challenge the Dysfunctional Thoughts Behind Anger with Cognitive Approaches

CBT exercises to help the thinking brain identify, challenge, and reduce negative self-talk

Putting cognitive restructuring into easy-to-grasp and effective language

"Talk" and "non-talk" kids – how to get each type to buy into sharing angry thoughts

Finding acceptance and letting go with "whatever"

Distraction, the pink giraffe, and other disengagement strategies

Build Optimism, Gratitude, Grit and More with Positive Psychology Approaches to Managing Anger

Seeing strengths

Opening up to optimism

Grabbing some gratitude

Finding flow

Gathering hidden grit and gaining it for the future

Creating an anger success catch book

Assertiveness, Communication and Conflict Resolution Skill Building: Empowering Children and Teens to Problem-Solve Anger

Assertiveness training techniques

Communicate anger effectively with "I" statements

Putting "whatever" to work

Overcoming the "I Don't Knows" that silently fuel anger

Mindful listening, speaking, and messaging

Social media influence inoculation strategies

Defuse anger with humor and other conflict resolution strategies

Coaching Parents and Caregivers to Avoid Being Adversarial by Becoming Collaborative

Looking out for negative labels

The Pace Car, Chunky Soup, and other metaphors that help teachers and parents

Why understanding struggling children and teens is just as important as respecting and loving them

The "Struggle With" Vs "Choose Not" dilemma regarding impulse control

Self-reflection exercise for participants to use with parents

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Self-reflection exercise for participants to use with parents

Strategies for Online Anger Counseling and Educating

Belly breathing in the house

Expanding counseling role to teacher, puppeteer, entertainer, and comic

Using therapeutic card decks and online whiteboards for collaborative drawing and writing

Balancing parents and siblings popping into view

Apps, videos, and workbooks to promote home-based anger management

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Case Conceptualization and Treatment Planning

Case study reviews

Establish short-term and long-term goals to measure success

Strategies for working with groups

Self-harm and other harm considerations

Risks and limitations of anger management approaches for children and teens

Learning Objectives can be viewed at pesi.com/webcast/84118

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• No hidden fees – PESI pays for your application fee (a \$149.99 value)*!

• Simply complete this live event and the post-event evaluation included in this training, and your application to be a Certified Specialist in Child & Adolescent Anger Management through Evergreen Certifications is complete.*

Attendees will receive documentation of CSAM-CA designation from Evergreen Certifications 4 to 6 weeks following the program.

**Professional standards apply. Visit www.evergreencertifications.com/csamca for professional requirements.*

CE CREDIT AVAILABLE FOR WEBCAST – UP TO 12.5 HOURS!

This continuing education activity is designed to meet state board requirements for the following professionals. For specific credit approvals and details, visit pesi.com/webcast/84118

Counselors – AK, AZ, CA, CO, CT, FL, HI, IA, IL, IN, KS, MD, ME, MI, MO, MT, NE, NH, NJ, NV, NY, OH, OR, PA, SC, TN, TX, UT, VA, WI, WY

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Speech Language Pathologists – All States

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National Approvals

Credits listed are for full attendance at the live webcast only. The CE certificate can be downloaded/printed after completing the webcast and passing the online post-test evaluation (80% passing score). Additional participants can receive a CE certificate by adding a post-test evaluation to their account for \$79.99 USD. Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

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Occupational Therapists & Occupational Therapy Assistants: This activity has been submitted to the AOTA for review. Application pending.

*Content and materials in this course may include interventions and modalities that are beyond the authorized practice of your profession. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

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Order Dr. Bernstein's Book or Card Deck!

\$34.99* The Anxiety, Depression & Anger Toolbox for Teens** book (PUB086290)

\$16.99* Letting Go of Anger** card deck (PUB085305)

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