

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

COGNITIVE BEHAVIOR THERAPY FOR ANGER MANAGEMENT
JULY 16-17, 2020 * Live, Virtual Workshop * 12 CE/CME

Overall Objectives:

At the end of the course, participants will better:

- Analyze episodes of anger.
- Assess and compare the positive and negative aspects of anger.
- List 7 points of intervention in episodes of anger
- Distinguish anger from aggression.
- Identify common core beliefs underlying anger.
- Identify common maladaptive strategies in using anger.
- Identify common beliefs that turn anger into aggression
- Select tools to help patients intervene with such beliefs and strategies.

Analyze episodes of anger

Norman Cotterell, PhD

Assess and compare the positive and negative aspects of anger

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List 7 points of intervention in episodes of anger

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Distinguish anger from aggression

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Identify common core beliefs underlying anger

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Identify common maladaptive strategies in using anger

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Select tools to help patients intervene with such beliefs and strategies

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References:

- Bandura, A (2016). Moral Disengagement: How people do harm and live with themselves. New York: Worth Publishers.
- Moore, Celia. (2015). Moral disengagement. Current Opinion in Psychology. 6. . 10.1016/j.copsy.2015.07.018
- Tafate. R.C. & Kassinove, H. (2009). *Anger Management for Everyone*. Atascadero CA: Impact Publishers.

CE/CME Information- 12 CE/CME Hours

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Norman Cotterell, PhD has no relevant financial relationships.