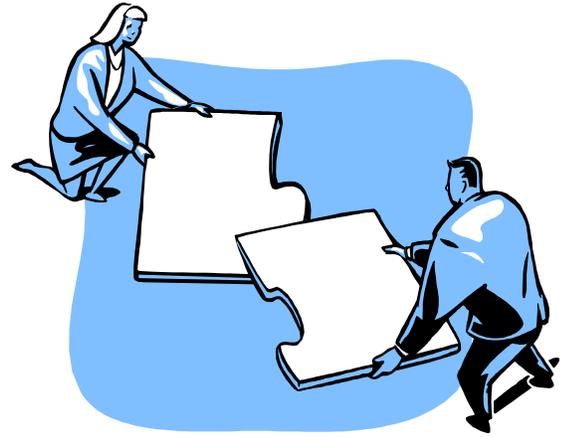


21st Century Solutions for Anger
with Julie Christiansen, President, Leverage U
(founder of Anger Solutions™)
www.angersolution.com



Anger is like a puzzle that seems more complicated than it is, or a maze that is difficult to navigate without the right tools.

Anger Solutions™ is your puzzle-solver or your GPS to help you understand what anger is, how it develops, and how it can be resolved safely and appropriately.

Why Anger solutions™?

- Clients with anger issues? Behavioural Problems? Adjustment difficulties?
- Perhaps you are Struggling with finding **comprehensive resources** and **concrete tools** to use with your angry clients?
- Or Looking for ways to help clients improve self-esteem and assertiveness?
- Some of you may Need to help your clients with **employment maintenance**, **family/marriage** or remedial issues resulting from stress, anxiety, post-traumatic stress, ineffective communication skills, or lack of assertiveness.

How Do We Know Anger Management Works?

Questions We Could Ask About Anger Management:

- ❑ Does anger management help with the reduction of aggressive and/or violent behaviour?
- ❑ Does anger management result in a more positive self-esteem for participants?
- ❑ Do people who participate in anger management become more aware of their emotions and the precursors to their angry responses?
- ❑ Do people going through the correctional system experience a reduction in recidivism as a result of anger management?
- ❑ Do people with addictions experience a reduction or an elimination of their drug/alcohol dependency as a result of anger management?

We could ask many more questions like this, and have to search all over for the answers. Through the Anger Solutions™ network of facilitators and certified trainers, the search becomes easier. Participating agencies and private practitioners use the same standardized, validated assessment tools at intake and at exit, and relay the results of each group back to BRC. Over time, this will provide a great body of research to show the

success of Anger Solutions™ in a variety of settings – mainly, mental health, addictions, and corrections.

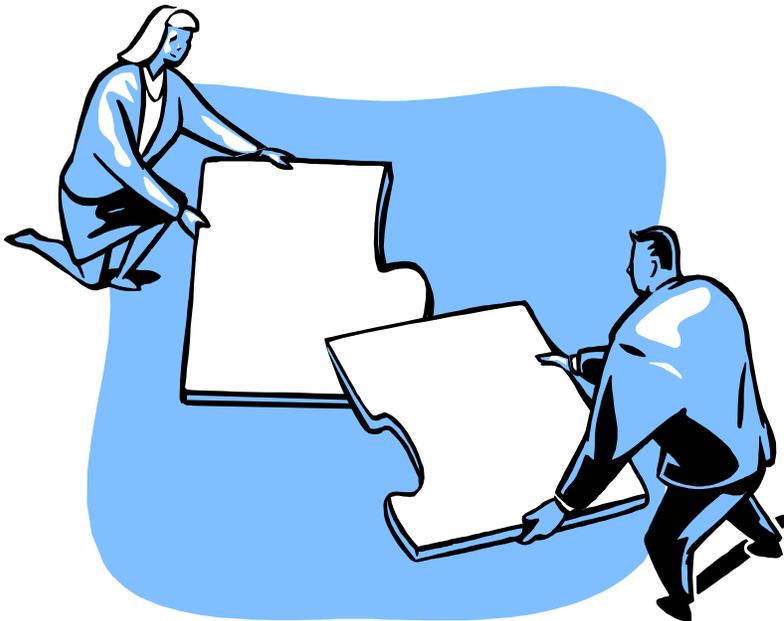
Currently we use two standardized assessments:

1. _____
2. _____
3. _____

One Dimensional vs. Three Dimensional Anger Programs:

How Anger Solutions™ is Structured:

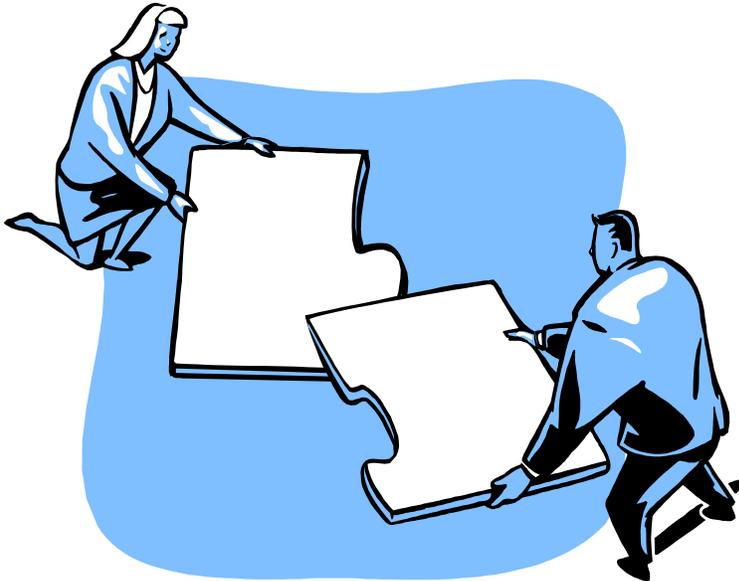
- The Anger Solutions™ Program consists of 10 core modules to be covered once weekly for 10 weeks. The program can be expanded to a 12-module program or condensed into an 8-week program.
- Anger Solutions Program increases awareness of anger precursors using a variety of exercises.
- The Self esteem and assertiveness components teach effective strategies for expressing anger.
- We also include a Component on releasing residual anger, which provides **alternatives** to violence or risk taking behaviours.
- The program is fun and interactive, but is also hard work. In light of this, tools are provided to ensure that Clients are leveraged to stay motivated throughout the program.



Let's take a look at the Anger Puzzle:

What Do You Believe?

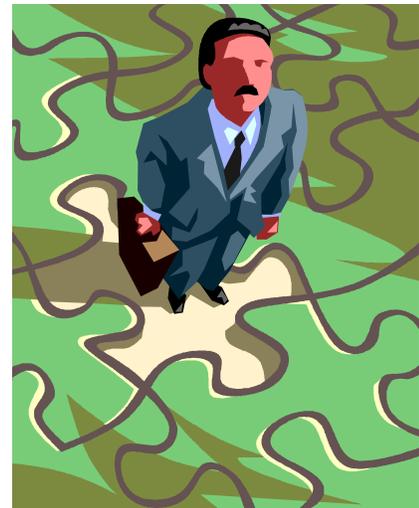
What Do You Do About It?



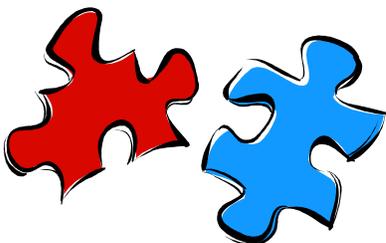
The W.I.T. Model

What Else Do You Need?

Do you ever feel like you're in the middle of the anger maze hunting furiously for resources for yourself or for your clients, and all you can find is a 20 year old book that is still on the best-seller list at Amazon.com?



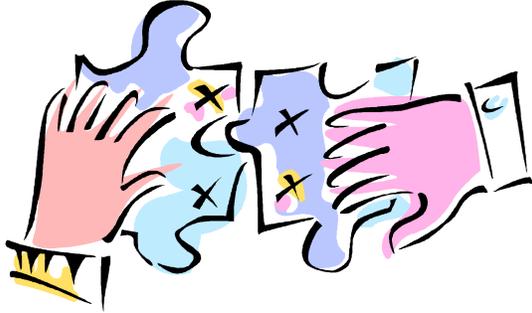
The Canadian Association of Anger Solutions™ Professionals – More Support



Access to tools, expand your knowledge, enhance your professionalism, and continue to stay on the cutting edge of Anger Solution™ developments. www.angerpros.blogspot.ca .

About the Train the Trainer Program

From _____ to now, we have trained a countless number of staff from over _____ agencies in _____ cities across Ontario.



What is the biggest cause of discontinuing the program? _____

The Solution: _____

The Benefits: _____

In this respect, the Train the Trainer program enables any agency with the ability to recoup its investment quickly. The program fee also includes approximately \$450 worth of materials to help trainers get up to speed quickly on the philosophy and practical application of the program.

Train the Trainer Program Agenda:

Day One: Overview of the philosophy or the psychology of Anger Solutions™.

Day Two: We will look at tailoring the program for various client groups including: addictions, mental health, corrections, multiple disabilities, acquired brain injury, developmental disability, etc.

Day Three: Anger Solutions™ Coaching Model and the business of Anger Solutions™.

What participants receive in their training package: (Based on a per person fee of \$1295.00)

- ◆ All refreshments and networking lunches
- ◆ Over \$285.00 worth of resource materials
- ◆ Non-exclusive License to facilitate Anger Solutions™ programs within your agency for a period of 12 months. \$75.00 (with license each agency is entitled to quarterly consultations and assistance from Leverage U or the CAASP with developing their Anger Solutions™ program)
- ◆ Upon completion, you will be certified to provide the One Day Bootcamp as in-house training to your agency staff for a period of 12 months (license **must** be renewed annually. You are encouraged to complete a minimum number of continuing education session per year. If license expires, trainer must re-certify through another 3 day course).

**2015 Spring Session: April 22-24, 2015 at White Oaks Conference Centre & Spa
Niagara-on-the-Lake, Ontario**

How To Register:

You can register online through our online store (store.angersolution.com) and use your credit card on the secure system. Or you can call Tracey at 905-341-3982 to register by phone. If you prefer to send in a paper registration with a cheque, you can download the registration form at our website and send it to 73 Royal Manor Drive, St. Catharines, ON. L2M 4L2, Attention: T3.

Thank You for Listening! Please Take Advantage of Our Special Offer

First: visit my website www.angersolution.com and click on the CERTIFICATION page to look at our offerings. Whether you register for the program or not, click on the link provided to download a free copy of my report, “Anger Solutions™ vs. Anger Management” to learn more about the distinctions between anger management and our 21st century solutions.

Second: Quote the URL from which you watched this webinar when you register for the Spring Train the Trainer program, and we will give you a special discount of \$300 off your registration fee. Pay only \$995 rather than the full price of \$1295. Register Today!



LEVERAGE U