

# Anger Modification: Cognitive, Behavioural, and Affective Approaches Workshop

Presented by Dr. Ephrem Fernandez

**Friday, April 13<sup>th</sup>, 2018**

9:00AM – 4:30PM @ Italian Cultural Centre  
3075 Slocan Street, Vancouver, BC V5M 4P5

**Continuing Education Credits: 6**

## About the Workshop

While the debate about global warming rages on, there is little disagreement that anger is pervasive and historically significant in human relations. Anger has a place in one's emotional repertoire but it can clearly become maladaptive. This workshop goes beyond standard psychiatric diagnoses to reveal complex and subtle types of anger. A new generation of tests allows us to tap into many basic anger parameters and expression styles that constitute disorders ranging from the intermittent explosive to the passive aggressive. Against this background is the question of how to treat anger dysfunction. An integrative approach is outlined in which about a dozen cognitive, behavioral, and affective techniques are carefully sequenced into a program for prevention of anger onset, intervention on anger escalation, and "postvention" of residual anger. The techniques will be illustrated and demonstrated by the presenter, and then opened up for role-play exercises by members of the group. The concluding question will be: "How well does Cognitive Behavioral Affective Therapy (CBAT) work?" Published findings will be made available as will suggestions for future empirical and clinical work in this field. Q&A interludes will be included throughout the workshop.

## Learning Objectives

1. Conceptualize the phenomenon of anger. Differentiate anger from related constructs of hostility, aggression, and violence.
2. Recognize the potentially adverse effects of anger on both mental and physical health and in relationships.
3. Explain what can make anger dysfunctional. Diagnose

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- intermittent explosive disorder and other DSM categories where anger is a symptom (e.g., Borderline Personality Disorder, Bipolar Disorder). Examine Passive Aggressive Anger and identify various anger "profiles" through the lens of new psychometric tests.
4. Apply conventional cognitive-behavioral therapy (CBT) in the regulation of anger.
  5. Enhance CBT with additional cognitive and behavioral strategies used for other disorders. Expand this into CBAT (Cognitive Behavioral Affective Therapy) which also draws from experiential and emotion-focused schools of therapy.
  6. Adapt techniques to gender and other sociodemographic variables.
  7. Evaluate the efficacy of CBT and CBAT in treating maladaptive anger.

## About the Presenter

Dr. Ephrem Fernandez has presented various versions of this workshop at four of the last five conventions of the American Psychological Association and at psychological conferences in Australia, New Zealand, South America and Asia. He is the editor of "Treatments for Anger in Specific Populations" (Oxford University Press, 2013). With over 80 publications in scholarly outlets (e.g., Clinical Psychology Review, the Journal of Consulting & Clinical Psychology, Criminal Behaviour & Mental Health), he is recognized as an international expert in anger and concomitant problems in clinical and forensic contexts and in everyday life.

## How to register for this workshop

- Mail this form to: BC Psychological Association  
402 – 1177 West Broadway Vancouver, BC V6H 1G3
- Fax 604-730-0502 or Call 604-730-0501
- Go online: <http://psychologists.bc.ca>

# Anger Modification: Cognitive, Behavioural, and Affective Approaches Workshop Registration Form

## Early Bird Registration (Jan 2<sup>nd</sup> – Jan 28<sup>th</sup>, 2018)

- Regular price \$246.75 (incl. GST)
- BCPA Members and Affiliates \$173.25 (incl. GST)

## Regular Registration (Jan 29<sup>th</sup> – Apr 9<sup>th</sup>, 2018)

- Regular price \$270.90 (incl. GST)
- BCPA Members and Affiliates \$197.40 (incl. GST)

## Meal Requirements

- Regular meal
- Vegan meal
- Special needs or allergies (please include details below)

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## Workshop Materials

- I would like to receive a **paper** copy of the materials
- I would like to receive an **electronic** copy of the materials

\* This will help BCPA reduce its environmental impact and administrative costs, as well as increase its efficiency in member services

## Cancellation Policy:

Cancellations must be received in writing by April 9<sup>th</sup>, 2018. A 20% administration fee will be deducted from all refunds. No refunds will be given after this date.

- I will attend the workshop
- I agree to the Cancellation Policy (required)



GST # 899967350. All prices are in CDN funds.

**Please include a cheque for the correct amount, not post-dated, and made payable to "BCPA" or "BC Psychological Association". If you prefer paying by credit card, please register online.** Workshop fee includes handouts, morning & afternoon coffee, and lunch. Free Parking is available. Participant information is protected under the BC Personal Information Act.

Name: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

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

Phone: \_\_\_\_\_

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