

PROFESSIONAL COUNSELING WORKSHOPS

At the Elizabeth Bradley Turner Center
Columbus State University

Cost is \$139 or \$250 for both workshops

*Discounts available for groups of 4 or more. Call for information.

(This program has applied for 5 Continuing Education (CE) hours through the Licensed Professional Counselors Association of Georgia.)

WORKSHOP #1-TEACHING BRAVERY:

Fostering Autonomy and Resilience in Children and Teens with Intense Fears and Anxiety

DATE: February 26, 2010; 9am-4pm

LEARN HOW TO:

- Recognize the subtle signs of constant fear and anxiety.
- Determine if oppositional/defiant behavior is extreme anxiety versus belligerence.
- Draw a simple map of the brain that helps children recognize what is happening when they are unable to make a good choice.
- Recognize the signs of post-traumatic stress reactions
- Help children discover internal and external safety zones
- Teach children body awareness, positive self-talk and other resiliency skills
- Develop a step-by-step plan to move children from paralyzing fear to normal activities
- Define bravery as an action that is not dependent on a feeling of strength
- Praise and acknowledge small progress in the development of emotional bravery
- Recognize the difference between positive support and over-protectiveness or enabling.



Many children experience a heightened level of fear and anxiety on a daily basis. They feel a constant sense of threat even in the most non-threatening environment or circumstances. Often their reaction to the perceived threat is anger, frustration, or hypersensitivity to the least request or simple demand placed on them. Their behavior can, at times, be seen as oppositional or defiant

or certainly highly reactive. The constant anxiety often interferes with their school work and/or relationship with peers.

This training session is designed to help parents and professionals recognize and deal with symptoms of extreme anxiety in children and adolescents. It outlines a step-by-step process to help children recognize and overcome their fears by using skills, strategies and fear reducing techniques. It provides guidelines for adults working or living with these children to help them develop a sense of confidence and bravery where fear and anxiety had once been a constant companion.



WORKSHOP #2-THE BRIDGE FROM RAGE TO REASON: A New and Therapeutic Approach to Anger Management

DATE: February 27, 2010; 9am-4pm

YOU WILL LEARN:

- The physical and emotional origins of rage
- The circles of control and personal energy
- Traditional assumptions about angry behavior
- Alternative assumptions based on the brain's natural design
- Five simple steps for changing behavior
- The brain's natural design related to Emotions-Thinking-Action
- Emotional developmental arrest and anger management skills
- The sequence from emotion to action
- Identifying emotional and physical triggers
- Debriefing incidents of out-of-control anger
- Teaching emotion management skills
- Self-awareness--the first step to change
- Focusing on the positive
- Identifying strengths

The Bridge from Rage to Reason addresses the connection between historic emotional wounds and traumas and here and now rages that seem to happen for "no apparent reason" in both adults and children. This is especially true for some children who are prone to explosive fits or melt downs. School success, foster care placements and adoptions are sometimes jeopardized because of the emotional wear down factor of dealing with children whose traumatic history has caused them to develop furious responses to seemingly minor situations.

The program guides clinicians, social workers and educators through a step-by-step process of teaching individuals to identify the emotional triggers and physical sensations leading up to of extreme anger. It provides a practical method and effective interventions for helping adults or children. Often adults who experience chronic anger have also experienced traumatic events in their lives move from intense rage to reasonable problem solving without being destructive to themselves or others. Based on the brain's natural design, this program provides a valuable approach to healing past wounds and teaching new skills. It can be used by those struggling for self-control as well as professionals working with emotionally volatile adults or children.

Early Registration is encouraged. Please complete this registration form and mail to:

Continuing Education
Columbus State University
4225 University Avenue
Columbus, GA 31907-5645
Phone: 706.507.8070 / Fax: 706.569.3113

LPC Conference Registration

Register using credit card
on the web site - conted.colstate.edu

Name _____

Name of Business _____

Business address _____

City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____

Payment Method

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Company Billing - Purchase Order # _____

Are you using a company credit card? Yes No

Card Number _____ Exp Date _____

Cardholder's Name _____

Join instructor Joyce Divinyi as she prepares you to understand and address the challenging issues of clinical anxiety and anger management.



Joyce Divinyi, M.S., L.P.C.

Psychotherapist, Author, Lecturer. Ms. Divinyi is a Licensed Professional Counselor and a National Certified Counselor. She holds a Bachelor of Science degree in speech communications from Columbus State University and a Master of Science degree in Community Counseling from

Georgia State University.

These workshops are available February 26 & 27, 2010.

TEACHING BRAVERY: Fostering Autonomy and Resilience in Children and Teens with Intense Fears and Anxiety

THE BRIDGE FROM RAGE TO REASON: A New and Therapeutic Approach to Anger Management

SCHEDULE FOR THESE WORKSHOPS

- 9-9:30am Check-in
- 9:30-10:50am Workshop
- 10:50-11am Break
- 11am-12:30pm Workshop
- 12:30-1:30pm Lunch (not included)
- 1:30-2:50pm Workshop
- 2:50-3:00pm Break
- 3-4pm Workshop

For More Information or to register by phone call 706.507.8070.



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PROFESSIONAL COUNSELING WORKSHOPS

**At the Elizabeth Bradley Turner Center
Columbus State University**

706.507.8070

Learn how to make a real difference in the lives of those dealing with severe fear and anxiety or extreme feelings of anger. These workshops with psychotherapist, author, and lecturer Joyce Divinyi can give you the tools you need.

