



# Taming the Flames

## DESCRIPTION

Anger is often problematic for many clients presenting with depression, grief, PTSD, ADHD or certain personality disorders. Left untreated, toxic anger is strongly associated with increased risk of coronary heart disease, high blood pressure, aggression and/or domestic violence, substance abuse, as well as conflictual interactions at home and at work. This program will introduce clinicians to: the different faces of anger; the widespread impact of anger on one's overall functioning; and a variety of techniques to assist clients who are motivated to alter their anger expression patterns and to find greater peace within as well as in their interpersonal relationships with others.

## OBJECTIVES

*Upon completion of this course, the participant should be able to:*

1. Explain various expressions and functions of anger.
2. Describe the biopsychosocial effects of anger.
3. Examine how emotional regression fuels the anger response.
4. Demonstrate an understanding of various techniques for managing past & present anger.
5. Discuss how mindfulness, radical acceptance and shame resilience aid in moving through and letting go of anger.

## TARGET AUDIENCE

Counselors & Therapists, Social Workers, other interested healthcare providers

**FEE** \$35 Consortium Member \$70 Non-consortium Member

Deadline to register: 11/21/2024

**Cancellations and Refund Policy:** Cancellations must be made prior to each program's cancellation deadline date as listed on its program details page in order to be eligible for a refund. If you paid a registration fee for your in-person or webinar program and cancel via the registration system by the cancellation refund deadline, you are eligible for a full refund (minus any material fee, if applicable) Refunds are typically processed within 10-15 business days after that.

## INSTRUCTOR

### Kate Gotelli, LCSW, SEP

Kate Gotelli, LCSW, SEP is a psychotherapist and owner of her solo practice, Mindful Awakening, PLLC in Carrboro, NC. She is a Somatic Experiencing® Practitioner, a Certified EMDR Therapist, and a Certified Daring Way™ Facilitator with over 25 years of clinical experience in behavioral healthcare services in a variety of settings. Kate specializes in psychotherapy with adults and her interests focus on trauma resolution, shame resilience and wholehearted living. She runs weekly Daring Way™ and Rising Strong™ groups based on the research of Brené Brown. Kate provides clinical case consultation to licensed mental health professionals and clinical supervision towards the LCSW licensure as an NASW certified Clinical Supervisor. She has prior affiliations with UNC School of Social Work (SSW) as an adjunct instructor and field instructor, and is a training consultant for the UNC-Chapel Hill School of Social Work and North Carolina Area Health Education Centers (AHEC).



**Friday,  
November 22, 2024**

**9:00 am - 1:15 pm  
Webinar via WebEx**

## CREDIT

**AHEC:** This program is approved for 0.4 CEU's (4.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation to receive a certificate of attendance. No partial credit will be given.

**Counselors and Therapists:** This program is approved for 4.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

**Social Workers:** Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 4.0 social work credit hours.



To register please visit  
[www.scahec.net/learn/login](http://www.scahec.net/learn/login)  
For questions please contact  
Kimberly Morris 843-777-5352

