

Anger: Taming the Tiger

What anger is and how to work effectively with it.

Target Audience

Adults and teens who experience anger and want to increase their understanding and begin to develop skills for working effectively with it.

Description

We live in angry, frustrated times. Pervasive anger seems to be simmering in every facet of our society, and we are continually jarred by news reports about the dysfunctional (and sometimes fatal) expression of anger. We all experience it, and yet, anger is one of the least understood of all human emotional experiences. It terrifies us and yet we are too often powerless to control it - let alone talk about it.

In this six-hour workshop taught from a mindfulness-based orientation, we will explore the complex physical, psychological, and emotional anatomy of anger. We will explore where it comes from, what it is, how we express it, and most importantly, what we can do about it. We will look at anger's roots deep within ourselves and our society and witness how we interact with others during angry moments. Through lecture, group discussion, handouts, and role-playing, we will begin to develop a language and toolkit for witnessing, talking about, owning, and resolving anger.

Major topics to be covered:

1. The physiological, emotional, psychological, and spiritual anatomy of anger.
2. The impact anger has on our physical, mental, and spiritual health.
3. The psychological and emotional sequence of anger when we experience it in ourselves and in others.
4. Anger as an expression of spiritual, emotional, and existential pain and frustration.
5. The key energetic differences between keeping anger in, and expressing it.
6. Explore useful ways of working with anger to de-escalate volatile situations.



About the workshop leader:

Melanie A. Smith is a licensed psychotherapist and college-level educator. She trained and worked in Colorado and San Francisco prior to moving to New Mexico where she has established a successful therapy practice. She holds a master's degree in counseling psychology from the California Institute of Integral Studies and holds additional certifications in conflict resolution and mediation. Over the last decade she has worked closely with individuals, couples, and families who struggle with personal and relational issues, in both therapeutic and conflict resolution settings. This experience provides Melanie with unique expertise and insight into an array of subjects, including stress, anger, anxiety, trauma, couples, and conflict. She is deeply committed to helping people cope with the everyday struggles of modern life. Her classes are lively, engaging, informative, and fun. Her website is www.12tigers.com.

Saturday, March 19, 2016

9:00 a.m. - 4:00 p.m.

UNM Center for Life
4700 Jefferson St. NE, Suite 100

Registration Fee: \$165/person

UNM employees may use their Tuition Remission benefit to cover the registration fee.

Courses are subject to Personal Enrichment provisions of the UNM Education Benefits Policy. Personal Enrichment courses are taxable and subject to withholding. Please ensure you have available Personal Enrichment money before registering for the course.

To register, contact 505-925-4551 or mmhale@unmmg.org.

A minimum of 12 participants is required to hold the workshop. If the minimum requirement is not met, CFL will provide you with 48-hour notification that the workshop has been canceled.

