

# Core Psychotherapy Center

REGISTER AT:

(847) 240 - 5080

info@corepsychtherapy.com

Friday March 24, 2017

9:00 AM to 12:00 PM CDT

Harper Professional Center

650 East Higgins Road

Main Entrance, Door 9S

Schaumburg, IL 60173



# Don't I Have the Right to be Angry?

## Helpful Thinking About Destructive Anger

### **Presenter: Howard Lipke PhD**

This presentation is based on Dr. Lipke's book:

### ***Don't I Have the Right to be Angry?***

Each participant will receive a copy of this book at the presentation. 3 CEU's will be offered to LCSW, LCPC, LMFT, and Clinical Psychologists

Destructive anger can be dangerous, expensive and contagious. This presentation, based on work with combat veterans, focuses on understanding the nature of anger in a way that can be used to both diminish it and its negative effects.

Most presentations about anger focus on identifying the events and the thoughts that precede anger, the body sensations which go with anger, and then learning to control all of the above. While these are addressed, this presentation highlights the psychological purpose of anger, how understanding anger in the self can lead to understanding it in others, and then using this understanding to decrease its destructive effects.

**Dr. Lipke** is an Illinois licensed clinical psychologist with over 30 years experience working with the psychological effects of combat, including 7 years as the director of an inpatient PTSD treatment program. He has been an invited speaker at professional and scientific conferences, including the American Psychological Association. Dr. Lipke has published extensively in scientific and professional journals and the book: *EMDR and Psychotherapy Integration*. He co-edits the regular feature *Trauma and World Literature for StressPoints*, the newsletter of the *International Society for Traumatic Stress Studies*.

Dr. Lipke's presentation style is informal and interactive. In each session core concepts are clarified, with amplification and emphasis evolving based on the needs and interests of the participants, as well as on developing scientific and clinical work in the field.

To read and learn more about Dr. Lipke, please visit his website: [www.howardlipke.com](http://www.howardlipke.com)