

book announcement

Don't I Have the Right to Be Angry?

The HEArt Program for Veterans

and Others Who Want to Prevent Destructive Anger

Howard Lipke, Ph.D.

Available on BN.com and Amazon.com

Book Description

Don't I Have the Right to Be Angry? presents ideas and exercises for preventing anger that people do not want. It was developed over 35 years of working with combat veterans and is expanded for the general public. While it includes standard cognitive and behavioral perspectives, it emphasizes understanding anger as a defense against more painful emotions. It also explores how past painful experience influences anger, and considers the complexities of forgiveness and acceptance. The book is written for all audiences, with sections of special interest to counselors and veterans.

About the Author

Howard Lipke, Ph.D., is a clinical psychologist whose work has focused on developing and providing psychotherapeutic services to combat veterans and their families, and training to fellow professionals and students. He is a former director of the PTSD treatment unit at the North Chicago VAMC, and team leader of the PTSD treatment team. In addition to work with veterans, Dr. Lipke has also provided pro bono direct service for survivors as well as training for treating clinicians related to such events as the Oklahoma City bombing, the World Trade Center attack, and ongoing crises in Bangladesh and Israel.

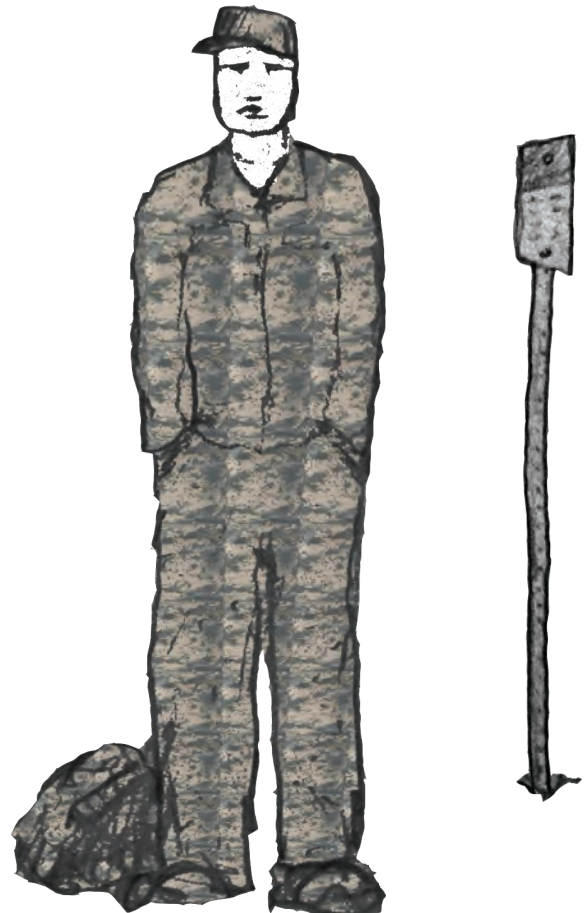
His publications include the book *EMDR and Psychotherapy Integration*. He is the co-editor of the column *Trauma and World Literature* in the International Society for Traumatic Stress Studies newsletter *Traumatic StressPoints*. He is on the clinical faculty at the Rosalind Franklin University of Health Science.

Since retiring from the VA, Dr. Lipke continues to offer direct clinical services, consult, and teach. His work focuses on veterans and first responders and their family members.

Dr. Lipke is available for presentations on the subject matter of the book.

Contact

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Endorsements

"This book is a 'must have' for all helping professionals and clients coping with traumatic stress injuries, particularly members of the warrior class including active-duty military, veterans, law enforcement, journalists, and family members."

*Mark C. Russell, Ph.D., ABPP, Commander, U.S. Navy (Retired)
Director, Institute of War Stress Injuries and Social Justice
Antioch University Seattle*

"This system works; anyone prone to angry outbursts should read this book."

*Don R. Catherall, Ph.D.
Editor, Handbook of Stress, Trauma, and the Family*

"The HEArt program has become a key aspect of the clinical programming on the residential PTSD unit and is a strong tool for anybody recovering from the effects of PTSD."

*Anthony R. Peterson, Psy.D.
Section Chief, PTSD Programs
Captain James A. Lovell Federal Health Care Center
North Chicago, IL*

"While it is initially directed toward a veteran audience, this program would be helpful for just about everyone, including therapy groups, graduate students, and mental health professionals. It is easy to understand, a pleasure to read, and I highly recommend it!"

Carolyn V. Edwards, Ph.D. Roosevelt University, Chicago, IL

"In the spring of 2012, Dr. Howard Lipke presented the core concepts of the HEArt program to twenty high school students in an evening program for students who have already dropped out of high school, or who are at risk of dropping out... I believe his program is extremely valuable for troubled adolescents. They are struggling to understand why their lives are so chaotic and how they can make them better. Giving young people real tools for behavior analysis is key to raising conscious, caring, fully functioning adults. I recommend the program with enthusiasm."

June A. Kramer. Teacher, Barrington High School, Barrington, Illinois

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