

## INTERACTIVE WEBCASTS

Monday, September 20, 2021, 9 AM – 4 PM (PDT)

Monday, October 11, 2021, 9 AM – 4 PM (EDT)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

## ON-DEMAND WEBCAST

Monday, September 20 – Thursday, November 11, 2021

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Monday, September 20, 2021 through Thursday, November 11, 2021 to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

## HOME STUDY RECORDINGS

Valid for CE until August 1, 2022

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 08/01/19. Planned Expiration Date: 08/01/22.

# PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

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### Interactive Webcasts with CE Credit:

Monday, September 20, 2021, 9 AM – 4 PM (PDT)

Monday, October 11, 2021, 9 AM – 4 PM (EDT)

### On-Demand Webcast with CE Credit:

September 20, 2021 – November 11, 2021

### Purchase of Recordings with Home Study CE Credit through August 1, 2022:

4 Audio CDs  4 Audio-Visual DVDs

### Purchase of Recordings without CE Credit:

4 Audio CDs, \$50  4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

### FOUR WAYS TO REGISTER

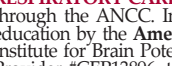
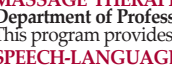
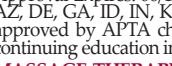
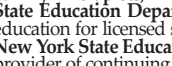
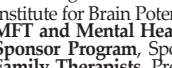
1. Internet: [www.ibpceu.com](http://www.ibpceu.com)
2. Mail: PO Box 2238, Los Banos, CA 93635 (make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card:  Visa  MasterCard  AmEx  Discover

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_



**NURSES:** Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Institute for Brain Potential is approved as a provider of continuing education by California Board of Registered Nursing, Provider #CEP13896, and Florida Board of Nursing. This program provides 6 contact hours.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the American Psychological Association to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the Florida Board of Psychology. This course provides 6 contact hours of CE credit.

**COUNSELORS, SOCIAL WORKERS & MFTs:** Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. The interactive webcast provides 6 clock hours of live CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

**ACE:** Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

**MFT and Mental Health Counseling:** Institute for Brain Potential is approved as a provider of CE by Florida Board of Clinical Social Work, MFT and Mental Health Counseling, by Illinois Department of Professional Regulation MFT CE Sponsor Program, Sponsor #168,000183, and by Texas State Board of Examiners of Marriage & Family Therapists, Provider #830. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The Ohio CSWMFT Board accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 6 contact hours (.6 AOTA CEUs). Content Level: Intermediate. Content Focus: Occupational Therapy Process (Intervention and Outcomes). This course is approved by the FL Board of Occupational Therapy for 6 hours of credit.

**CHEMICAL DEPENDENCY PROFESSIONALS:** This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

**PHARMACISTS & PHARMACY TECHNICIANS:** Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-19-025-L04-P and 0492-0000-19-025-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-19-047-H04-P and 0492-0000-19-047-H04-T. Initial Release Date: 08/01/2019. Planned Expiration Date: 08/01/2022. This program provides 6 hours (6 CEU). This program has been pre-approved by the Florida Board of Pharmacy for 6 hours of continuing education credit.

**DENTAL PROFESSIONALS:** This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the Dental Board of California. Institute for Brain Potential is an approved provider with the Florida Board of Dentistry.



**PACE**  
ACADEMY of  
GENERAL DENTISTRY  
PROGRAM APPROVAL  
FOR CONTINUING  
EDUCATION

Institute for Brain Potential  
Nationally Approved PACE Program Provider for  
FAGD/MAGD credit.  
Approval does not imply acceptance by any  
regulatory authority or AGD endorsement.  
12/01/18 to 11/30/24  
Provider ID# 312413  
AGD Subject Code: 557  
Release Date: 08/01/19. Expiration Date: 08/01/22

**PHYSICAL THERAPISTS:** Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the Physical Therapy Board of California. Institute for Brain Potential is an Illinois Department of Professional Regulation Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the New York State Education Department's State Board of Physical Therapy as an approved provider of physical therapy continuing education. This program is approved by Texas chapter of the American Physical Therapy Association (APTA), Approval Expires: 06/17/2022. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MI, NE, NH, OR, and WA.

**MASSAGE THERAPISTS:** Institute for Brain Potential is approved as a CE provider by the Illinois Department of Professional Regulation, #245.000045, and by the Florida Board of Massage Therapy. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

**SPEECH-LANGUAGE PATHOLOGISTS:** Institute for Brain Potential is an approved provider by the California Speech-Language Pathology and Audiology Board (SLPAB), # PDP247, and by the Florida Board of Speech-Language Pathology and Audiology. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

**ACUPUNCTURISTS:** This course is approved by the California Acupuncture Board, Provider Number 565, for 6 hours of Category 1 distance education credit. Please note that live credit is not available for this webcast.

**DIETITIANS:** Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 7020, 4040, 4090, and 6010. CDR-approved credit is available for only the interactive webcast of the program.

**RESPIRATORY CARE PROFESSIONALS:** RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Institute for Brain Potential is approved by the California Board of Registered Nursing (CA BRN), Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the Respiratory Care Board of California.

**EDUCATORS:** Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges. Please contact your school district if you need prior approval for this program.

**COLLEGE EDUCATED PUBLIC:** This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.



# PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

A 6-Hour Program for Health Professionals

**Interactive Webcast Schedule:** Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

**On-Demand Webcast Schedule:** You may view the program in segments at your convenience from Monday, September 20, 2021 until Thursday, November 11, 2021. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

**Home Study Schedule:** You may listen to or view the recorded lecture at your convenience until the expiration date: August 1, 2022.

**Confirmation Notices and Certificates of Completion:** Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

**Transfers and Cancellations:** Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at [refund@ibpceu.com](mailto:refund@ibpceu.com).

**24/7 Customer Service:** Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: [www.ibpceu.com/info/agri.pdf](http://www.ibpceu.com/info/agri.pdf)

**Institute for Brain Potential:** Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

# PASSIVE AGGRESSION, SARCASM, COLD ANGER, HOSTILITY AND AGGRESSION: BRAIN-BASED ADVANCES IN MANAGING ANGER

## FREQUENTLY ASKED QUESTIONS

**Q: Is there a way to enjoy the webcasts without being at my computer for 6 hours? What if I am not free on any of the scheduled dates of the broadcasts?**

Yes! First, register for the program. You will receive a link to view the program starting September 20 until November 11. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

**Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?**

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

**Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?**

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

**Q: Can I attend this program live?**

Yes, but only if you live in a city where IBP is currently presenting this seminar.

**Q: My profession is not included on the brochure. Can I receive continuing education credit?**

Maybe. Please contact our customer service at (888) 202-2938.

**Q: How long does it usually take to receive a certificate of completion?**

Typically, within 3 or 4 business days.

*In this program, learn how anger-related disorders originate, ways they can be diagnosed, effective rules of engagement, and how to develop habits to overcome or manage anger.*

*Participants completing this program should be able to:*

- 1. Identify how maladaptive attachment leads to anger-related habits, beliefs and acts.*
- 2. Describe key anger-related disorders.*
- 3. List several effective guidelines for interacting with an angry person.*
- 4. Name key habits of people who learn to manage their anger to produce meaningful change.*

## Roots of Anger and Developmental Trauma

- **Development of Mindsight:** the ability to recognize what another person is thinking or feeling.
- **Development of Stress Resilience:** role of secure attachment between the infant and caregivers.
- **Maladaptive Attachment Styles:** neglect, maltreatment or inconsistent treatment produce avoidant, anxious or disorganized forms of attachment and alter threat-based brain circuits.
- **Anger Scripts:** habitual dysfunctional beliefs about self and others fuel anger arousal and expression.
- **Anger Flowchart:** from habits and beliefs to aversive outcomes.

## Understanding Anger-Related Disorders

- **Passive Aggression:** when a person withholds intimacy, praise, or affection when upset and acts in ways known to upset the other person.
- **Sarcasm:** making humorous or cutting remarks about others, revealing embarrassing personal information, causing public humiliation.
- **Cold Anger:** withdrawal, avoidance of intimacy; refusal to reveal what is wrong; avoidance of emotional discussions.
- **Hostility:** impatience, frustration, unrealistic standards and rules.
- **Diagnosis:** keys to identifying anger-related conditions not included in the DSM-5.

## Key Steps to Anger Regulation and the Brain

- **Stop:** learning to shift attention away from anger-generating thoughts and acts by reducing arousal (e.g., cue-controlled rapid relaxation); altering posture, signal breathing, improving awareness; engaging the wisdom of the slower and wiser prefrontal cortex.
- **Think:** assessing social, emotional and somatic cues and self-aware emotions to re-interpret anger-related thoughts and cognitive distortions; using the social intelligence of the orbitofrontal cortex.
- **Observe and Objectify:** ("camera checking") and restructuring dysfunctional thinking; what are the costs and benefits of engaging in anger-related behavior (am I hurting myself by trying to hurt another person)? health risks of harboring, expressing and receiving anger.
- **Plan:** identifying the range of behaviors that can lead to immediate calming and goal-directed change; key role of the dorsal prefrontal cortex.
- **Practice:** developing anger-control habits by restraining impulses and retraining the habit brain, the basal ganglia, to reign in the rapid and distorted threat-related detection of the amygdala.

## Rules of Engagement When Interacting With an Angry Person

- **Agreeing on Terms of Engagement:** selecting a mutually agreeable time and place; allowing for time-outs; using "I" instead of "you" statements; avoiding attacking/defending or using non-verbal forms of aggression.
- **When to Delay Interactions:** employing "Nay's Five S's" to evaluate biological factors that contribute to arousal and limit resilience (e.g., insufficient sleep, excess stress, insufficient sustenance (e.g., hunger), substance use, and sickness).
- **When to Avoid Engagement:** a review of people with neurocognitive disorders who present a risk for anger or violence including substance use, especially alcohol, brain injury, PTSD, severe personality disorders (e.g., borderline, sociopathic), or psychosis associated with schizophrenia, major depression, bipolar disorders, episodic dyscontrol or acute confusion.
- **Assessing Risk of Violence:** methods and issues in determining risk from records and current behavior.
- **Psychopharmacology:** the use and misuse of drugs to treat anger in combination with major depression, bipolar disorders, alcohol-related disorders and related substance use disorders; beta blockers, anti-depressants, psychostimulants, atypical antipsychotics, and opioid antagonists.
- **How to Prevent or Defuse Risk and When to Get Help:** 10 key warning signs for when to seek a first responder (police, paramedic, medical or psychological emergency); when and how to warn a client while attempting to preserve a therapeutic relationship.

## Habits of People Who Successfully Manage Anger

- **Ability to Control Reactivity to Stress:** the habits of learning to predict and control stressors including the benefits of social support.
- **Identifying Expectations and Implicit Rules:** when people express anger, they also convey their expectations; people with habitual anger tend to have rules that are unrealistic or impossible to meet.
- **Reframing Anger-Related Messages:** restating anger-evoking thoughts and associated emotions in a way that makes them capable of being broken down into specific, measurable and comprehensible units.
- **Mindsight:** awareness of the moods of self and others including depression, aggression, inappropriate euphoria, and paralyzing anxiety.
- **Impulse Control:** the power to delay acting or reacting including maladaptive sources of immediate gratification (e.g., intoxication) and finding healthy pleasures (e.g., physical activity).
- **Planning:** using the power of the prefrontal cortex and executive functions to work on habits that can lead to ever more effective approaches to manage anger in self and help defuse anger in others.
- **Strategies for Resourceful Responses/Defusing Anger:**
  - Coping with passive and indirect faces of anger (e.g., passive-aggressive and cold anger, sarcasm).
  - Setting and communicating clear boundaries, asserting needs with clear messaging: content, body/facial expression, and voice, while depriving the other of any "payoff" for inappropriate behavior.
  - When anger is intense or threatening (hostility and aggression/abuse): assessing risk, setting and enforcing clear boundaries and defusing the situation. Issues: when is behavior "abusive" and how to respond to protect yourself and others?
- **The Gift of Insight:** when we get angry or evoke anger in someone, there is an opportunity to learn something about self or others that can prevent future conflicts.
- **The Self-Healing Gift of Forgiveness:** learning to let go of grievances by taking stock of internal and external harm produced by expressing or receiving anger.
- **The Gift of Acceptance:** learning to accept flaws in oneself and in others that are unlikely to change.

## ABOUT THE INSTRUCTOR



*W. Robert Nay, Ph.D., is Clinical Associate Professor at Georgetown University School of Medicine and an internationally recognized expert in the treatment of anger-related disorders. In addition to over 30 research papers and chapters, Dr. Nay is author of leading texts including Taking Charge of Anger, Overcoming Anger in Your Relationships and the Anger Management Workbook.*

*Drawing on three decades of clinical experience, Dr. Nay has developed and presented over 100 programs to health professionals on anger, aggression, and relationships at medical centers and at seminars for health professionals.*

*Audiences appreciate his innovative teaching methods including the use of video clips that provide fascinating case histories and hands-on training to show how anger-related habits can be changed. A highly rated instructor, participants appreciate his practical information, relaxed speaking style and warm sense of humor.*

*In addition to Q & A sessions in class, Dr. Nay will answer your questions during the second half of the lunch break and by email after the program concludes.*