Anger, Forgiveness, and the Healing Process

Anger poses a risk not only to the person who receives it but also to the individual who harbors it. However, effective approaches have been developed for managing anger and achieving forgiveness. Learn to communicate what matters in ways that can lead to meaningful change.

Participants completing this program should be able to:
1. List several long-term health risks associated with anger.
2. Recognize traits of people with common anger-related disorders.
3. Discuss evidence-based approaches to manage anger.
4. Describe effective methods of facilitating forgiveness.

Understanding Anger
- When Anger Hits Home
- Anger and the Brain
- Anger and the Body
- Health Risks of Chronic Anger
- Thoughts That Sustain Anger

Understanding Anger-Related Disorders
- Uninhibited Anger
- Disinhibited
- Chronic Low Grade Anger
- From Mad To Sad — Anger Turned Inward
- Bipolar Disorders
- Dissociated Anger
- Self-Esteem
- Unstable Attachments
- Impaired Empathy
- Coping with Loss

Advances in Managing Anger
- Self-Awareness Skills
- Interpersonal Skills.
- Behavioral Skills
- Nutritional Skills
- Cognitive Skills
- Acceptance-Based Skills

Forgiveness and the Healing Process
- Health Benefits of Forgiving.
- Preludes to Forgiveness
- Self-Disclosure
- Emotional Intelligence
- Mindfulness
- Humility
- Compassion
- Programs For Individuals
- Programs For Couples
- Spirituality

About the Instructor
Robert Grant, Ph.D., is an internationally acclaimed psychologist, clinician, author and speaker. His expertise includes the full range of anger-related disorders, as well as disorders of personality, PTSD, anxiety, depression, trauma, and the role of spirituality in the healing process. He has developed and has presented training programs for health professionals and international aid organizations.

An informative and inspiring speaker, Dr. Grant’s programs for health professionals help make peace with the past, comfort the present and liberate the future.

Continuing Education

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. This program provides 6 contact hours for nurses with ANCC requirements and expires on 10/01/2016.

IBP is an approved provider of continuing education by the California Board of Registered Nursing, Provider #CEP13896.

IBP is an approved provider of the Florida Board of Nursing.

PSYCHOLOGISTS: IBP is approved by the American Psychological Association to offer continuing education for psychologists. IBP maintains responsibility for 6-hour program.


IBP is an approved provider of continuing education by the CA Board of Behavioral Sciences, Provider #PCE3743 for SWs, MFTs and School Counselors.

COUNSELORS: IBP is an NBCC-Approved Continuing Education Provider and may offer NBCC-approved clock hours for events that meet NBCC requirements. IBP is solely responsible for all aspects of the program. This program provides 6 clock hours of continuing education credit.

OCCUPATIONAL THERAPISTS: IBP is an approved provider of the American Occupational Therapy Association (AOTA), provider #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program is .6 CEUs.

PHARMACISTS: IBP is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This knowledge-based activity is designated for 6 hours (.6 CEU). UAN: 0492-0000-13-023-H04-P. Initial release date: 10/01/2013. Expiration Date: 10/01/2016.

Professional Development

IBP is cosponsored by Alliant International University. Health Professionals and Educators successfully completing this recorded program will receive 7.5 contact hours of credit through Alliant International University (AIU).

AIU is accredited by the Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges for health professionals and educators in all 50 states of the USA.