

## Rational & Emotive Behaviour Therapy Anger and Emotion Regulation Practicum

This practicum will review how anger and emotion dysregulation are co-morbid with various mental health problems and how anger can be conceptualized as an independent syndrome. A review of the clinical presentation of anger and emotion dysregulation and research update will provide the basis for understanding how anger can be dysfunctional. Strategies for assessing and treating individuals presenting with dysfunctional anger and emotion dysregulation will also be explored. Participants will receive supervision in individual and group intervention using REBT and CBT.

Prior training in REBT or other forms of CBT is recommended.

### Eligibility

Open to psychiatrists, psychologists, counsellors, social workers, physicians, nurses, and graduate students. Minimum qualification for certificate candidacy is a master's degree in psychology or counselling, M.S.W., M.D., or R.N.

### On completion, participants will:

- Understand how Anger presents in clinical practice
- Understand how Anger can be harmful and dysfunctional
- Understand how Anger is co-morbid with DSM-IV-TR Axis I and Axis II disorders
- Understand the treatment implications of dysfunctional anger in mental health practice