

Live Interactive Webinar

Top Tips on Overcoming Anger: When it Helps and When it Hurts

Presented by Professor Windy Dryden

Join live on the day or access the recording at any time for 30 days.

How do you work with your clients' anger issues? Do you distinguish between hurtful anger and helpful anger? And if so, how do you distinguish between the two? Hurtful anger is a very common problem, but help is at hand!

This live interactive webinar offers participants a framework to understand anger and what to consider when your client presents with anger issues. It will provide practical tips to help clients to address their anger issues based on a sound understanding of this emotion.

A real-life demonstration of how to help someone with anger will be conducted live with a webinar volunteer.

Previous delegates have said: 'Excellent!' 'Full of really useful material.' 'A very helpful and practical session. I have several clients for whom these interventions will be so helpful.' 'A brilliant webinar, so helpful for my clients!' 'Thank you for a fantastic webinar.' 'A very helpful and useful webinar.' 'Very interesting.' 'I really enjoyed it!' 'Very interesting and helpful CPD' 'I found the webinar really interesting and informative for my work.'

Professor Windy Dryden is the author of '**Overcoming Anger: When it Helps and When it Hurts**' 2nd edition (Sheldon Press, 2022). He is internationally acclaimed for his work and undertakes live demonstrations of therapy and coaching all over the world.

You will have access to the full recording and materials/resources until the 23rd June. This gives you the flexibility to join on the day or to watch the recording whenever fits with your commitments.

Windy Dryden is Emeritus Professor of Psychotherapeutic Studies at Goldsmiths, University of London. He has authored and edited more than 270 books.

This live interactive webinar is suitable for health professionals including clinical and counselling psychologists, doctors, counsellors, social workers, mental health nurses as well as those working in third sector, educational and coaching settings. It will be of interest to practitioners of CBT and other approaches. It will contribute 1.5 hours of Continuous Professional Development (CPD)

20th May 2024, 9.30am – 11.00am

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Price £30+VAT