

## Meet the Presenter

James Blundo, PLLC, of Rochester Hills, Michigan has done numerous workshops for counselors over his 35 year career. He was a school teacher and school counselor in his early career. He has extensive clinical skills developed from his work in agencies and outpatient psychiatric clinics, as well as owning a private practice for over 28 years.

*We are pleased to have Mr. Blundo present a six hour workshop that will be both lecture style and interactive with ample opportunity for questions and answers!*

Join us for the  
Midwinter  
Pre-Conference on  
**January 31, 2009**  
at the Best Western  
Ramkota Hotel in  
Bismarck, ND!

**NDSCA**  
C/O Donette Rasmussen  
8751 38<sup>th</sup> St SE  
Jamestown, ND 58401  
Address Correction Required



## Beyond Anger Management

**James Blundo, PLLC**

MA, MSW, LPC, CCMHC, NCC



Mid-Winter  
Pre-Conference Workshop  
Presented by  
**NDMHCA & NDSCA**

Divisions of the  
North Dakota Counseling Association  
Web site: [www.ndcounseling.org](http://www.ndcounseling.org)





## Program Description

There is considerable research done on anger. Since the violent outbreaks in high schools, universities, and the workplace, there is considerable emphasis on understanding, controlling and coping with the expression of anger. Most counselors have been exposed to research and training surrounding management of anger. Although this has been very helpful to both professionals and laymen, the problem still persists. These strategies alone will not diminish the problems surrounding inappropriate expression of anger. There is a great need to focus on underlying causes and strategies for teaching about healthy anger and boundaries.

In addition to cognitive and behavioral remedies, we need an understanding of the origins of anger, the underlying associated perceived feelings and cognitive distortions, and our personal misconceptions and interpretations of angry feelings.

### Pre-Conference Learning Goals:

- Causes of anger in children and adults
- A social context to the causes of anger
- A developmental framework of anger
- How our personal issues with anger impact others
- Listening to the underlying feelings and thoughts that generate anger

## Program Schedule

Saturday, January 31, 2009

8:00 - 8:30 am	Registration
8:30-10:15 am	Part 1
10:15-10:30 am	Break
10:30-12 noon	Part 1 Continued
12 noon - 1 pm	LUNCH - ON YOUR OWN
1:00 - 2:30 pm	Part 2
2:30 - 2:45 pm	Break
2:45 - 4:00pm	Part 2 Continued

## Pre-Conference Location

Best Western Ramkota Hotel  
800 South 3<sup>rd</sup> Street  
Bismarck, ND 58504

701-258-7700

## Contact Hours

The NDBCE has approved 7.2 contact hours for LPCs, LPCCs and school counselors. The NDBSWE has approved 6.0 contact hours for social workers. The NDBACE has approved 6.0 contact hours for addiction counselors. CEU certificates will also be available for psychologists and other mental health professionals.

***NDMHCA and NDSCA reserve the right to cancel any program and in such case, a full refund will be made. No vouchers please.***

## Registration Form

<i>Preconference Fees:</i>	<i>Price</i>
<input type="checkbox"/> NDMHCA & NDSCA Members	60.00
<input type="checkbox"/> Members Pd. After 01/12/09	70.00
<input type="checkbox"/> Non-Members	95.00
<input type="checkbox"/> Non-Members Pd. After 01/12/09	100.00
<input type="checkbox"/> Graduate Students	35.00

No refunds after 01/21/09.

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Name

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Agency / School

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Address

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Phone

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E-mail

***Mail form to the address below with a check made payable to:***

**NDSCA**  
C/O Donette Rasmussen  
8751 38<sup>th</sup> St SE  
Jamestown, ND 58401

Phone: 701-252-0317  
Fax: 701-252-3310

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