

### About Dr. Frank Gardner

Frank L. Gardner, Ph.D., ABPP, is both Director of the PsyD. Program in Clinical-School Psychology and Director of the [Center for the Treatment and Study of Anger and Violence](#) at Kean University in New Jersey.

Author of multiple articles and presentations at national and international conferences in the areas of: mindfulness; acceptance-based behavioral treatments; anger; violence; emotion regulation; mechanisms of change; and sport and performance psychology.

Also of note; Dr. Garner has been the psychologist for numerous professional sport organizations in the National Hockey League, the National Basketball Association, and Major League Baseball. He is currently the Psychologist for the New York Islanders.

### About Dr. Zella Moore

Zella E. Moore, PsyD is an Assistant Professor of Psychology at Manhattan College in New York City.

Dr. Moore is the Assistant Director of Research at the [Center for the Treatment of Clinical Anger and Violence](#) at Kean University.

Author of multiple articles and presentations at national and international conferences in the areas of: mindfulness; acceptance-based behavioral treatments; anger and emotion regulation; sport and performance psychology; ethics; and eating disorders.

Dr. Moore has been the sport psychology consultant for numerous professional sport organizations in the National Hockey League and the National Basketball Association.

### Anger Regulation Therapy: A Psychological Treatment for Clinical Anger Based on the Anger Avoidance Model

Description: The purpose of this presentation is to introduce the Anger Avoidance Model, which represents a new conceptualization of clinical anger and its behavioral manifestations. This theoretical model has already garnered significant empirical support and has led to a psychological treatment approach (Anger Regulation Therapy) that integrates acceptance and mindfulness based behavioral, interpersonal and emotion-focused strategies into a structured time-limited intervention targeting the core pathological processes of clinical anger.

Learning Objectives: By the end of the workshop, participants will be able to:

1. Develop a working knowledge of the Anger Avoidance Model, including theory and research, as a basis to understand, assess and treat clinical anger.
2. Develop an understanding of the core processes central to clinical anger, and understand how they relate to problematic behaviors related to clinical anger such as aggressive and violent behavior.
3. Gain an understanding of the development of Anger Regulation Therapy, including its relationship to the Anger Avoidance Model, the similarities and differences from other psychological treatments for anger, and the empirical support for its use.
4. Gain an understanding of the strategies and techniques of Anger Regulation Therapy.

**This workshop is designed for those who provide clinical services to individuals or couples where anger and aggression is a target for change.**

MPS attempts to provide continuing education opportunities to professionals with post-secondary training in health and mental health services.

## MANITOBA PSYCHOLOGICAL SOCIETY

## SOCIÉTÉ DES PSYCHOLOGUES DU MANITOBA

May 7, 2010

Continuing Education Workshop

### Anger Regulation Therapy:

A Psychological Treatment for  
Clinical Anger Based on the  
Anger Avoidance Model

by

**Dr. Frank Gardner**

And

**Dr. Zella Moore**

Friday, May 7, 2010

8:30 am—4:30 pm

Clarion Hotel

1445 Portage Avenue

Winnipeg Manitoba



**Dr. Gardner and Dr. Moore .**



Dr. Gardner and Dr. Moore's current book in press is *Anger Regulation Therapy for the Treatment of Clinical Anger: A Mindfulness and Acceptance Based Behavioral Approach*.

They also published a book entitled *The Psychology of Enhancing Human Performance* in 2007 and *Clinical Sport Psychology* in 2005.

**TENTATIVE PROGRAM SCHEDULE**

- 8:30 Registration
- 9:00 Workshop begins
- 10:30 BREAK
- 12:00 LUNCHEON Served On-Site
- 1:00 Workshop continues
- 2:30 BREAK
- 4:15 Concluding remarks

**Manitoba Psychological Society Inc.**

(est. 1966) is the fraternal organization for Registered Psychologists in Manitoba. Affiliate and student members are also actively involved.

MPS promotes psychology as a science, as a profession, and as a means of promoting human welfare. The growing MPS membership of approximately 200 constitutes about 75% of Manitoba's Certified Psychologists.

Member services include continuing education, newsletter, referral network, and media opportunities.

MPS is an energetic organization. Members actively advocate for psychologically sound public policy, engage in public discussion regarding human conduct, and work with government to improve access to psychological services.

<b>Registration Fees:</b>	<b>Before Apr 14</b>	<b>After Apr 14</b>
Student Member or /Retired Member	\$95.00	\$120.00
Full/Affiliate Member	\$155.00	\$180.00
Nonmember Student	\$120	\$145.00
Nonmembers	\$180.00	\$200.00

**Cancellation / Refund / Liability**

- Up to April 19: Full Refund less 10%
- After April 19 No Refund for cancelled registration
- MPS reserves the right to cancel the conference at any time due to unforeseen circumstances. Liability is limited to refund of conference fee only.

**MANITOBA PSYCHOLOGICAL SOCIETY**

**SOCIÉTÉ DES PSYCHOLOGUES DU MANITOBA**

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Phone: (204) 488-7398, or (866) 416-7044 Fax: (204) 478-4900 Website: www.mps.ca

If you are interested in membership in MPS, please visit our website [www.mps.ca](http://www.mps.ca) to download our form and mail it to the above address, or phone for assistance in completing an application or mail the above address.

**How to register:**

Complete the form (to the right) and mail it along with a cheque or money order to...

Dr. Meera Chohan, Student Counseling and Career Centre, 47/4 University Centre, University of Manitoba,

Winnipeg, MB, R3T 2N2.

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail \_\_\_\_\_

Workplace \_\_\_\_\_

Occupation \_\_\_\_\_

\_\_\_\_\_ Check if a member of MPS

A luncheon meal is included in the workshop package  
Please indicate any dietary considerations.

\_\_\_\_\_ If you prefer a vegetarian meal.

**PLEASE MAKE CHEQUE PAYABLE TO**

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