

Workshops

16 & 18 of March 2022
15h00 – 18h00

Emotional disturbance and anger control Listen, understand and evaluate the feelings

This workshop includes :

- Affective development and difficulties
- Expressing emotions. How, when, in what way... to avoid misunderstanding and violent reactions.
- Emotional disturbance (Anxiety, anger and violent reactions). Causes and consequences
- Emotional evaluation. The use of scales and projective (thematic, expressive... the use of tools to help children and teens control their emotion)

Material provided with workshop:

- Anger control workbook and game.
- Screening sheet

Trainer:

Viviane Matar Touma,
PhD, Clinical psychologist,
Analytic Therapist,
Associate Professeur,
St. Joseph University-Lebanon,
Trainer in COPES, APPEA and
RISAF-France
Member of APA,
Director of Liban Tests Editions

Registration and payment
before 5/3/2022
Fees : 1,900,000 LL
(includes: workshop
material, tools and
certification of attendance)

Thank you for attending this
Emotional disturbance
workshop

Next workshop in June 2022



The *Anger Control Game* addresses the **six cognitive-behavioral** deficits that have been identified in the research literature:

1. Ability to Empathize with Victim's Feelings (EMP)
2. Ability to Distinguish Between Aggressive and Nonaggressive Acts (DIS)
3. Ability to Use Self-Statements to Diffuse Anger (SSD)
4. Ability to Generate and Evaluate Alternatives to Aggression (GEA)
5. Ability to Identify Feelings Underlying Anger (FUA)
6. Ability to Discern Opinions of Others Toward Aggression (OOA)



Ce fut un plaisir d'assurer cette formation en ligne à un groupe de professionnels psychologues, œuvrant sur le terrain auprès de jeunes présentant des problématiques assez variées.

Merci de votre présence, motivation et enthousiasme et à la prochaine.