

# Liban Tests Editions - LTE - since 2004...


## Online workshop - June 2021



**PEETK**  
Psycho emotional  
evaluation &  
Therapeutic Kit

### Workshop

**Online - 10, 11, 12 June 2021**



L.T.E.  
2021

### Emotional disturbance and anger control

**How to help teens express their emotions, understand their feelings, and find techniques to control them**

**This workshop includes :**

General information about teens affective development, difficulties in understanding and expressing feelings, type of personalities...

- Expressing emotions. How, when, in what way... to avoid misunderstanding and violent reactions.
- Emotional disturbance. Causes and consequences.
- Anxiety and Anger. Violent reactions (verbal and non-verbal), angry thoughts, impulsivity, ...


**Material provided:**

- Therapist guide
- Behavior checklist
- Sample of :
  - Depression Scale (MDI-C)
  - Anxiety scale (R-CMAS)
  - Disturbance scale (scales for assessing emotional disturbance-2)

**Trainer:**  
**Viviane Matar Touma,**  
**PhD, Clinical psychologist**  
**an analytic therapist**

**Online workshop**  
10 & 11 June 2021  
From 15h00 till 18h00  
12 June 2021  
From 9h00 till 12h00

**850,000LL**  
**With certificate of attendance**



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