



8:00 a.m. - 10:00 a.m. (2 CE credits)

# SU1 “Applying Principles of Emotional Intelligence to Disarm Anger in and out of the Therapy Session” presented by Steve Wolf, PhD

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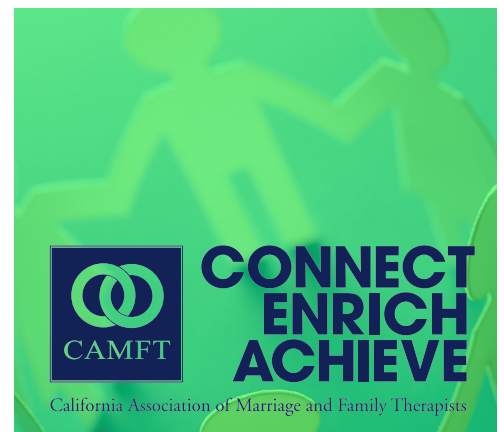
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Dr. Steve Wolf  
and The Wolf Training Institute  
present  
**Disarming Anger**  
using  
**The Taming Your Anger with  
Emotional Intelligence Method**  
for the CAMFT 2015 Conference

Key Concepts of the TYA Method –

- **Vision Statement:** “We are dedicated to reducing violence and increasing emotional intelligence one person at a time, beginning with ourselves and passing it on.”
- **First Important Concept for Success:** “Nothing positive happens when I Unconsciously, Automatically react with anger.”
- **The Four Tools:**
  - a. EQ Breathing
  - b. Stop, Breathe, Leave
  - c. Identify Early Warning Signals
  - d. Discharge & Release

- The First Three Stages of the Program:
  - Stage 1 –Learning the 4 Tools.
  - Stage 2 - Experiencing success using the method.
  - Stage 3 –Developing new habits in response to the signal of anger.
- The emotional brain produces emotions like the reptilian brain produces heartbeats. You can't help it!
- **Anger is a secondary emotion:** It shields us from experiencing the more vulnerable Primary emotions.

**You can listen to Dr. Wolf** Mondays at 5:00 P.M. or to archived shows any-time.

[www.shrinkDifferentRadio.com](http://www.shrinkDifferentRadio.com)

or go to [TamingYourAnger.com](http://TamingYourAnger.com) for further information.