

EAPA PITTSBURGH CHAPTER

INTERNATIONAL



LABOR • MANAGEMENT • CONSULTANTS

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MAY MEETING ANNOUNCEMENT

When: Tuesday, May 20, 2003, hosted by Pyramid

Where: Pyramid – Ridgeview Treatment Center – 4447 Gibsonia Rd. (Route 910),
Gibsonia, PA 15044

Directions: **From Pittsburgh:** Take 279 north to 79 North. Take the Wexford/Route 910 exit. Turn right on to route 910, go approx. 8 miles to Route 8. Cross over Route 8 and continue on route 910 (Gibsonia Rd) another 2-3miles. Ridgeview will be on your left.

From Squirrel Hill area: Take route 8 north approx. 10-12 miles to intersection of route 8 and route 910 (Gibsonia Rd.). Turn right on to route 910, follow approx 2-3 miles, Ridgeview will be on your left.

Time:

Registration -	8:30AM – 9:00 AM
Introductions & Business Meeting -	9:00AM – 9:30 Am
Program -	9:30AM – 11:30AM

Program: ANGER MANAGEMENT

The program will focus on ways to manage anger. Participants will receive information on how to understand feelings of anger, identify and increase the number of productive ways to deal with anger, identify the ways people choose to respond to anger (and why people choose them), and ways to respond to others' expression of anger.

GOALS: 1. To understand a model of anger that is both person specific and universal in application.

- Explanation of dynamics, situations and events that may invoke feelings of anger and why they make us feel that way.
 - Discussion of cognitive, emotional and behavioral reactions to feelings of anger.
2. To expand one's knowledge of ways to deal with anger.
- Identification of preventative and reactionary ways to deal with anger, both productive and unproductive, and possible consequences of anger.
 - The importance of increasing the number of options one has in dealing with the power of anger-either one's own or another's anger.

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3. To understand the types of behavioral choices to feelings of anger.

- Passive aggressive
- Aggressive behavior (including passive-aggressive behavior)
- Assertive behavior

Presenter: Daniel A. Gittins, MA
Chief Operating Officer, Director of Behavior Management, SPHS CARE Center

Moderator: Patty Epps

Fee: A \$15 guest fee will be charged to non-members and a \$5 guest fee will be charged for full time students with a current, validated I.D. (There will be a \$10 surcharge for all returned checks.)

Professional Development Hours: PDH's for CEAP's for LSW's and CAC's are pending and will be awarded at the close of the meeting.

REMINDER!!!! In order to qualify for CEU's you must attend the full two-hour presentation.

IMPORTANT DATES, AND OTHER NEWS OF INTEREST:

Future Pittsburgh Chapter EAPA Meetings: Third Tuesday of the month except August (no meeting).

June 17, 2003 – Hosted by White Deer Run

July 15, 2003 – Hosted by Gateway/Cranberry

August – no meeting

Chapter members wishing to make additions, deletions or any other changes to the mailing list, please email to pzahniser@lbhonline.org or fax to Al Moore at 412-201-5702.

We are attempting to decrease mailing costs by providing the EAPA Chapter Newsletter via e-mail. If you do not have access to a computer and need to have the

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Newsletter mailed to you, please contact Al Moore at the address below.

THANK YOU FOR YOUR COOPERATION!!!!

Visit our web page (under construction) – www.EAPA.net/Pittsburgh

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