

## **Presentations for Corporations and Organizations:**

***“What’s Good About Anger?”*** by Lynette J. Hoy, NCC, LCPC

Other presenters: Steve Yeschek, LCSW or James Bedell, PsyD.

*The presenter explores the emotion, nature and effects of anger and how anger- which is a part of the human experience- is a force which can be used for good. This presentation is based on the second edition of What’s Good About Anger? co-authored by Lynette Hoy and Ted Griffin, and the Behavioral Anger Reduction Kit by Dr. Gary Gintner.*

### **Learning Objectives:**

To gain an overall understanding of human anger, it’s causes and manifestations, and how to effectively contain and manage anger.

The learner/participant will be able to:

1. Define the nature and process of anger.
2. Name the key triggers and causes for anger.
3. Identify main indicators of good and harmful anger.
4. List effective, research-based strategies for anger control.

### **Education and experience qualifying Lynette Hoy as presenter:**

**Lynette J. Hoy** is a National Certified Counselor and Licensed Clinical Professional Counselor in the State of Illinois holding a Master's Degree in Community and Family Counseling from Northeastern Illinois University and a Bachelor of Science degree in Nursing from North Park College. Lynette is the co-author of both editions (2002 and 2006) of *What's Good About Anger?*, the author of various certificate courses in anger management and the trainer certification programs and a writer for several publications. Mrs. Hoy presents conferences in anger management training for mental health counselors providing CEs through the National Board of Certified Counselors and the Illinois Department of Professional Regulation

Lynette is the President and co-founder of CounselCare Connection and President and founder of it's division: The What's Good About Anger Institute. She has been a speaker for various community and professional organizations, seminars and workshops on the topics of anger, stress, depression, assertiveness, grief and marriage.

Lynette is a member in good standing with the AACC (Amer. Assoc. of Christian Counselors), ICA (Illinois Counseling Association) and IMHCA (Illinois Mental Health Counselors Association) professional counseling organizations. Mrs. Hoy is a Diplomate with the American Association of Anger Management Providers.

**Steve Yeschek**, is a Licensed Clinical Social Worker and Anger Management Specialist and consultant. **James Bedell**, is a clinical psychologist and Anger Management Specialist. Both have provided counseling services and training seminars for over 25 years. For scheduling contact Lynette Hoy at 708.341.5438 or [counselor@hoyweb.com](mailto:counselor@hoyweb.com).