

Presentations for Corporations and Organizations:

“What’s Good About Anger?” Seminars by Lynette J. Hoy, NCC, LCPC, CAMS-IV, Steve Yeschek, LCSW, CAMS-IV or James Bedell, PsyD., CAMS-IV

The presenters explore 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 third 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 empirically-based strategies for anger control.

Education and experience of presenters:

Lynette J. Hoy, NCC, LCPC, CAMS-IV:

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 all editions (2002, 2006, 2010) 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 CE's through the National Board of Certified Counselors, National Association of Social Workers and the Illinois Alcohol and Other Drug Abuse Professional Counseling Association

Lynette is the President and co-founder of CounselCare Connection and President and founder of The Anger Management 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, Supervisor, Consultant and a Certified Anger Management Specialist-IV with the National Anger Management Association.

Steve Yeschek, LCSW, CAMS-IV:

Is a Certified Anger Management Specialist-IV, Diplomate, Supervisor and Consultant with NAMA & the Anger Management Institute. Mr. Yeschek was recently designated an Anger Management Specialist-IV by the [National Anger Management Association](#) granting him the authority to certify Anger Management Specialists through NAMA. Steve brings years of expertise and experience in training, coaching and counseling clients and groups in anger, addictions, mood and behavioral disorders and relationships issues. Steve has been the Director of the Chicagoland Rapha Treatment Centers and is an ordained Pastor with the Evangelical Free Church. Steve is co-founder and Vice-President of [CounselCare Connection, P.C.](#) and co-presenter of the anger management Trainer certification workshops with Lynette. He has been trained in coaching and now trains others in coaching skills.

James Bedell, PsyD., CAMS-IV

Is a Licensed Clinical Psychologist in practice for over 30 years. Dr. Bedell, a Certified Anger Management Specialist-IV, Diplomate, Supervisor and Consultant with NAMA and is the Clinical Director of [CounselCare Connection, P.C.](#) and the Anger Management Institute. He is the Director of the [Testing Division](#) for both organizations. His practice is located at Cornerstone Counseling Center in Cary, Illinois and concentrates on marriage, family, individual, and group counseling, as well as psychological testing and evaluations.

Dr. Bedell has been an instructor in psychology at Columbia College. He has developed numerous programs, including “Passage to Manhood” which helps fathers to mentor and initiate their sons in the ways of manhood. Dr. Bedell has also developed “The Gilead” program, which focuses on helping those in ministry with depression and burnout. He is presently working on a curriculum for seminaries that will help developing pastors with appropriate self-care and coping with the unique demands of ministry.

Dr. Bedell has been a frequent speaker and retreat leader, focusing on marriage enrichment, father-son issues, men’s issues, father wounds, etc.

Dr. Bedell holds a doctorate in clinical psychology from Forest Institute of Professional Psychology, masters work in theology and integration of counseling methods from Trinity International University, and an undergraduate degree (Summa Cum Laude) from Bradley University with a double major in psychology and philosophy.

For scheduling contact Lynette Hoy at 708.341.5438 or lynettehoy@gmail.com