



ANGERBUSTERS

The Center For Anger Resolution

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EXPRESSING ANGER IS DESTRUCTIVE?

"Expressing anger is destructive" (WORDS CAN CHANGE YOUR BRAIN by Andrew Newberg, M.D. and Mark Robert Waldman, June, 2012, page 17).

"Neuroscience supports this premise, but this discovery contradicts the popular belief that people need to express their feelings of frustration to effectively process anger. If you don't, some therapists believe you're not being honest or true to yourself."

"Yet the moment a person expresses even the slightest degree of negativity, it increases negativity in both the speaker's and listener's brains. **Instead of getting rid of anger, we increase it**, and this can, over time, cause irreparable damage, not only to relationships, but to the brain as well."

Expressing anger is destructive, but this does not mean that we should completely repress negative feelings.

Research shows that the best way to deal with negativity is to observe it inwardly, without reaction and without judgment. The next step is to consciously reframe each negative feeling and thought by shaping it into a positive, compassionate, and solution-based direction.

Newberg and Waldman base these ideas on MRI studies that have participants communicate with each other while the MRI machines are running and the different parts of the brain can be seen to be "lighting up."

There is a current MRI study at Baylor College of Medicine that is being conducted by David Eagleman, Ph.D. It has 4 different participants in MRI machines talking by microphones and headsets while their brains are being filmed for study (David Eagleman's latest book is INCOGNITO).

Let me know what you think. Could it be that we therapists have been wrong for the last 50 years? Write me your ideas: newton@angerbusters.com

Weekend Intensive

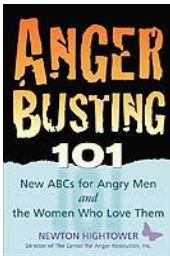
The Center for Anger Resolution, Inc. offers a limited number of Weekend Intensives throughout the year that are tailored to the specific recovery needs of each man and his partner. For men who want to be in recovery from angry and abusive behavior, it is strongly suggested that the intensive work be done with the spouse/mate present. The spouse/mate/girlfriend would serve in the role of a consultant to help the man do the work he needs to do.



I would be the therapist the entire weekend with just you and your partner. This is not a group session.

For More Information Click [HERE!](#)

Anger Busting 101: New ABC's For Angry Men and The Women Who Love Them



In this ground breaking book, Newton Hightower explains how he was once a rageaholic, tried pillow-pounding and other methods to release his anger to no avail. He kept thinking he could gain control and change his behavior. Through his own experience with rage, and the consequences of being fired and becoming depressed, he developed this revolutionary way to recover from anger. And now he shares his methods with you to free you from the chains of rage and destruction.

Bulk Discounts Available - Click [HERE](#) for more information!

Certified Anger Resolution Therapist - Home Study

Too busy to make it to a workshop?

Become a Certified Anger Resolution Therapist in the comfort of your own home on your time-clock. After completion you can...

- Use the CART credential after your name.
- Receive 15 CEUs and a CART certificate you can display in your office.
- Expand in a market niche for managed care or fee-for-service clients.
- Obtain certification that shows your competence in working with rageful men, women, and children.
- Acquire a powerful credential that shows your dedicated advancement in your career.

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Men's Group Openings - Wednesday

Newton Hightower has been leading men's groups in Houston for the last 30 years, first at the V.A. hospital and then in private practice. He is a frequent speaker at local and national professional associations and is the Director of The Center for Anger Resolution. Newton has been selected for years by judges and psychiatrists to work with the most rageful, violent men they see.

Call today for more information and an appointment 1-877-NO-ANGER (662-6437)

Live Certification Seminar

The Annual Houston Live Seminar

When: Friday, November 2 and Saturday, November 3, 2012

Where: The Council on Alcohol and Drugs Houston

To register and reserve your spot call
1-877-NO-ANGER (662-6437) Limited Seating

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