

Upcoming Workshop.....CEU's Available



Layers of Forgiveness: Relieving Trait Anger in the Compulsive Gambler

Presenter: James M. Walsh, Ph.D.

9:00 am to 4:00 pm

May 3, 2012

Community Services Building, Rm 6, Wilmington, DE

Workshop Description: Anger, the emotion that energizes and drives the individual to get to the root of an evil and rectify an injustice, can be cleansing and can be destructive. Trait anger is associated with all of the worst qualities of humanity: deep neurosis, impulsive and reckless living, antagonistic relationships, and self centered pleasure seeking behaviors.

Those afflicted with the disease of addiction experience elevated levels of trait anger. Frequently a victim of trauma as a child, the savvy counselor who recognizes the underlying anger dynamic can help the individual with the tools of Forgiveness Informed Therapy.

This workshop focuses on trait-level anger, its etiology and manifestation in the addicted person, and the methods that facilitate relief in the moment and resolution for a lifetime.



James M. Walsh, Ph.D. is an Assistant Professor in the MS in Community Counseling program at Wilmington College. Dr. Walsh is a licensed, Board-certified Counselor with extensive experience providing services to people with chronic and severe forms of mental illness. He also maintains a private practice, where he provides a broad array of counseling services, including Mindfulness Based Stress

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