

Angry Clients, Frustrated Therapist



COURSE DESCRIPTION

Clients report anger problems are often the root of why they are referred to therapy, whether they are mandated or self-referred. In this interactive workshop, we will look at some anger inventories that can be used with clients to help them understand how/why they get so angry; then we will look at techniques and tips to share with clients that will help them deal with that anger. Anger resulting from attachment issues, grief/loss, and trauma/abuse history will also be examined, as well as the role substance abuse may play. Tips on working with children and anger will also be shared. And we will also examine issues regarding transference and countertransference, *especially* involving clients getting angry at their clinicians!

OBJECTIVES

Upon completion of this program, the participant should be able to:

1. Administer and interpret at least two anger inventories.
2. List various sources of client anger.
3. Understand links between anger and disrupted attachments, grief/loss and/or trauma history.
4. Share/tips/techniques for anger management with clients, including those specific to adults, couples, and children.
5. Identify transference/countertransference in sessions.
6. Use conflict resolution skills to manage client anger in session.
7. Identify safety issues that may be employed.
8. Employ various interventions aimed at reducing problem behaviors, including anger management techniques, aggressive replacement training and cognitive behavioral techniques.

TARGET AUDIENCE

Counselors, Therapists, Social Workers, any other healthcare professional

[REGISTER HERE](#)

or scan the QR Code.

For questions, contact Kimberly
Morris at 843-777-5352.



Thursday, November 12, 2026

9:00am - 4:00pm

McLeod Medical Plaza
1st Floor Small Conference Room
800 E. Cheves St. Florence, SC 29501

INSTRUCTOR

Barbara Melton, M.Ed., LPC, LPCS, LAC, LACS, NCC/MAC, CS

Barbara has a private practice in Summerville and specializes in working with trauma, loss and self-injury. She is certified by the SC Supreme Court as a Family Court Mediator and has conducted conflict resolution and mediation trainings and also responds to critical incidents for R3 Continuum.

FEES:

Consortium Member: \$50

Non-consortium Member: \$100

Registration Deadline: Wednesday, November 11, 2026

CREDIT

AHEC: This program is approved for 0.6 CEU's (6.0 clock hours) by Pee Dee AHEC and meets SC AHEC Best Practice standards. Participants must attend 90% of the program and complete an evaluation in order to receive a certificate of attendance. No partial credit will be given.

Counselors and Therapists: This program is approved for 6.0 hours of continuing education credit. The South Carolina AHEC system is recognized as a permanent sponsor of continuing education by the South Carolina Board of Examiners of Licensure of Professional Counselors, Marriage and Family Therapists, and Psycho-Educational Specialists. {Provider number is #65}

Social Workers: Pee Dee AHEC, as part of the SC AHEC System, is an approved provider of CE for social workers. This social work program is approved for 6.0 non-social work credit hours.

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