THE CLINICAL 5th STEP

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Approved by:
The National Association of State Alcohol & Drug Abuse Directors, the Center for Substance Abuse Treatment, The Project for Addiction Counselor Training
National Board of Certified Counselors
State of Wisconsin Dept. of Regulation & Licensing
American College of Counselors
American College of Addictionology & Compulsive Disorders
Oklahoma Drug & Alcohol Professional Counselor Certification Board
Nevada Drug and Alcohol Certification Board
Israel Certification Board of Addiction Professionals
American Psychotherapy Association
NAADAC
The Association for Addiction Professionals

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STEP 5
Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

ANOTHER HUMAN BEING

The Attentive Clinical Listener

Many small children, despairing of the adults around them, often confide their deep secrets to their pets or dolls. Yet when a child discovers again that an adult can be trusted with the truth, we can see this represents a step forward to adult personality and selfhood. We oscillate between a desire to defend by silence and secret withdrawal, with the tacit assumption that to leap the boundaries of reserve and become inwardly known by another person would be too painful to bear. It is only when external insecurity or internal anxiety threaten this equilibrium that we feel a desperate need to communicate. It is when we begin to have these doubts about our solvency as persons that we need reassurance from a human listener who understands more than we do. For the most part we prefer to remain behind our masks in the anonymity of the symptoms of the frightened spirit begin to show that our need to be honest becomes pressing. We need then an attentive listener who can hear what we cannot put in to words, and see what cannot put into words, and see what we dare not see ourselves. To avoid commitment to dialogue is to remain in defensive isolation.

Rev. R. Mack Pumphrey
Holds a
B.A. in Education and Psychology
M.C.Ed. Christian Education
D.Min. Pastoral Counseling-Ministry
M.A. in Counseling
Licensed Massage Therapist

He is an ordained minister in the International Council of Community Churches, Christ Catholic Church (diocese of Boston) and the Southern Episcopal Church (USA), and a certified chaplain with both the National Institute of Business and Industrial Chaplains Inc., and the Department of Medicine and Surgery Veterans Administration. He is a certified hypnotist with the National Guild of Hypnotists.

Rev. Pumphrey received his clinical training in Clinical Pastoral Education at the Milwaukee Lutheran Hospital and his psychotherapy and counseling training at the Martin Center Residential Treatment Center, Personal Growth Inc., and Blue Care Network - an affiliate of Blue Cross/Blue Shield of Michigan.

He is the former Chief Chaplain Milwaukee Psychiatric Hospital, he served as Executive Director of R.E.A.CH. Comprehensive Mental Health Clinic, and a teacher of at-risk secondary students in the Milwaukee Public Schools system.

Adjunct professor of undergraduate and graduate courses on educating African American males and at-risk students at the University of Wisconsin-Milwaukee/Department of Educational Policy and Community Studies.

Past President, American College of Counselors - Branson, Missouri.

He has extensive experience working with emotionally disturbed adjudicated delinquents, developmentally disabled individuals and addicted youth and adults. His other credentials include: Certified Teacher (WI, MO), Certified Psychotherapist (WI), Licensed Professional Counselor (WI), Certified Vocational Rehabilitation Counselor (WI), Certified AODA Counselor (WI, IL), Certified Diplomate Addictionology, ACACD, Certified Hypnotist, NGH, NBOCH, Certified Sports Counselor (Sofia, Bulgaria) and a Diplomate in Psychotherapy, APA.

Anger Management

Educational Objectives:
This course will teach psychotherapists to:

- Identify the prevalence, mechanisms, and styles of anger.
- Note the factors which may impact the expression of anger.
- Compare and contrast the different foundational perspectives of anger.
- Describe the neurobiological components of anger.
- Summarize the components that have been found to be effective in Anger Management protocols.
- Review the pharmaceutical options available for Anger Management.
- Describe the Relaxation strategies proven to be effective in the reduction of anger.

Course Syllabus:
- Perspectives on Meaning of Anger
  > Buddhist Perspectives
  > Christian Perspectives
  > Psychological Perspectives
- Anger: Described and Defined
  > Clinical Definition
  > Prevalence of Anger
  > Factors affecting anger prevalence and presentation
  > Psychiatric co-morbidity and anger
- Neurobiology of Anger
- Impacts of Anger
  > Health consequences associated with Anger
  > Emotional function and Anger
- The Treatment of Anger
  > Sub Acute Anger
  > Dealing with Difficult People
- Clinical Interventions and Anger Management Programs
  - Cognitive therapies (e.g., self-instructional training)
  - Relaxation-based therapies (e.g., systematic desensitization)
  - Skills-training therapies (e.g., assertiveness training)
  - Multi-component treatments (e.g., stress inoculation and cognitive-behavioral)
- Pharmaceutical Interventions
  - Managing Anger in the Workplace