

Realize Results with Dr. Brandt's Innovative Approach

This safe, powerful and effective workshop is proven to help you express, release and manage anger in the real world.

Day 1

Saturday

Get the tools you need to know through a combination of discussion, group participation and insightful exercises.

Day 2

Sunday

Using the tools you learned at Saturday's session, you will move into a deeper understanding of yourself through intensive, one-on-one interactions with Dr. Brandt in a group setting.

"I learned more about myself and how to deal with anger in this workshop than I have in years of therapy with other people. Dr. Brandt helped me find ways to express my anger in a positive way. I am learning how to forgive and move on with my life. The workshop made a big difference in my life and happiness."

-- E.B.

Real world skills
for real world living

Andrea Brandt, PhD, MFT
1018 24th St.
Santa Monica, CA 90403
310-828-2021

Create healthier, happier relationships in 2012

Join Dr. Andrea Brandt for a life-changing event:

Transform Negative Emotions
Into Positive Payoffs
at Home and Work

A two-day
breakthrough
workshop

March 31 • April 1, 2012
Los Angeles
www.abrandtherapy.com

REGISTER EARLY
SPACE IS LIMITED!

Turn Negative Energy into Effective Behaviors

Anger is a powerful emotion that needs to be experienced and expressed. In this extraordinary workshop you'll learn real-world skills to help you respond to anger in healthy, constructive ways and begin to:

- > **Understand anger as a valuable and healthy emotion**
- > **Experience more energy and joy in your life**
- > **Develop tools to express anger appropriately in daily life situations**
- > **Set boundaries and trust your instincts**
- > **Break free from limiting beliefs**

" Dr. Brandt's workshop was an absolute milestone for me. Working through issues with group support and understanding was very rewarding. The feeling of relief was revisited right away. My friends noticed that I was less intense and much more calm and grounded. It was a great experience, and I recommend it highly."

-- M.T.



Work With an Expert in Emotional Healing

Andrea Brandt, PhD, MFT is a licensed psychotherapist and sought-after speaker who pioneered a new approach to emotional healing nearly 30 years ago. Her classes, workshops and audio recordings have distinguished her as a leader in the field of anger management.

Dr. Brandt successfully works with individuals, couples and groups in the Santa Monica, California area. Her thoughtful assessment of what it takes to inspire and educate has led to breakthrough achievements for many of her clients. Dr. Brandt's focuses include:

- Anger management
- Women's issues
- Aging
- Relationships
- How emotions impact family connections
- The mind-body connection

For more on Dr. Brandt's experience and her approach to emotional healing go to www.abrandtherapy.com

Transform Negative Emotions Into Positive Payoffs at Home and Work

A powerful two-day workshop

WHEN

- > **Saturday, March 31, 2012**
9 a.m. - 5 p.m.
Presentation, skill-building, discussion.
- > **Sunday, April 1, 2012**
9 a.m. - completion
Intensive group and individual work with Dr. Brandt. Limited space.

WHERE

12304 Santa Monica Blvd.
Suite 214
Los Angeles, CA 90025

COST *

\$250 – Saturday only
(\$225 if registered by Feb. 20, 2012)
\$450 – Both days
(\$400 if registered by Feb. 20, 2012)

* Includes the workshop fee, workbook, and *The Anger Zone* audio CD.

HOW TO REGISTER

Register at www.abrandtherapy.com
Space is limited and will sell out.