The Use of Active Symbolism in Anger Reduction

Program description:
This workshop will present four components of the Symbolic Anger Cycle as identified by Adam Guss, LCSW

The human ability to transform a feeling into a symbol as well as to respond to a symbol with intense feeling is the key to anger reduction. The use of Active Symbolism in psychotherapy organizes an order of Kinesthetic, Visual, and Auditory communication channels or simply "do", "see", and "hear". An internal awareness is activated that is projected into an objective presentation.

The action of symbolic drawing is a healing function and helps to develop increasing levels of clarity and implementation. When working with anger the symbolism needs to be contained safely. This is the purpose of the circle. Anger without boundaries is like a wildfire and threatens to destroy much before it burns out. The human anger can rage at an equally high level. Experience shows that the circle organizes the psyche and validates the anger without the expressive risk found in other modalities. When used in sequence drawing the

anger also presents awareness of alternatives.

   The symbolism that is created and released becomes relational and supports the self's purpose. Symbolic drawing is a process of defining a self, for the human always an ongoing exercise. Each component of the Symbolic Anger Cycle will be clarified and demonstrated by the presenter.

Clinical Objectives

Participants will be able to identify all four components of the anger cycle.

Participants will practice Active Symbolism through Emotional Mandala application and verbal process.

Participants will recognize pattern of anger cycle and share past and current experiences.
Presenter:
Adam Guss MSS, LCSW consults on a wide range of life challenges and transitions that can be addressed on the continuum of frustration to rage. He has a full time psychotherapy practice at Associates of Springfield Psychology in Havertown, PA.