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Fear is Negotiable: Business Survival Skills 101

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April 02nd 2013: **Workplace Violence Series: Outsmarting Anger**

In this episode, Dr. Shrand, Instructor of Psychiatry at Harvard Medical School, will be discussing the valuable information in his book "Outsmarting Anger: 7 Strategies for Defusing our Most Dangerous Emotion". Dr. Shrand will discuss what happens inside the brain when anger erupts, and how we can harness our own internal mechanisms to counteract the potentially destructive forces of anger. Dr. Shrand will then discuss tangible strategies and techniques for tapping into our brain's powerful anger management zone, as well how to recognize and manage anger, both in us as well as in others.

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Featured Guest



Joseph Shrand, MD

Joseph Shrand, MD, is an instructor of psychiatry at Harvard Medical School and the Medical Director of CASTLE (Clean and Sober Teens Living Empowered), an intervention unit for at-risk teens that is part of High Point Treatment Center in Brockton, Mass. Dr. Shrand was formerly on staff at Massachusetts General Hospital as well as the Medical Director of the McLean Hospital Child and Adolescent Psychiatry Ambulatory Care and Adolescent Residential Programs. With more than 20 years as a practicing psychiatrist, Dr. Shrand has vast experience in the field of adolescent anger management and conflict resolution which has made him a sought after speaker. He is also affectionately known as Dr.

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