

Anger Management Simplified: Trileptal and a Two-Minute Speech

Presented by Dr. Daniel M. Williams, MD, PA

Founder, MindshiftCare.com



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Intermittent Explosive Disorder

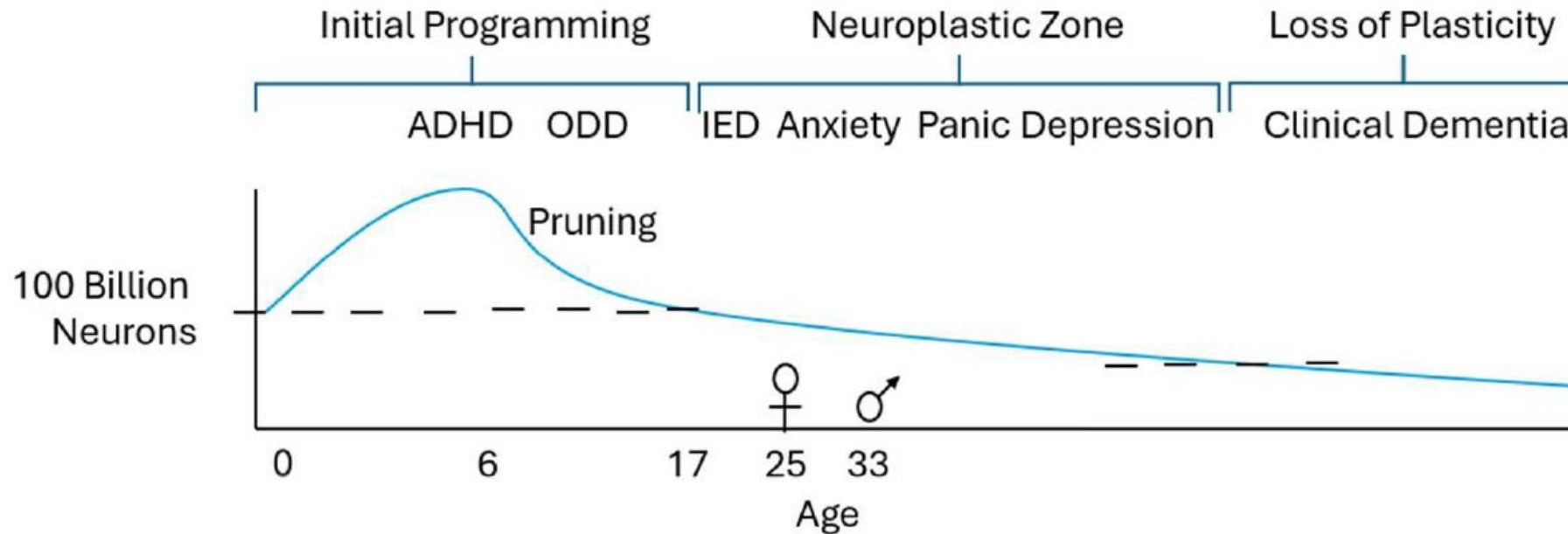
- Intermittent Explosive Disorder (IED) is an official diagnosis for an anger control problem. It is characterized by impulsive, unexpected anger and aggression that is disproportionate to the situation. The diagnosis code is F63.81 in the *International Classification of Diseases*, Tenth Revision.
- From the outside, the world sees an angry person, but they are often riddled with guilt about their behavior.
- If unable to modify the personality and self-care to accommodate for IED, these people burn all their bridges and wind up totally alone.
- They need to [Mindshift](#).



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Psychotherapy Mirrors Neurodevelopment



Digital Dementia, by Manfred Spitzer

(in 30+ languages *except* English)

<https://www.goodreads.com/book/show/17820247-dementia-digital>



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Trileptal (oxcarbazepine)

- Most places I've worked require generic medications, so I rarely wrote brand-name Trileptal prescriptions.
- Tegretol (carbamazepine)
- Lamictal (lamotrigine)
- Lithium
- Depakote (has a chance of making it worse).
- Keppra (levetiracetam) is often used for seizures but can worsen anger.

The Two-Minute Speech


- "When a threat is perceived, adrenaline triggers an uncontrollable reaction.
- Intermittent explosive disorder is a hard-wired anger reaction, almost always originating from PTSD. This is why traditional cognitive approaches to anger management are often inadequate.
- It is exactly the opposite of a trained operator or martial artist. However, if the brain is exposed to enough toxicity, a veteran will slowly lose their brain's ability to inhibit.
- A mood-stabilizer is a "10 second fuse". It will let you notice the feeling without impulsively acting on it.
- Walk away from the anger-provoking situation the first 5 times you get mad, so you can learn how the medication will help you go calm yourself down. Then, practice talking through your problems knowing you can now walk away if you need to, so eventually you won't have to feel like a doormat."



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Multiple ways to connect:



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Calendar Gluten-Free Psychiatry Podcast Services About


Mastermind Groups

These free meetings consist of people working together in harmony with definiteness of purpose in order to solve a common problem. [New to Mastermind Groups?](#) Here's our active Mastermind Groups for different purposes:

[Live Events Calendar](#)

- The 100-Day Mindshift.** This is the live Q&A with me, Daniel Williams, MD, the author of all of the Mindshift video courses. My business model is to provide all of the training videos to the world for free, resulting in a global, mental health Mindshift. These courses are for everyone because they teach self-directed, holistic life-building. Topics cover *Anxiety Reduction*, *Sex therapy for PTSD*, *Pet therapy for PTSD*, and training for professionals and caregivers. Law enforcement, military, first responders of all types and veterans, this is your solution to on-the-job "fix yourself".
- Relapse Prevention.** Live support for **any addiction** or medical condition that results in *Dopamine Dysregulation Disorder*. If you were to watch all of my videos in one sitting, you might want to binge on something. If so, the Relapse Prevention group is here for you. My unique approach combines elements of 12-Step Recovery with holistic discussions of radical self-care, earthing science, filtering neurotoxins, detoxification and how to get medications that contain no gluten. Speaking is optional. It starts with a brief presentation and then opens up for group discussion.
- DETOX Fit & Fertile.** This is a support group for **people interested in detoxing from any toxic chemicals** like BPA, PFAS, heavy metals, RoundUpSM, and more. Dr. Williams will share his own PFAS Detox Protocol (poly-fluoryl alkyl substances), not-so-affectionately known as the "forever chemicals". Research shows that we're all being feminized and sterilized because so [many toxins act like estrogen](#). Making babies involves sex therapy, psychology, physiology, sometimes psychiatry, and now...toxicology. Did you know 95% of sperm

Search



Daniel M. Williams, M.D., P.A.

Three Appointment Types:
[Medication Management](#)



GLUTEN FREE PSYCHIATRY
PODCAST

A Free, Virtual IOP Experience

- Relapse Prevention
- Anxiety Reduction
- Pet Therapy for PTSD
- Sex Therapy for PTSD
- Psychotherapy for PTSD

Core Curriculum: How to Mindshift

Mindshifting is the simultaneous changing of neural networks and harmonic emotional frequencies at will. This course intuitively guides you to forcefully recreate physical, mental, spiritual, and emotional balance. Benefits include improved mental perseverance, problem-solving skills, and grace under fire.

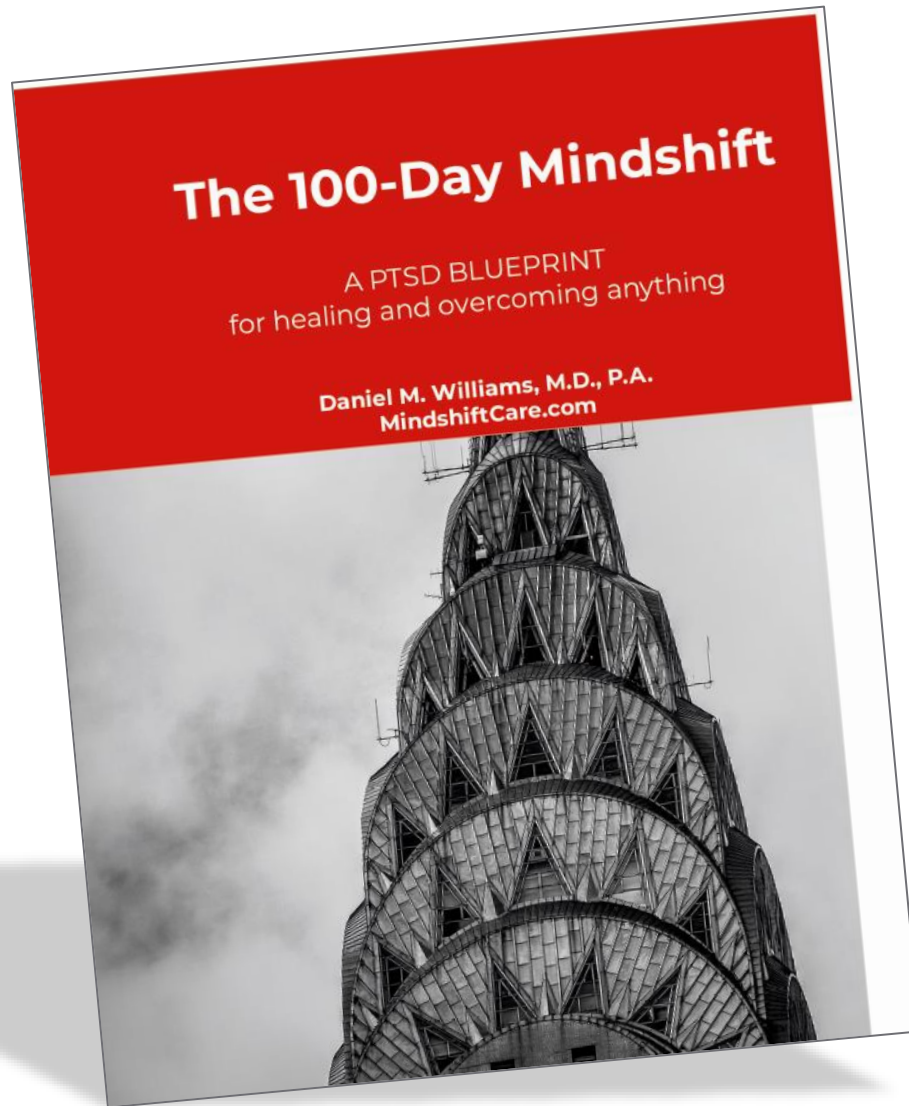
Mindshift; noun, verb. Definition:

- 1) To therapeutically change the active firing of neural networks, mental intention, and harmonic frequencies simultaneously.
- 2) To upgrade knowledge rapidly. For example, scheduling a date night to watch [ground-breaking mental health documentaries](#) so your family can grow together. (If your significant other won't cooperate, see if they're interested in [Pet Therapy](#) or [Sex Therapy](#) videos. You're welcome.)
- 3) Advanced problem solving.
- 4) Urban Dictionary 11/4/2011 "A shift in your mindset caused by creating something out of a fine balance between insights and innovation, leading to a MindShift. A MindShifter is one who professes such change." (I guess I'm a Mindshifter, then. Are you? Do you want to become a Mindshifter with me?)



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Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author

Virtual Intensive Outpatient

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Texas- Mexico Border 2022

