

# Mark I. Nickerson, LICSW

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## PROFESSIONAL EXPERIENCE

1994 – present                    **Private Practice**

Psychotherapist with adults, adolescents, and families. Provide clinical interventions for divorcing families. Expertise includes trauma recovery, conflict resolution, recovery from problematic anger and violent behavior, overcoming cultural stigma and oppression. EMDR certified.

1990 – present                    **Consultant and Trainer**

Provide consultation and professional trainings locally, nationally and internationally on topics including trauma resolution, conflict management, anger management and violence prevention, veteran's issues and overcoming cultural stigma and oppression. Provide EMDR Basic and Advanced Trainings. Training vitae follows

1994 – present                    **Director of Parent Education and Trainer**

Hampshire County Bar Association. Co-developed Massachusetts pilot programs for mandatory parent education for divorcing and never-married parents. Both programs served as models for statewide programming. Co-developed curriculum, current trainer for two award winning programs: Never-Married Parents Program. Only One Childhood, a skill-based class co-parenting class for divorced parents.

1982 – present                    **Co-founder, developer and director**

Men's Resource Center of Western MA

1993 – 1995                    **Faculty, Smith School for Social Work (MSW Program)**

Course: "Current Issues in Therapy With Men."

1987 – 1988                    **Psychotherapist**

Valley Human Services, Ware MA. Diverse clinical caseload. Supervised MSW clinician.

1981 – 1985                    **Director of Parent Aide Program, Psychotherapist**

Children's Aid and Family Services, Northampton, MA. Created and implemented program to match para-professionals with parents at high risk of child abuse/neglect. Recruited, trained and supervised parent aides; assessed clients; managed budgets and fundraising; Co-founded state, regional, and national parent aide associations. Maintained ongoing therapy caseload.

1979 – 1980                    **Family Therapist (internship & salaried position)**

Washtenaw County Community Mental Health Center, Ypsilanti, MI

1978 – 1980                    **Administrative/Teaching Assistant**

Project Outreach, Psychology Department, Univ. of Michigan. Trained and supervised interns.

1978 – 1979                    **Psychotherapist (internship)**

Child and Family Services, Monroe, MI

1977 – 1978            **Program Director**

ACORN/YMCA After-school Day Care Centers, Middletown, CT.; Started three new federally funded after-school day care programs. Hired and supervised, developed policy, managed budget, raised funds, made community presentations. Secured long-term funding.

1975 – 1976            **Family Therapist and Research Assistant**

Yale University, New Haven, CT, (NIMH grant). Counseled single-parent families, assisted in developing family contracts. Implemented behavior modification approach.

#### **EDUCATION AND CERTIFICATION**

- LICSW, Massachusetts License #104628 (1983)
- MSW, University of Michigan at Ann Arbor (1980), *Concentration in Families and Children*
- BA in Psychology, Wesleyan University, Middletown, CT (1975), *Cum Laude; President of graduating class*
- Trained Mediator (2006)
- EMDR Certified Clinician (2006), EMDR Approved Consultant (2007), EMDR HAP Facilitator (2010), Trainer (2013)
- EMDRIA Credit Provider (2007)

#### **PRESENTATIONS AND TRAININGS**

##### **Subject: EMDR**

- “The Cycle Model: A Comprehensive EMDR Therapy Approach to Problem Behaviors” EMDRIA Conference, Philadelphia (2015)
- “Restoring Dignity: Healing the Wounds of Stigma and Prejudice with EMDR” Toulouse, France (2015)
- “EMDR and Treatment for Problematic Anger and Violent Behaviors” Madrid, Spain (2015),
- “EMDR and Treatment for Problematic Anger and Violent Behaviors” Edinburgh, Scotland (2014)
- “Breaking the Cycle: EMDR Treatment for Problematic Anger, Acting Out and Addiction” (14 CEUs): Miami, OK (2014), Charlottesville, VA (2014), Atlanta, GA (2015), New Orleans (2015), South Bend (2015)
- “Restoring Dignity: Healing the Wounds of Stigma and Prejudice with EMDR” Edinburgh, Scotland (2014)
- “EMDR for Treating Trauma Victims” to Victims of Violence Compensation National Conference, Boston, (2014)
- “EMDR Protocols for Changing Problem Behaviors: Featuring the Feeling-State Addiction Protocol”, Providence (2014)
- “Targeting the Feeling-State for Behavioral and Substance Addictions” Amherst, MA (2014)
- “Restoring Dignity: Healing Culturally-Based Wounds” (3 CEUs) Austin, TX (2013), Denver (2014)
- “Il Trattamento EMDR per la Rabbia Patologica, l’Ostilità e i loro Correlati Comportamentali”, Milan, Italy (2013)
- “EMDR and Treatment for Problematic Anger, Hostility and Related Behaviors” 3-day training Brasilia, Brazil (2013)
- “EMDR and Treatment for Problematic Anger, Hostility and Violent Behavior” (14 CEUs): Minneapolis (2011), Atlanta (2011), Tampa (2012), Anaheim (2012), Worcester, UK (7 CEUs) (2012), Phoenix (2012), Virginia Beach (2013), Denver (2013), New Jersey (2013)
- “Implementing the Feeling-State Addiction Protocol for Behavioral and Substance Addictions” (1.5 CEUs): Amherst, MA (2013)
- “Insecure Attachment on the Societal Level: EMDR Reprocessing of Internalized Stigmatization and Oppression” (3CEUs), Amherst, (2012), EMDRIA Annual Conference, Washington, D.C., (2012)
- “Undoing Stigma: EMDR Applications in the Dismantling of Internalized Oppression and Prejudice” (3 CEUs): EMDRIA National Conference, Anaheim, (2011)

- "Undoing Stigma: EMDR Applications in the Dismantling of Internalized Oppression and Prejudice" (7 CEUs): Northampton, MA; Portland, ME; Waltham, MA; Stamford, CT (2011)
- Recent Event Processing: Amherst (2011), Northampton (2011)
- "EMDR Applications in the Dismantling of Prejudice and Internalized Oppression", Amherst (2010)
- "EMDR and Treatment for Problem Behaviors", Keynote Plenary, Regional EMDRIA Event (2010)
- "EMDR and Treatment for Problematic Anger, Hostility and Violent Behavior", (6 CEUs): Northampton (2009), Phoenix (2010), Los Angeles (2010), San Diego (2010), Durham (2010), Waltham, MA (2010)
- "Exploring the Effective Use of Client Postures and Gestures within the EMDR Protocol", Amherst (2009)
- "EMDR and Treatment for Angry and Violent Behaviors": Regional Workshops, Northampton, MA, (2006) Portland, ME (2008); National EMDRIA Conference Presentations; Dallas, TX, (2007), Phoenix, AZ (2008), Atlanta, GA (2009); International EMDRIA Conference, London, (2008)

**Subject: EMDR Basic Training**

- **Trainer-** Holyoke, MA (2014), Charlottesville, VA (2014), St Louis (2013), Charlotte, NC (2013), Ohio (2013), Maryland (2012), Boling Springs, NC (2014), St Cloud, MN (2015)
- **Facilitator-** Bridgeport, CT (2012), Holyoke, MA (2012), Haverhill, MA (2012), Quincy, MA (2011)

**Subject: Men's Issues/ Problematic Anger and Violent Behavior**

- Led numerous trainings and seminars on topics related to men's issues. EMDR trainings on this topic listed above
- "Clinical Treatment of Problematic Anger, Hostility and Violent Behavior", (6 CEUs), Smith School of Social Work, (2008, 2009, 2010, 2011)
- "Domestic Violence and Veterans", WNEC Conference: Supporting Returning Soldiers and Their Families. (2008)
- "Clinical Approaches to Problematic Anger and Violent Behavior", Mass Statewide NASW Symposium, (2008)
- "Violence, Sex and Gender: Hidden Realities at UMass Amherst", A Public Forum, (2008)
- "Current Issues in Therapy with Men", Summer Faculty, Smith School for Social Work (MSW Program), (1993 - 95)
- "Clinical Issues with Men Who Batter", WNEC Annual Conf. (multiple years from 1993-present); Holyoke Hospital (1998)
- "Current Issues for Adolescent Males", six part series for Corp. for Public Management, Springfield, MA (1991-1992)
- "What about Fathers?", N.E. Parent Aide Conference, (1987, 1992)
- "Current Issues in Therapy with Men", Regional Social Work Conference (1990, 1992); ELMS College (1990, 1997); NASW National Conference (1990)
- "Male Homophobia", Massachusetts Statewide NASW Symposium, (1989)
- Keynote Speaker for Northeast Regional Men's Conference, (1983)

**Subject: Combat Veterans**

- "The Wounds Within", numerous book related presentations
- "Responding to the Needs of Combat Veterans and Their Families", Westfield, Northampton, Belchertown, Amherst, Springfield, MA, Middletown, CT (2015)
- Training and Consultation to Veterans Support Group Leaders
- "Responding to the Needs of Combat Veterans and Their Families", Brattleboro, VT (2012)
- "Lessons from Hell: Post War Challenges for Veterans", Massachusetts Statewide NASW Symposium, (2012)
- "PTSD in War Veterans & It's Impact on Veterans' Families" Smith College (6 CEUs), (2009, 2010)
- "Responding to the Needs of Returning Soldiers and Their Families", Smith College 6 CEU program, (2009,2010)
- "Return to Hell: Post War Challenges for Veterans", Massachusetts Statewide NASW Symposium, (2008)

**Subject: Parent Aide Programs**

- Presented at numerous local and regional conferences.
- Massachusetts Governor's Conference, (Boston 1986)
- International Conference on the Prevention of Child Abuse and Neglect, (Montreal 1984)

**Subject: Parenting, Family and Related Issues**

- Numerous presentations and workshops for parents on issues including fathering, family issues, sibling rivalry, violence and conflict resolution.
- "Expecting More from Co-Parents", Legal/Mental Health Conference (2014)
- Only One Childhood: Skills-based Parent Education, (2013-present)
- Parent Education for Divorcing and Never-Married separated Parents (1994-present)
- Never Married Parent Program: 6 Years of Impact, Chicago AFCC conference, (2012)
- Facilitated Day-Long Training for facilitators of Never-Married Parenting Programs, (2008)
- "Never-Married Parents in the 21<sup>st</sup> Century", Annual Conference of Association of Family and Conciliatory Courts, (2007)
- "Parent Education for Never-Married Parents", MA Chapter of AFCC, (2006)
- Co-designed and facilitate Court Approved parenting program for Never- Married parents, (2005-present)
- Facilitate court mandated seminars for parents going through divorce in Massachusetts, (1994-present)
- Facilitated groups for expecting fathers in childbirth classes, (1995-1999)
- Led psycho-educational classes at local medical center on stress management, anger management, and assertiveness training, (1993-1998)

**Subject: Other Professional Issues**

- "Maintaining Professional Boundaries", STCC Accredited Massage School
- "Managing Emotional Issues That Arise During Massage Therapy" (1999-2002)

**PUBLICATIONS**

- *The Wounds Within*, with Joshua Goldstein, Skyhorse Publishers, (2015)
- "For the Children: Parent Education for Never-Married Parents: Curriculum Manual" (2008, 2012)
- Guest Editor, Men's Resource Center Newsletter. Fatherhood Issue (1994)
- Review, "Men in Therapy: The Challenge of Change", Meth & Pasick "Smith College Studies in Social Work", June 1991, Vol. 61, No. 31
- "Men in the Media", Media & Value, No. 47 (Fall 1989)
- Authored family interaction coding system for behavior assessment, Abstracted in Catalogue of Social Documents in Psychology, 2/76

**PROFESSIONAL AFFILIATIONS AND LEADERSHIP**

- National Association of Social Workers
- Men's Resource Center, Inc. (Co-founder and Board Chair)
- Association of Family and Conciliatory Courts (Director of Parent Education- Hampshire County Bar Association)
- EMDR International Association (2014 President EMDRIA Board of Directors)
- EMDRIA Western MA EMDRIA Regional Co-Coordinator

**HONORS**

- **Innovative Program of the Year**, Association of Family and Conciliation Courts, for the "Only One Childhood" program, a skills-based class for separated co-parents, 2015.
- **Outstanding Service Award**, Western MA EMDR International Association Regional Network, 2014.
- **Innovative Program of the Year**, Association of Family and Conciliation Courts, co-recipient for the "For the Children" program for never married parents, 2007.
- **Outstanding Service Award**, Men's Resource Center, 1998.
- Nominated by Massachusetts Commissioner of Social Services for Presidential award for Child abuse prevention (one of three), 1985.
- **Outstanding Service Award**, Massachusetts Department of Social Services, 1985.
- **Social Worker of the Year** (category: five years or less in the field), Massachusetts Chapter, National Association of Social Workers, 1985.