

EMDR and Treatment for Problematic Anger, Hostility and Violent Behavior

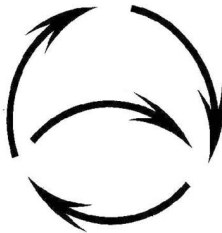
EMDR offers unique potential in the treatment of clients who struggle with issues of problematic anger, hostility and violent behavior across a spectrum of severity. Thoughtful intervention at all stages of the 8-Phase Protocol can empower the client to identify and dismantle difficulties ranging from recurrent situational anger “flare ups” to more chronic hostile attitudes and destructive violent and abusive behavior.

Many clinicians are undertrained in this area and find themselves dreading or dodging clients with these issues. This workshop will help you develop an approach that can make your work more effective and rewarding.

The workshop will integrate key clinical concepts from the general field of anger management and violence intervention within the trauma- informed AIP Model and will teach the significant advantages of an EMDR approach over other common interventions.

When a client is “doing unto others what was done to them”, trauma-informed intervention offers realistic hope for true behavioral change.

The training will include relevant theory, practical strategies and a review of relevant components of EMDR treatment which will be illuminated by case examples including multiple clips from video-taped clinical sessions.



Presented by: Mark Nickerson, LICSW
Saturday, April 3, 2010 · 9:00am to 4:30pm

at the Franciscan Renewal Center-
5802 E Lincoln Drive Scottsdale, AZ

Registration/Continental Breakfast 8:30-9:00. Lunch included

EMDR based trauma-informed intervention strategies covered include:

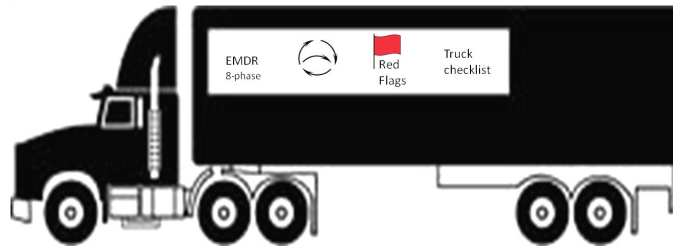
- Specific special considerations throughout 8-Phase Treatment Protocol
- Metaphor- based tool for case formulation
- Keys to history gathering and risk assessment
- Cycle model for assessment and target selection
- Strength building RDI including redefining personal power
- Trauma-informed understanding of client “resistance”, transference and counter-transference
- Research supporting EMDR intervention

In addition, discussion will integrate topic related clinical concepts including:

- Anger states and hostile traits
- Physiology of the anger response
- Affect management/ tolerance
- Resource development
- Repetition compulsion
- Secondary gain of abusive behavior
- Managing arousal levels
- Locus of control
- The role of skill building

Objectives- Participants at this workshop will be able to:

- Identify dynamics associated with problematic anger, hostility and violent behavior.
- Identify specific ways in which trauma-informed EMDR intervention can effectively treat problematic state-based anger, trait hostility, and violent behavior.
- Implement trauma-informed keys to working with “resistant” clients
- Implement a metaphor-based system for case formulation and treatment planning linked to the EMDR 8-Phase Model
- Identify and implement special considerations for successful intervention throughout the EMDR 8-Phase Model



Participants' Feedback:

“Delightful presentation. One of the more challenging life/clinical issues brought to an understandable and doable therapy.”

“Mark’s use of video sessions really drove home his points.”

“Clearly demonstrated the integrative quality of EMDR.”

“...an excellent talk. Very useful - something I can use immediately.”

“Finally: an understanding about working with DV within a relational model. Most DV treatment recreates the power dynamics in treatment.”

“Very practical, useful information, thank you!”

“Wow – this will help with my angry adolescent clients.”

“Reference to current research was very helpful and greatly appreciated.”

“Love the truck metaphor! Excellent video therapy clips.”

“A great training!”

Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA Standards.

This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required.

Partial completion of an EMDRIA Approved Basic EMDR Training is required. Those attendees with only partial training are not eligible to receive EMDRIA Credits.

On-line registration preferred at: markinickerson.com

Questions? markinickerson@gmail.com or 413-256-0550

Name _____

Discipline and License # _____

Address _____

City, State, Zip _____

Email _____

Phone _____

Level of EMDR Training _____

Mark Nickerson, LICSW has conducted an individual & family psychotherapy practice in Amherst MA for 25 years & is an EMDRIA approved consultant & the Regional Coordinator for Western MA EMDRIA. Mark has presented at EMDRIA conferences locally, nationally, & internationally on the topic of Treatment for Angry & Violent Behavior.

In 1985 Mark cofounded the Men’s Resource Center of Western MA, a unique organization offering state-certified domestic violence intervention groups as well as anger management groups for men & women. He is also the Chair of the MRC board.

Mark is the Director of Parent Education for the Hampshire County Court’s Bar Association, & for 15 years he has designed & facilitated innovative programs to reduce conflict between separated parents.

He has taught, lectured & consulted widely on issues of trauma, domestic violence, family conflict, & men’s issues.

Program Fees (includes 6 CEUs)

\$120 if received before 02/15/10

\$135 if received before 03/15/10

\$145 if received after 03/15/10

(includes continental breakfast; optional \$10 lunch available)

\$20 discount for Community Mental Health clinicians (30+ hours a week)

Approved 6 credits: EMDRIA, NASW, APA, LMFT and LMHC

My payment of \$ _____ is enclosed.

Mail checks made payable to: Mark Nickerson, LICSW
368 Middle Street, Amherst, MA 01002