

Breaking the Cycle: A Comprehensive EMDR Therapy Approach

Featuring strategies for Problematic Anger, Acting Out and Addictive Behaviors

presented by Mark Nickerson, LICSW

EMDR therapy offers unique potential for clients who struggle with a range of problem behaviors across a spectrum of severity. Trauma-driven behaviors compromise life for many clients *and* for those around them. Identifying and reprocessing related trauma is a crucial part of treatment but often current behaviors need additional methods for change. A range of effective short and long term strategies can be integrated into effective EMDR therapy.

The Cycle Model is a powerful tool for initial assessment, case formulation and ongoing target identification. The Cycle Model engages clients readily and quickly illuminates remarkably different dimensions of the acting out cycle. This insight creates a road map to treatment priorities.

The training will feature in-depth coverage of treatment for problematic anger, hostility and related behaviors. Relevant client clinical issues and populations include: marital/relational conflict; intimate partner violence; general interpersonal conflict management/resolution; abusive parents; post-divorce co-parenting; bullying; angry teens; road rage and low frustration tolerance, combat veterans and first responders; ideological hostility/prejudice; anger avoidance and self-directed anger.

The training will more broadly address the dynamics of acting out behavior and behavioral addictions. Valuable information and intervention strategies from the fields of behavioral intervention within the AIP-informed EMDR approach. A variety of skill building tools, stabilization techniques and special protocols will be presented. Strategies for addressing behavioral addictions will highlight methods for targeting the triggers, urges and the positive feeling-state associated with compulsive behaviors.

Overall, the training will demonstrate how trauma-informed EMDR treatment has a remarkable capacity to go beyond the limits of common psychotherapeutic approaches to problem behaviors.

Anchored in a more positive view of the whole person, EMDR intervention offers realistic hope for true behavioral and personal change.

Brief practicum experiences will be provided. Key points will be illuminated with case examples including multiple clips from video-taped clinical sessions. Participants will leave ready to assist clients with clarity, confidence, and immediately useful techniques.

South Bend

July 17-18, 2015

8:30am to 5:00pm

13 credits: EMDRIA APA, NASW, LMFT, LMHC and other NBCC-accepting professions.

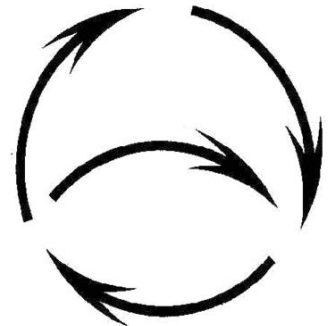
Student Activities Center,
Indiana University South Bend
1700 Mishawaka Ave
South Bend, IN 46634-7111

Local sponsors: Northern Indiana EMDRIA Regional Network, Crystal Whitlow (therapycrystal@gmail.com) and Mel Gardner



Learn about EMDR-integrated intervention strategies including:

- The Cycle Model for assessment and intervention
- Specific considerations throughout 8-Phase treatment protocol
- Client engagement and motivation
- Tactical target selection
- Reprocessing acting-out experiences
- Truck metaphor for case formulation
- Resourcing including redefining personal power
- EMD and contained reprocessing
- Integrating skill development
- Behavior reinforcing, rescripting and rehearsing
- Problem solving protocols



Explore topic-related clinical concepts including:

- Ego syntonic/dystonic problem behaviors
- Addressing secondary gain
- Locus of control
- Externalized negative cognitions
- State and trait driven behaviors
- Psychophysiology of the acting out response
- Managing arousal levels

Participants' Feedback:

"Delightful presentation... challenging life/clinical issues brought to an understandable and doable therapy."

"Mark's knowledge is exceptional. Mark's teaching style is engaging, organized, clear and thoughtful."

"Really well constructed and presented! Thanks!"

"Best handouts I've ever received - thank you!"

"Mark's use of video sessions really drove home his points."

"Clearly demonstrated the integrative quality of EMDR."

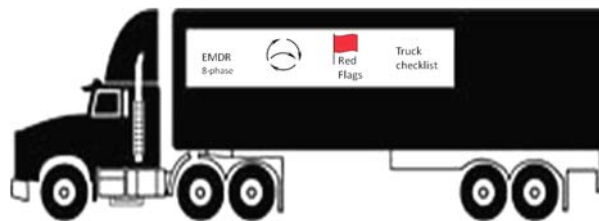
"...an excellent talk. Very useful - something I can use immediately."

"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."

"Love the truck metaphor! Excellent video therapy clips."



Objectives- Participants at this workshop will be able to:

1. Describe (with chart) components of the Cycle
2. Identify specific types of problem behaviors which EMDR intervention can effectively treat
3. Identify uses of the Cycle Model for improved Phase I assessment and case formulation
4. Identify protocols and procedures for topic-related effective Phase II client stabilization, problem solving and skill building
5. Identify topic-related protocols for effective trauma desensitization

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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.

Completion of an EMDRIA Approved Basic EMDR Training is required.

On-line registration 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 _____

Program Fees (includes 14 CEUs)

\$265 until 6/1/15

\$305 until 6/22/15

\$325 after 6/22/15

\$60 discount for Community Mental Health clinicians (30+ hours a week)

Full refund until 6/22/15

75% refund up to 7 days before event.

No refund thereafter.

Approved 13 credits: EMDRIA APA, NASW, LMFT, LMHC and other NBCC-accepting professions.

My payment of \$ _____ is enclosed.

Mail checks made payable to: Mark Nickerson, LICSW
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