

OUTLINE

Violence Risk Assessment and Reduction Planning

- How stereotypes obscure realities
- Potential warning signs and assessment
 - Personality traits
 - Family dynamics
 - School and social dynamics
 - Protective factors

- Risk assessment tools – CARE-2, AVRRT, F-Risk
- Anticipating gun violence – hindsight vs. prediction
- When do I contact law enforcement?

Intervention Plans for Clients Who Could Become Violent

- Family therapy
- Developmental approaches with skill building
- Trauma-informed CBT
- Social connection
- Monitoring change
- Managing threats at school

How Trauma from Mass Violence Differs from Other Traumas: Treatment Approaches and Techniques for Survivors

- Screen and assess for trauma
- Acute phase and Psychological First Aid
- Effects of traumatic stress after violence
- Exposure, desensitization and imagery techniques
- EMDR and emotional intensity of memories
- Post-traumatic growth – meaning after tragedy
- Vicarious trauma

OBJECTIVES

1. Contrast the stereotype of the mentally ill perpetrator of mass violence with the realities of research on violent crime and mental health disorders.
2. Characterize how personality traits and family dynamics can inform the clinician's assessment of clients who may become violent.
3. Specify how treatment approaches based in CBT can be effectively utilized to build coping skills and reduce the risk of violent behavior in at-risk clients.
4. Articulate why screening for trauma following mass violence is an essential first step in employing Psychological First Aid.
5. Establish how grounding techniques and relaxation training can be used in clinical practice to decrease symptomology with clients suffering from anxiety and panic following violent tragedies.
6. Explore considerations for treating grief as it relates to mass violence, including strategies for supporting clients mourning multiple victims.

TARGET AUDIENCE: Counselors • Social Workers • Psychologists • Therapists • Case Managers • School Administrators • School Psychologists • School Social Workers • School Counselors • General Educators • Special Educators • School Nurses • Directors of Special Education • Paraprofessionals • Nurses • Marriage & Family Therapists

Anxiety and Panic: Establish Safety and Stability Following Unthinkable Violence

- Help clients identify and manage triggers
- Grounding techniques and relaxation training
- Panic Disorder – strategies for clients with debilitating fear
- Collective anxiety

Depression and Grief: Treatment Approaches for Survivors Touched by Loss

- Considerations for clients mourning multiple victims
- CBT techniques to reframe distorted thoughts and irrational beliefs
- Social withdrawal and isolation in survivors
- Re-engage clients in life through Behavioral Activation
- Vulnerability to substance-use problems

Research, Limitations and Potential Treatment Risks

- Current state of research on mental health and mass violence
- Limitations of the current research
- Limitations and risks of psychotherapeutic approaches for trauma, anxiety, depression and grief

Seminar & Webcast Schedule:

Times listed in Eastern

7:30	Registration/Morning Coffee & Tea
8:00	Program begins
11:50-1:00	Lunch (on your own)
4:00	Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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**MASS
VIOLENCE**

**Risk Identification and Intervention Strategies for Potentially
Violent Clients and Effective Treatment Techniques for Survivors**

Fairfax, VA
Wednesday, October 10, 2018
Live Video Webcast
Thursday, October 11, 2018

Columbia, MD
Thursday, October 11, 2018
Timonium, MD
Friday, October 12, 2018



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**MASS
VIOLENCE**

**Risk Identification and Intervention Strategies for Potentially
Violent Clients and Effective Treatment Techniques for Survivors**

- Identify warning signs for violent behavior in children, adolescents, and adults
- Reduce the threat of violent acts with treatment plans for at-risk clients
- Be prepared to help survivors facing trauma, anxiety, depression and grief

Fairfax, VA

Wednesday, October 10, 2018

Columbia, MD

Thursday, October 11, 2018

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A must-attend for mental health professionals working in an era of pervasive violence



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MASS VIOLENCE

Risk Identification and Intervention Strategies for Potentially Violent Clients and Effective Treatment Techniques for Survivors

Following acts of mass violence clinicians are often left feeling powerless, anxious and looking for answers.

Why does this happen? Can I identify the warning signs and intervene with those at risk of committing violent acts? What can I do to help survivors facing the devastating scars of trauma, anxiety, panic, depression and grief left behind by unspeakable violence?

A must-attend for mental health professionals working in an era of pervasive violence, this critical one-day seminar will explore the connection between mental health issues and violence, analyze research and research limitations surrounding its study, and contemplate the role of clinicians in both the prevention and aftermath of mass violence.

Better still, this seminar will go beyond the research and give you detailed clinical guidance on working with a variety of populations and ages, including children, adolescents, parents and community members who may walk into your office as a person at risk of committing a violent act or as a survivor of one.

YOU CAN'T AFFORD TO BE UNPREPARED.

Sign up today and leave feeling ready and able to identify the risk factors, effectively intervene with clients at risk of performing violent acts, and provide hope and healing to those whose lives have been engulfed by mass violence.

SPEAKER

Kathryn Seifert, Ph.D, is a Psychologist in Maryland and one of the leading experts in the fields of multi-victim violence, bullying, trauma and mental health related violence in the United States. Dr. Seifert specializes in the assessment and treatment of individuals who are at risk for violence and those who are emotionally disturbed, behaviorally disordered, victimized, delinquent, and/or are suffering from attachment disorders.

Dr. Seifert has appeared on CNN, Discovery ID, and Fox News and consults with numerous public agencies. She testifies in courts as an expert on the maltreatment of children and has a blog, Stop the Cycle, on Psychologytoday.com with over a half a million readers.

Dr. Seifert has written two books, *How Children Become Violent* (Acanthus, 2006) and *Youth Violence: Theory, Prevention, and Intervention* (Springer, 2015). In these two books, she wrote about the groundbreaking research such as the ACE's research out of the CDC, connecting child maltreatment, delays in the developmental of coping skills, and youthful violent behaviors. Dr. Seifert also developed the CARE-2, Child and Adolescent Risk/Needs Evaluation.

Speaker Disclosure:

Financial: Kathryn Seifert is the Chief Executive Officer and Founder of Eastern Shore Psychological Services; and CARE-2, LLC. She receives royalties as an author of Acanthus Publishing and Springer Publishing. Dr. Seifert receives a speaking honorarium from PESI, Inc. Non-financial: Kathryn Seifert is a member of the American Psychological Association; and the Maryland Psychological Association. She writes a blog, Stop the Cycle, on Psychologytoday.com.



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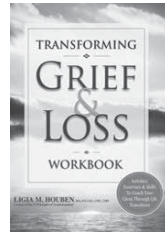
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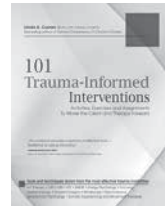


Transforming Grief & Loss Workbook:

Activities, Exercises & Skills to Coach Your Client Through Life Transitions

By Ligia M. Houben, MA, FT, FAAGC, CPC, CHT

Despite any loss your client may be experiencing, you can coach them to happiness again with this new workbook from Ligia M Houben. This interactive book guides the client through The 11 Principles of Transformation, derived from CBT, positive psychology, spirituality, mindfulness and meditation. By focusing on new beginnings, experiential exercises and meaningful activities, your client will be able to start the transformative journey to wellness and wellbeing.



101 Trauma-Informed Interventions:

Activities, Exercises and Assignments to Move the Client and Therapy Forward

By Linda Curran, BCPC, LPC, CAC-D, CCDPD

Over 100 approaches to effectively deal with trauma, this workbook pulls tools and techniques drawn from the most effective trauma modalities -- all into one concise resource. CBT, DBT, EFT, EMDR, energy psychology, guided imagery, mindfulness, psychodrama, art therapy, movement therapies and more. Equally useful in both group and individual settings.

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on October 11, 2018, for this live, interactive webcast!

Invite your entire office and, like a live seminar, "attend" the webcast at its scheduled time. It's easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/64768

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact ceps@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

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