

## 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  
Anticipate 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 Central)

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  
Northbrook, IL  
Monday, October 28, 2019  
Tinley Park, IL  
Wednesday, October 30, 2019  
Lisle, IL  
Tuesday, October 29, 2019  
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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

Northbrook, IL  
Monday, October 28, 2019

Lisle, IL  
Tuesday, October 29, 2019

Tinley Park, IL  
Wednesday, October 30, 2019

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



A Non-Profit Organization serving the educational needs of mental health professionals since 1979.

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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.



**Hassle-Free Cancellation Policy:** If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

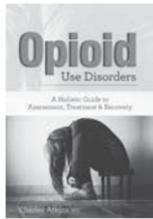
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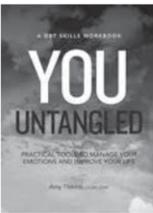


### Opioid Use Disorder

A Holistic Guide to Assessment, Treatment, and Recovery

By Charles Atkins, MD

Overdoses have lowered the life expectancy in the United States for two years in a row. The leading cause -- opioids. This epidemic has spread through every sector of our country, destroying lives as parents, friends, families, and those entrapped by opioids struggle to find help.



### You Untangled

Practical Tools to Manage Your Emotions and Improve Your Life

By Amy Tibbitts, LCSW, LCSW

If clients have been diagnosed with Borderline Personality Disorder (or BPD), experience emotional suffering or simply have difficulty managing emotions, You Untangled can help. With the compassionate guidance and practical skills presented in this workbook, clients can conscientiously create a path toward the healthy, happy and fulfilling future.

## Live Webcast Details and Live Webcast Continuing Education Credit Information

### Join us on October 30, 2019, 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 \$49.99 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/73994

## LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure 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 cepsesi@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 profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

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**EDUCATORS/TEACHERS:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

**ILLINOIS EDUCATORS:** 6.0 ISBE Professional Development (PD) Clock Hours will be made available through Quincy University.

**INDIANA EDUCATORS:** 6.0 Professional Growth Points are available for full attendance at this seminar per the Indiana Department of Education standards.

**MARRIAGE & FAMILY THERAPISTS:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS:** PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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**OTHER PROFESSIONS:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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