

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

Live Seminar Schedule

- 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

Brooklyn Center, MN  
Thursday  
December 5, 2019

Bloomington, MN  
Friday  
December 6, 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

Brooklyn Center, MN  
Thursday, December 5, 2019

Bloomington, MN  
Friday, December 6, 2019

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.



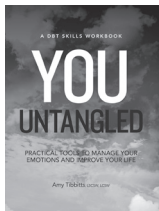
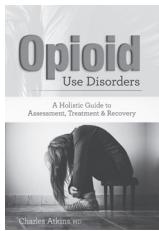
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If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact [cepesi@pesi.com](mailto:cepesi@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.

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**MINNESOTA COUNSELORS:** Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or [info@pesi.com](mailto:info@pesi.com) for the status of LPC CE hours.

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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.

**WISCONSIN EDUCATORS:** This course may be used toward your Professional Development Plan if it meets your individual goals. Please contact DPI with questions regarding individual PDP's. This course is 6.25 clock hours.

**MINNESOTA SUPERINTENDENTS, PRINCIPALS, SUPERVISORS, DIRECTORS OF SPECIAL EDUCATION, DIRECTORS OF COMMUNITY EDUCATION, AND CAREER & TECHNICAL/VOCATIONAL ADMINISTRATORS AND SUPERVISORS:** A Request for the Approval of a Continuing Education Program has been submitted to the Minnesota Board of School Administrators.

**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.

**MINNESOTA MARRIAGE & FAMILY THERAPISTS:** An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

**WISCONSIN MARRIAGE & FAMILY THERAPISTS:** This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

### Opioid Use Disorders 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.

**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. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.

**PSYCHOLOGISTS:** This activity consists of 6.0 clock hours of continuing education instruction. The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance. PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**MINNESOTA PSYCHOLOGISTS:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/75421](http://www.pesi.com/events/detail/75421).

**PSYCHOLOGISTS/SCHOOL PSYCHOLOGISTS:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

**SOCIAL WORKERS:** PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2017 - January 27, 2020. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

**MINNESOTA SOCIAL WORKERS:** PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

**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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