

Breaking the Cycle

**A Comprehensive EMDR Therapy Approach to Problem Behaviors
Featuring strategies for Problematic Anger, Acting Out and Addictive Behaviors
Presented by Mark Nickerson**

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 will be taught as a powerful tool for initial assessment, case formulation and ongoing intervention decision making.

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

Valuable information and intervention strategies from the fields of behavior management and addiction treatment will be integrated within the AIP-informed EMDR approach. A variety of skill building tools, stabilization techniques and the strategic use of special protocols will be presented.

The training will depict the dynamics of acting out behavior and behavioral addictions. Strategies for addressing behavioral addictions will highlight methods for targeting the triggers/urges and sought after rewards of behavioral addiction and will review DeTur, the Feeling State Addition Protocol and other approaches to addictions.

EMDR treatment has a remarkable capacity to go beyond the limits of common psychotherapeutic approaches to problem behaviors. With focused strategies that don't lose sight of the whole person, EMDR intervention offers realistic hope for true behavioral and personal change.

Key points throughout the training will be illuminated with case examples including multiple clips from video-taped clinical sessions. Practicum experiences are included. Participants will leave ready to assist clients with clarity, confidence, and immediately useful techniques.

**Dion Family Student
Center, St Michaels
College,
Burlington, VT
September 23,24 2017
9:00am to 5:00 pm**

**13 credits: EMDRIA APA,
NASW, LMHC, LPC NBCC
approved**

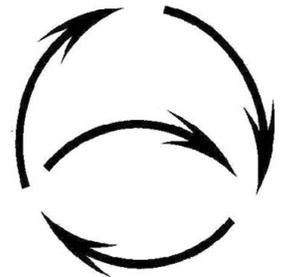
Local sponsor:

Sandra Berna- sberna1114@gmail.com



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
- Feeling-State and other addiction 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."

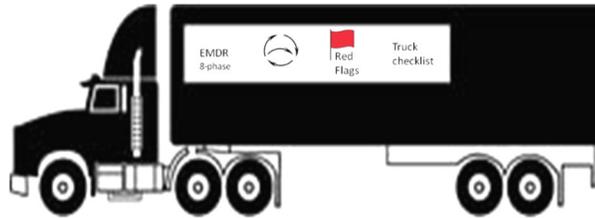
"...an excellent talk. Very useful - something I can use immediately."

"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) clinically relevant components of the Cycle Model
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 strategies for effective trauma desensitization

Local sponsors:

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.

This program is sponsored by the Massachusetts Psychological Association and Mark Nickerson. The Massachusetts Psychological Association is approved by the American Psychological Association to sponsor continuing education for psychologists. MPA maintains responsibility for this program and its content.

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 13 CEUs)

\$250 until 7/15/17

\$285 until 8/15/17

\$310 after 8/15/17

\$60 discount for Community Mental Health agencies registering 3 or more

Full refund until 8/15/17

75% refund until 8/31/17

No refund thereafter.

Approved 13 credits: EMDRIA; NASW, APA, LMFT, LMHC, LPC and other NBCC approved

My payment of \$ _____ is enclosed.

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

Mark Nickerson, LICSW, a psychotherapist in Amherst, MA for 30 years., is an EMDRIA Approved Consultant, EMDR Institute and HAP trainer, and 2014 President of the EMDRIA Board of Directors.

Nickerson is author/editor of *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Innovative Strategies and Protocols* (2017- in print) and *The Wounds Within* (2016), an expose on the challenges for war veterans and their families.

He co-founded the Men's Resource Center of Western MA, a unique organization which developed state-certified domestic violence intervention services and has developed award winning innovative programs designed to reduce and resolve interpersonal conflict.

Mark conducts advanced EMDR trainings locally, nationally, and internationally on topics including treatment for problem behaviors, problematic anger and violence, addictions, cultural competency in EMDR therapy, and the effective use of EMDR protocols.

Learn about upcoming and past trainings at markinickerson.com