

# Mark I. Nickerson, LICSW

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## PROFESSIONAL EXPERIENCE

1994 – present                    **Clinical Practice**

Psychotherapist with adults, adolescents, and families. Areas of expertise include EMDR therapy, trauma recovery treatment, conflict resolution, anger management and violence prevention, clinical interventions for divorcing families, cultural competence and addressing culturally based trauma and adversity. EMDR Certified.

2006 – present                    **Trainer and Consultant**

Provide training and consultation to mental health professionals and agencies. Provide basic and advanced EMDR trainings and clinical consultation to mental health clinicians. Chair of Clinical Practice Group of the Future of EMDR Project.

2012 - present                    **Director, EMDR Advanced Training and Distance Learning, LLC.**

Design and sponsor advanced trainings and distance learning programs for EMDR therapy and other mental health interventions. EMDRAdvancedTrainings.com, CulturalCompetenceEMDR.com. Sponsored Global Summit Conference on EMDR Early Intervention (EMDRearlyintervention.com)

1994 – 2019                    **Director of Parent Education and Trainer**

Hampshire County Bar Association. Co-developed and sustained first Massachusetts programs for parent education for divorcing and never-married parents. Both programs served as models for statewide programming. Co-developed curriculum and current trainer for two award winning programs: Never-Married Parents Program; and Only One Childhood- a skill-based co-parenting class for divorced parents.

1982 – 2015                    **Co-founder, developer and director**

Men's Resource Center of Western MA

1993 – 1995                    **Faculty, Smith School for Social Work (MSW Program)**

Course: "Current Issues in Therapy with Men."

1987 – 1988                    **Psychotherapist**

Valley Human Services, Ware MA. Full clinical caseload. Supervisor.

1981 – 1985                    **Director of Parent Aide Program, Psychotherapist**

Children's Aid and Family Services, Northampton, MA. Created and implemented program to match para-professionals with parents at high risk of child abuse/neglect. Recruited, trained and supervised parent aides; assessed clients; managed budgets and fundraising; Co-founded state, regional, and national parent aide associations.

1979 – 1980                    **Family Therapist (internship & salaried position)**

Washtenaw County Community Mental Health Center, Ypsilanti, MI

1978 – 1980                    **Administrative/Teaching Assistant**

Project Outreach, Psychology Department, Univ. of Michigan. Trained and supervised undergrad. interns.

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**1978 – 1979                      Psychotherapist (internship)**

Child and Family Services, Monroe, MI

**1977 – 1978                      Program Director**

ACORN/YMCA After-school Day Care Centers, Middletown, CT.; Started three new federally funded after-school day care programs. Hired and supervised, developed policy, managed budget, raised funds, made community presentations. Secured long-term funding.

**1975 – 1976                      Family Therapist and Research Assistant**

Yale University, New Haven, CT, (NIMH grant). Counseled single-parent families, assisted in developing family contracts. Implemented behavior modification approach.

## EDUCATION AND CERTIFICATION

- LICSW, Massachusetts License #104628 (1983)
- MSW, University of Michigan at Ann Arbor (1980), *Concentration in Families and Children*
- BA in Psychology, Wesleyan University, Middletown, CT (1975), *Cum Laude; Student Body President of Class of 1975.*
- Trained Mediator (2006)
- EMDR Certified Clinician (2006), EMDR Approved Consultant (2007), EMDR HAP Facilitator (2010), HAP Trainer (2013), EMDR Institute Trainer (2015)
- EMDRIA Credit Provider (2007), NBCC Credit Provider (2016)

## PRESENTATIONS AND TRAININGS

**Subject: EMDR Therapy, Trauma Informed Interventions, Cultural Competence and other topics in Mental Health Care**

- “Opening the Door: Integrating Culture, Social Identity and Healing Culturally Based Trauma in Psychotherapy”, Smith College School for Social Work, Northampton, MA (2019)
- “Disconnected: Treating Socially Based Trauma”, Vermont Psychological Association, Rutland, VT (2019)
- Plenary Address- “The Interface of Social Justice Work, Social Psychology and Psychotherapy” and workshop- “Culturally Informed Psychotherapy” at the 41st Annual Cross Cultural Conference 41st Annual Cross Cultural Conference, Myrtle Beach, SC (2019)
- “Opening the Door- Integrating Culture, Exploring Social Identity and Healing Culturally Based Trauma in EMDR Therapy”, Charlottesville, VA (2019)
- “Dismantling Prejudice and Reducing Social Bias with EMDR Therapy”, EMDRIA Conference, Atlanta, GA (2018)
- “Trauma Intervention”, Training to Vermont State Police, Burlington, VT, (2017)
- “Opening the Door- Integrating Culture, Exploring Social Identity and Healing Culturally Based Trauma in EMDR Therapy”, Charlottesville, VA (2017, 2018), Orlando (2017), Burlington, VT (2018)
- Organized and Facilitated- “Global Summit Conference on EMDR Early Intervention” (EMDREarlyIntervention.com)
- “Ten Key Components in the Culturally Aware Application of EMDR Therapy”, EMDRIA Conference, Bellevue, WA (2017)
- “Culturally Aware Psychotherapy and Healing Culturally Based Trauma: Exploring Culture, Social Identity and Restoring Dignity in Trauma-Informed EMDR Interventions”, Moscow, Russia (2017)
- “Breaking the Cycle: A Comprehensive EMDR Therapy Approach to Problem Behaviors”, St. Petersburg, Russia (2017), Burlington, VT (2017), Montreal, Canada (2017), New Jersey (2018)

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- "Integrating Culture, Social Identity and Culturally Based Trauma into Trauma-Informed Treatment", Providence, RI (2017)
- "The Cycle Model for Assessing & Treating Problematic Anger & Other Problem Behaviours" Keynote presented at 15th EMDR Association UK & Ireland Annual Conference, London, UK (2017)
- "Restoring Dignity: Addressing Culturally Based Trauma" Institute for Contemporary Psychotherapy, NY City (2016)
- "Culturally Informed Interventions" Westfield School Counselors and Nursing staff (2017)
- "Trauma Informed Interventions" Westfield School Counselors and Nursing staff (2016)
- "Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy" Preconference Workshop, EMDRIA Annual Conference Minneapolis (2016)
- "Cultural Competence and Healing Culturally Based Trauma with EMDR therapy" One day training, Tel Aviv, Israel (2016)
- "Breaking the Cycle: EMDR Therapy Solutions for Problematic Anger and Related Behaviors" Two-day training, Tel Aviv, Israel (2016), Anchorage (2016), Buffalo (2016)
- "Breaking the Cycle: EMDR Therapy Solutions for Problematic Anger and Related Behaviors" Pre-conference one-day presentation, EMDR Europe Conference, The Hague, Netherlands (2016)
- "Restoring Dignity" Plenary address, EMDR Europe Conference, The Hague, Netherlands (2016)
- "Healing Culturally-Based Trauma with EMDR Therapy" WMASS EMDRIA Conf., Amherst (2016)
- "Cultural Competence and Healing Culturally Based Trauma with EMDR Therapy" (6 CEUs), New Orleans (2016)
- "What is EMDR Therapy Anyway?" MA NASW Social Work Symposium, Framingham, MA (2016)
- "Breaking the Cycle: EMDR Treatment for Problematic Anger, Acting Out and Addiction" (14 CEUs): Miami, OK (2014), Charlottesville, VA (2014), Atlanta, GA (2015), New Orleans (2015), South Bend (2015), Lincoln, NE (2015), San Francisco (2015), Salt Lake City (2015), Seattle (2015)
- "The Cycle Model: A Comprehensive EMDR Therapy Approach to Problem Behaviors" EMDRIA Conference, Philadelphia (2015)
- "Restoring Dignity: Healing the Wounds of Stigma and Prejudice with EMDR" Toulouse, France (2015)
- "EMDR and Treatment for Problematic Anger and Violent Behaviors" Madrid, Spain (2015),
- "EMDR and Treatment for Problematic Anger and Violent Behaviors" Edinburgh, Scotland (2014)
- "Restoring Dignity: Healing the Wounds of Stigma and Prejudice with EMDR" Edinburgh, Scotland (2014)
- "EMDR for Treating Trauma Victims" Victims of Violence Compensation Nat. Conf., Boston, (2014)
- "EMDR Protocols for Changing Problem Behaviors: Featuring the Feeling-State Addiction Protocol", Providence (2014)
- "Targeting the Feeling-State for Behavioral and Substance Addictions" Amherst, MA (2014)
- "Restoring Dignity: Healing Culturally-Based Wounds" (3 CEUs) Austin, TX (2013), Denver (2014)
- "Il Trattamento EMDR per la Rabbia Patologica, l'Ostilità e i loro Correlati Comportamentali", Milan, Italy (2013)
- "EMDR and Treatment for Problematic Anger, Hostility and Related Behaviors" 3-day training Brasilia, Brazil (2013)
- "EMDR and Treatment for Problematic Anger, Hostility and Violent Behavior" (12-14 CEUs): Minneapolis (2011), Atlanta (2011), Tampa (2012), Anaheim (2012), Worcester, UK (7 CEUs) (2012), Phoenix (2012), Virginia Beach (2013), Denver (2013), New Jersey (2013)
- "Implementing the Feeling-State Addiction Protocol for Behavioral and Substance Addictions" (1.5 CEUs): Amherst, MA (2013)
- "Insecure Attachment on the Societal Level: EMDR Reprocessing of Internalized Stigmatization and Oppression" (3CEUs), Amherst, (2012), EMDRIA Annual Conference, Washington, D.C., (2012)
- "Undoing Stigma: EMDR Applications in the Dismantling of Internalized Oppression and Prejudice"

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- (3 CEUs): EMDRIA National Conference, Anaheim, (2011)
- "Undoing Stigma: EMDR Applications in the Dismantling of Internalized Oppression and Prejudice" (7 CEUs): Northampton, MA; Portland, ME; Waltham, MA; Stamford, CT (2011)
- Recent Event Processing: Amherst (2011), Northampton (2011)
- "EMDR Applications in the Dismantling of Prejudice and Internalized Oppression", Amherst (2010)
- "EMDR and Treatment for Problem Behaviors", Keynote Plenary, Regional EMDRIA Event (2010)
- "EMDR and Treatment for Problematic Anger, Hostility and Violent Behavior", (6 CEUs): Northampton (2009), Phoenix (2010), Los Angeles (2010), San Diego (2010), Durham (2010), Waltham, MA (2010)
- "Exploring the Effective Use of Client Postures and Gestures within the EMDR Protocol", Amherst (2009)
- "EMDR and Treatment for Angry and Violent Behaviors": Regional Workshops, Northampton, MA, (2006) Portland, ME (2008); National EMDRIA Conference Presentations; Dallas, TX, (2007), Phoenix, AZ (2008), Atlanta, GA (2009); International EMDRIA Conference, London, (2008)

## **Subject: EMDR Therapy Training**

### **Trainings led-**

- (2020) Boston, MA; Oklahoma City; Burlington, VT; Portland, ME.
- (2019) Burlington, VT (2); Minneapolis, MN; Boston, MA; Portland, ME; Charlottesville, VA (grant funded for clinicians of color focused training); Charlotte, NC; Orlando, FL; Philadelphia, PA; Needham, MA; Amherst, MA; Iselin, NJ.
- (2018) Manchester, NH; Oklahoma City, OK; Burlington, VT (2); Chicago; Tampa; Portland, ME (2); Charlotte, NC; Amherst, MA (2); Charlottesville, VA; Atlanta; New Jersey
- (2017) Northshore of Boston; Portland, ME (2); Chicago (2); Amherst, MA; Tampa, FL; Manchester, NH; Boston
- (2016) Amherst, MA; Providence, RI
- (2015) St. Cloud, MN; St Louis
- (2014) Holyoke, MA; Charlottesville, VA; Boiling Springs, NC
- (2013) Charlotte, NC; Cleveland; St Louis
- (2012) Maryland
- **EMDR Training Facilitator-** Quincy, MA (2011); Bridgeport, CT (2012); Holyoke, MA (2012), Haverhill, MA (2012); Boston (2013,4,5); New Jersey, (2016); Chicago, (2016)

## **Subject: Men's Issues/ Problematic Anger and Violent Behavior**

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- Led numerous trainings and seminars on topics related to men's issues. EMDR trainings on this topic listed above.
- "Clinical Treatment of Problematic Anger, Hostility and Violent Behavior", (6 CEUs), Smith School of Social Work, (2008, 2009, 2010, 2011)
- "Domestic Violence and Veterans", WNEC Conference: Supporting Returning Soldiers and Their Families. (2008)
- "Clinical Approaches to Problematic Anger and Violent Behavior", Mass Statewide NASW Symposium, (2008)
- "Violence, Sex and Gender: Hidden Realities at UMass Amherst", A Public Forum, (2008)
- "Current Issues in Therapy with Men", Summer Faculty, Smith School for Social Work (MSW Program), (1993 - 95)
- "Clinical Issues with Men Who Batter", WNEC Annual Conf. (multiple years from 1993-present); Holyoke Hospital (1998)
- "Current Issues for Adolescent Males", six-part series for Corp. for Public Management, Springfield, MA (1991-1992)
- "What about Fathers?", N.E. Parent Aide Conference, (1987, 1992)
- "Current Issues in Therapy with Men", Regional Social Work Conference (1990, 1992); ELMS College (1990, 1997); NASW National Conference (1990)
- "Male Homophobia", Massachusetts Statewide NASW Symposium, (1989)
- Keynote Speaker for Northeast Regional Men's Conference, (1983)

### **Subject: Combat Veterans**

- "Serving Those Who Served: Community-based EMDR Therapy with Military Veterans" (6 CEUs) , Amherst, MA (2016)
- "The Wounds Within" MA NASW Social Work Symposium, Framingham, MA (2016)
- "The Wounds Within", numerous book related presentations (2015-present)
- "Responding to the Needs of Combat Veterans and Their Families", Westfield, Northampton, Belchertown, Amherst, Springfield, MA, Middletown, CT (2015)
- Training and Consultation to Veterans Support Group Leaders
- "Responding to the Needs of Combat Veterans and Their Families", Brattleboro, VT (2012)
- "Lessons from Hell: Post War Challenges for Veterans", Massachusetts Statewide NASW Symposium, (2012)
- "PTSD in War Veterans & It's Impact on Veterans' Families" Smith College (6 CEUs), (2009, 2010)
- "Responding to the Needs of Returning Soldiers and Their Families", Smith College 6 CEU program, (2009,2010)
- "Return to Hell: Post War Challenges for Veterans", Massachusetts Statewide NASW Symposium, (2008)

### **Subject: Parent Aide Programs**

- Presented at numerous local and regional conferences.
- Massachusetts Governor's Conference, (Boston 1986)
- International Conference on the Prevention of Child Abuse and Neglect, (Montreal 1984)

### **Subject: Parenting, Family and Related Issues**

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- Ongoing court sponsored parenting classes for divorcing parents (1994-present)
- Ongoing court sponsored parenting classes for never-married co-parents (2005-present)
- Ongoing skills-based trainings for high conflict separated co-parents (2012-present)
- Numerous presentations and workshops for parents on issues including fathering, family issues, sibling rivalry, violence and conflict resolution.
- "Understanding the Methods of the Only One Childhood Program", Northampton, MA (2018)
- "Only One Childhood: Building Cooperative Parenting Skills", New Orleans, LA (2015); Greenfield, MA (2015)
- "Only One Childhood: Innovative Parent Education" Sophisticated Issues in Western Massachusetts Family Law Practice, Springfield, MA (2013)
- "Expecting More from Co-Parents", Legal/Mental Health Conference (2014)
- Only One Childhood: Skills-based Parent Education, (2013-present)
- Parent Education for Divorcing and Never-Married separated Parents (1994-present)
- Never Married Parent Program: 6 Years of Impact, Chicago AFCC conference, (2012)
- Facilitated Day-Long Training for facilitators of Never-Married Parenting Programs, (2008)
- "Never-Married Parents in the 21<sup>st</sup> Century", Annual Conference of Association of Family and Conciliatory Courts, (2007)
- "Parent Education for Never-Married Parents", MA Chapter of AFCC, (2006)
- Co-designed and facilitate Court Approved parenting program for Never- Married parents, (2005-present)
- Facilitate court mandated seminars for parents going through divorce in Massachusetts, (1994-present)
- Facilitated groups for expecting fathers in childbirth classes, (1995-1999)
- Led psycho-educational classes at local medical center on stress management, anger management, and assertiveness training, (1993-1998)

## **Subject: Other Professional Issues**

- "Culturally Informed Interventions" Westfield School Counselors and Nursing staff (2017)
- "Trauma Informed Interventions" Westfield School Counselors and Nursing staff (2016)
- "Maintaining Professional Boundaries", STCC Accredited Massage School
- "Managing Emotional Issues That Arise During Massage Therapy" (1999-2002)

## **PUBLICATIONS**

- Nickerson, Mark. *Cultural Competence and Healing Culturally-Based Trauma with EMDR Therapy: Insights, Strategies and Protocols*. (2017). New York: Springer
- Nickerson, Mark & Goldstein, Joshua. *The Wounds Within*. (2015). New York: Skyhorse Publishers
- "For the Children: Parent Education for Never-Married Parents: Curriculum Manual" (2008, 2012)
- Guest Editor, Men's Resource Center Newsletter. Fatherhood Issue (1994)
- Review, "Men in Therapy: The Challenge of Change", Meth & Pasick "Smith College Studies in Social Work", June 1991, Vol. 61, No. 31
- "Men in the Media", Media & Value, No. 47 (Fall 1989)
- Authored family interaction coding system for behavior assessment, Abstracted in Catalogue of Social Documents in Psychology, 2/76

## **PROFESSIONAL AFFILIATIONS AND LEADERSHIP**

- Chair of the Clinical Practice Group of the Council of Scholars, Future of EMDR Project
- EMDR International Association Board of Directors (2013-2019 Board President 2014)
- Coordinator of the Western MA EMDRIA Regional Group
- Men's Resource Center, Inc. (Co-founder and former Board Chair)

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- Association of Family and Conciliatory Courts (Past Director of Parent Education- Hampshire County Bar Association)
- National Association of Social Workers

## HONORS

- **Innovative Program of the Year**, Association of Family and Conciliation Courts, for the "Only One Childhood" program, a skills-based class for separated co-parents, 2015.
- **Outstanding Service Award**, Western MA EMDR International Association Regional Network, 2014.
- **Innovative Program of the Year**, Association of Family and Conciliation Courts, co-recipient for the "For the Children" program for never married parents, 2007.
- **Outstanding Service Award**, Men's Resource Center, 1998.
- **Nominated** by Massachusetts Commissioner of Social Services **for Presidential Award for Child Abuse Prevention** (one of three), 1985.
- **Outstanding Service Award**, Massachusetts Department of Social Services, 1985.
- **Social Worker of the Year** (category: five years or less in the field), Massachusetts Chapter, National Association of Social Workers, 1985.