Treating Anger, Resentment and Revenge from a Trauma Perspective:

A new EMDR Anger protocol

A full-day Webinar

By Herman Veerbeek



EMDR therapists practicing in health and forensic fields are frequently confronted with anger problems; some clients may suffer from suppressed, inaccessible anger, others may present with an intimidating, aggressive attitude, as seen in some veterans, clients in a high conflict divorce and some complex trauma clients. Invariably, the externalizing attitude of a client is seen as an annoying process-disturbing phenomenon that can severely block regular EMDR therapy, leaving everybody powerless and frustrated. This workshop explores a new EMDR-protocol that takes anger as starting point in therapy and sees it as an opportunity to heal, making use of (1) EMDR: the Adaptive Information Processing model of Francine Shapiro – which encompasses a trauma perspective on anger – and Bilateral Stimulation, (2) a sensorimotor approach (Pat Ogden) and (3) Imagery Rescripting (Young).

In the workshop extensive video footage, demos and role-playing, will be used and theoretical underpinnings of the protocol explored. Participants will become familiar with the essential parts of the protocol by role-playing in break-outrooms in couples, alternating being in the role of client and therapist. In the role of client participants are able to experience the effect of the protocol themselves.

Learning outcomes:

* Mastering when to use and how to apply the anger protocol, also as cognitive interweave.
* Analyzing and understanding anger-driven urges and aggressive, externalizing behavior from a trauma perspective
* Increasing awareness and recognizing your own fear and blocking views in helping aggressive clients and finding ways to overcome that.
* Learning how to address the clients’ aggression and externalization with EMDR therapy and use the expression of anger in healing from trauma
* Learn strategies to work with clients with suppressed or explosive anger
* Learn strategies to keep an optimal safety for therapist and client

**About the trainer:** *Herman Veerbeek is Clinical Psychologist and EMDR Consultant, from the Netherlands. He has treated patients with long sentences, severe personality disorders and PTSD-symptoms in the Scheveningen prison for 13 years and currently treats patients at the outpatient Forensic Psychiatric Centre ‘De Waag’ in the Netherlands. He developed the EMDR Directed Anger Protocol, the Directed Anger Questionnaire and he specialises in trauma focused offender treatment. He presents workshops in the Netherlands, England, Germany, and webinars for Australia.*

Time table and content of the webinar:

09.30 Opening and inventory of dilemma’s experienced by participants

09.45 Focus on therapists bodily reflexes being confronted by an angry man and experiencing what is needed if you are angry yourself.

10.00 Presentation

- The therapist and the anger taboo

- Theoretical foundations of the anger protocol

- Therapeutic considerations

10.35 Questions from participants

10.45 Coffeebreak

11.00 Introduction first part of the protocol and demonstration

11.15 Role-playing in Break-out rooms

12.05 Discussion of the encounterd dilemma’s and pittfals.

12.30 Lunch

13.30 Short talk about therapeutic dilemmas

13.45 Demonstration of ‘The Brake’, next part of the protocol

14.00 Footage of processing the anger

14.15 Demonstration of the preperation for the film and explanation of the main protocol

14.30 Role-playing in Break-out rooms; the main protocol

15.30 Discussion of the encounterd dilemma’s, pittfals and safety issues.

16.15 Footage of processing anger with a furious women and last questions addressed

16.30 End of webinar

References:

Ogden, P., Paine, C., & Fisher, J. (2006). A sensorymotor approach to the treatment of trauma and dissociation. *Psychiatric Clinics of North America,* 29, 263-279.

Veerbeek, H. & Ten broeke, E. (2015). EMDR bij Boosheid. In: *Praktijkboek EMDR Deel II*, p 285-334, Amsterdam: Pearson (‘EMDR with Anger’, in Dutch EMDR Practical Book).

Veerbeek, H., Lobbestael, J., Olff, M., & Kunst, M.J. (to be submitted). *Development and validation of the Dutch Directed Anger Questionnaire (DIRAQ)*