



The Melissa Institute
For Violence Prevention and Treatment

Sixth Annual Conference

Anger-Control and Aggressive Behaviors

**A Life-span Treatment
Approach**

**Friday, May 3, 2002
8:30 a.m.-4 p.m.**

**Victor E. Clarke Education Center
South Miami Hospital
U.S. 1 and SW 62 Avenue**

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ABOUT THE CONFERENCE

The events of September 11, 2001, have underscored the impact of violence. Whether aggressive behavior takes the form of terrorism, school shootings, domestic violence, road rage, or more everyday forms of aggression, there is an urgent need to take stock of possible preventive and treatment interventions. The conference begins with a consideration of an often-overlooked emotion of anger and its relationship to aggressive behaviors. The initial focus is on the nature of anger and the role it plays in such diverse forms of aggression as child abuse, conduct disorder, battering and terrorism. A life-span perspective will be offered to explain how aggressive behavior develops. The implications for assessment, treatment, prevention and risk management will be discussed.

Since angry and aggressive behaviors are influenced by such diverse sources as parents, peers, schools and community, there is a need to examine angry-aggressive behaviors across multiple settings. How some families go about the unwitting process of “training” their children to emerge with serious anger-related behavior problems will be addressed. Is there effective help for these children and their families? Moreover, what role does the school play in the problematic child’s journey to prison? School policies and the behavior of school personnel are pivotal in deciding the outcome for children with anger and aggressive problems. Methods that school personnel can use to alter this

“career path” will be demonstrated by reviewing a number of local Melissa Institute violence prevention interventions.

The afternoon sessions provide an opportunity for more intensive practical workshops on interventions with problematic children/adolescents (with James Larson, Ph.D.) and with angry and aggressive adults (with Donald Meichenbaum, Ph.D.). Conference participants will be asked to choose one of these two workshops ahead of time.

Drs. Meichenbaum and Larson have each written major handbooks that will provide the texts for their workshops.

■ See Meichenbaum, D. (2001), *Treatment of Individuals with Anger-control Problems and Aggressive Behaviors: A Clinical Handbook*, Institute Press. (Contact renmor@golden.net for order information.)

■ See Larson, J., & Lochman, J. (2002), *Helping School Children Cope with Anger: A Cognitive-behavioral Intervention*, New York: Guilford Press. (Call 1-800-365-7006 for order information.)

This annual conference is dedicated to the memory of Melissa Aptman, a gifted young woman who was tragically murdered on May 5, 1995. In her name, family and friends, along with violence prevention experts, founded The Melissa Institute. The Institute focuses on education, community service, research support and consultation. Please visit www.melissainstitute.org.

CONFERENCE HIGHLIGHTS

- Plenary sessions, keynote address, panel discussions and a question-and-answer period.
- Description of local Melissa Institute violence prevention initiatives.
- Videotaped case demonstrations, training films and handout materials.

TARGET AUDIENCE

Educators, guidance counselors, school psychologists, psychologists, social workers, mental health workers, marriage and family therapists, social agency personnel, judges, police personnel, pediatricians, family physicians and psychiatrists.

OBJECTIVES

Upon completion of this conference, participants should be able to:

- Implement cognitive-behavioral interventions for children, adolescents and adults with angry and aggressive behaviors.
- Critically evaluate treatment interventions for angry and aggressive behavior.
- Address the challenging issues of treatment generalization/transfer and treatment noncompliance across multiple settings.

SCHEDULE

Friday, May 3

- 8:00 a.m. **Registration and Continental Breakfast**
- 8:30 a.m. **Opening Remarks and Welcome**
Suzanne L. Keeley, Ph.D., President of The Melissa Institute
Christine Kotler, Director of The Melissa Institute
- 8:45 a.m. **The Nature of Anger and Its Relationship to Aggression: Implications for Assessment, Treatment and Prevention**
Donald Meichenbaum, Ph.D.
- 10:00 a.m. **Break**
- 10:15 a.m. **On the Journey to Prison: The Role of Family and Schools in the Lives of Angry and Aggressive Children**
James Larson, Ph.D.
- 11:15 a.m. **Question-and-Answer Period**
Audience Participation
Panel: Donald Meichenbaum, Ph.D., and James Larson, Ph.D.
- 11:30 a.m. **Examples of Violence Prevention Programs Sponsored by The Melissa Institute**
Elvold Fischer, Centennial Middle School
Carol Brown, Centennial Middle School
Sharon Krantz, Ponce de Leon Middle School
- 12:00 noon **Buffet Lunch**
- 1:00 p.m. **Keynote Address**
Marvin Dunn, Ph.D.
- 1:40 p.m. **Workshops** (*See workshop descriptions below; participants should choose one of the workshops ahead of time.*)
- Workshop I: Treatment of Adults with Angry and Aggressive Behaviors**
Donald Meichenbaum, Ph.D.
- Workshop II: Treating Angry, Aggressive Children and Youth: Group Interventions for the School Setting**
James Larson, Ph.D.
- 3:30 p.m. **Putting It All Together: Next Steps**
Moderator: Donald Meichenbaum, Ph.D.
- 4:00 p.m. **Adjourn**

Please choose one workshop:

WORKSHOP I – Treatment of Adults with Angry and Aggressive Behaviors

Donald Meichenbaum, Ph.D.

In this workshop, Dr. Meichenbaum will consider specific cognitive-behavioral procedures for individuals who evidence a variety of aggressive behaviors (e.g., road rage, suicidal behavior, anger plus comorbid psychiatric disorders). He will also consider what “expert” therapists do or the core tasks of psychotherapy employed in treating angry/aggressive individuals. A number of specific therapy procedures will be examined including stress inoculation training, emotional regulation, cognitive restructuring, skills training and relapse prevention. The role that victimization plays in contributing to aggressive behavior will be considered and the implications for treatment will be examined. Methods for employing

cognitive-behavioral interventions in individual, group, couple and family/community treatment settings will be discussed.

WORKSHOP II – Treating Angry, Aggressive Children and Youth: Group Interventions for the School Setting

James Larson, Ph.D.

In this workshop, participants will be introduced to two cognitive-behavioral group interventions with demonstrated effectiveness in the school setting (the Anger Coping Program for 8- to 12-year-olds and the Think First Anger and Aggression Management Program for Secondary Level Students). Intervention procedures include self-instruction, self-monitoring and social problem-solving. Generalization issues will be discussed in depth.

CONFERENCE DIRECTOR

Suzanne Keeley, Ph.D., is President of The Melissa Institute and a psychologist in private practice with extensive clinical experience treating victims and perpetrators of violence. She is on the medical staff of Baptist and South Miami Hospitals, not-for-profit affiliates of Baptist Health South Florida.

FACULTY

Donald Meichenbaum, Ph.D., is Distinguished Professor Emeritus at the University of Waterloo, Ontario, Canada, and Research Director of The Melissa Institute. He is one of the founders of cognitive-behavior therapy. In a survey reported in *American Psychologist*, he was voted "one of the 10 most influential psychotherapists of the century." He has published extensively, and his most recent book is *Treatment of Individuals with Anger-control Problems and Aggressive Behavior*. Other books include *Treating Adults with Post-traumatic Stress Disorder*; *Nurturing Independent Learners*; and *Stress Inoculation Training*.



Donald Meichenbaum, Ph.D.

James Larson, Ph.D., is Professor of Psychology and Director of the School of Psychology Training Program at the University of Wisconsin, Whitewater. He is also a member of the Scientific Board of The Melissa Institute. His recent book (with John Lochman, Ph.D.) is *Helping School Children Cope with Anger: A Cognitive-behavioral Intervention* (2002, Guilford Press). Dr. Larson has more than 25 years' experience with the



James Larson, Ph.D.

study and treatment of anger-related behaviors in children and youth. He was a school psychologist with the Milwaukee Public Schools for 14 years and directed their Violence Prevention Program. He also has extensive experience in the area of parent management training and is the co-author (with Judith McBride, Ph.D.) of *Parent to Parent: A Video-augmented Training Program for the Prevention of Aggressive Behavior in Young Children*.

KEYNOTE SPEAKER

Marvin Dunn, Ph. D., is the chairperson of the Psychology Department of Florida International University. He co-authored *The Miami Riots of 1980*, *Crossing the Bounds*, an important work on civil disturbance in America. Throughout his career, Dr. Dunn has worked for positive social change and justice. He conducted workshops on conflict resolution and counseled victims of violence in South African cities. He also served on the Goldberg Commission on Violence in South Africa.

GUEST PRESENTERS

Elvold Fischer is principal of Centennial Middle School, Miami-Dade County Public Schools Region VI, and school co-coordinator of The Melissa Institute's Youth Conference on Bullying.

Carol Brown is assistant principal of Centennial Middle School, Miami-Dade County Public Schools Region VI, and school co-coordinator of The Melissa Institute's Youth Conference on Bullying.

Sharon Krantz is Student Services coordinator at Ponce de Leon Middle School, Miami-Dade County Public Schools Region IV, and school site coordinator for Second Step, a nationally acclaimed school violence prevention curriculum.

Registration deadline is April 19, 2002. Space is limited; register early!

REGISTRATION

Sixth Annual Conference - Anger-Control and Aggressive Behaviors: A Life-span Treatment Approach

Friday, May 3, 2002 ■ Victor E. Clarke Education Center, South Miami Hospital

Registration fee:

- \$60 \$30 (Student)

Conference proceeds will benefit The Melissa Institute for Violence Prevention and Treatment.

Payment method:

- Check enclosed (Make payable to The Melissa Institute.)
 Purchase Order number _____ (Please mail copy of registration to guarantee reservation.)

Workshops (choose one):

- Workshop I - Adults (Meichenbaum) Workshop II - Children/Adolescents (Larson)

Every effort will be made to accommodate your choice of workshop, depending on space availability.

Specialty professional credits required: LICENSE # _____

- Florida Board of Psychological Examiners Florida State Board of Nursing
 Miami-Dade County Public Schools Florida Board of CSW, MFT and MHC

NAME _____

LIST MEDICAL SPECIALTY, PROFESSION, OR GRADE LEVEL IF STUDENT _____

INSTITUTION OR ORGANIZATION _____

ADDRESS _____ CITY/STATE/ZIP _____

TELEPHONE _____

Mail to: Registrar, Medical Education Department
Baptist Health South Florida
8900 North Kendall Drive, Miami, FL 33176

Cancelleds must be sent in writing and postmarked by April 19, 2002, to receive a refund of the registration fee, less a \$10 administrative fee. Cancelleds postmarked after April 19 will forfeit the registration fee.

A registration confirmation notice will be mailed to you. **For information, call 786-662-5210.**

CREDITS

Baptist Hospital of Miami is approved as a provider of Continuing Psychological Education by the Florida Board of Psychological Examiners, provider #PCE-7. This continuing education activity has been approved for 6.5 hours of Continuing Psychological Education credit.

This activity has been approved for 7 contact hours by Florida State Board of Nursing provider #FBN2321, Baptist Health South Florida Department of Education Services.

This activity has been approved for 6.5 contact hours by the Florida Board of Licensed Clinical Social Workers, Marriage and Family Therapists and Mental Health Counselors, Baptist Hospital of Miami Social Work Department, provider #BAP 53, expiration 3/03.

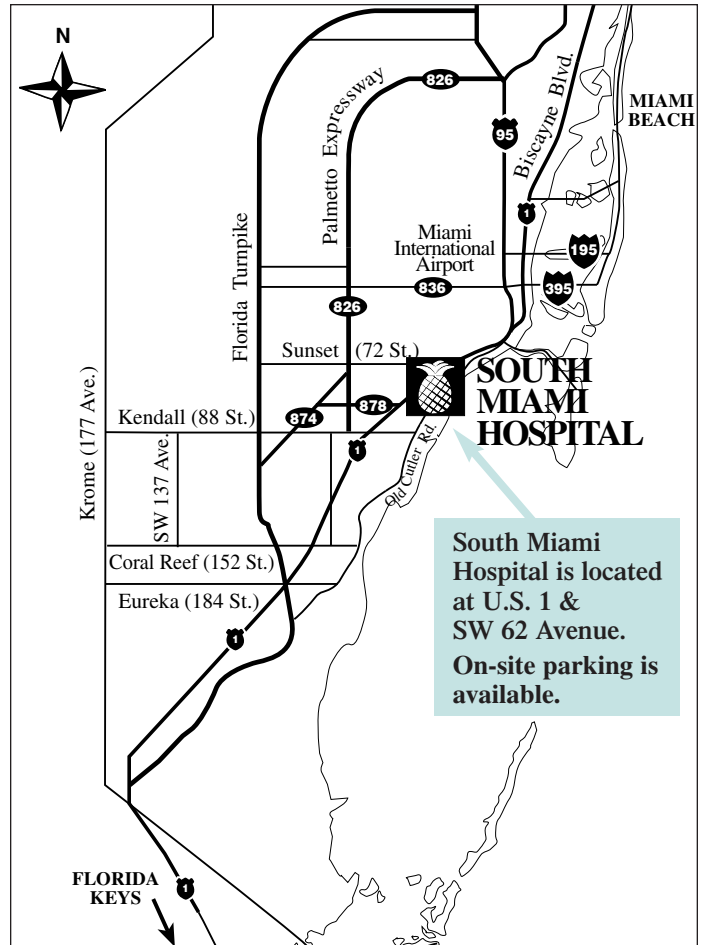
Miami-Dade County Public Schools will award 6 master plan points (TEC credits).

FOR INFORMATION



The Melissa Institute
For Violence Prevention and Treatment
786-662-5210

We thank American Airlines, Baptist Health South Florida, the Biltmore Hotel and Miami-Dade Area Health Education Center for their support.



South Miami Hospital is located at U.S. 1 & SW 62 Avenue. On-site parking is available.



The Melissa Institute
For Violence Prevention and Treatment

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