

Trauma-based Interventions For Persons With Aggression

(Formerly called Anger Management)

by EMDR INSTITUTE, INC



ABOUT THE TRAINER

Sigmund Burzynski is a senior trainer with the EMDR Institute and is in private psychological practice in Geelong, Australia. He has an extensive clinical background and has worked as the resident psychologist at a maximum security prison for six years. He undertook his Weekend 1 training with Francine Shapiro in 1992 and subsequently completed his Weekend 2 training with her in 1993. Since then, he has trained extensively in Australia, New Zealand, and Asia. He has been in private practice since 1994. His current interests lie in the area of trauma management, depression, anxiety disorders, anger management, pain management and sexual dysfunction.

TRAINING DETAILS

✓ 24 March 2026

✓ 8.30am - 5.30pm

✓ Normal Fee \$450

Early Bird Fee \$400
(payment made by
24 Jan 2026)

✓ Hotel Novotel @
Kitchener Road

This one day training is for professionals whose client base includes clients that have anger and aggression issues. The training includes strategies for those clients with only minor anger issues to those whose whole life seems to be completely engulfed in anger and aggression.

The training will include:

- Understanding the neurobiology of anger
- A Treatment plan: A two-phase treatment model
- *Phase 1: Stabilisation*
- Understanding why specific strategies are employed and their limitations
- To become efficient in the practice of these strategies
- What does socialisation to the CBT model really mean?
- *Phase 2: Uncovering and Memory Integration*
- Psychopathology as a disorder of memory
- Anger and Dissociation
- Treatment of trauma based anger: the need for a new skill base

Eligibility:

4-year Basic Degree in Psychology, Counselling, or Social Work, or 2-year Master's Degree in Psychiatry, Psychology, Counselling or Social Work

REGISTER AT

<https://bit.ly/24Mar26TbIAggSB>

CONTACT US

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