



The Adaptive Value of Emotions and How to Decrease Aggression

5/7/2025

A Live, Interactive Webinar

Description:

Aggression can have devastating interpersonal and societal consequences, including incarceration, family violence, disruption of social support, and death. Veterans and service members with posttraumatic stress disorder (PTSD) have higher rates of impulsive aggression, characterized as emotionally charged, reactive, and difficult to control, compared to veterans and service members without PTSD. Impulsive aggression is not targeted through traditional evidence-based psychotherapies (EBP) for PTSD. Emotion regulation ability is a key factor in reducing impulsive aggression. Our team developed a 3-session emotion regulation treatment (Manage Emotions to Reduce Aggression; MERA) to help veterans and service members reduce aggression. This training will introduce the adaptive value of emotions, including anger, sadness, disgust, happiness, and fear. Then it will teach providers how to deliver the brief intervention, MERA, which has demonstrated reductions in aggressive behavior.

Total CE Credits: 3

Total Contact Hours: 3

Learning Objectives:

Following the training, attendees will be able to:

1. Analyze the rates of aggression in veterans, service members, and civilians.
2. Explain how emotion regulation is related to impulsive aggression in those with PTSD.
3. Demonstrate emotion regulation skills that can be used to manage emotions.

Target Audience: For behavioral health providers who treat military personnel, veterans, and their families.

Instructional Content Level: Introductory/Beginner

Agenda:

Webinar room prep and Lobby time	8:30 AM - 9:00 AM
Welcome to CDPP and Speaker Intro	9:00 AM - 9:05 AM
Speaker Presents	9:05 AM - 11:55 AM
Question and Answer	11:55 AM - 12:00 PM



Continuing Education:

Course Completion Requirements: Participants are required to attend the entire training. Partial credits cannot be issued. Attendance is taken through the use of electronic logs, and a post-training evaluation form must be completed in order to receive ACE social work CE credits. For other CE credits, completion of the evaluation is strongly encouraged, but if you do not wish to complete the evaluation, please contact the training event's POC after the training event.

There is a 30-day time limit post-training to complete all CE requirements. CE Credit Certificates will be available via CE21 within 30 days after all course requirements have been completed.

American Psychological Association Sponsor Approval:

The Center for Deployment Psychology is approved by the American Psychological Association to sponsor continuing education for psychologists. The Center for Deployment Psychology maintains responsibility for this program and its content.

Association of Social Work Boards Approved Continuing Education Provider Approval:

The Center for Deployment Psychology, #1761, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The Center for Deployment Psychology maintains responsibility for this course. ACE provider approval period: May 19, 2022 – May 19, 2025. Social workers completing this course receive 3 Live, Interactive Webinar continuing education credits.

New York State Education Department's State Board for Psychology Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists (#PSY-0178).

New York State Education Department's State Board for Social Work Provider Approval:

The Center for Deployment Psychology is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#SW-0744).

Inquiries regarding CE credits may be directed via email to Jeremy Karp at jeremy.karp.ctr@usuhs.edu.

Participate:

Online Platform: Zoom

Date: 5/7/2025

Time: 9:00 am – 12:00 pm Eastern

Registration Information: <https://deploymentpsych.org/training>



Registration Deadline: One week prior to the start of the class or when registration meets capacity.

Cancellations/Questions: Please contact Jeremy.karp.ctr@usuhs.edu if you have any questions or need to cancel your registration.

Registration Cost/Refunds: Free for those with a .mil email address. \$10 for all others. Refunds will be authorized if registration is cancelled within 2 weeks prior to the class start.

Location Information: Online via Zoom

Instructional Format: This live webinar is fully interactive. Attendees may ask and answer questions throughout the presentation and participate in instructor-led discussions.

System Requirements:

Zoom:

- Internet connection
- Operating System: Windows 7 or higher, Mac OS X with MacOS 10.9 or higher
- Web Browser: Internet Explorer 11+, Edge 12+, Firefox 27+, Chrome 30+, Safari 7+
- Hardware: 1Ghz processor or higher

Special Accommodations: If you require special accommodations due to a disability, please contact Jeremy Karp at jeremy.karp.ctr@usuhs.edu 4 weeks prior to the training so that we may provide you with appropriate service.

Grievances: For any grievances or concerns with this training including those related to course content, non-receipt of certificate or other occurrences, participants may contact CDP's Continuing Education Director, Ms. Amanda Stanely-Hulsey, via email at amanda.stanley-hulsey.ctr@usuhs.edu.

Instructor Biographies:

Shannon R. Miles, PhD

Dr. Miles is a clinical psychologist at the James A. Haley Veterans' Hospital and Associate Professor in the Department of Psychiatry & Behavioral Neurosciences, Morsani College of Medicine, University of South Florida, Tampa, FL. She specializes in the treatment and study of posttraumatic stress disorder (PTSD) and challenging comorbidities such as emotion dysregulation and aggression after traumatic brain injury.

**There is no commercial support or conflict of interest to report for these presenters.