

# University certificate in *Understanding Aggression: Assessment and Therapy* 16th and 17th August 2012



This university certificate is a two day course providing practitioners with knowledge focused on psychological theories of aggression and their application to practice. It will explore therapeutic approaches to intervening with aggression and illustrate some techniques that can be applied in practice. It covers the following areas:

- The definition of aggression and its association with motivation, function, typology and theory.
- The integration of emotions and how this can influence aggression.
- Therapeutic techniques which can be applied to understand aggression and begin the process of treatment with a focus on: accessing of normative beliefs; the importance of restructuring beliefs and avoiding thought suppression; techniques for accessing emotional memory; elaborate rehearsal; socratic questioning and life maps.

This university certificate uses lectures, group discussion and independent study to critically explore aggression theory and therapy. A range of learning materials will be employed. Assessment is by two pieces of coursework: a brief literature review and the development of a treatment and management plan.

The course is delivered by Professor Jane L. Ireland, a Registered Forensic Psychologist, Chartered Psychologist and Chartered Scientist. Professor Ireland has over 14 years experience of delivering aggression therapy and is lead author of the long term therapy programme — Life Minus Violence Enhanced (LMV-E). Professor Ireland has written extensively on the topic of aggression therapy and management and continues to deliver aggression therapy to forensic client groups.

ACCTS is a service provided by UCLan of which the current course forms part. ACCTS Director: Professor Jane L. Ireland, PhD.

For details on applying contact Professor Jane L. Ireland on:

[JLIreland1@uclan.ac.uk](mailto:JLIreland1@uclan.ac.uk)

Cost at time of advertising: £525 (no VAT as exempt). Admission requirements: Relevant honours degree at 2:1 level or above, or 2:2 level with a higher degree evident; Cases are judged on an individual basis, however, and applicants not meeting the above are invited to email Professor Jane L. Ireland ([JLIreland1@uclan.ac.uk](mailto:JLIreland1@uclan.ac.uk)) for advice. Applicants require a score of 6.5 in IELTS (or equivalent) for students whose first language is not English.. Please note that the cost of modules at the university are subject to review and may periodically alter.