



# Stalkers and the Fixated: Promoting safety and respect

## Defining identifying, understanding and responding with effective interventions.

This workshop sets out the behavioural, legal and clinical trajectories of stalking: an old behaviour but a relatively new social construct.

Stalking is defined as repeated, unwanted intrusions that are typically impervious to stop messages and behavioural extinction. The motivations to stalk are described as they occur in various relationship dyads, from strangers to family violence.

Research has explored the various instigators and psychopathology of stalkers that lead them to behave in harmful and intrusive ways. Stalking may also cause long-term effects on the mental health, safety, wellbeing and social functioning of the targets. Many of those who have been a target of stalking behaviours are often unaware of the actions they can take to report or prevent such behaviours, which may contribute to their sense of helplessness and fear. Further, in some instances, stalking is also considered to be a precursor to aggression and violence towards targets.

This workshop provides practical activities to categorise various stalking scenarios, determine risks and warning behaviours, and choose interventions that shield stalking victims and deter stalkers. The notion of fixation is presented as those who nurture preoccupations with a person or cause, particularly those whose fixations are a warning behaviour for violence.

### Learning objectives of this training:

1. Define the constructs of stalking and fixation
2. Summarise and compare the trajectories of behavioural, legal and clinical considerations of stalking
3. Categorise various stalking scenarios
4. Describe the risks associated with stalking and fixation
5. Classify a range of interventions and referrals appropriate to the promotion of safety and well-being in cases of stalking and fixation



**Dr. Lisa Warren** is a pioneer of the behavioural threat management field in Australia. This is an internationally recognized field of expertise in the evaluation of those who are on a pathway to violence and are planning acts of targeted violence. The field of threat management is at the intersection of specialist policing, criminal justice and forensic mental health. Dr. Warren has lead innovations in the assessment, treatment and broader management of threateners, the persistent and fixated, and recidivist violent offenders. This includes being the Foundation Manager of the Problem Behaviour Program at the Victorian Institute of Forensic Mental Health (Forensicare) where she supported the development of treatment programs for violent offenders, sexual offenders, stalkers, threateners and vexatious complainants. She was the Foundation President of the Asia Pacific Association of Threat Assessment Professionals (APATAP) and has collaborated with the European Threat Assessment Professionals (AETAP) on developing professional standards for threat managers. She has presented at the American Association of Threat Assessment Professionals (ATAP) conferences and is a Senior Editor for the Journal of Threat Assessment and Management.

**This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.**

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**ACA:** Members can accrue 12 CPD points.

**AASW:** Members can accrue 6 CPD hours.



**ACWA:** Members can accrue 6 CPD hours.

**PACFA:** Members can accrue 6 CPD hours.

**APS:** Activities do not need to be endorsed by APS. Members can accrue 6 active hours.

## Morning Session

Introduction/agenda

Defining constructs of stalking and fixation

Identifying types of stalkers and their motives

Explore and compare the trajectories of behavioural, legal and clinical thinking about stalking

Describing the risks associated with stalking and fixation

## Afternoon Session

Applying learning to case scenarios – categorising types of stalking and risk identification

Classifying a range of interventions and referrals to promote safety and well-being in cases of stalking and fixation

Evaluation and closing.

***“This workshop will support the identification and management of stalking and fixation behaviours.”*** Dr Lisa Warren

### How will you benefit from attending this training?

- Gain knowledge of the concepts and characteristics of stalking and fixation behaviours
- Understand the psychological impacts of stalking and fixations on the target(s), person of concern, organisations and third parties, and the various risks associated with these behaviours
- Understand the use and effectiveness of various practical strategies, psychological interventions and referral channels to promote safety and well-being in cases of stalking and fixation

### Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

### We include:

- Presenter travel and accommodation costs.
- Soft copy of notes and resources and evaluation.
- Individual attendance certificates for all participants.

Contact our in-house program director **1300 887 622** or **info@PDPseminars.com.au** for information, quotation or to have a helpful chat about the needs of your team.

The presentation is designed for anyone without, or with some, prior training or experience in mental health who may encounter people with mental health issues in their professional lives. These may include: mental health clinicians, coaches, HR professionals, counsellors, psychotherapists, social workers, volunteers and allied health professionals.

### Feedback form Lisa's recent presentations:

*“Lisa is an exciting, well informed and engaging presenter. Her content was exciting, yet it demonstrated the importance of recognising and addressing the effects of problem behaviour.”*

*“Lisa’s workshop was educational, reflective and fun, and it was useful in providing me with a new set of tools to recognise and manage high risk behaviours in my workplace”*

*“Lisa’s presentation was informative and engaging. I would definitely consider attending another one of her workshops.”*

*“Dr Warren’s presentation on stalkers and their motives informed me about the prevalence of stalking and intrusive behaviours in our community, and helpful strategies to reduce and management these behaviours, as well as the impact it has on the target. I would highly recommend this workshop to anyone interested in this field.”*

*“Few people present about critical and unusual topics such as deviant and persistent behaviours. Lisa Warren’s presentations are a wake-up call for everyone to become cognisant of the harms of persistent and intrusive behaviours, and the impact they have on mental and physical safety.”*