



CACJ Mental Health Initiative Webinar Series Presents

Who: Dr. Jerrod Brown, PhD

Title: Alexithymia: Clinical and Forensic Implications

Description: Individuals with alexithymia often struggle to identify, communicate, and think about feelings and emotions. For instance, a diminished ability to use one's feelings to guide behavior appropriately in social environments is common amongst those with alexithymia. Other issues include deficits in emotional awareness and regulation, social attachment, and relating to others along with an increased likelihood to express emotional arousal through somatization (e.g., physical expression of psychological symptoms). Alexithymia has been linked to an array of disorders (e.g., psychiatric, substance use, neurodevelopment, medical, neurological, and psychosomatic), risk-taking behaviors, maladaptive anger expression, poor emotional regulation, decreased treatment response, increased burden on caregivers and family members, and a number of social-emotional problems. Designed for professionals working in criminal justice, forensic mental health, and legal settings, this training provides attendees with a working understanding of the definitions, causes, and consequences of alexithymia.

When: Monday, June 6th 11AM – 12:30 PM

Where: Virtual via Zoom

Learning Objectives:

Upon completion of this learning opportunity, attendees will be able to:

- Describe the warning signs, risk factors, and definitional features of alexithymia
- Describe how alexithymia can affect experiences in mental health and criminal justice systems
- Describe screening options for those with alexithymia
- Describe appropriate techniques and approaches to manage and support alexithymia
- Describe cutting-edge research and current gaps in knowledge of alexithymia

Attendees may be eligible for 1 CE credit*

Register for the free webinar here. *Registration is limited to the first 200 attendees.*

Please note, you will receive an email from CACJ 1 to 3 days before the online training. The email will provide the Zoom link, agenda, and all details to participate in the training.