

WORKSHOP

The role of mental health in threatening behavior | Mental Check-up: Strengthening Resilience

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Mental Check-Up: Strengthening Resilience

Mental health issues are often linked to threatening behaviour, threat assessment professionals must not only identify the risk factors in others but also address the emotional toll their work can take on themselves. This workshop explores both these critical elements—understanding the role of mental health in threat assessment and ensuring that professionals maintain their resilience and well-being.

We start the day with the AETAP board member Bram Van der Meer, who will emphasise the importance of understanding mental health and the impact of trauma; he will chair the morning and afternoon workshops to come.

The role of mental health in threatening behaviour

Caroline will lead the session examining the links between mental health problems and actual, attempted or threatened harm. In the first part, key terms will be defined (for example, the range of neurocognitive impairments, clinical syndromes and personality problems that could be relevant) and data will be provided about their prevalence in violent actors and threateners. This part of the workshop will consider *why* we must attend to mental health problems in our practice.

In the second part the various ways that mental health problems can create the potential for violence will be considered alongside how threat assessment professionals can try to explain their relevance to colleagues and clients in practice. Here we will also provide a brief review of the knowledge and skills required of threat assessment professionals to be able to take account of the role of mental health in their work. The second part of the workshop will consider *how* we may attend to mental health in our practice.

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The afternoon will focus on the critical need for threat assessment professionals to nurture their own mental resilience in the face of such complex and demanding work.

What you, as a threat assessment professional, can do to remain resilient and prevent mental health issues and how you can support each other as colleagues in this endeavour. This will be an interactive workshop that alternates between theory and practice. Participants will practice with active and varied methods to develop coping skills, which will be directly applicable in daily practice.

We invite all participants to reflect on the insights gained and the skills developed throughout the workshop. The participants can share their key takeaways, ask any remaining questions, and discuss how they can apply what they've learned in their own practice. Mirte, Anne and Caroline will facilitate the final discussion, reinforcing the importance of integrating mental health awareness into threat assessment practices, both when considering individuals at risk and the well-being of professionals in this demanding field.

Speaker biographies

Dr Caroline Logan

Caroline Logan is a Consultant Forensic Clinical Psychologist. She has worked as a lead consultant in high and medium secure forensic mental health services in the north of England, and as a consultant/contractor with law enforcement and threat assessment and management agencies in the UK and elsewhere for almost 30 years. She is also an honorary senior lecturer at the University of Manchester (from 2009, and before that, a senior research fellow then an honorary research fellow at the University of Liverpool between 1996-2009) and a scientist at the Kompetansesenter at Helse Bergen in Norway. Dr Logan has ongoing clinical and research interests in personality disorder and psychopathy, mental disorder and comorbidity, risk and threat assessment and management, violent extremism, and forensic clinical interviewing, and she has a special interest in gender issues in the range of offending and harmful behaviour. She has published five books and over 80 articles on these subjects, including [Violent Extremism: A Handbook of Risk Assessment and Management](#), a book co-edited with Randy Borum and Paul Gill, published in November 2023, and a second edition of [Managing Clinical Risk: A Guide to Effective Practice](#), co-edited with Lorraine Johnstone, published in December 2023. She has commenced work on a new book on violent extremism in youth with Professors Borum and Gill, and a book on personality problems and risk is in the pipeline.

Mirte Heringa, MSc.

Mirte Heringa is a healthcare psychologist, senior advisor and trainer with more than 15 years of experience. She has been with ARQ IVP for 4.5 years. Apart from her work as a psychologist, treating individuals with mental health complaints after distressing events (e.g. PTSD), she also provides mental support to professionals who are under threat and has played a key role in the development and rollout of a training program for public prosecutors and their managers to increase their resilience to threats and security measures. She is also committed to improving and coordinating preventive services, such as Mental Check-up sessions, aimed at increasing the resilience of professionals in the high-risk domain. Mirte has conducted several individual and group counselling processes with, among others, the National Coordinator for Counterterrorism and Security, the Judiciary, the Public Prosecutor and members of government.

Anne Winters, MSc.

Anne Winters is a dedicated healthcare psychologist with over 15 years of experience, specializing in supporting individuals who have developed symptoms following traumatic events. Since March 2024, she has been part of the ARQ IVP department of psychological support. For Anne, guiding individuals through difficult periods is not just a profession—it's a true source of motivation and inspiration. In addition to her clinical work, Anne is an experienced trainer and workshop facilitator, focusing on mental health, resilience, and self-care. Her approach is practical, empathetic, and designed to empower others with valuable insights and skills. Anne is excited to share her expertise and collaborate with threat assessment professionals in high-risk fields to strengthen their resilience through this workshop.