

# TARGETED VIOLENCE 101



Office of  
Mental Health



Homeland Security  
and Emergency Services

## What Every Clinician Should Know About Recognizing and Responding to Targeted Violence Risk



### DATE

Wednesday, April 1, 2026



### TIME

10:00am – 11:30am (Eastern)



### LOCATION

Virtual - WebEx

This course is designed for frontline mental health providers who may encounter targeted violence risk in clinical practice. Targeted violence is a premeditated act of violence directed at a specific individual, group, or location. Participants will learn how targeted violence differs from reactive violence, how to recognize acute behavioral indicators along the pathway to intended violence, and how to screen for targeted violence risk using a prevention-focused, non-stigmatizing framework.

The course emphasizes practical responses, including options for immediate management, consultation, appropriate notification, and relevant legal restrictions, while clarifying clinicians' roles, responsibilities, and ethical considerations.

#### Participants will be able to:

- Define targeted violence
- Identify acute, behavioral indicators of targeted violence risk
- Identify appropriate responses to targeted violence risk or threats encountered in their practice



### REGISTRATION

<https://meetny-gov.webex.com/weblink/register/rac611ce0406a6fe0126ce9d8959f5efe>



**Sara Winegar Budge, PsyD**, is a licensed clinical psychologist and Director of U.S. Programs at Moonshot CVE. Her clinical practice focuses on psychological assessment, treatment planning, and psychotherapy with individuals who are or have been involved in violent extremism, as well as individuals at risk for targeted violence. She provides consultation and training to mental health professionals on recognizing, assessing, and responding to targeted violence risk within ethical and clinical frameworks. Dr. Budge has developed and delivered multiple continuing education courses for providers working with high-risk individuals and has taught the Psychology of Terrorism at both undergraduate and graduate levels. She previously served as an instructor in the graduate program at the National Consortium for the Study of Terrorism and Response to Terrorism (START) at the University of Maryland. Her work integrates clinical psychology, research on radicalization and violence, and practical guidance for multidisciplinary prevention and intervention.