



Healing & Treating
**TRAUMA,
ADDICTIONS**
and Related Disorders

NOVEMBER 19 & 20, 2015

WINNIPEG, MB

2 Days | Thur-Fri | 8:30AM – 5:00PM

Best Western Plus Winnipeg Airport Hotel

2 Day Conference

FEATURED SPEAKERS

DAY 1



John
Briere
PH.D.



John
Arden
PH.D.



Ronald
Potter-Efron
PH.D.

DAY 2



Pat
Love
ED.D.



Laurie
Leitch
PH.D.



Jamie
Marich
PH.D.

WHO SHOULD ATTEND

All Therapists, Addiction Counsellors, Clinical Counsellors, School Counsellors, Employee Assistance Professionals, Human Resource Professionals, Mental Health Workers, Psychologists, Occupational Therapists, Psychiatric Nurses, Physicians, Family Therapists, Social Workers, Rehabilitation/Vocational Counsellors and all other Mental Health Professionals.

ADDITIONAL EVENING SESSION

November 19, 2015 | 6:30PM – 8:30PM

Dancing Mindfulness:

Exploring the Art of Movement as a Coping and Healing Mechanism

Dr. Jamie Marich, PH.D.

DISCOUNTS

Early bird and group registration discounts available.

See website for rates and details.

CONFERENCE VENUE & HOTEL

Best Western Plus Hotel
1715 Wellington Ave, Winnipeg
Call to Reserve: 204-775-9889

PRESENTED BY



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& ASSOCIATES INC.
— JACKHIROSE.COM —

John Briere, PH.D.



is an Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern California, and Director of the USC Adolescent Trauma Training Center (USC-ATTC), National Child Traumatic Stress Network. He is recipient of the *Award for Outstanding Contributions to the Science of Trauma Psychology* from the American Psychological Association, and has authored over 120 articles and chapters, 14 books, and 9 psychological tests.

John Arden, PH.D.



is the Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees the training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden also provides individual, group and family therapy and chemical dependency counseling. He presents workshops on brain-based therapy internationally. Also the author of 14 books, including *Brain2Brain*, *The Brain Bible* and *Rewire Your Brain*.

Ronald Potter-Efron, PH.D.



is a clinical psychotherapist, director of the Anger Management Program at First Things First Counseling and Consulting Center in Altoona, WI, and an internationally recognized anger expert. He has over 30 years of clinical experience and he specializes in the treatment of individuals with aggression and domestic violence concerns. Dr. Potter-Efron is also author of 15 books, including *Healing The Angry Brain*, a self-help book for chronically angry and aggressive persons.

1ST KEYNOTE
8:45 AM – 9:45 AM

New Developments in the Treatment of Complex Trauma: Mindfulness, Affect Regulation and Processing

When trauma involves child abuse and neglect, and/or when there have been multiple and prolonged traumas in adulthood, the outcome may involve not only posttraumatic stress, but also dysfunctional relational schema, affect dysregulation, and overdeveloped avoidance responses. In this keynote, Dr. Briere will outline the various short- and long-term effects of exposure to trauma, and describes the central principles of modern trauma therapy.

2ND KEYNOTE
9:45 AM – 10:45 AM

Rewiring The Brain After Trauma: A Brain-Based Therapy Approach

Recent advances in neuroscience have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of psychotherapeutic schools are effective and which may be counter-therapeutic. Brain-based therapy envisions the therapeutic process as brain changing as necessary to change mood and behaviour.

3RD KEYNOTE
11:00 AM – 12:00 NOON

Anger Management and Domestic Violence Treatment in a New Era: The Impact of Neuroscience and Brain Change Dynamics

The impulse to anger develops deep within the human brain, mostly at the unconscious level. It is then inhibited, modified or even increased consciously. The entire program can take place almost instantaneously, making it difficult to contain or control. Recent research in neuroscience has helped scientists better understand these processes. This information is also now being used to help clients become more skilled in anger management.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

A Treating Complex Trauma in Adolescents and Young Adults

Integrative Treatment of Complex Trauma for Adolescents is an evidence-based, multi-modal trauma therapy for adolescents that integrates treatment principles from attachment theory, the Self-Trauma Model, affect regulation skills development, and components of cognitive behavioral therapy. It involves structured protocols and interventions that are customized to the specific issues of each client, since complex post-traumatic outcomes are notable for their variability across different individuals and different environments.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B Rewiring The Brain After Trauma: A Brain-Based Therapy Approach (Continuation)

In this session you will develop a new way of looking at the therapeutic process enabling you to move beyond the traditional theoretical school approach. You will learn how to use the Brain-Based Therapy approach to educate your clients and make the goals of treatment understandable. We'll examine the use of brain-based therapy to enhance outcome with people who have been traumatized. Special attention will be given to addressing the neurodynamics of PTSD.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B The Angry and Aggressive Brain: Treatment Approaches

The centerpiece of this session is a six-phase anger and aggression cycle: activation, modulation, preparation, action, feedback and deactivation. We will detail each of these phases from a brain process perspective. Specific practical treatment options will be described for each phase. In addition, differences between the phenomena of rage vs. anger and the treatment for rage will be studied as well as the usefulness of anger management tools within a domestic violence offender treatment setting.

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

A Treating Complex Trauma in Adolescents and Young Adults (Continuation)

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B Rewiring The Brain After Trauma: A Brain-Based Therapy Approach (Continuation)

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B The Angry and Aggressive Brain: Treatment Approaches (Continuation)



Day 1 - EVENING SESSION | 6:30 PM – 8:30 PM

Dancing Mindfulness: Exploring the Art of Movement as a Coping and Healing Mechanism

Dr. Jamie Marich, PH.D., will lead you through this experiential session; participants will be expected to get up and dance, or at the very least, observe mindfully. Developed by Dr. Jamie, Dancing Mindfulness uses the art form of dance as the primary medium of discovering mindful awareness. Participants are led through seven primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit, and integrated experience.

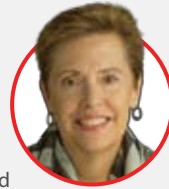
Pat Love, ED.D.

is known for warmth, humor and commitment to learning. Her books *Hot Monogamy* and *The Truth About Love* have taken her around the world and afforded numerous appearances on Oprah, CNN and *The Today Show*. She is a Licensed Marriage and Family Therapist, Approved AAMFT Supervisor, and a past president of the International Association for Marriage and Family Counseling. Her hobbies include travel, hiking and hanging out with friends and family.



Laurie Leitch, PH.D.

has been a practicing psychotherapist, clinical trainer, consultant, social entrepreneur and researcher for over 25 years. She currently co-directs Threshold GlobalWorks with Brigadier General (Ret.) Loree Sutton, M.D.. Dr. Leitch co-developed the Trauma Resiliency Model, a skills-based peer and clinical intervention that builds resilience capacity through application of self-regulation skills for individuals and groups.



Jamie Marich, PH.D.

is a dancer, musician, performer, writer, recovery ambassador, and clinical counselor, Marich unites these elements of her experience to achieve an ultimate mission: bringing the art and joy of healing to others. Marich travels internationally speaking on topics related to EMDR, trauma, addiction, and mindfulness while maintaining a private practice (Mindful Ohio) in her home base of Warren, OH. She is the developer of the Dancing Mindfulness practice.



1ST KEYNOTE
8:45 AM – 9:45 AM

The Psychodynamics of Loneliness: The Way Out of Emptiness and a Life Unfulfilled

A recent Harvard Medical School survey describes loneliness as “a very real and little-discussed social epidemic with frightening consequences”. How do we meet this rising tide? By acknowledging basic needs: self knowledge, intimate connection, community involvement, meaningful work and life purpose. Emphasis will be on strategies for change.

2ND KEYNOTE
9:45 AM – 10:45 AM

The Missing Link: Using Lessons from Neuroscience to Build the Therapeutic Relationship

The keynote address will discuss key concepts from neuroscience research that can be used to guide relationship-building in the clinical setting. A particular focus will be on the core concepts of safety and attachment from a neurobiological perspective. Also included will be resiliency-oriented methods of collecting intake data and hearing the “trauma story” that promote nervous system balance. Examples from the presenter’s international work will be included.

3RD KEYNOTE
11:00 AM – 12:00 NOON

Creativity, Healing and the Recovery Process

In addressing the wounds of trauma and addiction, taking action is imperative to heal the brain at the emotional, somatic, spiritual, and energetic levels. Creative outlets like dancing, drumming, making and listening to music, the visual arts, and play are particularly powerful and engaging. In this keynote Dr. Jamie Marich discusses how cultures since the dawn of time have implemented the expressive arts into the healing process. She provides a practical framework for how clinicians can use creativity in the helping process in modern times.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

Best Practices in Sexual Compulsivity Recovery for Couples

Technology use has emerged as a game-changing threat to committed relationships. Anonymity, accessibility, and affordability have increased sexual and emotional infidelity, as well as compulsivity. Led by Dr. Pat Love, this training will provide tools and information for mental health professionals to:

- Obtain current research and clinical practices related to sexual compulsivity
- Recognize the signs of sexual compulsivity/addiction
- Understand the role of post-traumatic stress in infidelity and recovery
- Be introduced to the collaborative model of treatment for couples
- Develop guidelines for determining the best treatment approach.
- Understand the goals of couples treatment with sexual compulsivity.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

Neuroscience in Action: Designing Multisensory Interventions for Clinical Healing

This practical workshop introduces the Multisensory Learning Model (MSLM) which incorporates techniques and skills for accessing natural resiliency as well as creative strategies that promote integrative functioning. You will learn how to assess and leverage your own and your clients’ specific processing styles based on dominant brain, eye, ear, hand and foot patterns. Case studies (with both couples and individuals) of MSLM in action will link information on brain function with clinical treatment choices. You will see how MSLM is applied to early stages of treatment to rally your client’s existing resources for self-healing and motivation. You will also see how it can be applied to the middle stages of therapy to decrease the power of traumatic triggers and to anchor and extend learning.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

Trauma, PTSD and Traumatic Grief: Effective Assessments and Immediate Interventions

Attend this afternoon workshop and leave with a brand new toolkit of skills, interventions, and principles for rapid success with traumatized clients. Join Jamie and learn the standard of care for treatment in the field of traumatic stress – and its key ingredients. Implement evidence-based treatment protocols and interventions for establishing safety, desensitizing and reprocessing trauma memories, metabolizing and resolving grief/loss and finally, assisting clients in reconnecting to lives full of hope, connection, and achievement.

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

Best Practices in Sexual Compulsivity Recovery for Couples
(Continuation)

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

Neuroscience in Action: Designing Multisensory...
(Continuation)

2ND AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

Trauma, PTSD and Traumatic Grief: Effective Assessments and...
(Continuation)

REGISTRATION FORM

Registration & check-in starts 1 hr prior to the conference.

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

Yes, I want to stay informed of upcoming events, exclusive offers, and receive the quarterly e-newsletter.

STEP 2 – SELECT ATTENDING DATE & FEE

Individual	Days 1 & 2 - Nov 19-20	Day 1 only - Nov 19	Day 2 only - Nov 20
Earlybird Fee	<input type="checkbox"/> \$475 + 5% GST	<input type="checkbox"/> \$275 + 5% GST	<input type="checkbox"/> \$275 + 5% GST
Regular Fee	<input type="checkbox"/> \$495 + 5% GST	<input type="checkbox"/> \$295 + 5% GST	<input type="checkbox"/> \$295 + 5% GST

* Group: 3-7	Days 1 & 2 - Nov 19-20	* Group: 8+	Days 1 & 2 - Nov 19-20
Earlybird Fee	<input type="checkbox"/> \$455 + 5% GST	Earlybird Fee	<input type="checkbox"/> \$435 + 5% GST
Regular Fee	<input type="checkbox"/> \$475 + 5% GST	Regular Fee	<input type="checkbox"/> \$455 + 5% GST

*Group registration must be completed online at conference2015.jackhirose.com
Individuals must attend both days to be eligible for the group rates.

EARLY BIRD DEADLINE: NOVEMBER 5, 2015

Registration and payment must be received by this date. Upon receipt of registration and payment, an emailed confirmation notice will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks.
Please note lunches are not included.

STEP 3 – PAYMENT

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER

 ONLINE conference2015.jackhirose.com	 EMAIL registration@jackhirose.com
 PHONE or FAX See numbers below right	 MAIL See address below right

3 WAYS TO SAVE

	ONLINE PROMO CODE: MBTRAUMA conference2015.jackhirose.com
	EARLY BIRD DISCOUNT Deadline: November 5, 2015
	GROUP DISCOUNTS (online only) See Step 3 for Savings & Fees.

EXHIBITOR OPPORTUNITIES

As an exhibitor at this conference, you will receive an exclusive opportunity to network with our participants and educate them on your program. You will have space to display promotional materials and showcase your organization or business.

DISCOUNTED CONFERENCE RATES

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations.
Enter promo code **MBTRAUMA** at conference2015.jackhirose.com.

GROUP DISCOUNTS

Groups of 3-7: Save \$20 per person
Groups of 8+: Save \$40 per person

Individuals must attend all 3 days to be eligible for group discounts.
All groups must register online to receive the group discount.
Register your group at: conference2015.jackhirose.com

CONFERENCE AIDE DISCOUNT

Save \$190 on the conference registration fee. By working as an assistant to the conference director, conference aides will receive a discount. Conference aides must arrive by 7:00am on all days of the conference and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the conference. Please keep in mind that we can accommodate a maximum of 3 conference aides. To apply for the conference aides program, please email registration@jackhirose.com

EARLY BIRD DISCOUNTS

To receive the early bird rate, all conference fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early bird rate. To receive the regular rate, all conference fees must be paid in full prior to the event date. Participants with a balance owing must pay at the door.

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC).

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Call and request the Jack Hirose & Associates corporate rate: \$124 plus taxes, per night. Book by October 19, 2015.

BEST WESTERN PLUS WINNIPEG AIRPORT HOTEL

1715 Wellington Ave, Winnipeg | 204-775-9889

TERMS & CONDITIONS

Our liability is limited to refunds for conference fees only. Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CANCELLATION POLICY

All cancellations must be submitted by email to registration@jackhirose.com. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. Refunds will be available **minus a \$40 administration fee** for cancellations made 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a \$40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event.** Exceptions to this will not be granted.

If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES

Provided for **pre-registered attendees only**. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Certificates are intended for continuing education credit purposes. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS

Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



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