**DISCOUNTED CONFERENCE RATES**

ONLINE REGISTRATION DISCOUNT

- Call 1-800-456-5424 for online registration.
- Enter promo code MBCT10 or registration@jackhirose.com.

GROUP DISCOUNTS

- Groups of 3-7: 10% off per person
- Groups of 8-14: 15% off per person
- Groups of 15+ : 20% off per person

Individuals must attend all 3 days to be eligible for group discounts.

All groups must register online to receive the group discount. Registration forms submitted by email will not be processed.

CONFERENCE FEES & DISCOUNTS

- Save $100 on the conference registration fee by emailing as an assistant to the conference site. For conference sites who are unable to offer staff, the conference will offer a $100 fee for the conference site administration and/or mailing to assist all attendees. Throughout the lunch breaks, and playing 30 minutes after the end of the conference. Please keep in mind that we cannot accommodate a maximum of 8 conference sites. To apply for the conference site administrateur, 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 after the early bird date. 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 Association of Rehabilitation Therapists (affiliated with the Alberta College of Social Workers), Canadian Counseling & Psychotherapy Association, Canadian Public Relations Association, Canadian Occupational Therapy Association, Canadian Professional Counselling Association, Employee Assistance Certification Committee, June 1–3, 2016

TERMS & CONDITIONS

This liability is limited to refunds for conference fees only. Jack Hirose & Associates, Inc. is not responsible for impending acts, materials, or occurrences by or presents or participants. The use of a credit card or other item for the duration of the conference. Please double check your spelling and for any or partial refund/credit under any circumstances.

CANCELLATION POLICY

All cancellations must be submitted by email to registration@jackhirose.com. All registrations will be processed for cancellations made 14 days in advance of the event. Any cancellations made within 14 days of the event will not be processed. No refund or credit under any circumstances will be available for cancellations less than 10 business days prior to the event. Exceptions to this will be granted.

- Full refunds are available to those who are unable to attend, the conference will issue a full refund for conference fees only. Jack Hirose & Associates, Inc. is not responsible for impending acts, materials, or occurrences by or presents or participants. The use of a credit card or other item for the duration of the conference. Please double check your spelling and for any or partial refund/credit under any circumstances.

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**4 WAYS TO REGISTER**

- ONLINE registration@jackhirose.com
- EARLY BIRD DISCOUNT: Deadline May 16, 2016
- GROUP DISCOUNTS (online only)  
  - See steps 3 & 4 for online & fees.

**3 WAYS TO SAVE**

- ONLINE PROMO CODE: MBCT10 registration@jackhirose.com
- EARLY BIRD DISCOUNT
- GROUP DISCOUNTS

**WHO SHOULD ATTEND**

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

**CONFERENCE VENUE**

Best Western Plus Airport Hotel
1715 Wellington Ave, Winnipeg
Reserve A Room: 204-775-9889

**DISCOUNTS**

Early bird and group registration discounts available. See website for rates and details.
DAY 1 | Wednesday, June 1, 2016

**Advanced Skill Training in CBT: Enhancing Client Outcomes**

- Lynn Miller, Ph.D.
- is a psychologist, certified cognitive behaviour therapist, and is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education department at the University of British Columbia. She started her career as a classroom teacher, and then worked as a school counselor. She has over 30 years of clinical experience in a variety of settings. Dr. Miller is known for her knowledge and clarity, humor, compassion, and engaging speaking style.

**Goal Setting and Behavioral Activation: 10 Essential Tips to Create Change in CBT**

- Randy Patterson, Ph.D.
- is a psychologist and author (The Assertiveness Workbook, How to be Miserable, Private Practice Made Simple) with 25 years of experience training clinicians across Canada and internationally in psychotherapy practices and the effective use of CBT-based strategies. He is the lead author of Canada’s most widely used group treatment for depression (the Care Program) and Director of ChangeGeways Clinic, a Vancouver-based psychotherapy practice.

**DBT Essentials for Eclectic and Integrative Therapists**

- Lane Pederson, Ph.D.
- is a CBT therapist, author, and trainer who teaches the challenges and opportunities of implementing DBT in real-world settings. Trained in a local clinical scientist model and having learned DBT in the trenches, Dr. Pederson bridges research and practice, and he teaches therapists how to implement DBT consistent with best practices. He has authored the best-selling book, The Expanded Dialectical Behavior Skills Training Manual.

**Dialectical Behaviour Therapy: It’s More Than What You Think**

- Jeff Riggenbach, Ph.D.
- is a licensed professional counselor in the state of Missouri. He currently staffs at Brookhaven Psychiatric Hospital and Clinic in Tulsa where he serves as the Director of Outpatient Services. Dr. Riggenbach coordinates Brookhaven’s Borderline Personality Disorder Program as well as their Mood and Anxiety Disorders Treatment Programs. He trained at the Beck Institute of Cognitive Therapy and Research and lectures nationally and internationally.

DAY 2 | Thursday, June 2, 2016

**Dialectical Behaviour Therapy for Dual Disorder Clients: The Science and the Practice**

- Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most widely used and sought after therapies for difficult-to-treat problems, including co-occurring mental illness and chemical dependencies. Keeping a dedicated focus on integrated treatment, this workshop covers up-to-date and accessible explanations of DBT research, practice, and evidence of DBT for substance use disorders.

**Cognitive Behaviour Therapy: It’s More Than What You Think**

- Eboni Webb, Ph.D.
- learned her doctorate of clinical psychology from the Minnesota School of Professional Psychology (Argus University) and is the owner of Karios Mental Health Collaborative, LLC, offers diverse DBT programming to children and adults. She continues to serve as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTCAA) and a continuing education Dialectical Behavior Therapy trainer for PESI, Inc.

DAY 3 | Friday, June 3, 2016

**Practical CBT Skills: 21 Strategies to Implement in Clinical Practice Immediately!**

- Dr. Webb’s recommendations for simple exercises that can it aid us in our quest for therapeutic change? Mindfulness is all the rage, but what is it and how can it be used for many other disorders because of its usefulness in helping clients to better manage their emotions. Participants will learn about the Dialectic System, one of the main theories underlying DBT, in order to develop an understanding of how DBT can be applied to disorders other than BPD. In addition, Dr. Webb will discuss research on DBT and ways of adapting this model to treat other disorders, as well as to make it more accessible to a variety of disorders and treatment settings.

**Dialectical Behaviour Therapy Not Just For BPD!**

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