



1 Day Child & Youth Focused Workshop

SMART BUT SCATTERED

Strengthening Executive Skills in Children & Adolescents

WINNIPEG, MB
OCTOBER 19, 2016



PEG DAWSON
ED.D., NCSP



2 Day Clinical Focused Workshop

2 Day DBT Intensive USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

WINNIPEG, MB
DECEMBER 1 & 2, 2016



SHERI VAN DIJK
MSW



1 Day Child & Youth Focused Workshop

20 PROVEN & EFFECTIVE SELF-REGULATION STRATEGIES

For Children with Sensory Disorders, Learning Disabilities, Anxiety & ADHD

WINNIPEG, MB
NOVEMBER 1, 2016



LYNNE KENNEY
PSY.D.



WHO SHOULD ATTEND

K-12 Classroom Teachers, School Counsellors & Psychologists, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers

All other professionals who support children and adolescents with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines

SMART BUT SCATTERED

Strengthening Executive Skills
in Children & Adolescents

WINNIPEG, MB
WEDNESDAY, OCTOBER 19, 2016
9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel
1715 Wellington Avenue

EXECUTIVE FUNCTION IS A NEUROPSYCHOLOGICAL CONCEPT REFERRING TO THE COGNITIVE PROCESSES REQUIRED TO plan and direct activities. Skills include task initiation and follow through, working memory, sustained attention, performance monitoring, inhibition of impulses, and goal-directed persistence. While the ground-work for development of these skills occurs before birth, they develop gradually through the first two decades of life. But from the moment that children begin to interact with their environment, adults have expectations for how they will use executive skills to negotiate many of the demands of childhood – from the self-regulation of behaviour required to act responsibly, to the planning and initiation skills required to complete chores and homework. Parents and teachers expect children to use executive skills even though they may little understand what these skills are and how they impact behaviour and school performance.

The importance of executive skills to overall cognitive functioning first became apparent in work with children and teenagers who had sustained traumatic brain injuries. Problems involving planning and organization, time management, and memory, as well as weaknesses with inhibition and regulation of emotions, have long described a significant component of traumatic brain injury. Executive skills have also assumed an important role in the explanation of Attention Deficit/Hyperactivity Disorder.

This workshop will begin by providing an overview of executive skills, including definitions and a description of the developmental progression of these skills in the first two decades of life. The approach to understanding executive skills presented in this workshop is structured around two key concepts: 1) that most individuals have an executive skills profile that includes both strengths and weaknesses; and 2) by defining executive skills discretely rather than grouping them in broader categories, it is possible to design interventions to address specific deficits that lend themselves to data-based decision making. Workshop participants will gain a deeper understanding both of the model being presented and of their own executive skills profile.

The heart of the workshop will address how to assess executive skills and develop interventions designed to address specific executive skill weaknesses. 🌱

“*Fabulous as always. Wish I could provide feedback that was helpful, but I’m always very happy with all aspects of Dr. Dawson’s presentations – this is the third I’ve attended.*” – Natasha, School Psychologist



PEG DAWSON, ED.D., NCSP

Peg Dawson, Ed.D., NCSP, received her doctorate in school/child clinical psychology from the University of Virginia. She worked as a school psychologist for 16 years in Maine and New Hampshire, and since 1992 has worked at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders. She is the author of numerous articles and book chapters on a variety of topics, including retention, ability grouping, reading disorders, attention disorders, the sleep problems of adolescents, the use of interviews in the assessment process, and homework. Along with her colleague, Dr. Richard Guare, she has written several books for parents and professionals on the topic of executive skills. Peg is the 2006 recipient of the National Association of School Psychologists’ Lifetime Achievement Award.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$249	\$239	\$229	\$199
Fees do not include applicable taxes (5% GST).			

EARLY BIRD - SAVE \$20!
Deadline: October 5, 2016

LEARNING OBJECTIVES

- » Define executive skills and identify how executive skills impact school performance and daily living
- » Use assessment tools to identify executive dysfunction
- » Access a repertoire of strategies to improve executive skills in students
- » Design your own intervention strategies tailored to the needs of individual students
- » Utilize classroom-wide interventions to improve executive skills

20 PROVEN & EFFECTIVE SELF-REGULATION STRATEGIES

For Children with Sensory Disorders,
Learning Disabilities, Anxiety & ADHD

WINNIPEG, MB
TUESDAY, NOVEMBER 1, 2016
9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel
1715 Wellington Avenue

THIS ONE-DAY WORKSHOP WILL GIVE YOU 20 EFFECTIVE SELF REGULATION STRATEGIES TO BETTER UNDERSTAND and intervene with children who have challenges with sensory processing, dysregulation, anxiety and executive function. Dr. Kenney will integrate research from neuroscience, kinesiology, occupational therapy, music and speech/language therapy. We will explore cognitive and movement activities to improve learning and behaviour.

With improvements in research methodologies utilizing fMRI to measure brain activation, we are quickly learning that the behaviour management techniques commonly used in the past not only are ineffective but may increase stress which decrease both thinking skills and self-regulation in children and adolescents. Establishing secure connections with kids, partnering with them in problem solving and using neuro-biologically rooted strategies such as solid nutrition, music, art and movement are more effective ways to improve both learning and behaviour.

Parents, teacher and clinicians are looking for empirically-based methods of behavioural intervention that move away from punishment and consequences to improve learning and behaviour. Grounded in neuroscience, integrating the most current research in music and movement, Dr. Lynne Kenney’s techniques help grow compassionate children with better thinking and self-regulation skills.

Improving Behaviour and Learning via Better Executive Function and Self-Regulation Skills

Higher functioning cognitive skills such as organization, planning, previewing, inhibition and self-regulation are essential for successful social, academic and interpersonal development. These are skills that some children are born with, but many are not. The great news! We can teach skill sets to children that will calm their bodies and their brains, enhance their thinking, improve their learning and help them to become healthier social beings.

Through the use of case studies and interactive demonstration, Dr. Lynne Kenney co-author of *Bloom: 50 Things to Say, Think and Do With Anxious, Angry and Over-The-Top Kids* will provide you with practical, effective and easily adaptable skill-building techniques and tools for children and adolescents with behaviour and mood management issues. Leave this workshop with strategies, activities and tools for your office, home and school to help children and adolescents achieve their full behavioural, academic and social potential. 🌱



LYNNE KENNEY, PSY.D.

Lynne Kenney, Psy.D., is a mother of two, a practicing pediatric psychologist and media host in Scottsdale, AZ. Author of *The Family Coach Method* and co-author of *Bloom: 50 Things to Say, Think, and Do with Anxious, Angry, and Over-the-Top Kids*, she has advanced fellowship training in forensic psychology and developmental pediatric psychology from Massachusetts General Hospital/Harvard Medical School and Harbor-UCLA/UCLA Medical School. Dr. Kenney is one of “the most accessible pediatric experts,” in the US. Recently named one of the Top 100 Docs to “Listen to” on Twitter, Dr. Kenney is a featured expert in *Parents, Parenting and People* Magazines as well as various child/family websites including *realsimple.com*, *momtastic.com*, *socialmoms.com* and the new Dr. Oz expert site *sharecare.com*.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$249	\$239	\$229	\$199
Fees do not include applicable taxes (5% GST).			

EARLY BIRD - SAVE \$20!
Deadline: October 18, 2016

LEARNING OBJECTIVES

- » Introduce teachers, clinicians and parents to the Bloom collaborative philosophy
- » Apply current neuroscience research to a new paradigm of learning and behaviour change
- » Introduce flexible and adaptable thinking and self-regulation activities to improve thinking skills
- » Describe the roles of motor rhythm and timing in thinking, self-regulation, learning and behaviour

2 Day DBT Intensive USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

WINNIPEG, MB
THURS, DECEMBER 1 & FRI, DECEMBER 2, 2016
9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel
1715 Wellington Avenue

DIALECTICAL BEHAVIOUR THERAPY (DBT) IS A TREATMENT ORIGINALLY DESIGNED TO TREAT borderline personality disorder (BPD). In recent years it has been increasingly used to treat many other disorders because of its usefulness in treating clients unable to manage emotions.

Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy (CBT), Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions such as depression, anxiety and bipolar disorder, in which emotion dysregulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of DBT skills (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will learn how to format DBT sessions to provide the structure your dysregulated clients need.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1	DAY 2
Morning	Morning
» Introduction to Mindfulness & Practice	» Finish off Core Mindfulness Skills
» Background of DBT	» Introduction to Emotion Regulation Skills
» The DBT Model, Research, Adapting DBT, DBT for Other Diagnoses	» Complete Discussion of Emotions Regulation Skills
» Biosocial Theory of BPD	» Introduce Interpersonal Effectiveness Skills
» Dialectics, Validation & Other Dialectical Strategies	
Afternoon	Afternoon
» Behavior Theory & Contingency Management	» Finish IE Skills
» Behavior Tracking Sheet	» Introduce Distress Tolerance Skills
» Limit-setting	» Finish DT Skills
» Behavioral Analysis Exercise	» Pro’s and Con’s exercise
» DBT Skills: More About Mindfulness	» Radical Acceptance
» and How to Teach it	» Willingness vs. Wilfulness
» Neuroplasticity	» Solution Analysis
» Core Mindfulness Skills	» Case Examples



SHERI VAN DIJK, MSW

Sheri Van Dijk, MSW, RSW, is author of seven books for adults and teens that use DBT skills to help readers manage emotions more effectively; and is an international speaker on DBT. The focus of Sheri’s work is on making DBT more accessible to clinicians, and enabling health care providers to help people with emotion dysregulation through use of these skills and strategies. Sheri is the 2010 recipient of the Canadian Psychiatric Association’s R.O. Jones Award for her research using DBT with bipolar disorder, published in the Journal of Affective Disorders in March, 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively here in Canada and in the United States. For more information, please visit www.sherivandijk.com.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344
Fees do not include applicable taxes (5% GST).			

EARLY BIRD - SAVE \$20!
Deadline: November 17, 2016

LEARNING OBJECTIVES

- » How to teach your clients the four sets of DBT skills to help them get through crisis situations without making the situation worse
- » How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living
- » Dialectical strategies to address clients who are “stuck” in therapy, resulting in unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing

HOW TO REGISTER



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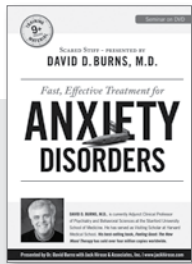
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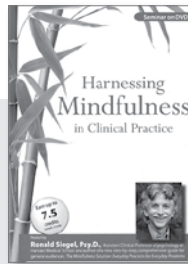
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