



ADVANCED TRAINING
2 DAY INTENSIVE

UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

Collaborative & Proactive Solutions

LETHBRIDGE
MARCH 30 & 31, 2017



ROSS GREENE, PH.D.

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MAKING SENSE OF ANXIETY

CALGARY
APRIL 5 & 6, 2017

MAKING SENSE OF EMOTIONS

*The Science of Emotions & Their
Impact on Behaviour*

CALGARY
APRIL 7, 2017



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PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

*With Children, Adolescents
and Children of All Ages*

EDMONTON
MAY 1 & 2, 2017

THE MAGIC OF SAND TRAYS

*An Amazing Tool
For Change & Healing*

EDMONTON
MAY 3, 2017



CHRISTINE DARGON, PH.D.

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EVIDENCE-BASED TREATMENT OF PERSONALITY DISORDERS

*Simple Techniques for Treating
Your Most Difficult Cases*

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EVIDENCE-BASED TREATMENT OF ANXIETY & RELATED DISORDERS

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USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

2 Day DBT Intensive

CALGARY
MAY 17 & 18, 2017



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THE PAIN PARADOX

*The "Third Wave"
of Mindfulness-Compassion
Based Approaches for PTSD
and Complex Trauma*

EDMONTON
MAY 31 & JUNE 1, 2017



JOHN BRIERE, PH.D.

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3 DAY MINDFULNESS INTENSIVE

BANFF
JULY 3-5, 2017



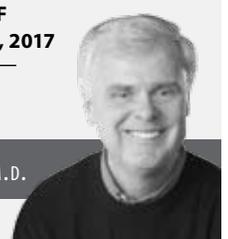
MICHAEL STONE, MA

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COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive

BANFF
JULY 17-20, 2017



DAVID D. BURNS, M.D.

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ADVANCED TRAINING – 2 DAY INTENSIVE

UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

Collaborative & Proactive Solutions

LETHBRIDGE, AB | THURSDAY, MARCH 30 & FRIDAY, MARCH 31, 2017 | 9:00 AM – 4:00 PM
Sandman Hotel | 421 Mayor Magrath Dr

The 2 day intensive training provides participants with the opportunity to study key facets of solving problems collaboratively, including coverage and practice in specific areas of implementation in school and clinical settings. Because exposure to this model may vary amongst participants, some time will be devoted to reviewing and ensuring familiarity with the basic elements of the model but the training is conducted in a manner that provides maximum opportunities for questions, interactions, practice and discussion.

Dear Prospective Participant,

I was thrilled when Jack Hirose offered me the opportunity to do a two day intensive training session in Lethbridge in March 2017. The 2 Day Intensive is such a great way for educators and mental health professionals to get greater exposure to and practice in my approach to understanding and helping behaviourally challenging kids. My model has evolved and been refined over the past five years, so this advanced training offers a great way to stay abreast of the updates as well. The intensive format provides lots of opportunity for discussion, questions, and really exploring the more nuanced aspects of the model. The trainings makes extensive use of videotaped examples of key facets of Solving Problems Collaboratively, and are conducted in a manner that provides maximum opportunities for questions, practice, interaction, and discussion.

If you have been using the model – whether in your school, facility, or clinical practice – I do hope you’ll join me in March. I’ll do everything I can to make this an informative and enriching learning opportunity.

I look forward to seeing you!

- Ross W. Greene, Ph.D.

LEARNING OBJECTIVES

- » Identification of lagging skills and unsolved Problems using the ALSUP
- » Providing a case formulation
- » Prioritizing unsolved problems
- » Use of the Plans framework Skilled “drilling for info” to clarify concerns
- » Dealing with roadblocks commonly encountered in implementation
- » What to do with kids who “won’t talk”
- » Strategies for “getting people on board” and “getting over the hump”
- » The sequence and process of change

WORKSHOP AGENDA

DAY 1 - THURSDAY, MARCH 30, 2017

- » Segment 1: Overview of Key Themes and Assessment of Lagging Skills and Unsolved Problems (ALSUP)
- » Segment 2: Video of ALSUP Being Used
- » Segment 3: Practice and Feedback on Using the ALSUP
- » Segment 4: The Plans and Plan B

DAY 2 - FRIDAY, MARCH 31, 2017

- » Segment 1-3: Video of Plan B and Discussion
- » Segment 4: Video and Discussion of Plan B with Special Populations

FEEDBACK FROM PAST PARTICIPANTS

“ Ross Greene is a phenomenal speaker. I could attend everything he would be presenting. He is amazing in content, presentation and interaction with the class. This subject will change my life with my wife and son.”
– Ross L, Edmonton, AB

“ Ross’s work is so excellent and so helpful. He always helps me to be a better psychologist for people with unsolved problems.”
– Dr. Allan, Oakville, ON



ROSS W. GREENE, PH.D.



AUTHOR
The Explosive Child
(5th Edition)
Lost at School
(2nd Edition)

Ross W. Greene, Ph.D., is the originator of the Collaborative Problem Solving approach (now known as **Collaborative & Proactive Solutions**), as described in his influential books *The Explosive Child* (now in a completely updated fifth edition) and *Lost at School* (now in a revised second edition). He is also the Founding Director of the non-profit *Lives in the Balance* (livesinthebalance.org), which provides a vast array of free, web-based resources on his model and advocates on behalf of behaviourally challenging kids and their parents, teachers, and other caregivers. Dr. Greene served on the teaching faculty at Harvard Medical School for over 20 years (1992 to 2014), and is currently adjunct associate professor in the Department of Psychology at Virginia Tech. He lectures and consults widely throughout the world, and has authored articles, chapters, and research papers and lives in Portland, Maine, with his wife and two kids.

Early Bird Deadline: March 16, 2017

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 students 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.

COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive Training

BANFF, AB | MONDAY – THURSDAY, JULY 17–20, 2017 | 8:30 AM – 4:30 PM

Banff Park Lodge Resort | 222 Lynx Street



FREE COPY OF DAVID BURNS' - SCARED STIFF DVD

\$187+TAX VALUE | 9 HRS | 5 Discs

Jack Hirose and Associates has proudly sponsored many of Dr. David Burns' two-day workshops over the past 10 years and during the past 7 years 1,500 therapists have attended Dr. Burns four-day intensives in Canada. The intensives will allow time for practice, individual attention, and exploring relevant personal and professional issues. He can describe it better than we can, so here's his personal invitation to you...

I have loved doing workshops throughout the United States and Canada over the past 15 years, and am grateful to the many thousands of mental health professionals who have attended and participated in them. However, I have concerns that although a two-day program may inspire the participants, it may not provide the hands-on training, supervision, and practice that are necessary to use these techniques effectively in real-world settings. That's why I was thrilled when Jack Hirose offered me the opportunity to do the four-day intensive workshop in Banff in the summer of 2017.

The 4-Day Intensive Training in Cognitive Behavioral Therapy will differ from my one-day or two-day workshops in several ways. First, the number of participants will be smaller than my usual workshops, leading to a much more intimate learning environment. You will get the chance to interact with me and with your colleagues in a friendly learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, the Five Secrets of Effective Communication, Paradoxical Agenda Setting, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you will have the opportunity to break off into dyads and triads to actually practice and master each technique.

Third, you will have the chance to work on some of your own issues as part of the learning process if you choose to do so. We're all human, and we all have the tendency to feel anxious, frustrated, ashamed, inadequate, or demoralized in the course of our work, which is inherently stressful and challenging. Although this will not be a therapy

group, but a training workshop, the personal "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Working on so-called "counter-transference" feelings has always been an important part of the psychotherapeutic tradition. It also has a spiritual basis: "Physician, heal thyself." I will not be looking for deep, personal issues you might be reluctant to share in a public setting, but rather the kinds of

problems we all encounter on a daily basis in our clinical work with clients who are angry, mistrustful, or profoundly depressed.

Fourth, we will cover a broad range of topics, including how to deal with: Depression and

Low Self-esteem; Anxiety Disorders; Relationship Problems & Addictions

This is important because patients rarely come to us with one specific problem, like "Panic Disorder." They nearly always suffer in many different ways, so we need a broad range of tools to be effective if we are to treat the whole person, and not just an isolated symptom.

Finally, we will work much harder, from early morning until late in the afternoon, giving the word "intensive" real meaning.

I have only had the chance to do about a dozen intensives in the past. They have been the most vibrant and inspirational teaching experiences I have ever had. There is no comparison, really, with one of my large, two-day workshops. I warmly invite you to attend the Intensive in Banff, Alberta if you possibly can. It promises to be one of the best learning opportunities of your career.

– David Burns, M.D.

“I can't imagine anyone being more caring about our learning, or more effective as a teacher.”

– Mary-Ann Gibson,
Battlefords Tribal Council Health



DAVID D. BURNS, M.D.



BEST SELLING AUTHOR
Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him 'Teacher of the Year' on three occasions.

Early Bird Deadline: July 3, 2017

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service coordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

PREVIOUS ATTENDEE DISCOUNT

\$499+Tax - For individuals who previously attended and enrolled in the 4 day intensives with Dr. Burns and Jack Hirose & Associates and wish to further develop their therapeutic skills.

3 DAY MINDFULNESS INTENSIVE

BANFF, AB | MONDAY – WEDNESDAY, JULY 3–5, 2017 | 8:30 AM – 4:30 PM

Banff Park Lodge Resort | 222 Lynx Street

Most of us live our lives running from task to task, distraction to distraction...

Mindful awareness means paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. It is an excellent antidote to the stresses of modern times. It invites us to stop, breathe, observe, and connect with one's inner mental and somatic experience, while reducing reactivity. Scientific evidence suggests that we can change our brains by cultivating habits of mind that will improve well-being, including happiness, resilience, compassion and emotional balance. Each of these characteristics can be shaped and modified within our brain by experience and training.

From the clinical setting to the classroom, you will learn the theory and practice of mindfulness. Today's challenging health care environment puts

health care professionals at increased risk for stress and burnout. Research suggests that mindfulness and self-compassion training are powerful tools for promoting staff health and well-being, job satisfaction, and staff retention, and even for improving patient care and communication.

In twenty years of studying, practicing, and teaching Eastern meditative and Western psychotherapeutic disciplines, I have discovered that combining both paths is profoundly more effective than following one alone. Join me in discover the intersection of traditional "Easter" maps of the mind, with the insight of Western psychology and medicine.

This experiential training integrates scientific research into clinical technique. We will alternate between theory, clinical presentations, group practice, and role-play.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, JULY 3, 2017

- » Contemporary mindfulness interventions for different populations and symptoms
- » Body-centered practices for working directly with trauma symptoms
- » How to Deepen Your Capacity for Presence
- » Building Your Capacity for a Wider Range of Emotions
- » Participants will understand the importance of cultivating an inner holding environment for strong emotions, grief and pain
- » Participants will learn visualization practices to help hold turbulent experience
- » Assess and identify the role of reactivity in psychotherapy process and treatment outcome

DAY 2 - TUESDAY, JULY 4, 2017

- » Demonstrate skill in managing one's presence, resilience and hindrances that may either encourage or block clients' treatment progress

- » Incorporate specific practices into daily routines as a practicing clinician, and build client's skills in doing so for themselves
- » Using dyads and small groups, we will alternate between theory and practice techniques, putting to work what we've learned

DAY 3 - WEDNESDAY, JULY 5, 2017

- » Four Tasks: A simple set of four practices that underpin the theory and application of mindfulness and self-compassion in clinical and educational settings
- » Strategies for transforming reactivity and dissociation
- » Exploring ways of having conversations about the spiritual dimensions of healing
- » You'll learn how to watch and quiet the mind. You'll learn to slow down
- » Further practices (in small groups) for introducing contemplative practice into your work

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.



MICHAEL STONE, MA



AUTHOR

The Inner Tradition of Yoga
Yoga for a World out of Balance

Michael Stone, M.A., is a renowned speaker, psychotherapist, teacher and author. He illuminates the ancient teachings and practices of meditation in the language of contemporary psychology and medicine. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael also presents throughout the world as an acclaimed public speaker. His goal is to cultivate long-term relationships with serious students of yoga and Buddhism as he translates traditional meditative tools to facilitate their greater impact in the worlds of psychology, technology, economics, and ecology. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael teaches courses and workshops to clinicians (doctors, nurses, psychiatrists, palliative care workers, psychotherapists) that integrate Buddhist teachings and meditation practices with contemporary approaches to clinical work. Michael's academic background includes studies in psychology, psychoanalysis, philosophy and comparative religion. He is the author of numerous books and his podcasts enjoy a large global audience. He lives with his family in British Columbia.
michaelstoneteaching.com

Early Bird Deadline: June 19, 2017



THIS TRAINING COMES WITH A COMPREHENSIVE READING KIT.

MAKING SENSE OF ANXIETY

CALGARY | APRIL 5 & 6, 2017

Executive Royal Hotel | 2828 - 23rd Street NE

The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety. The focus of this workshop is the anxiety of our children and what we can do about this. The dynamics and insights however apply to all ages. ☺

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » Why anxiety is increasing in our children
- » Why current discipline methods are alarming our children
- » Addressing anxiety without relying on medication
- » What parents and teachers can do to help their anxious children

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

Session 2 - Anxiety, Attachment & Vulnerability

- » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat - that of facing separation in all its various forms

Session 3 - Working Model of Anxiety

- » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

Session 4 - Addressing Anxiety

- » Six surprising solutions are described for reducing the anxiety in our children

MAKING SENSE OF EMOTIONS

*The Science of Emotions
& Their Impact on Behaviour*

CALGARY | APRIL 7, 2017

Executive Royal Hotel | 2828 - 23rd Street NE

There is much focus today on children's emotions. Constructs like emotional intelligence, emotional self-regulation and emotional well-being are being bandied about. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. Yet little is being taught about the nature of emotion or the implications for parenting and teaching and treatment. In this workshop, Dr. Neufeld does a brilliant job of putting the pieces together to make sense of emotion, revealing the emotional roots of many behavioural problems, and clarifying the challenges for parents, teachers and professionals. ☺

LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception & behaviour
- » Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
- » Understand how emotional development unfolds, so as not to get caught in a battle against symptoms or sabotage the process by pushing for results

WORKSHOP AGENDA

Session 1 - Expression of Emotion

- » The first of the three laws of emotion is that emotion seeks expression

Session 2 - Thwarted Expression

- » The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion

Session 3 - Feelings & Hurts

- » The second law of emotion is that emotion seeks consciousness

Session 4 - Balance & Self-Control

- » The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control

Session 5 - 5 Steps to Emotional Health & Maturity

- » The 5 stages in emotional development are outlined

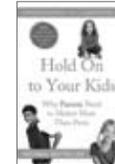
Session 6 - Viewing & Treating Troubling

Behaviours as Emotional Problems



ATTEND BOTH &
SAVE
3 DAY OPTION

GORDON NEUFELD, PH.D.



BEST SELLING AUTHOR

*Hold On to Your Kids:
Why Parents Need to
Matter More Than Peers*

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.

Early Bird Deadline: March 22, 2017

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 students 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.

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

EDMONTON, AB | MONDAY, MAY 1 & TUESDAY, MAY 2, 2017 | 9AM – 4PM

Executive Royal Hotel West Edmonton | 10010 - 178th Street NW

Children lack some cognitive abilities needed to understand their world and experiences because they are still developing. In addition, they also lack the vocabulary to communicate their emotions and perceptions to someone else. This is where Play Therapy can be very useful and a vital tool.

This workshop will teach attendees how to use play therapy as an incredible method of communication and diagnostics. It will teach you how to interpret the ways in which children play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional.

By attending this workshop, you will learn how to understand and determine what the individual is struggling with and causes for presenting behaviours and emotions through their play. Attendees will leave with a tool box filled with ready to use Play Therapy techniques that they will immediately be able to implement in their work with children and clients of all ages. This tool box will consist of appropriate tools for different presenting problems such as anger, ADHD, depression, anxiety and more.

Some of the tools will include Sand Tray therapy, coloring, the use of puppets, dance/movement, "I Spy", and so many other great techniques. Much of this workshop will include active learning and participation. So get ready to learn, have fun and see the world through a child's eyes.

There is much research to support the usage and benefits of Play Therapy in a variety of settings and by a variety of professionals as long as they have been trained. Play Therapy as a tool, once learned and implemented appropriately, is an easy and effective method of helping children, adolescents and even adults. It is easy to have a crate of basic supplies enabling any professional to take these techniques with them. Play

Therapy allows for the clinician to be creative, adapt techniques to fit any given individual or setting and is fun. There are so many great techniques to use such as sand tray therapy, clay, puppets etc. This workshop will teach attendees a wide variety of such tools but will also do so in a hands on manner so that attendees can immediately return to work and implement these tools into their day to day work.

“Christine was an engaging speaker. I thoroughly enjoyed listening to her and all the information she provided. Christine shared practical techniques and approaches with sound reasoning. She presented in an understandable and friendly manner. Excellent workshop! I feel like I can start with my new learning right away.”



ATTEND BOTH &
SAVE
3 DAY OPTION

CHRISTINE DARGON, PH.D.

Christine Dargon, Ph.D., is a practicing psychologist with over 20 years of experience. She has been working with children and families for years in such areas as abuse, divorce and custody disputes, children of alcoholic/drug addicted parents and adopted children. She currently travels the United States and Canada providing seminars on various topics including the treatment of anxiety, the utilization of the sand tray, the treatment of eating disorders and play therapy. She maintains a private practice in Northern AZ where she offers a wide range of psychological services including play therapy, counseling for individuals of all ages, couples and family therapies. Dr. Dargon has also been teaching on the undergraduate and graduate levels for over 15 years specializing in Child Development and Counseling. She is currently on faculty at Grand Canyon University serving students in the Masters' of Counseling Psychology Program and undergraduate programs as well as Ashford University teaching undergraduate courses.

“Excellent! She knows so well what she is talking about. Thank you for all your knowledge!”

Early Bird Deadline: April 17, 2017

WORKSHOP AGENDA – KEY TOPICS COVERED

Play Therapy – How to Use it!

- » Specific techniques and novel approaches
 - Assessment and Diagnostic
 - Therapeutic Benefits
 - Non-Directive versus Directive/Soft and Hard Mediums
- » Hands on learning and using the techniques – from crayons, to puppets, to movement and much more! This will be the focus of the day.

Non-Directive Techniques:

- Sand Tray Work
- Watercolors
- Play Dough
- Drawings
- House- Tree-Person
- Finger Painting

Directive Techniques:

- I spy

- Movement and Music
- Drama
- Puppets
- Maps – where in the world do you want to be?
- What do you want to be when you grow up?
- What Animal am I?
- Doll House
- Dance and Movement
- Board games
- Emotions – Feeling Face
- » What techniques are best for what disorders:
 - Anger (OCD), Anxiety, ADHD, Depression and self-esteem issues, Trauma/PTSD, Abuse, Fears

Play Therapy with Families, Groups & Couples

Areas of Caution

- » Hard and soft mediums
- » Sexualized and acting out behaviours
- » Children who have been abused and repetitive play

LEARNING OBJECTIVES

- » Understand the Purpose & Goals of Play Therapy
- » Learn and be able to implement specific and easy Play Therapy techniques for specific presenting issues
- » Use Play Therapy as a diagnostic tool and interpret what you see
- » Know which play therapy techniques to use with different children and different presenting problems
- » Address things to be aware of and areas of caution including selecting the best materials depending upon the presenting issue
- » How to use these techniques in a variety of settings

THE PAIN PARADOX

The "Third Wave" of Mindfulness-Compassion Based Approaches for PTSD & Complex Trauma

EDMONTON, AB | WEDNESDAY, MAY 31 & THURSDAY, JUNE 1, 2017 | 9AM – 4PM

Executive Royal Hotel West Edmonton | 10010 - 178th Street NW

As our field matures, and currently-promoted therapies are tested in the real world, the limitations of some approaches to PTSD and complex trauma are becoming clear. Fortunately, researchers and clinical practitioners are discovering the power of new affect regulation interventions, interpersonal therapies, and empirically-based mindfulness and compassion models that, in combination with newer approaches to therapeutic exposure, are generating a "third wave" of effective approaches to trauma.

As importantly, clinicians are increasingly discovering the limits of medical model approaches to trauma-related difficulties, and are moving beyond the need to "fix" or "cure" problems that are not diseases or disabilities in the first place. As it turns out, acceptance, growth, and wisdom - all achievable by the trauma survivor - are natural complements to symptom reduction

techniques, and often bring the client to new levels of awareness and appreciation.

This workshop presents the Pain Paradox, an East-West theory of trauma-related suffering that suggests that the "solution" to unwanted states is not to avoid, suppress, or intellectualize, but rather to carefully engage, accept, process, and even use painful material in the context of a compassionate therapeutic environment.

Building on his most recent books with valued co-authors *Principles of Trauma Therapy*, 2nd edition, *DSM-5 Update (2014)* and *Mindfulness-oriented Interventions for Trauma: Integrating Contemplative Practices (2015)*, this two day presentation offers new approaches, insights, and perspectives described in John Briere's book-in-progress, *The Pain Paradox: Embracing the unwanted in the search for well-being.*

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - WEDNESDAY, MAY 31, 2017

Brief Overview of Complex Trauma

- » Complex trauma characteristics
- » Effects
- » Substance abuse, dissociation, tension-reduction behaviours, suicidality

Modern Western Approaches to Trauma Effects

- » CBT and exposure-based models, including EMDR
- » Affect regulation approaches
- » Relational psychotherapy

Problems with Western Models

- » Incomplete efficacy
- » Misidentification of problems
- » Inadequate attention to growth
- » Insufficient attention to developments in therapeutic mindfulness

Eastern or More Existential Approaches to Trauma

- » Focus more on suffering than pain
- » Mindfulness
- » Attention to engaging and allowing distress
- » Intentional fostering of compassion in both therapist and client
- » Growth, wisdom, & happiness as primary goals

The Pain Paradox

- » Why avoidance often doesn't work
- » Why seeking pleasure doesn't help

The Four Species of Pain and the Results of Suppressing Each

- » Physical pain
- » Cognitive/emotional pain due to events
- » Culturally-related pain
- » Existential pain

DAY 2 - THURSDAY, JUNE 1, 2017

The Perception Problem

- » Snakes versus ropes
- » Metacognitive awareness

Inviting Your Memories and Pain to Tea

- » Processing conditioned emotions from maltreatment
- » Explicit processing

Mindfulness

Affect Regulation Training

- » Mindfulness-based breath techniques
- » Meditation
- » Urge and emotion surfing
- » Trigger management
- » RAINing

Relational Work

- » Activation of attachment schema and cultural traumas in the context of compassion
- » Neurobiology of compassionate treatment
- » Detoxifying relationships

Special Issues

- » Bad guys and evil
- » Recovery versus growth



JOHN BRIERE, PH.D.



AUTHOR

Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment

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 Psychological Trauma Program at Los Angeles County-USC Medical Center. He is past president of the International Society for Traumatic Stress Studies, and a Fellow of the American Psychological Association. Dr. Briere is author of a number of books, articles, and chapters in the areas of child abuse, psychological trauma, and interpersonal violence, including *Principles of Trauma Therapy: A Guide to Symptoms, Evaluation, and Treatment* (in press). Recent books include *Therapy for Adults Molested as Children: Beyond Survival, 2nd Edition*; *Child Abuse Trauma: Theory and Treatment of the Lasting Effects*; and *Psychological Assessment of Adult Posttraumatic States: Phenomenology, Diagnosis, and Measurement, 2nd edition*. Dr. Briere has also developed various psychological tests, including the Trauma Symptom Inventory, Trauma Symptom Checklist for Children, Inventory of Altered Self Capacities, Detailed Assessment of Posttraumatic Stress, and the Multiscale Dissociation Inventory

Early Bird Deadline: May 17, 2017

LEARNING OBJECTIVES

- » Describe the clinical implications of the pain paradox
- » Define metacognitive awareness
- » Describe "urge surfing" and "trigger management" as they relate to changed identification with internal states and processes
- » Describe the neurobiology of activated attachment schema
- » Implement a model of client-therapist interaction that is nonauthoritarian and yet empirically-based

2 Day DBT Intensive

USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

CALGARY, AB | WEDNESDAY, MAY 17 & THURSDAY, MAY 18, 2017 | 9AM – 4PM

Executive Royal Hotel Calgary | 2828 - 23rd Street NE

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 - WEDNESDAY, MAY 17, 2017

Morning

- » Introduction to Mindfulness & Practice
- » Background of DBT
- » The DBT Model, Research, Adapting DBT, DBT for Other Diagnoses
- » Biosocial Theory of BPD
- » Dialectics, Validation & Other Dialectical Strategies

Afternoon

- » Behavior Theory & Contingency Management
- » Behavior Tracking Sheet
- » Limit-setting
- » Behavioral Analysis Exercise
- » DBT Skills: More About Mindfulness and How to Teach it
- » Neuroplasticity
- » Core Mindfulness Skills

DAY 2 - THURSDAY, MAY 18, 2017

Morning

- » Finish off Core Mindfulness Skills
- » Introduction to Emotion Regulation Skills
- » Complete Discussion of Emotions Regulation Skills
- » Introduce Interpersonal Effectiveness Skills

Afternoon

- » Finish IE Skills
- » Introduce Distress Tolerance Skills
- » Finish DT Skills
- » Pro's and Con's exercise
- » Radical Acceptance
- » Willingness vs. Willfulness
- » Solution Analysis
- » Case Examples

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; to manage their emotions more effectively; and to develop and maintain healthier relationships
- » How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living (e.g. low self-esteem, difficulties managing anger)
- » Dialectical strategies to address clients who are “stuck” in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing
- » Tools such as the Tracking Sheet and the Behavioural Analysis to increase structure in sessions and to help clients move toward change
- » Behaviour Theory techniques to help clients understand what might be maintaining their problem behaviours and to get unstuck from these ingrained patterns
- » Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of therapist burnout



SHERI VAN DIJK, MSW



AUTHOR

Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

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.

“Good, informative presentation. I enjoyed her case examples. Good engagement of audience.”

“The information is very useful in my practice as well as to myself. Thanks.”

Early Bird Deadline: May 3, 2017

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

THE MAGIC OF SAND TRAYS

An Amazing Tool For Change & Healing

EDMONTON, AB | WEDNESDAY, MAY 3, 2017 | 9AM – 4PM

Executive Royal Hotel West Edmonton | 10010 - 178th Street NW

Because children are still developing, they lack the vocabulary and cognitive abilities to not only understand their world but discuss and process their experiences. Individuals who have experienced trauma often experience impairment to Broca's area which is, in part, responsible for verbal communication.

Sand Tray Therapy is an incredible tool that practitioners can use to promote the processing of experiences and healing. It is an amazing tool to facilitate non-verbal communication. This workshop will teach attendees the basics of how to use sand trays as an incredible method of communication and healing. It will teach you how to set up your sand tray and implement into your practice. Attendees will also learn how to interpret the ways in which children use the sand tray, the importance of what they create, and how to interpret their interactions with us as the

professional. This will include how to utilize a sand tray in various professions including speech and language, occupational therapy etc.

You will learn how to understand and determine what the individual is struggling with, causes for presenting behaviours and emotions through their sand tray work. Attendees who register for both workshops will also learn ways to combine sand tray work with techniques from the Play therapy workshop. Because of what a wonderful technique this is, we will address the use of sand trays with individuals who have experienced trauma, have anxiety, self-esteem issues and other presenting problems but we will also address the implementation of sand trays with families, couples, groups and adults. This workshop will also include a experiential portion that includes making and interpreting trays. 🌱

LEARNING OBJECTIVES

- » Participants will have an understanding of the theoretical framework of sand tray work and reasons it was created
- » Discuss research that supports the usage of sand trays and the populations for which it is extremely effective
- » Understand how to set up and implement the usage of a sand tray in your setting
- » Be able to understand the usage of sand trays and what children are communicating through the use of sand trays
- » Be familiar with the use of sand trays with not just children but also adults, families and couples
- » Explore the presenting issues sand trays are effective to treat including self-esteem, trauma, anxiety etc

WORKSHOP AGENDA – KEY TOPICS COVERED

- » What is Sand Tray Therapy
 - Development – how did this technique come to exist and be used for therapeutic purposes
 - Sand Tray Therapy versus Sandplay
 - Why and how Sand Trays work
- » How to Set Up Your Sand Tray
- » The Sand Tray with Clients
 - Implementing it for the first time
 - Repeated use of the sand tray
- » Using Sand Tray as a Directive Versus Non-Directive Technique
- » Particular Presenting Issues that are Very Responsive to Sand Tray Work
 - Trauma
 - Sensory issues
 - Anxiety
 - Perfectionism
 - Self-esteem/bullying
- » Other Uses of Sand Trays
 - Groups
 - Families
 - Couples
 - Adults
- » Experiential Portion (if possible) – use a sand tray yourself
- » Video Illustration
- » Case Studies & Examples of Sand Trays



CHRISTINE DARGON, PH.D.

“Time well spent, it was a wonderful presentation. Great sense of humour!”

Early Bird Deadline: April 19, 2017

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 students 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.



New Webinars FOR TEACHERS

MAKING SENSE OF ANXIETY & RELATED PROBLEMS

• GORDON NEUFELD, PH.D.

January 9 - February 13, 2017

25+ EMPIRICALLY-BASED THINKING, LEARNING, SOCIAL-EMOTIONAL & SELF-REGULATION ACTIVITIES

To Bring Kindness and Calm to Classrooms & Schools

• LYNNE KENNEY, PSY.D. • WENDY YOUNG, LMSW

January 31 - March 7, 2017

MANAGING ANXIETY AT SCHOOL & HOME

An Active Approach to Interrupt the Worry Cycle

• LYNN LYONS, LICSW

February 14 - March 21, 2017

JACKHIROSE.COM

EVIDENCE-BASED TREATMENT OF PERSONALITY DISORDERS

Simple Techniques for Treating Your Most Difficult Cases

RED DEER, AB | THURSDAY, MAY 25 & FRIDAY, MAY 26, 2017 | 9:00 AM – 4:00 PM

Radisson Hotel Red Deer | 6500 67th Street

Individuals with personality disorders have long been considered the most challenging clients presenting in the clinical setting. Many patients initially lack motivation, most begin with poor insight, and some have such deeply engrained dysfunctional beliefs, unhealthy coping skills, and destructive behavioral patterns that continue to frustrate providers, family members, and consumers alike. Outdated ways of thinking in the mental health community continue to lead many professionals to view them as untreatable.

Emerging research suggests this is simply not the case. There is hope! New treatment approaches have paved the way in pioneering new attitudes and outcomes when working with these conditions. DBT, more traditional CBT, and Schema

Therapy, a new breakthrough treatment specifically for personality disorders all now offer empirically supported protocols.

Leave this enjoyable and information packed workshop with leading expert in the field and best-selling author Dr. Jeff Rigenbach with a new ability to help struggling individuals deal with issues related to self-injurious behaviors, multiple suicide attempts, frequently hurt feelings, intense and unpredictable mood swings, substance use, angry outbursts, trauma, toxic relationships and other problems that impair their ability to function in society. Incorporate practical tools from DBT, CBT, and schema modification approaches will provide your most resistant patients with a life worth living.☺

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - THURSDAY, MAY 25, 2017

Etiology/Genetic Heritability Studies Categorical vs. Dimensional Models of Personality Making a Personality Disorder Diagnosis Overview of Evidence Based Treatment Personality Disorder Treatment Principles Cluster A Disorders

- » Schizotypal PD
 - “situation mgmt.”
 - Pharmacological Intervention
- » Paranoid PD
 - Scaling Exercises
 - Developing Trust
- » Schizoid PD
 - Schizoid Specific Tasks

Cluster C Disorders

- » Obsessive Compulsive PD
 - Distress Tolerance
 - Becoming “good enough”
- » Avoidant PD
 - Reducing Anxiety
 - Taking Small Risks
- » Dependent PD
 - Assertiveness Training

Non-BPD Cluster B Disorders

- » Histrionic PD
 - Strategies for Impulsivity/Flirtation
 - Channeling Expressiveness
- » Antisocial PD
 - Attachment/Empathy Work
 - Managing Rule Breaking Behavior
- » Narcissistic PD
 - Limit Setting
 - Use of Leverage to Promote Change

DAY 2 - FRIDAY, MAY 26, 2017

Personality Disorders In The Real World

- » Making a BPD Diagnosis
 - Rationale for Making Diagnosis
 - Talking to your Client about the Diagnosis

Symptom Targeted Strategies

- » Dealing with Toxic Relationships
- » Identity Work
- » Managing Self-Injury

“Pre-Treatment”

- » The Treatment Agreement
- » Sample Contracts
- » Consent for Treatment
- » Session Acuity Protocol
- » Diary cards Individualized to meet Client Needs

Facilitating DBT Skills Training Groups

- » Interpersonal Effectiveness Skills
- » Emotion Regulation Skills
- » Distress Tolerance Skills
- » Mindfulness

Model Session

- » Mood Check/Safety Planning
- » CB Chain Analysis

Schema Mode Work & Relapse Prevention

- » Continuum work
- » Modification protocol
- » Cognitive Behavioral Chain Analysis
- » Schema/Belief Reconstruction Work

Session #8: Conclusion/Live Q&A

- » Monitoring Progress
- » Relapse Prevention



JEFF RIGGENBACH, PH.D., LPC



AUTHOR

Borderline Personality Disorder Toolbox

Jeff Rigenbach, Ph.D., LPC, is one of the most sought after trainers in North America in the area of personality disorders. Over the past 15 years he has developed and overseen CBT/DBT based borderline personality disorder treatment programs at two different psychiatric hospitals serving over 500 clients with BPD. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomat of the Academy of Cognitive Therapy, and has presented in all 50 United States, Mexico, and Canada on topics related to CBT, DBT and Personality Dysfunction. Dr. Rigenbach has authored two books including the recently published *BPD Toolbox: A Guide for Managing Intense Emotions Without Acting Destructively*. Jeff is known for bridging the gap between academia, research findings and day-to-day clinical practice, and his seminars on DBT, CBT, and Schema-Focused Cognitive Therapy receive the highest evaluations in terms of clinical utility as well as entertainment value.

“Very good presenter. Very dynamic, fluid, and knowledgeable with good use of personal experience and humour.”

Early Bird Deadline: May 11, 2017

LEARNING OBJECTIVES

- » Master the essential characteristics of each personality disorder in DSM-5
- » Assess the treatability and prognosis of each disorder
- » Evaluate the efficacy of various treatment methods including CBT, DBT, and Schema Therapy
- » Learn Practical Application skills for management and treatment of each disorder
- » Understand the 8 motivations for self-injurious behaviors and interventions for each

EVIDENCE-BASED TREATMENT OF ANXIETY & RELATED DISORDERS

CALGARY, AB | MONDAY, APRIL 24 & TUESDAY, APRIL 25, 2017 | 9:00 AM – 4:00 PM
Executive Royal Hotel Calgary | 2828 - 23rd Street NE

This workshop provides training in evidence-based strategies for treating a range of anxiety and related disorders in adults and children. Dr. Antony will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, social anxiety disorder, generalized anxiety disorder, specific phobias, health anxiety, and related problems.

You will learn about the diagnostic features of anxiety and related disorders (based on the

most recent DSM-5 criteria), effective cognitive-behavioural methods (e.g., cognitive strategies, exposure-based techniques, relaxation-based treatments), and emerging psychological treatments (e.g., mindfulness and acceptance-based strategies). Medication treatments will also be reviewed, with an emphasis on how they can be combined with psychological treatments. Strategies for dealing with treatment resistance will be discussed, as will strategies for dealing with complex cases and comorbidity. Techniques will be illustrated using video recorded therapy vignettes and participants will receive a detailed *handout*.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, APRIL 24, 2017

Morning

- » The Anxiety Spectrum in DSM-5
- » Causes of Anxiety and Related Disorders
- » Introduction to Evidence-Based Treatments for Anxiety
- » Pharmacological Treatments/Combining CBT with Medications
- » Complementary and Alternative Treatments

Afternoon

- » Introduction to CBT for Anxiety-Based Problems
- » Cognitive Strategies
- » Exposure-Based Treatments
- » Mindfulness and Acceptance-Based Approaches

DAY 2 - TUESDAY, APRIL 25, 2017

Morning

- » Managing Treatment Challenges and Enhancing Motivation
- » Case Formulation and Treatment Planning
- » Anxiety and the Family
- » Managing Realistic Anxiety
- » Panic Disorder and Agoraphobia
- » Social anxiety disorder

Afternoon

- » Generalized Anxiety Disorder
- » Posttraumatic Stress Disorder
- » Obsessive-Compulsive Disorder
- » Health Anxiety
- » Transdiagnostic Approaches

MORE ABOUT THE SPEAKER

Dr. Antony has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He has also served on the Boards of Directors for the Society of Clinical Psychology and the Association for Behavioral and Cognitive Therapies, and as Program Chair for past conventions of the Association for Behavioral and Cognitive Therapies and the Anxiety Disorders Association of America. In 1999, Dr. Antony served as an advisor to the DSM-IV Text Revision Work Group for Anxiety Disorders.

Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines. He has given more than 300 workshops and presentations to professionals from across North America, Europe, and Australia. He has also been interviewed or quoted by ABC News, Animal Planet, Discovery Channel, Fitness Magazine, National Geographic Channel, O (Oprah) Magazine, Oxygen Magazine, Shape Magazine, Washington Post, Women's Health, Women's World, Reader's Digest, Vitality Magazine, and many other print, radio, and television outlets.



MARTIN M. ANTONY, PH.D.



CO-AUTHOR

Cognitive-Behavioral Treatment of Perfectionism
Overcoming Health Anxiety

Martin Antony, Ph.D., ABPP, is the Professor and Graduate Program Director in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario, and past president of the Canadian Psychological Association. Dr. Antony received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 1994, and completed his internship at the University of Mississippi Medical Center. He is internationally known for his books and research in the areas of anxiety disorders, perfectionism, cognitive-behavioral therapy, and assessment of psychological disorders. He has published 29 books including an *Abnormal Psychology* textbook. Dr. Antony has published more than 150 scientific articles and book chapters in the areas of cognitive behavior therapy, obsessive compulsive disorder, panic disorder, social phobia, specific phobia, perfectionism, and related topics. Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines. He has given more than 200 workshops and presentations to professionals from across North America, Europe, and Australia.

Early Bird Deadline: April 10, 2017

LEARNING OBJECTIVES

- » Diagnostic features of anxiety and related disorders in DSM-5
- » Effective cognitive approaches for managing anxiety and related disorders
- » Exposure-based techniques
- » Mindfulness and acceptance based treatments for anxiety
- » Strategies for managing noncompliance
- » How to adapt treatment for particular anxiety presentations

REGISTRATION FORM

Alberta Workshops | Spring 2017

► STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

► STEP 2 – WORKSHOP & APPLICABLE FEE

Fees do not include tax (5% GST).

Workshop Title _____

Speaker _____

City _____ Date _____

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
1 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$229	<input type="checkbox"/> \$214	<input type="checkbox"/> \$199	<input type="checkbox"/> \$179	\$179
Regular	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$199	\$199
2 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$359	<input type="checkbox"/> \$324	\$324
Regular	<input type="checkbox"/> \$419	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$344	\$344
3 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$549	<input type="checkbox"/> \$499	\$499
Regular	<input type="checkbox"/> \$619	<input type="checkbox"/> \$589	<input type="checkbox"/> \$569	<input type="checkbox"/> \$519	\$519
4 DAY WORKSHOP FEE					
Early Bird	<input type="checkbox"/> \$799	<input type="checkbox"/> \$759	<input type="checkbox"/> \$729	<input type="checkbox"/> \$699	\$699
Regular	<input type="checkbox"/> \$819	<input type="checkbox"/> \$779	<input type="checkbox"/> \$749	<input type="checkbox"/> \$719	\$719

- Registration fee for previous attendees for Dr. David Burns' 4-Day Intensive is \$499 + taxes. All registrants for Dr. David Burns' 4-Day Intensive workshop will receive a complimentary "Scared Stiff" DVD valued at \$187.
- Participants who attend Dr. Neufeld's 2-Day Anxiety workshop and 1-Day Emotions workshop are eligible for the three-day workshop rate.
- Participants who attend Christine Dargon's 2-Day Play Therapy workshop and 1-Day Sand Trays workshop are eligible for the three-day workshop rate.
- Early bird deadline is 14 days prior to the workshop date

† Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

► STEP 3 – PAYMENT

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER

 ONLINE registration.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: ABSAVE10
registration.jackhirose.com
-  EARLY BIRD DISCOUNT
Deadline: See Inner Pages for Deadlines.
-  GROUP DISCOUNTS (online only)
See Step 2 for Savings & Fees.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment. Please note, a \$10.00 administrative fee will apply **per person** for all manual registrations. Please contact: registration@jackhirose.com for more info.

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

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

WORKSHOP AIDE DISCOUNT

Save \$115 on a one-day workshop, \$190 on a two-day workshop and \$290 on a three-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

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). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

BANFF

BANFF PARK LODGE: 222 Lynx St - 1-800-661-9266

CALGARY

EXECUTIVE ROYAL HOTEL CALGARY: 2828 23rd St NE - 403-291-2003

EDMONTON

EXECUTIVE ROYAL HOTEL EDMONTON: 10010 178th St NW - 780-484-6000

RED DEER

RADISSON HOTEL RED DEER: 6500 67th St - 403-342-6567

LETHBRIDGE

SANDMAN HOTEL LETHBRIDGE: 421 Mayor Magrath Dr - 403-328-1111

TERMS & CONDITIONS

Our liability is limited to refunds for workshop 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 workshop, we will issue a full refund for **workshop 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 workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY: All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop 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 fourteen business days or more prior to the event. **No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted.

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. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once your registration has been processed. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

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