



2 Day Child & Youth Focused Workshop

**PROVEN & EFFECTIVE  
PLAY THERAPY  
STRATEGIES**

*With Children, Adolescents  
and Children of All Ages*

EDMONTON  
MAY 1 & 2, 2017



1 Day Child & Youth Focused Workshop

**THE MAGIC  
OF SAND TRAYS**

*An Amazing Tool  
For Change & Healing*

EDMONTON  
MAY 3, 2017

**Christine Dargon, Ph.D.**, is a practicing psychologist with over 20 years of experience. She has been working with children and families 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.



**FEATURED IN**  
*A Virus Called Fear,*  
Documentary

**CHRISTINE DARGON**  
PH.D.

2 Day Child & Youth Focused Workshop

**MAKING SENSE  
OF ANXIETY**

CALGARY  
APRIL 5 & 6, 2017



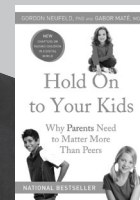
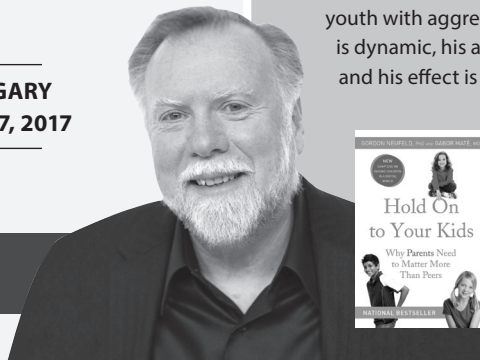
1 Day Child & Youth Focused Workshop

**THE SCIENCE OF  
EMOTIONS & THEIR  
IMPACT ON BEHAVIOUR**

*\*NEW\*  
Suitable for Adult  
Focused Clinicians*

CALGARY  
APRIL 7, 2017

**Gordon Neufeld, Ph.D.**, is a Vancouver-based developmental psychologist with over 30 years of experience with children and youth and those responsible for them. He is a foremost authority on child development, an international speaker, a bestselling author (*Hold On To Your Kids*), and a leading interpreter of the developmental paradigm. Dr. Neufeld's professional experience includes years of working with violent young offenders and thousands of consultations regarding youth with aggression problems. His style is dynamic, his approach is refreshing, and his effect is to affirm intuition.



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

**GORDON NEUFELD**  
PH.D.

**EARLY BIRD DISCOUNT - SAVE \$20!**

**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: Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Nurses, 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 | MON, MAY 1 & TUES, MAY 2, 2017 | 9:00 AM – 4:00 PM**  
Executive Royal Hotel West Edmonton | 10010 - 178<sup>th</sup> Street NW

Children lack some cognitive abilities needed to understand their world and experiences because they are still developing. They also lack the vocabulary to communicate their emotions and perceptions. This issue also applies to individuals with developmental disabilities, stroke, Alzheimer's etc. 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. By attending this workshop, you will learn how to understand and determine what the individual is struggling with and causes for presenting behaviors and emotions through their play. Attendees will leave with a tool box filled with ready to use Play Therapy techniques and will immediately be able to implement these tools in their work with children and clients of all ages. This tool box will consist of appropriate tools for different presenting problems, and ages, such as anger, ADHD, depression, anxiety, trauma and more. Some of the tools will include drawings such as House-Tree-Person, the use of puppets, role playing, dance/movement, 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. ☀

## LEARNING OBJECTIVES

- » Understand the significant of play and why certain toys are used more at certain ages
- » 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 including Group Play therapy
- » Analyze case examples through stories and photographs

## WORKSHOP AGENDA

### DAY 1

- » The Development of Play
  - Stages of language and growth
  - Neural connection and brain development
  - How Play helps to Build a Brain
  - The Stages of Play Development
- » Why Play?
  - The need for movement
  - Play and brain development
- » Specific Techniques & Approaches
  - Assessment and Diagnostic
  - Therapeutic Benefits
  - Non-Directive versus Directive/Soft and Hard Medium

### DAY 2

- » But Wait, There's MORE!
  - Drawings
  - Board Games
  - Emotions – Feeling Face
  - Make It Real
  - Collages/Journals
- » Play Therapy with Families, Groups and Couples
- » The Significance of Repetitious Play and the Relevance to Processing Trauma
  - How to Help Children Process Trauma
- » Arranging the Ideal Play Therapy Space
- » Areas of Caution
- » Resources

# THE MAGIC OF SAND TRAYS

*An Amazing Tool For Change & Healing*

**EDMONTON | WEDNESDAY, MAY 3, 2017 | 9:00 AM – 4:00 PM**  
Executive Royal Hotel West Edmonton | 10010 - 178<sup>th</sup> 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

- » 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

## MAKING SENSE OF ANXIETY

CALGARY | WED, APRIL 5 & THURS, APRIL 6, 2017 | 9:00 AM – 4:00 PM  
Executive Royal Hotel Calgary | 2828 - 23<sup>rd</sup> 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 time has finally come to be able to answer the problem of anxiety. What makes it possible now is that we currently have enough pieces of the puzzle to create a coherent picture: a mastery of attachment theory, an understanding of human vulnerability, a working knowledge of attention, and the discoveries of neuroscience. Possessing the pieces are not enough however. It takes a theorist's mind to put the pieces together and a seasoned therapist's wisdom to test this model against human experience. Dr. Neufeld has been uniquely positioned, not only to answer this question but also to understand the implications for our children. The resulting solutions are surprising, not in that they are counter intuitive but rather that they run counter to the prevailing practice. The focus of this workshop is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. 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

### WORKSHOP AGENDA

#### Session 1 - Neuroscience of Anxiety

The key discovery here is of a complex and comprehensive human alarm system. The anatomy of the alarm system is described along with how the alarm system is meant to work.

#### 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. A comprehensive understanding of attachment provides the insights required to make sense of what is happening on the neurobiological level. The third and final key to the puzzle however, it provided by vulnerability theory, as

we realize that facing separation can be a vulnerability too much to bear.

#### Session 3 - Working Model of Anxiety

The insights are combined to create a working model of anxiety. The primary focus of this session however is 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. These solutions are not surprising once anxiety is understood, but they are surprising in that they run counter to most prevailing ways of dealing with anxiety.

## THE SCIENCE OF EMOTIONS & THEIR IMPACT ON BEHAVIOUR

*\*NEW Suitable for Adult Focused Clinicians*

CALGARY | FRIDAY, APRIL 7, 2017 | 9:00 AM – 4:00 PM  
Executive Royal Hotel Calgary | 2828 - 23<sup>rd</sup> Street NE

There is much focus today on children's emotions. Constructs like emotional intelligence, emotional self-regulation, emotional well-being and emotional social learning are being bandied about like never before. 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 helping professionals.

Dr. Neufeld outlines five basic steps to emotional health and development so adults can foster emotional well-being and get to the root of such problems as alarm, anxiety, agitation, aggression, impulsiveness, lack of empathy, bullying, and so on. This workshop is powerful in the insight it provides as well as the changes it inspires. To make sense of emotion is to make sense of us all. There is no better way to glean insight into oneself and others. Having a working knowledge of the science of emotion should be a prerequisite for anyone responsible for children or working with adults. While the focus of the workshop is on children and youth, the content is applicable to individuals of all ages. This workshop is highly recommended for all helping professionals, educators and parents. 🌱

### LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception and 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. All emotions have a purpose that becomes thwarted when expression is denied or distorted.

#### Session 2 - Thwarted Expression

The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion without repercussion to a child's working attachments.

#### 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 five stages in emotional development are outlined, with the challenges for children and adults in each stage. The challenge when children are stuck is always to start at the beginning where root problems exist.

#### Session 6 - Viewing & Treating Troubling Behaviours as Emotional Problems

Emotion has been eclipsed by such constructs as learning, discipline, disorder and even disease. Various problems are looked at to illustrate the issues involved, including attention problems, anxiety problems, bullying and aggression.

# 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 – SELECT WORKSHOP & APPLICABLE FEE Fees do not include tax (5% GST).

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
<b>Proven &amp; Effective Play Therapy Strategies - Christine Dargon   May 1 &amp; 2, 2017</b>					
Early Bird (Before April 17)	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$359	<input type="checkbox"/> \$324	<b>\$324</b>
Regular	<input type="checkbox"/> \$419	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$344	<b>\$344</b>
<b>The Magic of Sand Trays - Christine Dargon   May 3, 2017</b>					
Early Bird (Before January 4)	<input type="checkbox"/> \$229	<input type="checkbox"/> \$214	<input type="checkbox"/> \$199	<input type="checkbox"/> \$179	<b>\$179</b>
Regular	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$199	<b>\$199</b>
<b>* 3 Day Option - Attend Both Christine Dargon Workshops   May 1-3, 2017</b>					
Early Bird (Before January 9)	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$549	<input type="checkbox"/> \$499	<b>\$499</b>
Regular	<input type="checkbox"/> \$619	<input type="checkbox"/> \$589	<input type="checkbox"/> \$569	<input type="checkbox"/> \$519	<b>\$519</b>
<b>Making Sense of Anxiety - Gordon Neufeld   April 5 &amp; 6, 2017</b>					
Early Bird (Before January 17)	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$359	<input type="checkbox"/> \$324	<b>\$324</b>
Regular	<input type="checkbox"/> \$419	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$344	<b>\$344</b>
<b>The Science of Emotions &amp; Their Impact on Behaviour - Gordon Neufeld   April 7, 2017</b>					
Early Bird (Before January 17)	<input type="checkbox"/> \$229	<input type="checkbox"/> \$214	<input type="checkbox"/> \$199	<input type="checkbox"/> \$179	<b>\$179</b>
Regular	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$199	<b>\$199</b>
<b>* 3 Day Option - Attend Both Gordon Neufeld Workshops   April 5-7, 2017</b>					
Early Bird (Before January 30)	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$549	<input type="checkbox"/> \$499	<b>\$499</b>
Regular	<input type="checkbox"/> \$619	<input type="checkbox"/> \$589	<input type="checkbox"/> \$569	<input type="checkbox"/> \$519	<b>\$519</b>

† Please contact [registration@jackhirose.com](mailto: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](mailto:registration@jackhirose.com)



EMAIL

[registration@jackhirose.com](mailto:registration@jackhirose.com)



PHONE or FAX

See numbers below right



MAIL

See address below right

### 3 WAYS TO SAVE



ONLINE PROMO CODE: SAVE10AB  
[registration@jackhirose.com](mailto:registration@jackhirose.com)



EARLY BIRD DISCOUNT  
Deadline: See Step 2 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](mailto: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](mailto: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.

### EDMONTON

EXECUTIVE ROYAL HOTEL WEST EDMONTON  
10010 178th Street NW | 1-888-388-3932

### CALGARY

EXECUTIVE ROYAL HOTEL CALGARY  
2828 23rd Street NE | 1-888-388-3932

## 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](mailto: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 five 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](http://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 you're 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](http://certificates.jackhirose.com).

PLEASE REVIEW OUR PRIVACY POLICY: [WWW.JACKHIROSE.COM](http://WWW.JACKHIROSE.COM)



**jack hirose**  
& ASSOCIATES INC.  
— JACKHIROSE.COM —

### Complete & Return with Payment:

Jack Hirose & Associates Inc.  
208-197 Forester Street  
North Vancouver, BC, Canada  
V7H 0A6

T 604 924 0296 F 604 924 0239  
TF 1 800 456 5424  
E [registration@jackhirose.com](mailto:registration@jackhirose.com)