# THE ALBERTA

# CBT DBT CLINICAL SKILLS

EARN UP TO

18 CEUS
FOR 3 DAY
ATTENDANCE

**CONFERENCE** 

**APRIL 3-5, 2017** 

3 Days | Mon-Wed | 8:30AM - 4:00PM

#### **EDMONTON, ALBERTA**

Four Points by Sheraton Edmonton South

1, 2 & 3 DAY REGISTRATION OPTIONS AVAILABLE

## LEARN CLINICAL SKILLS FOR

# COGNITIVE BEHAVIOURAL THERAPY & DIALECTICAL BEHAVIOURAL THERAPY FROM SIX OF NORTH AMERICA'S LEADING EXPERTS





Sheri Van Dijk MSW, RSW



Lynn Miller



Randy Paterson



Jeff n Riggenbach



eff enbach



Reid Wilson



Eboni Webb

#### WHO SHOULD ATTEND

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

#### **CONFERENCE VENUE**

Four Points by Sheraton 7230 Argyll Road, Edmonton Reserve a Room: 866-716-8133

#### **DISCOUNTS**

Early bird and group registration discounts available. See website for rates and details.

#### **PRESENTED BY**



# DEAR COLLEAGUE

I am pleased to announce the Alberta CBT + DBT Clinical Skills **Conference** will be hosted in Edmonton, AB on April 3, 4 and 5, 2017. Jack Hirose and Associates would like to extend a warm welcome!

jack hirose

**PRESENTED BY** 

**EARLY BIRD DISCOUNT** DEADLINE: MARCH 20, 2017 **\$10** 

**ONLINE DISCOUNT AT JACKHIROSE.COM ENTER PROMO CODE: ABCBT10** 

**DAY 1** | Monday, April 3, 2017

DAY 2 | Tuesd

#### Sheri Van Dijk, msw, rsw

is a Social Worker, registered with the Ontario College of Social Workers and Social Service Workers. She has been working in the mental health field since 2000,



most of which she has spent both in private practice and at Southlake Regional Health Centre, working with clients with severe mental health problems. Sheri has had extensive training in mindfulness, DBT and CBT, and has been running DBT-informed groups since 2004.

#### Lynn Miller, PH.D.

is a licensed psychologist, certified cognitive behaviour therapist, and is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education



#### Randy Paterson, PH.D.

is a psychologist and author (The Assertiveness Workbook, How to be Miserable, Private Practice Made Simple) with 25 years experience training

clinicians across Canada and internationally in psychotherapy process and the effective use of CBTbased strategies. He is the lead author of Canada's most widely used group treatment for depression (the Core Program) and Director of Changeways Clinic, a Vancouver-based psychotherapy service.

#### 1ST KEYNOTE

8:30 AM - 10:15 AM



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

Dialectical Behaviour Therapy is a treatment originally designed to treat borderline personality disorder (BPD), but it is increasingly being used for many other disorders because of its usefulness in helping clients to better manage their emotions. Participants will learn about the Biosocial Theory, one of the main theories underlying DBT, in order to develop an understanding of how DBT can be applied to disorders other than BPD. In addition, Sheri will discuss research on DBT and ways of adapting this model to treat other disorders, as well as to make it more accessible to a variety of disorders and treatment settings.

#### 2<sup>nd</sup> KEYNOTE

10:30 AM - 12:00 NOON



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

The goal of evidence-supported practice is the best scientific research has to offer, combined with the best clinical expertise the clinician has to offer in terms of clientcentered care. This approach, explicitly balancing behavioural and cognitive interventions, will lead to more effective, efficient and more compassionate care in treating individual clients. The role of clinical judgment, supported by flexible implementation, and therapist sensitivity will be addressed.

#### 1ST KEYNOTE

8:30 AM - 10:15 AM



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

Therapy usually occupies only one of the 168 hours in a client's week – unless we use that hour to leverage change in the other 167. Goal setting is the primary tool for accomplishing this, and is at the core of much of CBT. Both clients and therapists routinely run into problems, resistance, self-sabotage, and forgetfulness with this most central element of therapy. In this keynote we discuss 10 concrete therapist behaviours that can enhance client understanding and progress across diverse client populations.

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



#### **Calming the Emotional Storm:** Using DBT Skills to Help Clients Manage Their Emotions

Bringing her varied experience of working both in a community hospital and private practice setting, and with individuals as well as groups, Sheri will introduce the four DBT skills modules of Core Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation. Participants will develop a better understanding of how some of these skills can be used to help clients manage emotions more effectively in the context of mood and anxiety disorders, self-esteem and anger.

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



## **Fun!damentals of CBT**

Proven cognitive behavioural therapeutic activities can feel stiff and dull. This workshop will demonstrate innovative ways to implement CBT in interesting and engaging ways, with a focus on anxiety and depression treatment approaches. Practical approaches to a wide array of presenting issues, including "third wave" CBT as well as more traditional interventions will be reviewed. The 5 major elements of CBT will be enhanced with skill development, generalization strategies, homework compliance, and client tailored interventions.

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



#### **Incorporating Mindfulness-Based Strategies in CBT**

Mindfulness is all the rage, but what is it and how can it aid us in our quest for therapeutic change? In this workshop we discuss and experience mindfulness and how it fits within CBT concepts. We will examine how much of our lives is spent divorced from sensory experience, and unaware of the mental processes in which we engage. You will learn strategies for introducing an awareness of mindfulness to clients, and we will discuss recommendations for simple exercises that clients can practice to increase their experience of the only moment that actually exists: the present.

We value your feedback and have incorporated your ideas in order to assemble leading experts, who will provide practical and highly effective strategies and techniques.

In response to your requests, I am pleased to announce new group rates for groups of 15 or more. We are constantly striving to deliver quality workshops and conferences while offering our training at a reasonable price for our participants. These new group rates will help us deliver on that promise. For this conference, group discounts will be

available for up to \$60 off our conference fees. To be eligible for group discounts, participants do not have to work at the same agency.

It is my hope that this conference will allow you to catch up with your fellow clinicians, acquire new skills, learn new techniques and rejuvenate your passion for this field of work. I am confident that this conference will meet, or exceed, your high expectations. Please mark this event on your calendar, and I look forward to seeing you in Edmonton.



Eboni Webb, PSY.D.

earned her doctorate of clinical

psychology from the Minnesota School of Professional Psychology

(Argosy University) and is the

owner of Kairos Mental Health

Joh Huni Jack Hirose, MA

President & Owner

ay, April 4, 2017

#### Jeff Riggenbach, PH.D.

is a licensed professional counselor in the state of Oklahoma. He is currently on staff at Brookhaven Psychiatric Hospital and Clinic in Tulsa where he serves as their



#### 2<sup>nd</sup> KEYNOTE

10:30 AM - 12:00 NOON



#### **DBT in the Real World**

DBT has been considered by many to be the standard of care for treatment of borderline prsonality disorder. This keynote moves beyond rigid adherence to the model and illustrates strategies for customizing DBT treatment to real world setting with real world clients.

- » DBT in context DBT & Its relationship to CBT
- » Foundations of DBT
- » Biosocial Theory of BPD
- » Borderline Personality Dosorder
- » The role of individual therapy in DBT treatment
- » Structure of a session
- Diary cards & Chain analysis
- Identifying and Modifying Behavioural Targets

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



#### **Facilitating DBT Skills Training Groups**

Skills Training Groups are an integral component of Treatment of Borderline Personality Disorder. Current research has demonstrated skills training alone has been associated with positive treatment outcomes. This session examines practical implementation of skills training utilizing DBTs four core skill sets: Mindfulness, Emotion Regulation Skills, Distress Tolerance Skills, Interpersonal Effectiveness Skills.

#### DAY 3 | Wednesday, April 5, 2017

#### Reid Wilson, PH.D.

is Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. He is an international expert in the treatment of anxiety disorders,

with books translated into eight languages. He is the co-author of Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier.

#### 1<sup>ST</sup> KEYNOTE

8:30 AM - 10:15 AM



#### **Brief Strategic Treatment** for the Anxiety Disorders

The anxiety disorders control people by generating an absolute standard for certainty and comfort. The cutting-edge anxiety treatment is now pushing further into the confrontational. You will learn practical methods that enable clients to ignore the content of their worries and purposely to seek out anxiety as their ticket to freedom from crippling fear.

## 2<sup>nd</sup> KEYNOTE

10:30 AM - 12:00 NOON



#### **Dialectical Behaviour Therapy** for the Family System

Cooperative, LLC, offers diverse DBT programming

National Certification and Accreditation Association

(DBTNCAA) and a continuing education Dialectical

to children and adults. She continues to serve as

an advisor to the Dialectical Behavior Therapy

Behavior Therapy trainer for PESI, Inc.

DBT is a highly effective form of treatment for clients with Borderline Personality Disorder (BPD). Many of the features of BPD reflect early attachment issues, trauma, and sensitivities that render our clients more vulnerable in their adult lives. Dr. Webb has adapted the framework of DBT to address the family system as a whole, enabling healing the ancillary support system. She will discuss DBT and its relationship to attachment via the Biosocial model and the neurological impact of trauma on the developing brain. Also how the impact of early childhood parenting effects adult attachments.

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



#### The Art of Persuasion: Changing the Mind on OCD

Those who succumb to the spell of obsessivecompulsive disorder conjure up a potion of avoidance and resistance as their only means of control. How do you move someone toward anxious uncertainty when their heart, mind and soul are committed to finding comfort? Participants will learn a persuasive strategy built out of whole cloth within the first session that will frame the entire treatment protocol.

#### **AFTERNOON CONCURRENT SESSION**

1:00 PM - 4:00 PM



#### **Dialectical Behaviour Therapy** for the Family System Continued

DBT is a well-documented evidence-based practice for clients that suffer from pervasive emotional dysregulation. Guided by evidencebased best practices, this workshop focuses on applying and adapting DBT to the family system. Topics to be covered: Understand how to craft a DBT family treatment plan in the context of the Biosocial Model and its impact on attachment within the family system. Learn how to frame and conceptualize treatment strategies for the family system. Choose recommended intervention methods integrating DBT into the family system.

#### REGISTRATION FORM

The Alberta CBT + DBT Clinical Skills Conference

■ DAY 3 - April 5

#### STEP 1 – CONTACT INFO

I WILL BE ATTENDING:

Name		
Position	School / Organization	
Address		
City	Province	Postal Code
Work Phone [ ]	Work Fax [	]
Email		

► STEP 2 – SELECT ATTENDING DATE(S) | Fees do not include tax (5% GST).

■ DAY 2 - April 4

► STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

**DAY 1** - April 3

▲ INDIVIDUAL	1 DAY	2 DAYS	3 DAYS
Early-Bird Fee	□\$229	□\$399	<b>\$579</b>
Regular Fee	□\$249	□ \$419	□\$599

GROUPS (3 DAYS)	3-7	8-14	15+	STUDENT (3 DAYS)	
Early-Bird Fee	□\$559	□\$539	□\$519	Early-Bird Fee	\$519
Regular Fee	□\$579	□\$559	□ \$539	Regular Fee	\$539

EARLY BIRD CUTOFF DATE: March 20, 2017 - Registration and payment must be received by this date.

**GROUP RATE:** Groups must attend all 3 days to be eligible for the group discounts. A \$10.00 administrative fee will apply per person for all manual group registrations.

FULL-TIME STUDENT RATE: Please contact registration@jackrhiose.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 4 – PAYMENT

☐ Visa	Credit Card #	Expiry	/
☐ MasterCard	Cardholder Name		
☐ Cheque	Signature	Cheque #	

#### **4 WAYS TO REGISTER**



registration.jackhirose.com



registration@jackhirose.com





See address below right

#### **3 WAYS TO SAVE**



ONLINE PROMO CODE: ABCBT10 registration.jackhirose.com



**EARLY BIRD DISCOUNT** Deadline: March 20, 2017



GROUP DISCOUNTS (online only) See Step 3 for Savings & Fees.

# **EXHIBITOR** OPPORTUNITIES

JACKHIROSE.COM/EXHIBIT

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

#### **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, coffee, muffins and refreshment breaks. Lunches are not included.

#### **WORKSHOP AIDE DISCOUNT**

Save \$290 on the conference registration fee. By working as an assistant to the conference director, conference aides will receive a discount. Conference aides must arrive by 7:00am on all days of the conference and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the conference. Please keep in mind that we can accommodate a maximum of 6 conference aides. To apply for the conference 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).

#### **HOTEL & ACCOMMODATIONS**

Rates may fluctuate. Call and request the Jack Hirose & Associates

FOUR POINTS BY SHERATON EDMONTON SOUTH 7230 Argyll Road | 866-716-8133

#### **TERMS & CONDITIONS**

#### Our liability is limited to refunds for conference fees only.

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

#### CANCELLATION POLICY:

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

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

#### CERTIFICATES:

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

#### RECEIPTS:

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 downloaded from certificates.jackhirose.com

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



#### Complete & Return with Payment:

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

TF 1800 456 5424

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