

REGISTRATION FORM

Maritimes 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 (15% HST).

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
1 DAY WORKSHOP Proven & Effective Play Therapy Strategies - Christine Dargon					
Early Bird (Before May 23)	<input type="checkbox"/> \$209	<input type="checkbox"/> \$199	<input type="checkbox"/> \$189	<input type="checkbox"/> \$179	\$179
Regular	<input type="checkbox"/> \$229	<input type="checkbox"/> \$219	<input type="checkbox"/> \$209	<input type="checkbox"/> \$199	\$199
2 DAY WORKSHOP Anxiety Disorders in Children & Adolescents - Christine Dargon					
Early Bird (Before May 24)	<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 Attend Both Christine Dargon Workshops - June 6-8, 2017					
Early Bird (Before May 23)	<input type="checkbox"/> \$579	<input type="checkbox"/> \$549	<input type="checkbox"/> \$519	<input type="checkbox"/> \$499	\$499
Regular	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$539	<input type="checkbox"/> \$519	\$519
3 DAY INTENSIVE Cognitive Behaviour Therapy - Jeff Rigenbach					
Early Bird (Before June 26)	<input type="checkbox"/> \$529	<input type="checkbox"/> \$499	<input type="checkbox"/> \$479	<input type="checkbox"/> \$429	\$429
Regular	<input type="checkbox"/> \$549	<input type="checkbox"/> \$519	<input type="checkbox"/> \$499	<input type="checkbox"/> \$449	\$449

• 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 MasterCard Cheque

Credit Card # _____ Expiry _____ / _____

Cardholder Name _____

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: MTSAVE10
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.

HALIFAX

ATLANTICA HOTEL HALIFAX
1980 Robie Street | 902-423-1161

CHARLOTTETOWN

RODD CHARLOTTETOWN
75 Kent Street | 902-894-7371

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 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.

PLEASE REVIEW OUR PRIVACY POLICY: 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



jack hirose
& ASSOCIATES INC.

Quality workshops & community resources

JACKHIROSE.COM

Spring 2017 | Maritimes

MENTAL HEALTH & EDUCATION WORKSHOPS



1 Day Child & Youth Focused Workshop

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents
and Children of All Ages

2 Day Child & Youth Focused Workshop

ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

Recognizing & Treating
the Emerging Epidemic

HALIFAX
JUNE 6, 2017



HALIFAX
JUNE 7 & 8, 2017

CHRISTINE DARGON
PH.D.



FEATURED IN
A Virus Called Fear,
Documentary

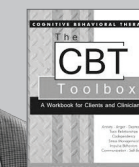
3 Day Clinical Focused Workshop

COGNITIVE BEHAVIOUR THERAPY

3 Day Intensive

CHARLOTTETOWN, PEI
JULY 10-12, 2017

JEFF RIGGENBACH
PH.D.



AUTHOR
The CBT Toolbox:
A Workbook for Clients and Clinicians

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 *The CBT Tool Box: A Workbook for Clients and Clinicians*.

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

HALIFAX, NS | TUESDAY, JUNE 6, 2017 | 9AM – 4PM

Dalhousie University (Kenneth C. Rowe Building, Room 1020) | 6100 University Avenue

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 – this workshop will provide that training. 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. There is not a large investment needed. 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.☘

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

ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

Recognizing & Treating the Emerging Epidemic

HALIFAX, NS | WEDNESDAY, JUNE 7 & THURSDAY JUNE 8, 2017 | 9AM – 4PM

Dalhousie University (Marion McCain Building - Scotiabank Auditorium) | 6135 University Avenue

The increasing rate of stress and trauma to children, which includes divorce, family breakdown, violence in society, the media, and a failing school system, has produced a “shell shocked” generation suffering from anxiety in many cases. The challenge for educators and clinicians is to recognize anxiety in children and help them cope.

Dr. Christine Dargon will teach you how and why anxiety develops in children and adolescents.

She will present practical treatment strategies that can be applied immediately.

The seven key anxiety disorders along with case examples to be addressed include:

- Separation Anxiety Disorder
- Overanxious Disorder
- Social Anxiety Disorder
- Post-Traumatic Stress Disorder
- Panic Disorder
- Obsessive-Compulsive Disorder
- Phobias

Other co-occurring disorders (e.g. behaviour problems, medical conditions, depression, ADHD, learning disabilities, selective mutism) will also be discussed. Emphasis will be on creative interventions involving insight-oriented, cognitive-behavioral, biological, mindfulness, expressive arts and family systems approaches.☘

LEARNING OBJECTIVES

- » Demonstrate how to apply the “Three Ingredients” template for understanding how, why and when anxiety develops in children
- » Describe how to recognize and modify the sources of stress in children and adolescents
- » Explain the anxiety management skills to use with young clients
- » Identify effective treatment strategies for each of the seven key anxiety disorders
- » Identify steps that schools can take to reduce student anxiety

WORKSHOP AGENDA – KEY TOPICS COVERED

Nature and Causes of Anxiety

- » How anxiety develops in children
- » Three ingredients in all anxiety disorders
- » The “anxiety personality” – assets and liabilities

Seven Key Anxiety Disorders

- » Separation anxiety disorder
- » Panic disorder
- » Overanxious disorder
- » Obsessive-compulsive disorder
- » Social anxiety disorder
- » Phobias
- » Post-traumatic stress disorder

Co-Occurring Disorders

- » Depression
- » ADHD
- » Learning Disabilities
- » Selective mutism

Therapeutic Approaches

- » Cognitive-behavioral
- » Biological
- » Mindfulness

- » Expressive Arts
- » Family Systems Approaches

Interventions and Self-Regulation Strategies

- » The Floating Technique for panic anxiety
- » Exposure and Response Prevention (ERP) for OCD
- » Mindfulness for worry
- » Solution Focused Intervention for worry
- » Group Therapy guidelines for social anxiety
- » Visualization Desensitization for separation anxiety
- » Three Question Technique for parents struggling with child separation anxiety
- » Three Step Technique for managing children’s stress
- » Yoga games and breathing techniques for relaxation training
- » LifeSkills Program for generalized anxiety
- » Virtual Reality approach for phobias
- » Baby Buddhas meditations for anxious preschoolers

COGNITIVE BEHAVIOUR THERAPY

3 Day Intensive Training

CHARLOTTETOWN, PEI | MONDAY – WEDNESDAY, JULY 10–12, 2017 | 9:00 AM – 4:00 PM

Rodd Charlottetown Hotel | 75 Kent Street

Complete this workshop and master the core competencies in cognitive behavioural based treatments and improve your skills in CBT to achieve better therapeutic outcomes, with even your most challenging client.

• **CBT for Bipolar and Depressive Related Disorders, anger, anxiety, PTSD & substance use disorders**
• **Difficult cases, co-occurring conditions & Cluster B personality disorders**

Trained at the Beck Institute of Cognitive Therapy, Dr. Jeff Rigenbach has developed expertise in applying cognitive behavioural therapy to a variety of clinical populations. Join him for this engaging and dynamic three-day workshop as he draws from clinical experience, current literature and outcome findings to give you the skills you need to succeed when applying CBT to any client, including:

- Mood Disorders
- Anger
- Anxiety Disorders
- PTSD
- Substance Abuse
- Personality Disorders
- Suicidality

Learn how to help clients identify and restructure dysfunctional cognitions, modify maladaptive beliefs, break lifelong patterns of destructive behavior, face their fears, eliminate nightmares, manage anger, as well as help them develop healthier tools and alternative coping skills. Discover new trends and technology in CBT, including the use of apps and text messaging, to reach tech-savvy clientele.

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this intensive workshop armed with tools you can use in your very next session. ☘

WORKSHOP AGENDA – KEY TOPICS COVERED

MASTER THE CORE SKILLS & COMPETENCIES OF CBT

Foundations in CBT

- » Rationale for Techniques Approach
- » Neurobiological Findings

Treatment Concepts

- » Socialization to Treatment Model
- » Levels of Cognition

Offshoot Models

- » Third Wave Approaches
- » DBT

The Therapeutic Relationship

- » Establish Rapport
- » Ruptures in the Therapeutic Alliance

Cognitive Conceptualization

- » Case Formulation
- » Collaborative Empiricism

Technology in CBT

- » Smart Phone Apps
- » Text Dialogues

Application to Clinical Practice

- » Case Studies/Role Plays

CBT FOR MOOD DISORDERS, ANGER, ANXIETY, PTSD & SUBSTANCE ABUSE

CBT for Mood Disorders

- » Cognitive Model of Depression
- » Behavioral Activation

CBT for Anger

- » Cognitive Model of Anger
- » Role of Values & “Moral Resistance”

CBT for Anxiety

- » Generalized Anxiety
- » Cognitive Model of Anxiety

OCD

- » Intrusive Thoughts
- » Metacognitive Strategies

CBT for PTSD

- » Prolonged Exposure
- » Nightmare Re-scripting

CBT for Substance Abuse

- » Impulse Control Models
- » Monitor cravings & Resist Urges

DIFFICULT CASES, CO-OCCURRING CONDITIONS & CLUSTER B PERSONALITY DISORDERS

- » Treatment Model
- » CBT for Co-occurring Conditions
- » CBT for Dissociation
- » CBT for Cluster B Personality Disorders
- » Strategies for Cluster B Personality Disorders
- » CBT for Suicidal Clients