

# REGISTRATION FORM

Alberta Workshops | Fall 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>High Functioning Autism - Meghan Barlow   Edmonton, November 21, 2017</b>					
Early Bird (Before November 7)	<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
<b>2 Day Advanced Mindfulness Training - Donald Altman   Edmonton, December 4 &amp; 5, 2017</b>					
Early Bird (Before November 20)	<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

† 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](http://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



**\$10 OFF** ONLINE PROMO CODE: ABSAVE10  
[registration.jackhirose.com](http://registration.jackhirose.com)



**\$20 OFF** EARLY BIRD DISCOUNT  
*Deadline: See Step 2 for Deadlines.*



**UP TO \$75 OFF** 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. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. 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 EDMONTON  
10010 178<sup>th</sup> Street NW - 780-484-6000

### 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)



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& 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)



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Quality workshops & community resources

JACKHIROSE.COM

Fall 2017 | Alberta

MENTAL HEALTH & EDUCATION WORKSHOPS



1 Day Child & Youth Focused Workshop

# HIGH FUNCTIONING AUTISM

*Proven & Practical Interventions for Challenging Behaviours in Children and Adolescents*

EDMONTON  
NOVEMBER 21, 2017

MEGHAN BARLOW  
PH.D.



**Meghan Barlow, PH.D.**, is a licensed pediatric psychologist specializing in the assessment and treatment of children, adolescents and young adults on the autism spectrum. She also has a wide range of experience working with children who have a variety of anxiety disorders, developmental disorders, attention deficit disorders, mood disorders, behavioral concerns, genetic and metabolic syndromes and acute or chronic medical conditions. Dr. Barlow is the owner of a private practice, Meghan Barlow and Associates, where she provides assessment, treatment and group therapy services for children, adolescents, and young adults. Dr. Barlow has developed trainings and workshops for parents, school professionals, and mental health providers on topics related to social skills, autism spectrum disorder, depression and anxiety.

2 Day Clinical Focused Workshop

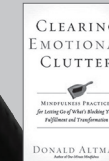
# 2 DAY ADVANCED MINDFULNESS TRAINING

EDMONTON  
DECEMBER 4 & 5, 2017

DONALD ALTMAN  
M.A.



**Donald Altman, M.A., LPC**, is a psychotherapist, award-winning writer, former Buddhist monk, teacher and an adjunct professor at Lewis and Clark Graduate School of Education and Counseling. He is also a faculty member of the Interpersonal Neurobiology program at Portland State University and teaches various classes blending mindfulness and Interpersonal Neurobiology. A prolific writer whose career spans more than 25 years, Donald has authored several pioneering books on mindfulness. *The Mindfulness Code* was named as "One of the Best Spiritual Books of 2010." He has also authored *The Mindfulness Toolbox*, and his newest book *101 Mindful Ways to Build Resilience Cultivate Calm, Clarity, Optimism & Happiness Each Day*.



**AUTHOR**  
*Clearing Emotional Clutter*

# WEBINARS

*With Specialists on Cutting Edge Topics*



FOR MORE WEBINAR INFORMATION & REGISTRATION: [JACKHIROSE.COM](http://JACKHIROSE.COM)

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

*See Registration Page for Deadlines*

# HIGH FUNCTIONING AUTISM

*Proven & Practical Interventions for Challenging Behaviours in Children and Adolescents*

EDMONTON | TUESDAY, NOVEMBER 21, 2017 | 9:00 AM – 4:00 PM

Executive Royal Hotel West Edmonton | 10010 - 178<sup>th</sup> Street NW

This intensive, full-day workshop provides proven intervention strategies, essential treatment tools, and behavioural techniques to help you analyze behaviours and actions, identify consequences for behaviours, and teach new skills to children, adolescents and young adults with high-functioning autism (HFA). Walk away with practical intervention techniques for social success, behaviour changes and overcoming challenging co-occurring behaviours that deliver success through adulthood.

**The challenging co-occurring issues to be addressed are:**

- » **Social Skills Deficits**
- » **Communication Deficits**
- » **Sensory**
- » **Anxiety/Rigidity**
- » **Depression**
- » **Meltdowns, Outbursts, and Non-Compliance**
- » **ADHD**

» **OCD**  
 » **Psychotropic Medications**  
 Gain valuable insight into how information processing, communication, and social skills deficits lead to difficulty in the home, school, occupational, and social settings. Learn how to prioritize a plan for intervention and implement strategies in order to improve functioning across all areas. We will explore HFA and the new DSM-5<sup>®</sup> diagnosis of Social-Pragmatic Communication Disorder. You will receive the necessary tools to gain effective collaboration between clinicians, educators and parents.

Through case studies, video clips and class participation you will leave this workshop with an improved understanding of HFA and the confidence to develop and implement effective treatment plans. Don't just manage these individuals; provide interventions that lead to successful independence into their adult years! 🌟

## WORKSHOP AGENDA – KEY TOPICS COVERED

**DSM-5<sup>®</sup> and ICD-10 Updates**

- » Social-Pragmatic Communication Disorder
- » Impact on service delivery (school/community)
- » Successfully link home, school and therapy
- » IEP/504/Do they qualify for school services?
- » Co-morbid disorders: Why the difference is important

**Social Skills Interventions**

- » Improve social skill deficits
- » “Kid Cop” behaviours and why other kids get angry
- » How to get peers to recognize them in positive ways
- » Group activities that have a proven track record

**Communication Interventions**

- » Help peers and family members relate
- » Verbal interventions that overload processing
- » The importance of incorporating visuals in communication
- » Pragmatic language and other abstract issues

**Sensory Interventions**

- » Self-stimulation
- » Coping/calming techniques that reduce meltdowns
- » Sensory diet

**Anxiety Interventions**

- » Anxiety-reducing activities
- » How anxiety impacts rigidity
- » Help them “self-regulate”
- » Successful transitions

**Depression Interventions**

- » Assessing for mood disorders
- » Therapy that works for people with HFA
- » Solitude vs. loneliness

**ADHD Interventions**

- » ADHD vs. hyper-focus
- » Commonly prescribed medications and possible benefits and side effects
- » Specific triggers and what fuels the rage
- » Reduce aggressive and disruptive behaviours
- » Mistakes that escalate defiant behaviours
- » Overcome refusals to comply with even simple requests

**Obsessive-Compulsive Disorder (OCD) Interventions**

- » Differences between ASD and OCD
- » Specific medication interventions
- » Impact on socialization and behaviours

**Interventions for Specific Difficult Behaviours**

- » Reduce Internet and electronic addictions
- » Changes in technology, school systems and mental health delivery
- » Cognitive-Behaviour Therapy (CBT) for mood and anxiety

**Psychopharmacological Interventions**

- » Differentiate among common medications
- » Medications that mimic difficult behaviours
- » Side effects and off label use



**MEGHAN BARLOW, PH.D.**

Meghan Barlow, Ph.D., speaks in a variety of settings offering education and practical strategies for managing children's behavior, facilitating social skills and navigating developmental transitions. Dr. Barlow earned her Ph.D. from Kent State University and her B.A. from Denison University. She completed her APA approved internship with the University of Louisville School of Medicine and Kosair Children's Hospital. Dr. Barlow completed a fellowship at The Cleveland Clinic where she focused her training on the psychological aspects of children with acute and chronic medical conditions, autism spectrum and genetic syndromes, and where she created a primary care consult service to provide immediate and convenient psychological consultations to children as a part of their pediatric visits.

**1** DAY | **CHILD & YOUTH FOCUSED** | **6** CEUs

Early Bird Deadline: November 7, 2017

## LEARNING OBJECTIVES

1. Explain how the DSM-5<sup>®</sup> updates impact service delivery
2. Utilize several social skill interventions to improve long-term success for children/adolescents with HFA
3. Employ specific coping and calming techniques for children/adolescents with HFA
4. Identify medication side effects that can mimic behavioural issues and may even cause behavioural issues
5. Design effective strategies for successful transitions for children/adolescents with HFA
6. Select specific behavioral interventions that target the most difficult behaviors in children/adolescents with HFA
7. Summarize the new DSM-5<sup>®</sup> diagnosis of Social-Pragmatic Communication Disorder and design treatment interventions

# 2 DAY ADVANCED MINDFULNESS TRAINING

EDMONTON | MONDAY, DECEMBER 4 & TUESDAY, DECEMBER 5, 2017 | 9:00 AM – 4:00 PM

Executive Royal Hotel West Edmonton | 10010 - 178<sup>th</sup> Street NW

In this in-depth, two-day workshop, national mindfulness teacher and author Donald Altman will demonstrate a variety of powerful clinical tools—from grounding and attention focusing skills to metacognitive awareness and mindfulness skills—for helping clients to rewire the brain as they overcome clinical anxiety, depression, chronic pain, PTSD, addictive cravings, and stress-related symptoms. One in four Canadians will suffer from at least one anxiety disorders in their lifetime. Anxiety disorders, clinical depression and chronic pain can shatter clients lives and relationships. This highly experiential workshop utilizes practical and evidence-based mindfulness tools that radically alter clients' habitual and conditioned reactions to these and other forms of suffering.

Drawing upon brain science and concepts from Interpersonal Neurobiology, this workshop will make brain science easy to understand for your clients. You'll be able to clearly demonstrate for clients

how they can regulate emotions and rewire their brains through practices such as focused attention, selective memory, and strengths-based storytelling. In addition, you will learn how to adapt these many tools for different populations in order to create a clear roadmap to wellness for clients. In all, this two-day training will have you returning to your practice with a comprehensive menu of transformative mindfulness tools to draw from—and that clients can use to regulate emotions and find calm.

Donald is known for creating compelling experiential and participatory trainings. Whether you are experienced in mindfulness or are new to these techniques, this special two day workshop is certain to get you enthused and excited about experiencing and using mindfulness for joy, calm, and healing in your own life, as well as in your therapy practice. You won't want to miss out on this unique mindfulness training opportunity. 🌟

## WORKSHOP AGENDA – KEY TOPICS COVERED

**Mindfulness & Cutting Edge Research**

- » Mindfulness as a metacognitive skill
- » Negative effects of a wandering mind
- » Breathing reduces rumination and anxiety
- » Useful (and free) web resources

**Introduce Mindfulness to Your Clients**

- » **Expand Your Mindfulness Vocabulary**
- » Help clients understand mindfulness
- » Find the right metaphor
- » Using clients' learning styles
- » *\* Practice: Getting into the Present Moment*

**The Power of Sense Grounding**

- » **Anxiety reduction with sense grounding**
- » Mindfulness for transitioning between activities
- » Physical grounding method of dropping into the body
- » Integrates progressive muscle relaxation
- » Good for spatial, visual, hands-on learning styles
- » *\* Practice: Palm the Present Moment*

**Brain Basics, Metacognition, and Interpersonal Neurobiology, Emotional Regulation for Depression and Anxiety**

- » Balance the brain's default survival mode
- » Effects of cortisol on learning and immune system
- » Visual Brain Model for clients
- » The brain's mindfulness module
- » Train the brain for calm response and metacognition

- » Navy Seals, arousal control & parasympathetic nervous system
- » Heart rate variability & relaxation response
- » *\* Practice: The Power of Breath*
- » Enhancing effectiveness of a breathing practice
- » *\* Practice: Ask Clients the 3-Minute Question*

**The Behavioural Side of Mindfulness Core lifestyle skills awareness training**

- » Sleep hygiene
- » Managing sleep
- » Sleep rituals and strategies
- » Healthy eating/nutrition
- » Caffeine, protein, neurotransmitters, and the brain
- » Exercise
- » Manage Technology
- » How weapons of mass distraction may be rewiring the brain
- » *\* Practice: Assessment of Technology and Time*
- » Focus the mind (useful for ADHD)
- » Integrate breath with a word/image
- » *\* Practice: Be the Pebble*

**Mindful Laughter for Depression and Grief Tools for the “terminally serious”**

- » Research on laughter and mood
- » Biochemistry of laughter & human laughter response
- » Laughter yoga and laughter in therapy
- » *\* Practice: The Lightness of Laughter*



**DONALD ALTMAN, M.A.**

Donald Altman, M.A., was a staff writer for an EMMY-Award winning children's television show (“The Magic Door,” CBS Chicago), won an American Medical Writer's Association Award and has had articles appear in *New Age Journal*, the *Los Angeles Times*, and *Independent Business Magazine*. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives. An avid motorcyclist, he enjoys riding his motorcycle along the beautiful Oregon coast.

**2** DAYS | **CLINICAL FOCUSED** | **12** CEUs

Early Bird Deadline: November 20, 2017

## LEARNING OBJECTIVES

1. Describe and define mindfulness in a more broad way for the client
2. Summarize the basics lessons of Interpersonal Neurobiology and how mindfulness can rewire the brain
3. Explain the effects of stress and cortisol, and how diaphragmatic breathing turns on the parasympathetic nervous system
4. Demonstrate how to use stories as a way to shift awareness, enhance relationships, and recognize strengths
5. Use key mindful body practices that lead to better self-care and cognitive brain function
6. Describe multiple evidence-based methods for shifting attention that produce greater positive emotions moment by moment
7. Discuss the difference between 'good' and 'bad' stress, and the 4-methods for reducing stress