

REGISTRATION FORM

Psychotherapy Conference | Calgary

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

STEP 2 – SELECT ATTENDING DATE(S) | Please check off attending dates.

I WILL BE ATTENDING: DAY 1 - Nov 27 DAY 2 - Nov 28 DAY 3 - Nov 29

Please note, there is no pre-registration for afternoon concurrent sessions.

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

INDIVIDUAL	1 DAY	2 DAYS	3 DAYS
Early-Bird Fee	<input type="checkbox"/> \$249	<input type="checkbox"/> \$429	<input type="checkbox"/> \$599
Regular Fee	<input type="checkbox"/> \$269	<input type="checkbox"/> \$449	<input type="checkbox"/> \$619

GROUPS (3 DAYS)	3-7	8-14	15+	STUDENT (3 DAYS)
Early-Bird Fee	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	<input type="checkbox"/> \$539	Early-Bird Fee <input type="checkbox"/> \$539
Regular Fee	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	Regular Fee <input type="checkbox"/> \$559

Early Bird Cutoff Date: November 13, 2017 - Registration and payment must be received by this date.

Group Rate: For more information, please visit: www.jackhirose.com/group

Full-Time Student Rate: 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 4 – 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



\$10 OFF

ONLINE PROMO CODE: ABTRAUMA
registration.jackhirose.com



\$20 OFF

EARLY BIRD DISCOUNT
Deadline: November 13, 2017



UP TO \$60 OFF

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.

HOTEL & ACCOMMODATIONS

COAST PLAZA HOTEL | 1316 33rd Street NE

- \$135 Comfort Room (2 Queen)
- \$160 Superior Room (1 King)
- \$210 Jacuzzi Suite
- \$230 Executive Suite
- Plus taxes

HOW TO BOOK:

1. Call the hotel directly at 1-403-248-8888 and ask for Jack Hirose and Associates corporate rate and provide reservation number: CPC-GFC22145
2. Call toll free at 1-800-661-1464 and ask for Jack Hirose and Associates corporate rate and provide reservation number: CPC-GFC22145
3. Email: your reservation request to res@calgaryplaza.com

Deadline for Corporate Rate: October 27, 2017.

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 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.

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).

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 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.

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

CANADA'S 8th ANNUAL PREMIER PSYCHOTHERAPY CONFERENCE | CALGARY

EARN UP TO
21 CEUs
FOR 3 DAY
ATTENDANCE



Healing & Treating

TRAUMA, ADDICTIONS

and Related Disorders

NOVEMBER 27-29, 2017

Mon-Wed | 8:30AM - 4:30PM

CALGARY, AB

Coast Plaza Hotel & Conference Centre

3 Day Conference

FEATURED SPEAKERS

DAY 1



David Burns
M.D.



Shari Geller
PH.D.



Lisa Firestone
PH.D.

DAY 2



Maggie Phillips
PH.D.



Robert Weiss
LCSW



Randy Paterson
PH.D.

DAY 3



Donald Altman
M.A., LPC



Eric Gentry
PH.D.



Pat Love
PH.D.

TOPICS INCLUDE

- Trauma
- Drug Abuse
- Depression
- Anxiety
- Grief & Loss
- Sexual Addiction
- Personality Disorders
- Technology
- Couples Therapy
- Compassion Fatigue

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 & HOTEL

Coast Plaza Hotel
1316 33rd Street, NE, Calgary
Book a Room: (403) 248-8888

DISCOUNTS

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

PRESENTED BY



FOR MORE INFORMATION AND REGISTRATION: CONFERENCE2017.JACKHIROSE.COM | 1.800.456.5424



I am pleased to announce **Canada's 8th Annual Premier Psychotherapy Conference: Healing and Treating Trauma, Addictions and Related Disorders** will be hosted in **Calgary, Alberta, on November 27-29, 2017**. Whether you are coming for the first time or attend this conference every year, all of us here at Jack Hirose and Associates are excited about assembling many of our field's top presenters who will introduce a variety of exciting new topics.

Over the past seven years, our conference has **trained over 2,800 mental health and education professionals**. Our world class presenters will introduce cutting edge topics including: exceptional healing techniques in the treatment of post-traumatic conditions, treatment of sexual addiction, digital culture meet clinical culture, why sex sucks and love doesn't last, mindfulness interventions for anxiety and depression, evidence-based treatment of personality disorders, core competencies of trauma, grief and loss, compassion fatigue and burnout, clinical strategies on sex and love, shame and addiction, healing yourself, fear of intimacy in couple therapy, skills vs pills, transforming therapeutic failure with CBT/TEAM techniques and more!

Since this conference is our flagship event of the year, we always strive to improve our program with the goal of attendees meeting or exceeding their personal learning objectives. The conference promises to offer you new skills, new techniques, new strategies and keep you motivated to excel in your clinical work. Please mark this event on your calendar, and I look forward to seeing you at the conference!



Kind Regards,
Jack Hirose, M.A.
Jack Hirose and Associates Inc.



REGISTER TODAY & SAVE
Early Bird
Register by:
November 13, 2017

EARN 21 CEUs
This conference is eligible for 21 continuing education credit hours with the following organizations:

- Canadian Counselling and Psychotherapy Association
- Canadian Addiction Counsellors Certification Federation
- Employee Assistance Certification Commission (EAPA)
- Canadian Professional Counselling Association
- Canadian Vocational Rehabilitation Association
- Canadian Psychological Association (recognized by the Alberta College of Social Workers)
- Indigenous Certification Board of Canada



Donald Altman, M.A., LPC is an international mindfulness trainer who served as an adjunct professor in Portland State University's Interpersonal Neurobiology Program. He worked for several years as a Senior Mental Health Therapist at an IOP Eating Disorder and General Psychiatric Clinic before opening his own clinic near Portland, Oregon. He is a former Buddhist monk and best-selling author of several books, including the award-winning *The Mindfulness Toolbox*.



1ST KEYNOTE
8:45 AM – 9:45 AM

Advanced Mindfulness Toolbox for Rewiring the Brain

This keynote will examine new research about mind wandering and how mindfulness can train the mind to stay present. Mindfulness can be used as a tool to keep patients from frequently mind wandering off into rumination about the past or into experiencing worry and anxiety about the future. Most importantly, mindfulness helps to provide a present moment context for feelings in the body, which is vital for helping patients but on the brakes and feel safe during those times that they are being triggered by trauma or craving. Mindfulness affects how the brain gets wired, and you will learn why a mindfulness practice is essential for integrating the part of the brain implicated in the stress response—the amygdala—with the thinking brain's pre-frontal cortex. . If you are working with cognitive therapy, you will find that mindfulness is a good fit because it enhances one's ability for meta-cognition and inner reflection.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Advanced Mindfulness Toolbox for Rewiring the Brain

You will learn a foundational body-breath-mind mindfulness meditation. Whether or not you have a background in mindfulness, this practice will help you understand and embody mindfulness in a very experiential way—vital when using mindfulness with clients. This core training will be expanded upon with some other very practical and effective tools for helping clients regulate emotions and get grounded safely in the present moment. You will explore how to use metaphor to expand the "mindfulness vocabulary" in order to make mindfulness accessible, regardless of a client's age range or background. And because mindfulness is more than just a present moment focus, there will be an exploration of how to grow one's "compassion container" through understanding suffering and increasing acceptance in the face of those impossible things that often happen in life.

Eric Gentry, PH.D. is an internationally recognized leader in the study and treatment of traumatic stress and compassion fatigue. His Ph.D. is from Florida State University where he studied with Professor Charles Figley—a pioneer of these two fields. In 1997, he co-developed the Accelerated Recovery Program (ARP) for Compassion Fatigue—the world's only evidence-based treatment protocol for compassion fatigue. He has trained over 100,000 health professionals over the past 20 years.



2ND KEYNOTE
9:45 AM – 10:45 AM

Compassion Fatigue & Burnout: Prevention and Resiliency

This keynote explains how and why caregiving is toxic to the caregiver. It briefly clarifies the difference causes and symptoms of the two primary components of compassion fatigue—secondary traumatic stress and burnout. However, more importantly, this presentation reviews the skills and practices that have been demonstrated to provide the professional and volunteer caregiver with immunity to this toxicity. Dr. Gentry is the creator and facilitator of the one-day Professional Resilience & Optimization workshop. This workshop is an evidence-based effective treatment for the symptoms of compassion fatigue and demonstrates powerful enhanced resilience for participants. These effects have been reported in over ten peer-reviewed journal articles. Finally, this keynote will offer brief skills development for each of the five resilience skills that have lead to this demonstrated effectiveness.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Core Competencies of Trauma, PTSD, Grief & Loss

This workshop ushers trauma treatment into the 21st Century. Drawing from a recently published article in the *Journal of Counseling & Development* (Gentry, Baranowsky & Rhoton, 2017), this workshop provides a clinical alternative to the "evidence-based treatment" model of treating traumatic stress that has permeated the field over the past ten years. Steeped in good science, this workshop presents cutting-edge research that distills the "active ingredients" indigenous to all effective treatments for traumatic stress and then catalyzes them into a treatment structure to both manage the treatment trajectory and as a delivery system for these active ingredients throughout the course of treatment. This workshop will provide the participant with skills for immediate implementation in each of the four states of the Empowerment & Resiliency Treatment Structure.

Pat Love, ED.D. is known for warmth, humor and commitment to learning. Her books *Hot Monogamy* and *The Truth About Love* have taken her around the world and afforded numerous appearances on Oprah, CNN and The Today Show. She is a Licensed Marriage and Family Therapist, Approved AAMFT Supervisor, and a past president of the International Association for Marriage and Family Counseling. Her hobbies include travel, hiking and hanging out with friends and family.



3RD KEYNOTE
11:00 AM – 12:00 NOON

Why Sex Sucks and Love Doesn't Last: Research Updates & Clinical Strategies on Sex & Love

Relationships have changed drastically since the dawn of the 21st century. Dating, mating, single-life, sex-life, monogamy, matrimony, cohabitation, co-operation—all look different than one short generation ago. As if it weren't challenging enough to keep up with pathological, technological, ethnic, educational, gender, geographic, socio-economic, and sexual diversity, we now have the largest generational gap in modern history to contend with. The relationship expectations and mores that made total sense to the Boomers now baffle many Millennials.

AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

Where Trauma Goes to Live –and Die

Most therapists are proficient at helping clients identify and gain awareness about traumatic events. Insight, however, does not equal change. To move beyond trauma, we must be able to help clients identify not just the traumatic experiences but the coping strategies and personal behaviors resulting from these events and in addition, help clients replace these behaviors with healthy alternatives.

AFTERNOON CONCURRENT SESSION
3:15 PM – 4:30 PM

Virtual Virulence: The Trauma, Shame & Addiction are Real

Love in the time of Twitter has its own inherent dangers, and you don't have to surf the dark web to find them. Internet dating, catch-and-release relationships, cohort consciousness, porn on the playground, sexting and the netherworld of internet narcissism are all part of our daily lives, not an underground uncommon experience assigned to a few. Fortunately, how we navigate this world is still up to us, and healthy living begins with recognizing the seductive nature of technology.

COAST
plaza hotel & conference centre calgary™
1316 33rd Street NE

\$135^{+TAX} PER NIGHT
Comfort Room (2 Queen)
Special Rate

Ask for the Jack Hirose & Associates rate.
Book by: October 27, 2017

CALL TO BOOK
403 248 8888

Reservation Number: CPC-GFC22145

“I got my life back.”

The right addiction treatment can change everything.

EDGEWOOD HEALTH NETWORK INC.

Call: 1-800-683-0111
edgewoodhealthnetwork.com

EXHIBITOR OPPORTUNITIES

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.

FOR MORE INFO | JACKHIROSE.COM/EXHIBIT

AGENDA	DAY 1 Monday, November 27	DAY 2 Tuesday, November 28	DAY 3 Wednesday, November 29
8:30 AM – 8:45 AM	<i>Morning Introductions</i>		
1ST KEYNOTE 8:45 AM – 9:45 AM	<p>David Burns, M.D. When Helping Doesn't Help: Transforming Therapeutic Failure into Success with TEAM-CBT</p>	<p>Maggie Phillips, PH.D. Exceptional Healing Techniques in the Treatment of Post-Traumatic Conditions: Surviving to Thriving</p>	<p>Donald Altman, M.A., LPC Advanced Mindfulness Toolbox for Rewiring the Brain</p>
2ND KEYNOTE 9:45 AM – 10:45 AM	<p>Shari Geller, PH.D. Transforming Your Clinical Practice: The Art and Science of Therapeutic Presence</p>	<p>Robert Weiss, LCSW Digital Culture Meet Clinical Culture: An Ethical Case for Therapists to Dig Deeper</p>	<p>Eric Gentry, PH.D. Compassion Fatigue & Burnout: Prevention and Resiliency</p>
10:45 AM – 11:00 AM	<i>Mid-Morning Break</i>		
3RD KEYNOTE 11:00 AM – 12:00 NOON	<p>Lisa Firestone, PH.D. Fear of Intimacy: Application to Couples Therapy</p>	<p>Randy Paterson, PH.D. How to be Miserable: Using Paradox and Surprise in Psychotherapy</p>	<p>Pat Love, ED.D. Why Sex Sucks and Love Doesn't Last: Research Updates & Clinical Strategies on Sex & Love</p>
12:00 NOON – 1:15 PM	<i>Lunch Break</i>		
AFTERNOON CONCURRENT SESSION 1:15 PM – 3:00 PM <i>Please Choose One Workshop to Attend</i>	<p>David Burns, M.D. Healing Your Clients</p> <p>Shari Geller, PH.D. Transforming Your Clinical Practice: The Art and Science of Therapeutic Presence</p> <p>Lisa Firestone, PH.D. Helping Clients Develop Secure Attachment: Making Sense of the Past to Empower the Future</p>	<p>Maggie Phillips, PH.D. Exceptional Healing Techniques in the Treatment of Post-Traumatic Conditions: Surviving to Thriving</p> <p>Robert Weiss, LCSW The Assessment, Diagnosis of Treatment of Sexual Addiction (Hypersexuality) in the Digital Age</p> <p>Randy Paterson, PH.D. Mindfulness Interventions for Anxiety & Depression</p>	<p>Donald Altman, M.A., LPC Advanced Mindfulness Toolbox for Rewiring the Brain</p> <p>Eric Gentry, PH.D. Core Competencies of Trauma, PTSD and Grief and Loss</p> <p>Pat Love, ED.D. Where Trauma Goes to Live –and Die</p>
3:00 PM – 3:15 PM	<i>Mid-Afternoon Break</i>		
AFTERNOON CONCURRENT SESSION 3:15 PM – 4:30 PM	<p>David Burns, M.D. Healing Yourself</p> <p>Shari Geller, PH.D. Transforming Your Clinical Practice: The Art and Science of Therapeutic Presence <i>(continuation)</i></p> <p>Lisa Firestone, PH.D. Helping Clients Develop Secure Attachment: Making Sense of the Past to Empower the Future <i>(continuation)</i></p>	<p>Maggie Phillips, PH.D. Exceptional Healing Techniques in the Treatment of Post-Traumatic Conditions: Surviving to Thriving <i>(continuation)</i></p> <p>Robert Weiss, LCSW The Assessment, Diagnosis of Treatment of Sexual Addiction (Hypersexuality) in the Digital Age <i>(continuation)</i></p> <p>Randy Paterson, PH.D. Mindfulness Interventions for Anxiety & Depression <i>(continuation)</i></p>	<p>Donald Altman, M.A., LPC Advanced Mindfulness Toolbox for Rewiring the Brain <i>(continuation)</i></p> <p>Eric Gentry, PH.D. Core Competencies of Trauma, PTSD and Grief and Loss <i>(continuation)</i></p> <p>Pat Love, ED.D. Virtual Virulence: The Trauma, Shame & Addiction are Real <i>(continuation)</i></p>
MONDAY EVENING SESSION 6:30 PM – 8:30 PM	<p>David Burns, M.D. Skills, Not Pills, for Depression and Anxiety—Controversies about the Causes of and Treatments for Depression and Anxiety</p>	<p>Recently, a number of respected researchers have raised troubling questions about depression and anxiety, including:</p> <ul style="list-style-type: none"> • Is there any persuasive or convincing evidence that depression or anxiety result from a chemical imbalance in the brain? • Have we been oversold on the safety and effectiveness of antidepressants and anti-anxiety medications? • Are many of the so-called “mental disorders” described in the DSM (Diagnostic and Statistical Manual of the American Psychiatric Association) real or largely mythical? 	

Each conference day is eligible for 7 continuing education credit hours.

David Burns, M.D.



is Clinical Associate Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He also has served as Visiting Scholar at the Harvard Medicine School. Dr. Burns has authored six books on cognitive behavior therapy including his best-selling *Feeling Good: The New Mood Therapy* (1980), which has sold over four million copies. In a national survey, *Feeling Good* was rated #1 – from a list of over 1,000 self-help books.

1ST KEYNOTE
8:45 AM – 9:45 AM

When Helping Doesn't Help: Transforming Therapeutic Failure into Success with TEAM-CBT

Dr. Burns argues that trying to help our clients is the cause of nearly all therapeutic failure. He will describe newly developed TEAM-CBT techniques for melting away therapeutic resistance, and illustrate these techniques with vignettes of individuals struggling with depression, anxiety, violence and drug abuse following severe trauma.

AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

Healing Your Clients

Dr. Burns will show video excerpts from his treatment of a mental health professional struggling with severe depression, anxiety, and rage following decades of domestic violence. You will see the transformation of utter despair and fear into profound feelings of joy, self-esteem, and even laughter in a single therapy session using the newly developed TEAM-CBT.

AFTERNOON CONCURRENT SESSION
3:15 PM – 4:30 PM

Healing Yourself

As therapists, we often struggle with the same feelings of depression, anxiety, and inadequacy that plague our clients. And we may magnify our distress when we tell ourselves that because we are therapists, we should have it all together, shouldn't have made the mistakes we made, and should be better than we are. In this workshop, Dr. Burns will show you to pinpoint your own negative thoughts and boost self-esteem with powerful techniques such as Positive Reframing, the Externalization of Voices, and the Acceptance Paradox.

ADDITIONAL EVENING SESSION
6:30 PM – 8:30 PM

Skills, Not Pills, for Depression and Anxiety: Controversies about the Causes of and Treatments for Depression & Anxiety

Shari Geller, PH.D.



is an author, clinical psychologist, and creator of the Therapeutic Rhythm and Mindfulness Program (TRM™). With over twenty years experience weaving psychology and mindfulness, Shari co-authored the book, *Therapeutic Presence: A Mindful Approach to Effective Therapy*. Shari serves on the teaching faculty in Health Psychology at York University and for the Applied Mindfulness Meditation (AMM) program at University of Toronto

2ND KEYNOTE
9:45 AM – 10:45 AM

Transforming Your Clinical Practice: The Art and Science of Therapeutic Presence

Therapeutic presence (TP) is the foundation for positive therapeutic relationships and effective therapy. Twenty years of research on the art and science of TP has led to a model that provides the groundwork for accessing presence in the moment. TP involves therapists using their whole self to be both fully engaged and receptively attuned in the moment, with and for the client, to promote safety and effective therapy. TP provides a neurophysiological experience of safety and security for trauma survivors, that allows them to feel heard, understood, seen and felt. To be most helpful to trauma survivors, therapists need to simultaneously be grounded and present in the moment while attuning to clients' moment-to-moment experience. This activates a neurophysiological experience of safety, supporting clients to engage in optimal and effective therapeutic work. Further it serves to help therapists to remain centered in the face of difficult emotions while offering a therapeutic intervention that is precisely timed to the readiness of their clients. This type of relationship with the therapist provides a powerful buffer to the client's trauma response through the co-regulation of affect.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Transforming Your Clinical Practice: The Art and Science of Therapeutic Presence

In this workshop we will learn about an empirically validated model of TP as a map to build and strengthen the skills of presence with clients. We will also explore the neurophysiological principles to creating safety with therapeutic presence, based on concepts such as co-regulation and neuroception of safety stemming from the polyvagal theory (Geller & Porges, 2014). We will also discuss challenges to TP and how to stay open and engaged when working with challenging clients.

Lisa Firestone, PH.D.



has been a practicing clinical psychologist in Los Angeles and Santa Barbara, California. Lisa works as the Director of Research and Education at The Glendon Association and a Senior Editor at PsychAlive.org. She has published numerous professional articles, and most recently was the co-author of *Sex and Love in Intimate Relationships*. An accomplished and much requested lecturer, Lisa represents The Glendon Association at national and international conferences.

3RD KEYNOTE
11:00 AM – 12:00 NOON

Fear of Intimacy: Application to Couples Therapy

What prevents most people from being able to sustain romantic, meaningful relationships that satisfy their needs and desires? What are the factors that determine whether partners will end up experiencing love and fulfillment in their relationship or suffering, pain, and distress? This keynote helps answer these questions by providing participants with a theoretical model that integrates psychodynamic, existential, and family systems frameworks in a manner that can increase clinicians' understanding of and ability to assist individuals in developing and maintaining intimacy in their relationships. In this presentation, I'll explore the psychological roots of our fears about relationships and demonstrate how our early attachment patterns are often the root of these dynamics. Our fears of intimacy result from the influence of early childhood experiences and the (insecure) attachment patterns, or defensive adaptations developed to cope with our early interpersonal environment.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Helping Clients Develop Secure Attachment: Making Sense of the Past to Empower the Future

Sparked by Bowlby's original insights, attachment research has revolutionized our understanding of human development, the internal world, and the consequences of development gone awry. No other empirically-based theory tells us more about how we become who we are – and how to change who we have become. To varying degrees, we all carry around beliefs about ourselves and others from our earliest attachments that affect our behavior and the way we experience the world. Research shows that when people fail to make sense of their past, they find themselves reliving and recreating it, essentially re-experiencing old hurts over and over again. Attachment research demonstrates that making sense of the past is the best predictor of your ability to shape your future.

Maggie Phillips, PH.D.



is a licensed psychologist in full-time private practice in Oakland, California. She is director of the California Institute of Clinical Hypnosis and past-president of the Northern California Society of Clinical Hypnosis. Dr. Phillips has led workshops on hypnosis, psychotherapy, the effects of childhood trauma, and reversing chronic pain in the U.K., Germany, Scandinavia, France, Japan, China, and Malaysia, and uses of energy therapies in mindbody healing.

1ST KEYNOTE
8:45 AM – 9:45 AM

Exceptional Healing Techniques in the Treatment of Post-Traumatic Conditions: From Surviving to Thriving

Among the most challenging problems related to trauma are emotional and physical pain, addiction as an unhealthy attempt at self-regulation, and fragmentation of the self due to dissociation and internalization of outer conflict. This keynote will offer Ego-State Parts Therapy as a method that can help to resolve these issues and promote self-integration and wellbeing. Emphasis is on developing a powerful toolkit that can enrich your current orientation to trauma therapy. In her keynote and afternoon workshop she will focus on strategies for stabilization, safety, strengthening, and empowerment that can also bring symptom relief while through work with the conflict-free self. She will introduce ego states that can serve as powerful resources as well as those burdened by trauma.

TOPICS INCLUDE:

- Definitions of Ego States and Ego-State Parts Therapy
- How to find & work with the conflict-free self
- The importance of secure attachment and developmental repair
- Working with ego states linked to survival responses
- Resolution of emotional and physical pain, addiction issues, and internal self-conflicts
- Moving towards positive engagement with self and others
- Building bottom-up somatic interventions as well as top-down
- How to identify and work with the dissociation spectrum

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Exceptional Healing Techniques in the Treatment of Post-Traumatic Conditions: From Surviving to Thriving (Continuation)

Robert Weiss, LCSW



is Senior Vice President of National Clinical Development for Elements Behavioral Health, creating and overseeing addiction and mental health treatment programs for more than a dozen high-end treatment facilities, including Promises Treatment Centers in Malibu, The Ranch in Tennessee and The Right Step in Texas. Rob is an internationally acknowledged clinician and author of self help literature for over 25 years.

2ND KEYNOTE
9:45 AM – 10:45 AM

Digital Culture Meet Clinical Culture: An Ethical Case for Therapists to Dig Deeper

In the late 1960s, we experienced the Generation Gap between our youth and adult populations. Today a similar Technology Gap exists between tech-novice therapists and their app- and device-savvy clients. As modern technology continues its generational and cultural influence, we are all drawn into increasingly sophisticated and immediately accessible online content and interconnectivity. While many aspects of this evolutionary process are both useful, even essential for today's successful business and social interaction, increasing numbers of clients are also seeking treatment for addictive and problematic patterns online behavior that simply did not exist a mere decade or so ago.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

The Assessment, Diagnosis of Treatment of Sexual Addiction (Hypersexuality) in the Digital Age

Often misunderstood and misdiagnosed, the problem of sexual addiction- as well as one frequently presented by angry spouses who feel betrayed and men who have lost health, career and family-life goals to sexual acting out. This presentation by a well-known expert and author on sexual addiction treatment offers an overview of the questions and concerns most often asked by sex addicts (of all sexual orientations) and their spouses/partners. The material will offer a review of the diagnosis of sexual addiction, common behaviors and problems encountered by sex addicts along with direction toward eliminating problem sexual behavior. The relationship between sexual addiction and early trauma survival will be reviewed along with pertinent discussion about managing and pacing recovery in multiple related areas such as behavioral (additions) and emotional/relationship (intimacy problems).

Randy Paterson, PH.D.



is a psychologist, , Director of Changeways Clinic, and author (*How to be Miserable, Your Depression Map, The Assertiveness Workbook*) whose clinical work and presentations emphasize cognitive behavioural approaches to depression, anxiety disorders, and the failure-to-launch phenomenon. He has presented over 300 training workshops for mental health professionals across Canada and internationally.

3RD KEYNOTE
11:00 AM – 12:00 NOON

How to be Miserable: Using Paradox and Surprise in Psychotherapy

The quality, accuracy, and evidence base of a therapist's interventions are all important – but they are all completely irrelevant unless the client can hear and remember what we have to say. In this keynote we explore strategies for increasing the power of our work by saying the unexpected, exploring the apparent wrong direction, and introducing paradox in therapy. Broadly-useful strategies will be introduced as illustrations and as techniques that attendees can use with their own clients. These include the exercise at the core of the presenter's recent book *How to be Miserable*, as well as counterintuitive concepts from acceptance and commitment therapy and family dynamics. We'll discuss how bland calmness nullifies impact, how to produce an orienting response, and how to recognize transitory increases in client receptivity.

AFTERNOON CONCURRENT SESSION
1:15 PM – 4:30 PM

Mindfulness Interventions for Anxiety & Depression

Despite its current popularity, mindfulness does not offer a complete treatment package for any mental disorder. It does, however, provide us with a set of strategies to augment and enhance the effectiveness of existing evidence-based approaches. In this workshop we look at methods to integrate the practice of mindfulness with treatments for anxiety and depression. We will discuss the components of mindfulness and examine the practice of mindfulness of thought, emotion, and bodily sensation. You will learn how to incorporate mindful activities in client goal-setting, how to encourage mindful acceptance of uncomfortable emotional states, how to use mindfulness to enhance exposure-based interventions, and how to accept and sit with counterproductive temptations (such as the desire to avoid, retreat, or isolate) without putting them in the behavioural driver's seat.