

REGISTRATION FORM

Alberta Workshops | Spring 2018

STEP 1 - CONTACT INFO

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

STEP 2 - SELECT WORKSHOP

- 2 Day DBT Intensive - Sheri Van Dijk | Edmonton, April 9 & 10, 2018
Autism Spectrum Disorder - Cara Daily | Calgary, April 18, 2018
Mindfulness & Psychotherapy - Ron Siegel | Edmonton, April 26 & 27, 2018
Proven & Effective Self-Regulation Skills - Kathleen Kryza | Edmonton, April 30 | Calgary, May 1
The Opiate Crisis - Cardwell Nuckols | Edmonton, May 9, 2018 | Calgary, May 10, 2018
Working with Oppositional, Defiant & Anger Issues - Jay Berk | Calgary, May 14, 2018
Scared Stiff: Fast, Effective Treatment for Anxiety Disorders - David Burns | Calgary, June 4 & 5, 2018
Making Sense of Anxiety & Related Problems - Gordon Neufeld | Edmonton, May 28 & 29, 2018
Working With Stuck Kids - Gordon Neufeld | Edmonton, May 30, 2018
Attend Both Gordon Neufeld Workshops in Edmonton - Gordon Neufeld | Edmonton, May 28-30, 2018
3 Day Intensive: The Science of Emotion - Gordon Neufeld | Banff, July 23-25, 2018
Somatic Interventions for Treating Complex Trauma - Janina Fisher | Banff, July 16 & 17, 2018
Healing the Fragmented Selves of Trauma Survivors - Janina Fisher | Banff, July 18, 2018
Attend Both Janina Fisher Workshops in Banff - Janina Fisher | Banff, July 16-18, 2018

STEP 3 - WORKSHOP FEE | FIND FEES LISTED ON EACH PAGE

Table with 2 columns: Fee, Amount. Rows: Individual, Group 3-7, Group 8-14, Group 15+, Student, TOTAL.

• 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.

STEP 4 - PAYMENT

Payment form with fields for Visa, MasterCard, Cheque, Credit Card #, Cardholder Name, Signature, Expiry, and Cheque #.

4 WAYS TO REGISTER: ONLINE, EMAIL, PHONE OR FAX, MAIL.

3 WAYS TO SAVE: \$10 OFF ONLINE PROMO CODE, \$20 OFF EARLY BIRD DISCOUNT, UP TO \$80 OFF GROUP DISCOUNTS.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once.

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.

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. Please request the Jack Hirose & Associates corporate rate - must be booked one month prior to the workshop date.
EDMONTON EXECUTIVE ROYAL INN WEST EDMONTON
COAST EDMONTON PLAZA HOTEL
CALGARY EXECUTIVE ROYAL INN CALGARY
BANFF BANFF PARK LODGE RESORT

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.

CANCELLATION POLICY: All cancellations for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com.

REFUND OPTIONS:

- 14 business days or more prior to the event: refund, minus a \$40 administration fee
• Less than 14 business days prior to the event: workshop credit, minus a \$40 administration fee
• Less than one full business day prior to the event: no refund or credit under any circumstances will be available.

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.

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 REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



Complete & Return with Payment:

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V7H 0A6
T 604 924 0296 F 604 924 0239
TF 1 800 456 5424
E registration@jackhirose.com



JACKHIROSE.COM

Spring 2018 | Alberta
Mental Health & Education Workshops



2 Day Clinical Focused Workshop P.2

2 DAY DBT INTENSIVE: Using DBT to Treat Emotion Dysregulation Disorders

EDMONTON
APRIL 9 & 10 2018

SHERI VAN DIJK, MSW, RSW

1 Day Child & Youth Focused Workshop P.3

AUTISM SPECTRUM DISORDER Effective Strategies and Interventions with Children & Adolescents

CALGARY
APRIL 18, 2018

CARA DAILY, PH.D.

2 Day Clinical Focused Workshop P.4

MINDFULNESS & PSYCHOTHERAPY Wisdom & Compassion in Clinical Practice

EDMONTON
APRIL 26 & 27 2018

RON SIEGEL, PSY.D.

1 Day Child & Youth Focused Workshop P.5

PROVEN & EFFECTIVE SELF-REGULATION SKILLS Mindset Plus Skill Set Equals Results

EDMONTON | APRIL 30, 2018
CALGARY | MAY 1, 2018

KATHLEEN KRYZA, M.A.

1 Day Clinical Focused Workshop P.6

THE OPIATE CRISIS: HEROIN, FENTANYL, & ITS ANALOGUES Understanding & Treating the Emerging Epidemic

EDMONTON | MAY 9, 2018
CALGARY | MAY 10, 2018

CARDWELL NUCKOLS, PH.D.

1 Day Child & Youth Focused Workshop P.7

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES in Children and Adolescents

CALGARY
MAY 14, 2018

JAY BERK, PH.D.

2 Day Child & Youth Focused Workshop P.8

MAKING SENSE OF ANXIETY & RELATED PROBLEMS

EDMONTON | MAY 28 & 29, 2018

3 Day Child & Youth Focused Workshop P.9

3 DAY INTENSIVE: THE SCIENCE OF EMOTION

BANFF | JULY 23-25, 2018

GORDON NEUFELD, PH.D.

1 Day Child & Youth Focused Workshop P.8

WORKING WITH STUCK KIDS

EDMONTON | MAY 30, 2018

2 Day Clinical Focused Workshop P.10

SCARED STIFF: FAST, EFFECTIVE TREATMENT FOR ANXIETY DISORDERS

CALGARY
JUNE 4 & 5, 2018

DAVID BURNS, M.D.

2 Day Clinical Focused Workshop P.11

SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA

BANFF | JULY 16 & 17, 2018

JANINA FISHER, PH.D.

1 Day Clinical Focused Workshop P.11

HEALING THE FRAGMENTED SELVES OF TRAUMA SURVIVORS: Overcoming Self-Alienation

BANFF | JULY 18, 2018

JANINA FISHER, PH.D.

## 2 DAY DBT INTENSIVE

Using DBT To Treat Emotion Dysregulation Disorders

**EDMONTON | MONDAY, APRIL 9 & TUESDAY, APRIL 10, 2018 | 9:00 AM – 4:00 PM**

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

Dialectical behaviour therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD). In recent years it has been increasingly used to treat many other disorders because of its usefulness in treating clients unable to manage emotions.

Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy (CBT), Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions such as depression, anxiety and bipolar disorder, in which emotion dysregulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of DBT skills (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will learn how to format DBT sessions to provide the structure your dysregulated clients need.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout.

### WORKSHOP AGENDA – KEY TOPICS COVERED

#### DAY 1

##### Morning

- » Introduction to Mindfulness & Practice
- » Background of DBT
- » The DBT Model, Research, Adapting DBT, DBT for Other Diagnoses
- » Biosocial Theory of BPD
- » Dialectics, Validation & Other Dialectical Strategies

##### Afternoon

- » Behaviour Theory & Contingency Management
- » Behaviour Tracking Sheet
- » Limit-setting
- » Behavioural Analysis Exercise
- » DBT Skills: More About Mindfulness and How to Teach it
- » Neuroplasticity
- » Core Mindfulness Skills

#### DAY 2

##### Morning

- » Finish off Core Mindfulness Skills
- » Introduction to Emotion Regulation Skills
- » Complete Discussion of Emotions Regulation Skills
- » Introduce Interpersonal Effectiveness Skills

##### Afternoon

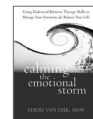
- » Finish IE Skills
- » Introduce Distress Tolerance Skills
- » Finish DT Skills
- » Pro's and Con's exercise
- » Radical Acceptance
- » Willingness vs. Wilfulness
- » Solution Analysis
- » Case Examples

### LEARNING OBJECTIVES

1. How to teach your clients the four sets of DBT skills to help them get through crisis situations without making the situation worse; to manage their emotions more effectively; and to develop and maintain healthier relationships.
2. How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living (e.g. low self-esteem, difficulties managing anger).
3. Dialectical strategies to address clients who are “stuck” in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing.
4. Tools such as the Tracking Sheet and the Behavioural Analysis to increase structure in sessions and to help clients move toward change.
5. Behaviour Theory techniques to help clients understand what might be maintaining their problem behaviours and to get unstuck from these ingrained patterns.
6. Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of therapist burnout.



**SHERI VAN DIJK, MSW**



**AUTHOR**  
*Calming the Emotional Storm*

Sheri Van Dijk, MSW, RSW, is author of seven books for adults and teens that use DBT skills to help readers manage emotions more effectively; and is an international speaker on DBT. The focus of Sheri's work is on making DBT more accessible to clinicians, and enabling health care providers to help people with emotion dysregulation through use of these skills and strategies. Sheri is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the Journal of Affective Disorders in March, 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively here in Canada and in the United States.

**For more information about Sheri visit:**  
[www.sherivandijk.com](http://www.sherivandijk.com).

**EARLY BIRD | SAVE \$20!**

Early Bird Deadline: March 26, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL **\$399** GROUP: 15+ **\$379**  
GROUP: 3-7 **\$379** FT STUDENT **\$324**  
GROUP: 8-14 **\$359**

“*Sheri did an amazing job presenting and drawing from her own experiences to help teach these concepts during the training. Your wealth of knowledge and expertise has totally recharged me and given me more tools to use in the DBT skills group that I run with my colleague.*”

“*She was very insightful and relatable. Her examples were real and easy to relate back to the material. Overall, the workshop was very enjoyable and I would definitely attend another if offered*”

## SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA



**BANFF, AB | MONDAY, JULY 16 & TUESDAY, JULY 17, 2018 | 9AM – 4PM**

Banff Park Lodge Resort & Conference Centre | 222 Lynx St, Banff

The techniques you'll learn during this workshop will make even the most complex clients easier to treat – and the interventions you'll learn directly address the underlying causes of post-traumatic stress.

Dr. Fisher will give you tools from Sensorimotor Psychotherapy, a body-centered talking therapy. These simple body-oriented interventions can be easily integrated into traditional talking therapies to address trauma-related challenges such as:

Dysregulated Autonomic Arousal • Overwhelming Affects and Sensations • Intrusive Images and Memories Impulsivity and Acting Out • Dissociative Phenomena • Numbing and Disconnection

This workshop will cover recent neuroscience research that explains how traumatic experience becomes deeply embedded in both mind and body. Learn how to better assess and make sense of trauma-based symptoms and then how to apply neurobiologically informed treatment techniques in clinical practice.

### LEARNING OBJECTIVES

1. Assess the neurobiological effects of traumatic experience.
2. Categorize implicit and procedural memories of trauma.
3. Communicate the role of autonomic arousal in exacerbating symptoms.
4. Explore how “the body keeps the score.”
5. Characterize the basic principles of Sensorimotor Psychotherapy.
6. Integrate mindfulness-based techniques in traditional treatments.

1 Day Clinical Focused | 6 CEUs | 9am - 4pm

## HEALING THE FRAGMENTED SELVES OF TRAUMA SURVIVORS Overcoming Self-Alienation



**BANFF, AB | WEDNESDAY, JULY 18, 2018 | 9:00 AM – 4:00 PM**

Banff Park Lodge Resort & Conference Centre | 222 Lynx Street, Banff

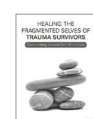
Childhood abuse necessitates self-alienation: we must disown that humiliating “bad child” and work harder to be the “good child” acceptable to our attachment figures. In the end, we survive trauma at the cost of disowning and dissociating from our most wounded selves. While longing to be feel safe and welcome, traumatized individuals find themselves in conflict: alternating between clinging and pushing others away, self-hatred or hostility toward others, yearning to be seen yet yearning to be invisible. Years later, these clients present in therapy with symptoms of anxiety, depression, low self-esteem, diagnoses of bipolar and borderline personality disorder, and a distorted or absent sense of identity.

This workshop offers a practical “hand's on” approach to traumatized clients with underlying issues of self-alienation and self-hatred by helping them to recognize how the trauma has left them fragmented and at war within their own minds and bodies. Participants will learn how to help their clients

observe the parts they have embraced and identified with as ‘me’ and the trauma-related parts they have disowned and judged harshly. Using interventions drawn from a number of therapeutic approaches (including Sensorimotor Psychotherapy, Internal Family Systems, and ego state therapy), the focus is on helping clients observe and accept all aspects of self with mindfulness-based interest and curiosity. As their young parts are identified and understood as ‘heros’ in the individual's story of survival, clients are able to feel more warmly toward them, often for the first time. Techniques will be demonstrated that increase the capacity to feel for and with each part, that foster the sense of caring for young wounded parts, and that pave the way for growing “earned secure attachment” to ourselves. Even when our clients are unable to tolerate emotion, extend themselves compassion, or take in someone else's caring, they can learn to feel protective of their younger selves and even learn to welcome home their ‘lost souls’ with warmth and self-compassion.



**JANINA FISHER, PH.D.**



**AUTHOR**  
*Healing the Fragmented Selves of Trauma Survivors*

Janina Fisher, Ph.D. is a licensed Clinical Psychologist and Instructor at the Trauma Center, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a clinician and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, a faculty member of the Sensorimotor Psychotherapy Institute, and a former Instructor, Harvard Medical School. Dr. Fisher has been an invited speaker at the Cape Cod Institute, Harvard Medical School Conference on Women, University of Wisconsin, the University of Westminster in London, the Psychotraumatology Institute of Europe and the Esalen Institute. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of the neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities.

**EARLY BIRD | SAVE \$20!**

Early Bird Deadline: July 2, 2018

### EARLY BIRD REGISTRATION FEES

SOMATIC INTERVENTIONS	HEALING THE FRAGMENTED
INDIVIDUAL <b>\$429</b>	INDIVIDUAL <b>\$249</b>
GROUP: 3-7 <b>\$409</b>	GROUP: 3-7 <b>\$229</b>
GROUP: 8-14 <b>\$389</b>	GROUP: 8-14 <b>\$209</b>
GROUP: 15+ <b>\$364</b>	GROUP: 15+ <b>\$189</b>
FT STUDENT <b>\$364</b>	FT STUDENT <b>\$189</b>

**SAVE!**  
**ATTEND BOTH WORKSHOPS IN BANFF**

INDIVIDUAL <b>\$619</b>
GROUP: 3-7 <b>\$599</b>
GROUP: 8-14 <b>\$579</b>
GROUP: 15+ <b>\$559</b>
FT STUDENT <b>\$559</b>



# MINDFULNESS & PSYCHOTHERAPY

Wisdom and Compassion in Clinical Practice

EDMONTON | THURSDAY, APRIL 26 & FRIDAY, APRIL 27, 2018 | 9:00 AM – 4:00 PM

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

What do we look for in a psychotherapist or a professional counsellor? When we're in emotional pain, the answer probably isn't academic knowledge, training in a particular approach, nor even life experience. Instead, we likely want someone who's compassionate (able to relate empathically to suffering, with good will) and wise (has a deep understanding of how to live life well). Indeed, it's difficult to imagine benefitting from a therapist who is unwise or uncompassionate.

Mindfulness practices were originally designed to alleviate suffering and cultivate well-being

by intentionally developing such wisdom and compassion. Yet until recently mental health professionals haven't tapped this promise. We have explicitly investigated how to cultivate wisdom or compassion in ourselves or our clients.

This workshop will explore new ways in which recent scientific findings and techniques from ancient traditions can be harnessed to tap the true potential of mindfulness – to help our clients and ourselves become wiser, more compassionate and happier human beings. ☘

## WORKSHOP AGENDA – KEY TOPICS COVERED

### DAY 1 SEEING CLEARLY: CULTIVATING WISDOM THROUGH MINDFULNESS PRACTICE

#### Morning Session I

- » Developing the Three Skills of Mindfulness
- » Fitting the Practice to the Person
- » Seeing how Reality is Constructed

#### Morning Session II

- » What Exactly Is Wisdom?
- » Wisdom and Foolishness
- » Mindfulness as a Path to Wisdom
- » 12:00 Lunch (on your own)
- » Optional Eating Meditation

#### Afternoon Session I

- » The Wise Psychotherapist
- » Relationship Practices: The Wisdom of Connection
- » Self and No-Self in Psychotherapy

#### Afternoon Session II

- » Helping Clients to Develop Wise Mind
- » The Neurobiology of Wisdom
- » Wise Discernment: Choosing between Absolute and Relative Truth in Psychotherapy

### DAY 2 COMPASSION FOR OURSELVES AND OTHERS

#### Morning Session I

- » What Exactly is Compassion?
- » The Problem with Self Esteem
- » Compassion Practices for Therapists and their Clients

#### Morning Session II

- » Compassion, Wisdom and Acceptance in Anxiety Treatment
- » Mindfulness and Compassion in Trauma Treatment
- » 13:00 Lunch (on your own)
- » Optional Eating Meditation

#### Afternoon Session I

- » Compassion and Self Compassion as Treatments for Depression
- » Wisdom and Compassion for Parents and Children

#### Afternoon Session II

- » The Neurobiology of Compassion
- » Compassion and Wisdom in Action: Awakening through Ethics
- » How to Really Be Happy: Lessons from Science and Ancient Traditions

## LEARNING OBJECTIVES

**Day One** we'll start by helping you to understand mindfulness practice theoretically and experientially. Through lecture, demonstrations, participatory exercises, and small group discussion, we will see how mindfulness can enrich and enliven our personal and professional lives, sowing the seeds for wisdom and compassion.

**Day Two** we'll start by exploring the rapidly expanding use of compassion and self-compassion practices in psychotherapy. You'll learn techniques that you can use to enhance therapeutic presence, as well as methods to help your clients develop deeply accepting, compassionate attitudes toward their own experience.



RON SIEGEL, PSY.D.



AUTHOR  
*The Mindfulness Solution*

Ronald D. Siegel, Psy.D. is an Assistant Professor of Psychology, part-time, at Harvard Medical School, where he has taught for over 25 years. He is a long-time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about mindfulness and psychotherapy and mind-body treatment, has worked for many years in community mental health with inner-city children and families, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel lives in Lincoln with his wife and daughters. Dr. Siegel is author of *The Mindfulness Solution*, co-author of the self-treatment guide *Back Sense*, which integrates Western and Eastern approaches for treating chronic back pain, and coeditor of an acclaimed book for professionals, *Mindfulness and Psychotherapy*.

 **EARLY BIRD | SAVE \$20!**

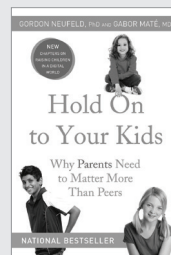
Early Bird Deadline: April 12, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL \$399    GROUP: 15+ \$379  
GROUP: 3-7 \$379    FT STUDENT \$324  
GROUP: 8-14 \$359

“*Dr. Siegel's presentation is one of the best workshops I have attended. He was very informative and entertaining. I would recommend it to anyone wanting to learn more about mindfulness.*”

“*Excellent presentation! Enjoyed the mix of theory and practical. Appreciated the stories which brought the theoretical to life. Great overview of mindfulness and I am eager to learn more and apply personally and professionally.*”



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

A workshop for professionals who work with children, adolescents and adults. **All professionals** including but not limited to: Teachers, School Counsellors, Psychologists, Learning Assistance/ Resource Teachers, School Administrators, Special Education Workers, Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

## WHO SHOULD ATTEND

# 3 DAY INTENSIVE: THE SCIENCE OF EMOTION



**BANFF, ALBERTA | MONDAY, JULY 23 – WEDNESDAY, JULY 25, 2018 | 9:00 AM – 4:00 PM**

Banff Park Lodge Resort & Conference Centre | 222 Lynx Street, Banff

There is much focus today on emotion. Constructs like emotional intelligence, emotional self-regulation, emotional well-being and emotional social learning are being bandied about like never before. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. Yet little is being taught about the nature of emotion or the implications for healing and treatment.

New revelations about the nature of emotion have shed fresh light on the pivotal role of emotion in brain development, maturation, mental health, anxiety problems, behaviour problems, attention problems, addiction problems, resilience, recovery, and much more. In fact, most if not all the major diagnosis are found to have significant roots in the limbic system or

emotional brain. When distilled to their essence, healing and adaptation are first and foremost emotional processes. In today's world, given the lack of supportive culture, an understanding of the nature of emotion is now foundational to finding our way through to personal health and well-being, whether this be for ourselves or to foster it in others.

This three day intensive is powerful in the insight it provides as well as the changes it inspires. To make sense of emotion is to make sense of us all. In providing a window to the inner workings of the emotional brain, we also become informed as to how to harness the power of emotion for healing and recovery. ☘

## WORKSHOP AGENDA – KEY TOPICS COVERED

### Expression of Emotion

The first law of emotion is that emotion seeks expression. All emotions have a purpose that becomes thwarted when expression is denied or distorted. The two over-arching tasks of emotion are to bind us together and to grow us up. Although expression is spontaneous, impediments can be encountered.

### Thwarted Expression

The adverse consequences of thwarted expression is discussed under five main topics: emotional dysfunction where emotion cannot do its work, distorted or displaced expression, depression as in flattened affect, failure to adapt to life circumstances, and troubling eruptions of emotion. The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion without repercussion to a child's working attachments.

### Feelings & Hurts

The second law of emotion is that emotion seeks consciousness. Feeling is the conscious tip of emotion. Major impediments to feeling include lack of emotional expression, lack of heart language, and emotional defendedness resulting from hurt feelings. Unfortunately many children lose their feelings with dire consequences for their functioning and development. Our challenge for such children is to help them get their feelings back.

### Balance & Self-Control

The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control. The mixing of emotions can only happen if emotion is first expressed and felt. The role of the prefrontal cortex is discussed as well as impediments to this spontaneous developmental process.

### 5 Steps to Emotional Health & Maturity

The five stages in emotional development are outlined, with the challenges for children and adults in each stage. The primary pitfall of well-meaning adults is to focus on the developmental outcome rather than the process by which children get there. When it comes to emotion, rewarding or focusing on the desired end result will actually backfire, often resulting in deeper emotional problems.

### Viewing & Treating Troubling Behaviours as Emotional Problems

Emotion has been eclipsed by such constructs as learning, discipline, disorder and even disease. Emotion has also been eclipsed by our focus on behaviour, reason and self-regulation. Only when we begin to reframe problems in the language of emotion can we find a way through. Various problems are looked at to illustrate the issues involved, including attention problems, anxiety problems, bullying and aggression.

## LEARNING OBJECTIVES

1. To cultivate an appreciation of the pivotal role of emotion in development, perception and behaviour.
2. To develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition.
3. To understand how emotional development unfolds, so as not to get caught in a battle against symptoms by pushing for results.
4. To be aware of the overall purpose of emotion as well as the purpose of individual emotions.
5. To build a working model of emotion that can be applied across situations.
6. To outline the five stages of emotional development so healthy maturation can be fostered.

 **EARLY BIRD | SAVE \$20!**

Early Bird Deadline: July 9, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL \$619    GROUP: 15+ \$559  
GROUP: 3-7 \$599    FT STUDENT \$559  
GROUP: 8-14 \$579



**GORDON NEUFELD, PH.D.**

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological

literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.

## MAKING SENSE OF ANXIETY & RELATED PROBLEMS

**EDMONTON | MAY 28 & 29, 2018 | 9AM – 4PM**  
Executive Royal Inn Edmonton | 10010 – 178 St. NW

The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.

The time has finally come to be able to answer the problem of anxiety. What makes it possible now is that we currently have enough pieces of the puzzle to create a coherent picture: a mastery of attachment theory, an understanding of human vulnerability, a working knowledge of attention, and the discoveries of neuroscience. Possessing the pieces are not enough however. It takes a theorist's mind to put the pieces together and a seasoned therapist's wisdom to test this model against human experience. Dr. Neufeld has been uniquely positioned, not only to answer this question but also to understand the implications for our children. The resulting solutions are surprising, not in that they are counter intuitive but rather that they run counter to the prevailing practice. The focus of this workshop is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. the dynamics and insights however apply to all ages.

### WORKSHOP AGENDA

#### Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

#### Anxiety, Attachment & Vulnerability

- » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat – that of facing separation in all its various forms

#### Working Model of Anxiety

- » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

#### Addressing Anxiety

- » Six surprising solutions are described for reducing the anxiety in our children



### EARLY BIRD REGISTRATION FEES | SAVE \$20!

INDIVIDUAL **\$399** GROUP: 15+ **\$324** Early Bird Deadline:  
GROUP: 3-7 **\$379** FT STUDENT **\$324** May 14, 2018  
GROUP: 8-14 **\$359**

## WORKING WITH STUCK KIDS



**EDMONTON | MAY 30, 2018 | 9AM – 4PM**  
Executive Royal Inn Edmonton | 10010 – 178 St. NW

**Not everyone grows up as they get older.** The construct of psychological immaturity has been with us as an intuitive concept for ages, but only recently has developmental science advanced to a state where it can now yield effective strategies and interventions to address learning and behavioural challenges.

Bestselling author of *Hold On To Your Kids*, Gordon Neufeld presents an integrated developmental approach to reaching troubled kids, using the constructs of attachment, vulnerability and maturation. In this workshop, Gordon takes the best that developmental science has to offer and delivers it in a usable form to the professionals who work with these children or those responsible for them.

His model has been honed from years of application in a wide range of settings: education, special behaviour programs, therapy, corrections, aboriginal communities, adoption, counseling, parenting, and the foster system. This material is applicable to children of all ages, from toddlers to teens. The insights and interventions apply to a wide range of presenting problems and syndromes including attention problems, bullying, impulsiveness, anxiety problems, learning disabilities, autism spectrum, oppositionality, drug abuse, aggression problems, boundary problems, alarming behaviour, boredom and much more.

### LEARNING OBJECTIVES

1. How to uncover the relationship between psychological immaturity and the most common presenting problems and syndromes.
2. Three distinct processes that drive maturation and how to support them.
3. Maximize how emotional engagement warms the engine of maturation.
4. To identify the signs being defended against vulnerability.
5. Developmentally-supportive interventions for problems resulting from stuckness.
6. Why separation-based discipline for stuck kids doesn't work and how to provide alternatives.



### EARLY BIRD REGISTRATION FEES | SAVE \$20!

INDIVIDUAL **\$229** | **SAVE!** | INDIVIDUAL **\$579**  
GROUP: 3-7 **\$214** | **ATTEND BOTH** | GROUP: 3-7 **\$549**  
GROUP: 8-14 **\$199** | **EDMONTON** | GROUP: 8-14 **\$519**  
GROUP: 15+ **\$179** | **WORKSHOPS** | GROUP: 15+ **\$499**  
FT STUDENT **\$179** | | FT STUDENT **\$499**

Early Bird Deadline: May 15, 2018

1 Day Child & Youth Focused | 6 CEUs | 9am - 4pm

## PROVEN & EFFECTIVE SELF-REGULATION SKILLS

Mindset Plus Skill Set Equals Results

**EDMONTON | APRIL 30, 2018 | 9AM – 4PM**  
Grant MacEwan University, CN Theatre  
Main Floor Building #5 | 10700, 104th Ave NW

**CALGARY | MAY 1, 2018 | 9AM – 4PM**  
Executive Royal Inn Calgary | 2828 23rd St NE

Our goal as educators is to **empower our students** to “think smart”. One way to achieve this goal is to help students understand their own learning brains. The more they can **build the self-regulation skills** they need, the more effectively they will succeed in school and in life. We are at an exciting time in education where we understand so much more about how the brain learns and what we can do to support students’ developing minds and self-regulation skills. This “live it to learn it” workshop will help teachers blend brain-based theory with **doable classroom practices**.

The main goal of the workshop is to help classroom teachers grow elementary and secondary students who have ownership and responsibility for their own learning. You will leave this session with a better understanding of the learning brain and practical strategies you can use in your classroom and school.

### WORKSHOP AGENDA – KEY TOPICS COVERED

#### Introduction

- » Who's Here?
- » Who am I?
- » My WHY: Self-Regulation in myself and my students
  - How many are worried about all the enabled kids?
  - Stuck on the Escalator Video
- » Routines and Procedures for the Day
  - Live It to Learn It: Modeling how to set up a self-regulated classroom

#### What is Self-Regulation?

- » Explain and define. Where does it happen in the brain
- » Placemat Activity
- » Formula for Success:  
Mindsets Plus Skill Sets Equals results

#### Mindsets

- » What are Growth vs. Fixed Mindsets?
  - Dweck
  - Research
- » How to teach it and live it in the classroom (Strategies)
  - Feel It: Feel your mindset:
  - See It: The Power of Role Models
  - Talk it: Growth Mindset Talk and Teacher Praise
  - Own It: Self-Assessment
- » Skill Sets: (Strategies)
  - Metacognition
  - Explain and Define
  - Jack Naglieri research and results
  - How to teach students to be metacognitive

#### Conclusion

- » Next Steps
- » Q & A
- » Closing Message

### LEARNING OBJECTIVES

1. Gain current research on the learning brain from the leading experts in the field.
2. Understand the connection between the brain and self-regulation.
3. Learn strategies to help students develop growth mindset thinking and diminish fixed mindset thinking.
4. See how metacognition is key to building self-regulation skills.
5. Learn how to teach students of all ages how to be metacognitive.
6. Leave with academic, behavioural and emotional and self-regulation strategies you can use in your classroom and/or school right away.
7. Develop ways to have students self assess their mindsets and their skill sets.
8. Experience examples from real teachers and students in real schools and classrooms.



**KATHLEEN KRYZA, M.A.**



#### CO-AUTHOR

*Transformative Teaching:  
Changing Classroom Culturally,  
Emotionally and Academically*

Kathleen Kryza is a life-long learner, world traveler, an experienced teacher and an outstanding international presenter/coach/consultant. Kathleen is passionate, informed and committed to bringing the best educational practices to schools and teachers, so that they can help ALL students succeed. She has taught general education, special education, and gifted and talented students. Kathleen has also worked with students of varying socio-economic and multi-cultural backgrounds. She has taught and co-taught a variety of content areas at both secondary and elementary levels. Kathleen is the co-author of *Transformative Teaching: Changing Classroom Culturally, Emotionally and Academically*. (Solution Tree Press, 2016). Workshops with Kathleen are highly practical, brain-based and inspirational.



### EARLY BIRD | SAVE \$20!

**EDMONTON** Early Bird Deadline: April 16, 2018  
**CALGARY** Early Bird Deadline: April 17, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL **\$229** GROUP: 15+ **\$179**  
GROUP: 3-7 **\$214** FT STUDENT **\$179**  
GROUP: 8-14 **\$199**

### WHO SHOULD ATTEND

**Education & Clinical Professionals:** K–12 Classroom Teachers, School Counsellors/Psychologists, Learning Assistance/ Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers. All other professionals who support students including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers, Police Officers, and Early Childhood Educators.

**Parents, Caregiver, Foster Parents, Grandparents, and Extended Family raising a child.**

# THE OPIATE CRISIS: HEROIN, FENTANYL & ITS ANALOGUES

Understanding & Treating the Emerging Epidemic

**EDMONTON | MAY 9, 2018 | 9AM - 4PM** Executive Royal Inn Edmonton | 10010 - 178 St. NW

**CALGARY | MAY 10, 2018 | 9AM - 4PM** Executive Royal Inn Calgary | 2828 23<sup>rd</sup> St NE

No longer is the opioid crisis being driven by pharmaceutical pain medications. Heroin and fentanyl and its many analogues (example- carfentanil is 10,000 times stronger than morphine and has 100 times the potency of fentanyl) have taken over as the leading force behind opiate addiction, overdose, death and criminality. Treatment professionals, criminal justice, first responders and the community at large are deeply and negatively impacted by these powerful and deadly drugs.

The widespread use of prescription opioids is behind the rise of a new class of drug addicts, many of whom are turning to the black market to feed their habit. In British Columbia and Alberta, the two hardest-hit provinces, fatal overdoses linked to fentanyl soared from 42 in 2012 to 418 in 2015. According to the B.C. Coroners Service, illicit drug overdoses claimed the lives of 914 people in B.C. in 2016, making it the deadliest overdose year on

record and representing an increase of nearly 80 per cent from the year before.

This skills training event will introduce those in attendance to ways of understanding the opioid addicts experience as engagement and all attempts at intervention must start here. Both psychotherapeutic and pharmacological management will be discussed. The importance of discharge planning, "wrap arounds" and extended care (due to immaturity of the prefrontal cortex) is critical for many of the younger addicts as they may not be candidates for rehabilitation but for habilitation. More than fifty percent will have a history of early life developmental trauma.

This training will take an honest look at a difficult to manage population and offer approaches designed to increase retention and enhance the possibility of long term recovery. ☸

## WORKSHOP AGENDA - KEY TOPICS COVERED

*"We are learning more and more about opioid addiction.*

*Apply this knowledge to increase the addicts chances of recovery."*

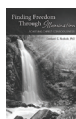
- » Understanding Genetic Risk
- » Opioids, Childhood Loss and Other Traumas
- » Why Opiates?
- » Heroin, Fentanyl and its Analogues
  - Carfentanil (100 times stronger than fentanyl and 10,000 times stronger than morphine)
- » Overdose and Narcan aerosol formulation
- » Progression of Opioid Addiction
- » Impairment in Reverse Learning and a New Approach to Patient Education
- » Glutamate and Drug Seeking-Unmanageability and Powerlessness
- » Opioid Withdrawal and Its Management (including pharmacotherapy-Methadone, Buprenorphine and Naltrexone)
- » Psychotherapeutic Treatment
  - Rehabilitation or Habilitation
  - Motivation for Change
  - Recovery Capital
  - Cognitive-Behavioural Techniques
- » Neuroplastic Development of the Prefrontal Cortex
- » Managing Negative Feeling States
- » What About Sleep?
- » Understanding and Treating Those That Struggle

## LEARNING OBJECTIVES

1. Discuss the heroin and fentanyl crisis from multiple viewpoints including pharmacological, psychotherapeutic and criminal justice perspectives.
2. Discuss the subjective experience of the opiate addict and understand what "normal" means to them.
3. Describe the relationship between early life developmental trauma and opiate addiction including the inability to successfully manage negative feeling states.
4. Describe several psychotherapeutic techniques useful with opiate addicts.
5. Describe the use of pharmacological agents (examples-buprenorphine/naloxone for detoxification/maintenance and naloxone for overdose management) with the opiate addicted population.



**CARDWELL NUCKOLS, PH.D.**



**AUTHOR**  
*Finding Freedom Through Illumination*

Cardwell C. Nuckols, Ph.D. is described as "one of the most influential clinical and spiritual teachers in North America." Dr. Nuckols' passion and mission is to assist in the integration of emerging scientific research with traditional spiritual and self-help knowledge. Dr. Nuckols' formal educational background is diverse. He has undertaken formal studies in the areas of chemistry, pharmacology, neurobiology, education and psychology, as well as, a personal interest in the area of nonlinear physics. His personal spiritual path has involved studies into various spiritual traditions including Buddhism, Hinduism and early Christian contemplative practice. Dr. Nuckols is widely published, having authored more than 50 journal articles, 30 books and workbooks, 38 DVDs, CDs and videos, and 17 audiotape series.

**EARLY BIRD | SAVE \$20!**

<b>EDMONTON</b>	<b>CALGARY</b>
Early Bird Deadline: April 25, 2018	Early Bird Deadline: April 26, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL \$229	GROUP: 15+ \$179
GROUP: 3-7 \$214	FT STUDENT \$179
GROUP: 8-14 \$199	

## WHO SHOULD ATTEND

**Clinical Professionals:** All mental health professionals including, but not limited to Clinical Counsellors, Psychologists, Psychotherapists, Social Workers, Nurses, Occupational Therapists, Hospice and Palliative Care Workers, Youth Workers, Mental Health Workers, Addiction Specialists, Probation Officers, Police Officers, Speech Language Pathologists, Vocational Rehabilitation Consultants and all professionals looking to enhance their therapeutic skills.

# WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES

in Children & Adolescents

**CALGARY | MONDAY, MAY 14, 2018 | 9:00 AM - 4:00 PM**

Executive Royal Inn Calgary | 2828 23<sup>rd</sup> Street NE

Children diagnosed with Oppositional Defiant Disorder (ODD) can present a monumental challenge to therapists, teachers, parents and siblings. ODD and other conduct problems are the single greatest reasons for referrals to outpatient and inpatient mental health settings for children, accounting for at least half of all referrals. Complicating the success of therapeutic interventions is the high rate of comorbidity with anxiety and depressive disorders or ADHD.

Current research also correlates a variety of cognitive skill deficits including executive function, emotional regulation, language processing, and social processing. These complicating comorbidities and correlations mean that ODD often requires multidisciplinary assessment and components of mental health care, case management, and educational intervention for clients to improve.

This dynamic workshop will address a full range of behavioural disturbances, from mild to severe, in order to identify the therapeutic techniques

that have proven effective. Participants will review and discuss strategies which can be immediately applied across a variety of settings including home, community, social groups, classrooms, or therapeutic.

Participants will examine the intersection of ODD with a variety of issues such as trauma, ADD, learning disabilities, bipolar disorder, and depression and discuss how these affect and alter treatment decisions. Participants will leave this workshop with a much improved diagnostic and treatment approach to ODD and other behavioural disorders.

### Benefits to Attending

- Beyond behaviour charts - Truly intervene with difficult behaviours
- Disruptive Mood Dysregulation Disorder & important DSM-5 updates
- The #1 reason families inadvertently fuel defiant behaviours
- How staff and clinicians may be fueling exactly what they are trying to stop
- Why child/adolescent "terrorist behaviours" work

## WORKSHOP AGENDA - KEY TOPICS COVERED

### Today's Impact on Behaviour in Children/ Adolescents

- » DSM-5 updates
- » Diagnosis of disruptive mood dysregulation disorder
- » Impact of technology on behaviours
- » Changes in schools systems and mental health delivery
- » Non-verbal problem solving

### Why Children Become Oppositional & Defiant

- » Splitting issues
- » Problem solving errors
- » Rage cycles

### The Diagnosis of Oppositional Defiant Disorder

- » Impact on service delivery
- » The important difference between ODD and conduct disorder

### Related Issues/Disorders that Impact Oppositional Behaviours

- » ASD
- » Sensory processing disorder
- » ADHD OCD
- » Learning disabilities
- » Tourette's
- » Poverty and others

### The Impact of Medications

- » Efficacy
- » Medication trends
- » Essential considerations regarding side effects
- » Is there a medication for oppositional behaviours?

### Intervention Strategies to Reduce Passive Aggressive, Disruptive & Violent Behaviours

- » Individual/group/classroom
- » Create immediate changes in behaviour
- » Strategies for aggressive behaviours without restraints
- » Ways to recognize and recover

### Intervention Strategies That Do Not Work & How to Fix Them

- » Pitfalls in behaviour plans and how to effectively revise
- » Effective strategies with minimal staff time

### Intervention Options in a Variety of Settings

- » Creative problem solving techniques
- » Methods to reduce maladaptive problem solving

### Strategies to Work with Parents & Staff Members

- » Resistant and non-disciplining parents
- » Keeping your team effective
- » Dealing with burned out staff members



**JAY BERK, PH.D.**

Jay Berk, Ph.D., is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioural field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with ODD, ADHD, autism, anxiety and stress, depression, learning disabilities, Tourette's Syndrome and individuals who have Autism Spectrum Disorder. He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as an alternative educational program. Dr. Berk presents nationally on the topics of autism, disruptive behaviour disorders, mental health issues in the classroom, ODD and social skills competency.

To preview his work, visit:  
[www.jayberkphd.com](http://www.jayberkphd.com) or [youtube](https://www.youtube.com/user/jayberkphd).

**EARLY BIRD | SAVE \$20!**

Early Bird Deadline: April 30, 2018

### EARLY BIRD REGISTRATION FEES

INDIVIDUAL \$229	GROUP: 15+ \$179
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GROUP: 8-14 \$199	

## LEARNING OBJECTIVES

1. Identify oppositional behaviour and causes.
2. Implement strategies with the child/adolescent who refuses to talk.
3. Describe why "regular" strategies (rewards, punishments) don't work and ways to improve.
4. Differentiate oppositional behaviours caused by ASD and ADHD.
5. Design and implement intervention strategies to reduce passive aggressive, disruptive and violent behaviours.
6. Write and implement effective behaviour plans for the classroom.