

STEP 1 – CONTACT INFO

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

STEP 2 – SELECT WORKSHOP

- ☐ **Working with Aggressive & Violent Children & Youth** - Gordon Neufeld | Vancouver, Feb 21 & 22, 2018
- ☐ **Bullies: Their Making & Unmaking** - Gordon Neufeld | Vancouver, February 23, 2018
- ☐ **Attend Both Gordon Neufeld Workshops in Vancouver** - Gordon Neufeld | Vancouver, Feb 21–23, 2018
- ☐ **3 Day Intensive: The Science of Emotion** - Gordon Neufeld | Banff, July 23–25, 2018
- ☐ **Healing the Fragmented Selves of Trauma Survivors** - Janina Fisher | Vancouver, May 17 & 18, 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

- ☐ **Autism Spectrum Disorder** - Cara Daily | ☐ Victoria, April 19, 2018 ☐ Vancouver, April 20, 2018
- ☐ **Mindfulness & Psychotherapy** - Ron Siegel | Vancouver, April 23 & 24, 2018
- ☐ **The Opiate Crisis: Heroin, Fentanyl & its Analogue** - Cardwell Nuckols | Vancouver, May 8, 2018
- ☐ **Working with Oppositional, Defiant & Anger Issues** - Jay Berk | Kelowna, May 15, 2018
- ☐ **Cognitive Behavioural Therapy and T.E.A.M. Techniques** - David Burns | Whistler, July 3–6, 2018
- ☐ **2 Day DBT Intensive** - Sheri Van Dijk | Kelowna, May 28 & 29, 2018
- ☐ **3 Day Intensive: DBT Made Simple** - Sheri Van Dijk | Charlottetown, PEI, July 9–11, 2018

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

☐ Individual

☐ Group 3–7

☐ Group 8–14

☐ Group 15+

☐ Student

Fee	
Non Early Bird	+ \$20
Add 5% Tax	+
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. 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

<input type="checkbox"/> Visa	Credit Card #	Expiry	/
<input type="checkbox"/> MasterCard	Cardholder Name		
<input type="checkbox"/> Cheque	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: SAVE10BC
registration.jackhirose.com

\$20 OFF

EARLY BIRD DISCOUNT
Deadline: See Workshop Page for Deadlines.

UP TO \$80 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. Full time students (3+ classes per semester) must provide proof of enrolment. Please note, a **\$10.00** administrative fee will apply **per person** for all manual registrations. Please contact: registration@jackhirose.com for more info.

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. Lunches are not included.

WORKSHOP AIDE DISCOUNT

Save **\$115** on a one-day workshop, **\$190** on a two-day workshop and **\$290** on a three-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email **registration@jackhirose.com**

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

VANCOUVER GRANVILLE ISLAND HOTEL 1253 Johnston St - 604-683-7373	HOLIDAY INN VANCOUVER 711 W. Broadway - 604-879-0511
VICTORIA SANDMAN INN HOTEL VICTORIA 2852 Douglas St - 250-388-0788	BANFF BANFF PARK LODGE RESORT 222 Lynx St - 403-762-4433
KELOWNA KELOWNA RAMADA HOTEL 2170 Harvey Ave - 250-860-9711	WHISTLER DELTA HOTELS WHISTLER 4308 Main St - 604-905-3987

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 for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com. Non-attendance at an event will not be grounds for any or partial refund /credit **under any circumstances**. We are sorry, exceptions to this will not be granted.

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**. 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



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2 Day Child & Youth Focused Workshop

WORKING WITH AGGRESSIVE & VIOLENT CHILDREN & YOUTH

VANCOUVER | FEB 21 & 22, 2018

1 Day Child & Youth Focused Workshop

BULLIES: Their Making & Unmaking

VANCOUVER | FEB 23, 2018

1 Day Child & Youth Focused Workshop

AUTISM SPECTRUM DISORDER
Effective Strategies and Interventions with Children & Adolescents

VICTORIA | APRIL 19, 2018
VANCOUVER | APRIL 20, 2018



CARA DAILY, PH.D.

3 Day Child & Youth Focused Workshop

**3 DAY INTENSIVE: THE SCIENCE OF EMOTION**

BANFF | JULY 23–25, 2018



GORDON NEUFELD, PH.D.

2 Day Clinical Focused Workshop

MINDFULNESS & PSYCHOTHERAPY
Wisdom & Compassion in Clinical Practice

VANCOUVER
APRIL 23 & 24, 2018



RON SIEGEL, PSY.D.

1 & 2 Day Clinical Focused Workshop

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

VANCOUVER | MAY 17 & 18, 2018
BANFF | JULY 18, 2018



JANINA FISHER, PH.D.

2 Day Clinical Focused Workshop

SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA

BANFF
JULY 16–17, 2018



JANINA FISHER, PH.D.

1 Day Clinical Focused Workshop

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

VANCOUVER
MAY 8, 2018



CARDWELL NUCKOLS, PH.D.

1 Day Child & Youth Focused Workshop

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

KELOWNA
MAY 15, 2018



JAY BERK, PH.D.

4 Day Clinical Focused Workshop

**COGNITIVE BEHAVIOURAL THERAPY & T.E.A.M. TECHNIQUES**
4-Day Summer Intensive

WHISTLER
JULY 3–6, 2018



DAVID BURNS, M.D.

2 Day Clinical Focused Workshop

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

KELOWNA | MAY 28 & 29, 2018



SHERI VAN DIJK, MSW, RSW

3 Day Clinical Focused Workshop

**3 DAY INTENSIVE: DBT MADE SIMPLE:** Using Dialectical Behaviour Therapy to Treat Emotion Dysregulation Disorders

CHARLOTTETOWN, PEI | JULY 9–11, 2018



SHERI VAN DIJK, MSW, RSW



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.

WORKING WITH AGGRESSIVE & VIOLENT CHILDREN & YOUTH

VANCOUVER | FEB 21 & 22, 2018 | 9AM – 4PM
Jewish Community Centre | 950 West 41st Ave

Aggression problems are deeply rooted in instinct and emotion and are therefore resistant to conventional discipline practices. Dr. Neufeld uncovers these roots and outlines steps to addressing them. His rich professional experience with aggressive children and violent youth informs this refreshing approach to an age-old problem. The principles apply to children of all ages and all settings: home, school and treatment.

One of the foremost interpreters of the developmental approach tackles one of the oldest and most perplexing of human problems, exposing its deep developmental roots and revealing why conventional approaches to the problem are so ineffective. There are many indications that this problem is escalating among our children and youth. What tends to grab our attention is the more violating acts of aggression but what is truly alarming is the ground swell of attacking energy within and between our kids that erupts in their interaction, music, language, play, games and fantasies. This attacking energy is also fueling an alarming increase in suicide and suicidal ideation among children. Dr. Neufeld provides a way of understanding that not only explains what is happening around us but also provides insight into the individuals – both children and adults – who present with these problems. His approach is refreshingly sensible, historically accountable, and congruent with today’s science of the brain. His conceptual model has clear implications for practice and treatment and is applicable in any arena: home, school or in treatment.

WORKSHOP AGENDA

Frustration, Attachment & Aggression

- » a working definition of aggression
- » the many faces of aggression, including suicide

Tears, Temper and Attack

- » aggression as problem of adaptation
- » impulsiveness, integration and the aggression problem

Handling and Reducing Incidents & Violence

- » why conventional approaches backfires with aggression
- » why time-outs are counterindicated in the treatment of aggression

Facilitating Alternate Outcomes to Aggression

- » how to shift the focus from aggression to frustration
- » how to foster a relationship with frustration

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

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

BULLIES: THEIR MAKING & UNMAKING

VANCOUVER | FEB 23, 2018 | 9AM – 4PM
Jewish Community Centre | 950 West 41st Ave

Once we understand how bullies are made, our attempts to unmake them can be truly effective and long-lasting. Most prevailing approaches to this problem assume that bullying is either learned behaviour or the result of failure to acquire social skills. In contrast, Dr. Neufeld dissects the bully syndrome to reveal its deep instinctive roots in the dynamics of attachment and vulnerability.

Most attempts to change bullies, or even to teach them a lesson, are not only futile but counterproductive. The reason for this is that most interventions are blind, devoid of an understanding of what makes a bully in the first place. Part of the problem is that the bully is an enigma. There are at least three reasons for this. First of all, very few bullies would identify themselves as such or confess to the act. Secondly, bullies lack self-reflection and so cannot tell us about themselves. Thirdly, the violating nature of the bully’s behaviour distracts from the salient issues and underlying dynamics. The symptoms are social but the dysfunction is psychological. The arena of violation is in children’s relating to each other but the genesis of the problem is in relationship to adults. The demeanor is one of toughness yet the sensitivity to slight is acute. The behaviour is pushy and demanding yet the personality is highly dependent and immature. Unless we can shed some light into the internal workings of the bully, our interventions will inevitably be off base.

WORKSHOP AGENDA

Introduction

- » How bullies are begotten: the overview
- » Bullying rooted in instinct and emotion

The Bully’s Vulnerability Problem

- » The making of the bully’s vulnerability problem
- » The traits deriving from the vulnerability problem

The Bully’s Attachment Problem

- » The making of the bully’s attachment problems
- » The traits deriving from the attachment problems

Challenges in the Unmaking of Bullies

- » Bully behaviour – the tip of the iceberg
- » What doesn’t work

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

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

Early Bird Deadline: February 9, 2018

2 Day Clinical Focused | 12 CEUs | 9am - 4pm

2 DAY DBT INTENSIVE

Using DBT To Treat Emotion Dysregulation Disorders

KELOWNA | MONDAY, MAY 28 & TUESDAY, MAY 29, 2018 | 9AM – 4PM
Kelowna Ramada Hotel and Conference Centre | 2170 Harvey Avenue

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.

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
2. How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living
3. Dialectical strategies to address clients who are “stuck” in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance

3 Day Clinical Focused | 18 CEUs | 9am - 4pm

3 DAY INTENSIVE: DBT MADE SIMPLE

Using DBT to Treat Emotion Dysregulation Disorders



CHARLOTTETOWN, PEI | JULY 9–11, 2018 | 9AM – 4PM
Rodd Charlottetown Hotel | 75 Kent Street

In this intensive 3-day workshop, DBT will be de-mystified and you will learn how to use this highly effective therapy to better treat your clients with problems managing emotions. Sheri’s unique workshops emphasize the flexibility of DBT and the benefits of using this therapy to treat disorders other than borderline personality disorder, including bipolar disorder, depression, anxiety disorders, eating disorders, and concurrent substance use; as well as other difficulties clients experience such as problems with self-esteem, anger, and grief.

Through lecture, experiential exercises, and case consultation you will explore the four modules of DBT: Core Mindfulness, Emotion Regulation, Distress Tolerance and Interpersonal Effectiveness. Explore tools and strategies to improve the therapeutic relationship and reduce feelings of ineffectiveness and burn-out. Viewing video-tapes of Sheri’s real-life sessions will provide you with a better understanding of the flow of individual sessions as well as how to balance accepting clients where they are with pushing them to make positive changes.

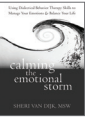
Bringing her years of clinical experience in both private practice and as part of a community hospital; and working with both individuals and DBT-informed groups, Sheri’s practical, inspiring, and highly praised workshop will give you evidence-based skills that can be immediately put into practice.

LEARNING OBJECTIVES

1. Learn more about the origins of DBT in order to more fully understand it, including a brief look at DBT versus CBT; the traditional DBT model; and research showing that adaptations of DBT can be very effective.
2. Describe the biosocial theory and how this applies to BPD and other disorders of emotion dysregulation.
3. Discuss behavior theory and the importance of these concepts to building stronger relationships with clients, and to assist clients in making behavioral changes.



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, please visit www.sherivandijk.com.

“*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.*”



EARLY BIRD | SAVE \$20!

KELOWNA Early Bird Deadline: May 14, 2018	CHARLOTTETOWN Early Bird Deadline: June 25, 2018
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EARLY BIRD REGISTRATION FEES

KELOWNA		CHARLOTTETOWN	
INDIVIDUAL	\$399	INDIVIDUAL	\$599
GROUP: 3-7	\$379	GROUP: 3-7	\$579
GROUP: 8-14	\$359	GROUP: 8-14	\$559
GROUP: 15+	\$324	GROUP: 15+	\$539
FT STUDENT	\$324	FT STUDENT	\$539

COGNITIVE BEHAVIOURAL THERAPY & T.E.A.M. TECHNIQUES

4-Day Summer Intensive



WHISTLER | JULY 3–6, 2018 | 8:30 AM – 4:30 PM (3–5), 8:30 AM – 2:30 PM (6)
Whistler Convention Centre | 4010 Whistler Way

Jack Hirose and Associates has proudly sponsored many of Dr. David Burns’ two-day workshops over the past 17 years and during the past 9 years over 2000 therapists have attended Dr. Burns four-day CBT intensives in Canada. The intensives will allow time for practice, individual attention, and exploring relevant personal and professional issues. He can describe it better than we can, so here’s his personal invitation to you.

I have loved doing workshops throughout the United States and Canada over the past 15 years, and am grateful to the many thousands of mental health professionals who have attended and participated in them. However, I have concerns that although a two-day program may inspire the participants, it may not provide the hands on training, supervision, and practice that are necessary to use these techniques effectively in real-world settings. That’s why I was thrilled when Jack Hirose offered me the opportunity to do the four-day intensive workshop in Whistler in the summer of 2018.

The 4-Day Intensive Training in Cognitive Behavioural Therapy will differ from my one day or two-day workshops in several ways. First, the number of participants will be smaller than my usual workshops, leading to a much more intimate learning environment. You will get the chance to interact with me and with your colleagues in a friendly learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, the Five Secrets of Effective Communication, Paradoxical Agenda Setting, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you will have the opportunity to break off into dyads and triads to actually practice and master each technique.

Third, you will have the chance to work on some of your own issues as part of the learning process if you choose to do so. We’re all human, and we all have the tendency to feel anxious, frustrated, ashamed, inadequate, or demoralized in the course of our work, which is inherently stressful and

challenging. Although this will not be a therapy group, but a training workshop, the personal “patient” experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Working on so-called “counter-transference” feelings has always been an important part of the psychotherapeutic tradition. It also has a spiritual basis: “Physician, heal thyself.” I will not be looking

“David Burns is extremely knowledgeable, an effective presenter and an expert in his field. The workshop has exceeded my expectations. Thank You!”

for deep, personal issues you might be reluctant to share in a public setting, but rather the kinds of problems we all encounter on a daily basis in our clinical work with clients who are angry, mistrustful, or profoundly depressed. Fourth, we will cover a broad range of topics, including how to deal with: Depression and Low Self-esteem; Anxiety Disorders; Relationship Problems & Addictions.

This is important because patients rarely come to us with one specific problem, like “Panic Disorder.” They nearly always suffer in many different ways, so we need a broad range of tools to be effective if we are to treat the whole person, and not just an isolated symptom.

Finally, we will work much harder, from early morning until late in the afternoon, giving the word “intensive” real meaning. They have been the most vibrant and inspirational teaching experiences I have ever had. There is no comparison, really, with one of my large, two-day workshops. I warmly invite you to attend the Intensive in Whistler, BC if you possibly can. It promises to be one of the best learning opportunities of your career.

– David Burns, M.D. 🌟

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service coordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.



DAVID D. BURNS, M.D.



BEST SELLING AUTHOR
Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/ University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him “Teacher of the Year” on three occasions.

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

Early Bird Deadline: June 19, 2018

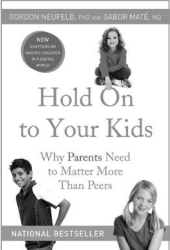
EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$799	GROUP: 15+	\$699
GROUP: 3-7	\$759	FT STUDENT	\$699
GROUP: 8-14	\$729		

PREVIOUS ATTENDEE DISCOUNT

\$499+Tax - For individuals who previously attended and enrolled in the 4 day intensives with Dr. Burns and Jack Hirose & Associates and wish to further develop their therapeutic skills.

“So great. Learned a huge amount. I am a somatic focused practitioner and have been resistant to working with CBT. This has definitely opened a huge doorway of interest. Thank you.”



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

WHO SHOULD ATTEND

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.

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		

AUTISM SPECTRUM DISORDER

Effective Strategies and Interventions with Children & Adolescents

VICTORIA | APRIL 19, 2018 | 9AM – 4PM Sandman Inn Hotel Victoria | 2852 Douglas St
VANCOUVER | APRIL 20, 2018 | 9AM – 4PM Jewish Community Centre | 950 West 41st Ave

In this hands-on seminar you will discover what it is like to have a brain with autism. Once you experience the difference between a typical brain and a brain with autism, you will be able to design more effective and successful interventions that lead to successful independence into their adult years!

Join autism expert and author, Cara Daily, PhD, and learn how to integrate the latest research on brain development in your work with children with autism (0-19 years). You will walk away with **up-to-date behavioural strategies to teach new skills and behaviours** related to co-occurring deficits such as:

- Social-Communication
- Sensory

- Anxiety/Rigidity
- Oppositional Defiant Disorder
- Meltdowns Depression
- Psychotropic medications
- Social-Pragmatic Language Disorder
- ADHD/Executive Functions
- Obsessive-Compulsive Disorder
- Self-Help Skills

Through dynamic discussion using dozens of case studies, video examples and experiential exercises and activities you will learn new strategies for treating autism, **maintaining and generalizing positive behaviours**, the ins and out of **functional behavioural assessments** and how to **problem solve challenging behaviours** with this population.☺

WORKSHOP AGENDA – KEY TOPICS COVERED

Diagnostic Criteria <ul style="list-style-type: none">» ICD-10 updates vs DSM-5*» Social (pragmatic) communication disorder» Comorbid disorders: Conceptual framework» Screening and assessment tools	Sensory Interventions <ul style="list-style-type: none">» Appropriate self-stimulatory behaviours» Exposure therapy» Coping/calming techniques that reduce meltdowns» Sensory Diets
Brain Function: How the Brain with Autism Works <ul style="list-style-type: none">» Latest research in ASD brain development» Enhanced versus impaired abilities» Information processing: Typical brain versus brain with autism» Key analogy to understanding autism» Activities: Experience what an individual with ASD might	Anxiety, Depression and OCD Interventions <ul style="list-style-type: none">» Cognitive-Behavioural Therapy» What to do when they become stuck on high interest areas» Self-regulation strategies» Tools to recognize emotions» Relaxation techniques for stress management
Evidence-Based Interventions: Video Demonstrations <ul style="list-style-type: none">» Teach self-help skills: Hygiene, toileting, getting dressed, feeding» Decrease aggression, self-injury, perseveration and sexual behaviours» Functional behavioural assessments simplified	Interventions for ADHD, ODD and Other Challenging Behaviours <ul style="list-style-type: none">» Staying on-task and motivation through schedules, time-lines, web diagramming» Noncompliance and oppositional behaviours» Reduce aggressive and disruptive behaviours by setting them up for success» Mistakes that escalate defiant behaviours» Overcome refusals to comply with even simple requests
Social-Communication Interventions <ul style="list-style-type: none">» Visual systems to improve communication» Programs to assist in generalizing social skills» Video modeling and role play to teach social rules» Teach pragmatic language and other abstract issues» Social stories™, social autopsies, power cards, and the hidden curriculum	Psychopharmacological Interventions <ul style="list-style-type: none">» Commonly prescribed medications» Medication efficacy» Risks versus benefits
	Ethical Challenges in Autism <ul style="list-style-type: none">» Welfare of the individual» Informed consent» Use of restraints» Time-out vs. seclusion



CARA DAILY, PH.D.

AUTHOR
The Key to Autism: An Evidence-Based Workbook for Assessing and Treating Children and Adolescents

Cara Marker Daily, Ph.D., BCBA is a licensed psychologist and Board Certified Behavior Analyst with over 20 years of experience providing assessment and treatment for children, adolescents and young adults with autism in the home, school, hospital and community settings. She works directly with educators, speech/language pathologists, occupational therapists, BCBAs and other professionals. She is the president and training director of Daily Behavioral Health, a leading behavioural health provider in northeast Ohio specializing in assessment, consultation, and treatment of autism, anxiety and disruptive behaviour disorders. She is the founder and executive director of the Building Behaviors Autism Center, which has received numerous grants to provide free and reduced cost applied behavioural analysis services to individuals with autism.

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

VICTORIA Early Bird Deadline: April 5, 2018	VANCOUVER Early Bird Deadline: April 6, 2018
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EARLY BIRD REGISTRATION FEES

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

LEARNING OBJECTIVES

1. Screen and diagnose autism spectrum disorders using DSM-5* and ICD-10 updates.
2. Differentiate between abilities that are intact versus impaired in the brain with autism.
3. Compare and evaluate empirically validated strategies for children with autism.
4. Identify the best time to teach a new behaviour.
5. Utilize appropriate social communication strategies to teach new behaviours.
6. Design effective strategies for treating autism spectrum disorders and challenging behaviours.

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES

in Children & Adolescents

KELOWNA | TUESDAY, MAY 15, 2018 | 9:00 AM – 4:00 PM
Kelowna Ramada Hotel and Conference Centre | 2170 Harvey Ave

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 <ul style="list-style-type: none">» 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	The Impact of Medications <ul style="list-style-type: none">» Efficacy» Medication trends» Essential considerations regarding side effects» Is there a medication for oppositional behaviours?
Why Children Become Oppositional & Defiant <ul style="list-style-type: none">» Splitting issues» Problem solving errors» Rage cycles	Intervention Strategies to Reduce Passive Aggressive, Disruptive & Violent Behaviours <ul style="list-style-type: none">» Individual/group/classroom» Create immediate changes in behaviour» Strategies for aggressive behaviours without restraints» Ways to recognize and recover
The Diagnosis of Oppositional Defiant Disorder <ul style="list-style-type: none">» Impact on service delivery» The important difference between ODD and conduct disorder	Intervention Strategies That Do Not Work & How to Fix Them <ul style="list-style-type: none">» Pitfalls in behaviour plans and how to effectively revise» Effective strategies with minimal staff time
Related Issues/Disorders that Impact Oppositional Behaviours <ul style="list-style-type: none">» ASD» Sensory processing disorder» ADHD OCD» Learning disabilities» Tourette’s» Poverty and others	Intervention Options in a Variety of Settings <ul style="list-style-type: none">» Creative problem solving techniques» Methods to reduce maladaptive problem solving
	Strategies to Work with Parents & Staff Members <ul style="list-style-type: none">» 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 or youtube.

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

Early Bird Deadline: May 1, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$229	GROUP: 15+	\$179
GROUP: 3-7	\$214	FT STUDENT	\$179
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.

THE OPIATE CRISIS: HEROIN, FENTANYL & ITS ANALOGUES

Understanding & Treating the Emerging Epidemic

VANCOUVER | TUESDAY, MAY 8, 2018 | 9:00 AM – 4:00 PM

Wosk Auditorium, Jewish Community Centre | 950 West 41st Ave

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

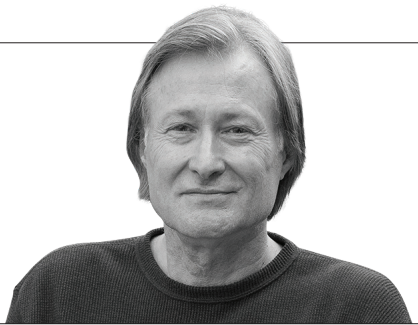
“We are learning more and more about opioid addiction.

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!

Early Bird Deadline: April 24, 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.

MINDFULNESS & PSYCHOTHERAPY

Wisdom and Compassion in Clinical Practice

VANCOUVER | MONDAY, APRIL 23 & TUESDAY, APRIL 24, 2018 | 9:00 AM – 4:00 PM

Wosk Auditorium, Jewish Community Centre | 950 West 41st Ave

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 9, 2018

EARLY BIRD REGISTRATION FEES

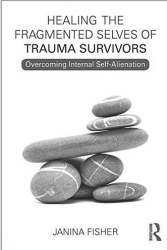
INDIVIDUAL	\$399	GROUP: 15+	\$379
GROUP: 3-7	\$379	FT STUDENT	\$324
GROUP: 8-14	\$359		

“*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.*”



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.



AUTHOR
*Healing the
Fragmented Selves
of Trauma Survivors*

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.

HEALING THE FRAGMENTED SELVES OF TRAUMA SURVIVORS

VANCOUVER | MAY 17 & 18, 2018 | 9:00 AM – 4:00 PM Jewish Community Centre | 950 West 41st Ave **(2 DAYS)**

BANFF, AB | WED, JULY 18, 2018 | 9:00 AM – 4:00 PM Banff Park Lodge Resort | 222 Lynx Street, Banff **(1 DAY)**

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.

In this course we will learn to identify signs and symptoms of fragmentation and internal conflict and to help clients put non-judgmental language to their trauma-related symptoms and inner experience. We will also cover how to decrease client phobias of emotion and inner experience by increasing mindfulness-based dual awareness and facilitate mindful tracking of fragmented parts of the self. The use of somatic interventions for regulating autonomic arousal and affect dysregulation to calm the body will be explored as well as how to integrate interpersonal neurobiology and social engagement techniques into the treatment. We will discuss how o increase self-compassion through growing empathy for wounded child parts and how to transform traumatic memory using somatic, visualization, and ego state techniques while fostering ‘earned secure attachment’.

WORKSHOP AGENDA – KEY TOPICS COVERED

Trauma and Self-Alienation:
The costs and benefits of disowning one’s traumatized child selves as a survival and adaptation strategy. Introduction to Structural Dissociation model as a trauma-related explanatory model for understanding chronic chaos, resistance, and self-destructive behaviour.

Befriending Our Disowned Selves:
Mindfulness-based approaches (Internal Family Systems, Sensorimotor Psychotherapy) to building interest and curiosity in one’s parts in place of phobic reactions to their emotions, vulnerability or self-destructive behavior

Increasing Self-Compassion By Cultivating Compassion For Younger Parts of the Personality:
“How did this part help me to survive? Without it, what would have happened?”

Transforming Traumatic Memory:
By teaching clients how to provide reparative or “missing” experiences for their child selves.

Building Internal Attachment:
How we can help clients “earn” secure attachment as the therapeutic outcome of creating internal acceptance, safety and welcome for each wounded part of the self.

VANCOUVER - 2 DAYS				
EARLY BIRD REGISTRATION FEES SAVE \$20!				
INDIVIDUAL	\$399	GROUP: 15+	\$324	Early Bird Deadline: May 3, 2018
GROUP: 3-7	\$379	FT STUDENT	\$324	
GROUP: 8-14	\$359			

BANFF - 1 DAY				
EARLY BIRD REGISTRATION FEES SAVE \$20!				
INDIVIDUAL	\$249	GROUP: 15+	\$189	Early Bird Deadline: July 2, 2018
GROUP: 3-7	\$229	FT STUDENT	\$189	
GROUP: 8-14	\$209			

SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA

BANFF, ALBERTA | MONDAY, JULY 16 & TUESDAY, JULY 17, 2018 | 9:00 AM – 4:00 PM

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

WORKSHOP AGENDA – KEY TOPICS COVERED

The Neurobiological Legacy of Trauma

- » How the mind and body react to threat and danger
- » Automatic arousal and affect tolerance
- » Inability to feel safe in the body
- » Loss of the ability to self-witness

The Nature of Traumatic Memory

- » “The body keeps the score” (Van der Kolk)
- » Implicit memories: is it memory?
- » Remembering situationally: ‘here’ or ‘there’

Neurobiologically-Informed Trauma Treatment

- » Regulating the traumatized nervous system and restoring a witnessing self
- » Psychoeducation: knowledge is power
- » Reframing the symptoms
- » Avoid ‘self-defeating stories’ (Meichembaum)
- » Treat the symptoms, not just the event

Sensorimotor Psychotherapy

- » Trauma and procedural learning
- » Tracking the body as a source of information
- » Use the language of the body
- » Body-centered techniques into talking therapy treatments

Mindfulness and Neuroplasticity

- » Mindfulness practices in therapy

» Differentiate thoughts, feelings and body experience

» Dual awareness of everyday experience

» Teach mindfulness to clients

Challenges of Trauma Treatment

- » Secondary symptoms: anger, self-harm and suicidality, aggression, substance abuse, and eating disorders
- » Treatment-resistant depression and anxiety
- » Complex symptoms as manifestations of animal defense responses

Therapy as a Laboratory for the Practice of New Actions

- » Dis-identifying with the symptoms
- » Develop a new language and a new story
- » Capitalize on somatic resources for modulating the nervous system
- » New resources that address specific trauma symptoms

Somatic Resolution of Traumatic Events

- » Repair and transformation rather than re-processing
- » Address uninvited memory
- » Tell the story to ourselves: creating internal safety
- » Right brain-to-brain communication: feeling safe with others

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.

EARLY BIRD | SAVE \$20!

Early Bird Deadline: July 2, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$429	GROUP: 15+	\$369
GROUP: 3-7	\$409	FT STUDENT	\$369
GROUP: 8-14	\$389		

SAVE!
ATTEND BOTH BANFF WORKSHOPS

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