

REGISTRATION FORM

Nova Scotia & P.E.I. Workshops | 2018

STEP 1 – CONTACT INFO

Name

Position

Address

City

Province

Postal Code

Work Phone []

Work Fax []

Email

School / Organization

STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Fees do not include tax (15% HST)					
	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Making Sense of Anxiety & Related Problems - Gordon Neufeld Halifax, June 4 & 5, 2018					
Early Bird (Before May 21)	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$359	<input type="checkbox"/> \$324	\$324
Regular	<input type="checkbox"/> \$419	<input type="checkbox"/> \$399	<input type="checkbox"/> \$379	<input type="checkbox"/> \$344	\$344
Working with Stuck Kids - Gordon Neufeld Halifax, June 6, 2018					
Early Bird (Before May 23)	<input type="checkbox"/> \$229	<input type="checkbox"/> \$214	<input type="checkbox"/> \$199	<input type="checkbox"/> \$179	\$179
Regular	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$199	\$199
3 Day Option Attend Both Gordon Neufeld Workshops in Halifax June 4–6, 2018					
Early Bird (Before May 21)	<input type="checkbox"/> \$579	<input type="checkbox"/> \$549	<input type="checkbox"/> \$519	<input type="checkbox"/> \$499	\$499
Regular	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$539	<input type="checkbox"/> \$519	\$519
3 Day Intensive: DBT Made Simple Sheri Van Dijk Charlottetown, July 9–11, 2018					
Early Bird (Before June 25)	<input type="checkbox"/> \$579	<input type="checkbox"/> \$549	<input type="checkbox"/> \$519	<input type="checkbox"/> \$499	\$499
Regular	<input type="checkbox"/> \$599	<input type="checkbox"/> \$569	<input type="checkbox"/> \$539	<input type="checkbox"/> \$519	\$519

• Early bird deadline is 14 days prior to the workshop date

† Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

STEP 3 – PAYMENT

☐ Visa

Credit Card #

Expiry

/

☐ MasterCard

Cardholder Name

☐ 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: SAVE10NS
registration.jackhirose.com

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

HALIFAX
ATLANTICA HOTEL HALIFAX
1980 Robie Street - 902.423.1161

CHARLOTTETOWN
RODD CHARLOTTETOWN HOTEL
75 Kent St - 902-894-7371

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY: All cancellations 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



Complete & Return with Payment:
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& ASSOCIATES INC.
Quality workshops & community resources

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2018 | Nova Scotia & P.E.I.

Mental Health & Education Workshops



2 Day Child & Youth Focused Workshop

MAKING SENSE OF ANXIETY & RELATED PROBLEMS

HALIFAX | JUNE 4 & 5, 2018

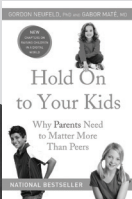


1 Day Child & Youth Focused Workshop

WORKING WITH STUCK KIDS

HALIFAX | JUNE 6, 2018

GORDON NEUFELD, PH.D.



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

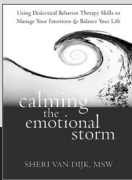
3 Day Clinical Focused Workshop

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



CHARLOTTETOWN, P.E.I. | JULY 9–11, 2018

SHERI VAN DIJK, MSW, RSW



AUTHOR
*Calming the
Emotional Storm*

EARLY BIRD DISCOUNT - SAVE \$20!

3 DAY INTENSIVE: DBT MADE SIMPLE

Using Dialectical Behaviour Therapy to Treat Emotion Dysregulation Disorders



CHARLOTTETOWN, P.E.I. | MONDAY, JULY 9 – WEDNESDAY, JULY 11, 2018 | 9:00 AM – 4:00 PM
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.☘

WORKSHOP AGENDA – KEY TOPICS COVERED

Essentials of DBT

- » Mindfulness
- » DBT versus CBT
- » Traditional DBT model versus adapted models

Biosocial Theory of Emotion Dysregulation

- » Understand how emotion dysregulation develops in BPD and other psychiatric illnesses such as: Depression, Anxiety and Bipolar disorder
- » Learn how this theory drives treatment
- » Take a nonjudgmental perspective of clients
- » Reduce self-blame and shame in clients

Dialectics In Therapy

- » Reduce therapist burn-out and power-struggles in treatment through balanced thinking
- » Strategies to help clients (and clinicians!) get unstuck in session
- » How dialectical dilemmas affect therapy
- » Communication strategies: Shaking things up with Irreverence and Building rapport with Reciprocal communication
- » Emphasis on validation to reduce emotional arousal
- » Other dialectical strategies

Reducing Therapist Burn-Out

- » Living your own life more mindfully
- » The Behaviour Tracking Sheet
- » Observing limits

The “B” in DBT

- » Behaviour Theory “brush-up”
- » Help clients understand their behaviours from a learning theory perspective
- » Contingency management
- » Behavioural Analysis

Mindfulness and Neuroplasticity

- » DBT skills change the brain

- » Using these ideas to motivate your clients
- » Changing problem-behaviours
- » Teaching mindfulness to a variety of client populations

THE FOUR SKILLS MODULES

1. Core Mindfulness Skills

- » An alternative way of thinking about mindfulness
- » How mindfulness helps
- » Mindfulness as a way of life

2. Emotion Regulation Skills

- » Recognize and name emotions
- » Understand the function of emotions
- » Reduce vulnerability to emotions through lifestyle changes
- » Reduce the negatives and increase the positives
- » Opposite Action to help down-regulate painful emotions
- » Self-validation

3. Interpersonal Effectiveness Skills

- » Teach clients to:
 - Form and maintain safe, healthy relationships
 - Set and prioritize goals in interpersonal interactions
 - Improve assertive communication
 - Increase self-respect
 - Have a healthier balance of responsibilities versus enjoyable activities

4. Distress Tolerance Skills

- » Help your clients get through crisis situations without making things worse by:
 - Distracting
 - Self-soothing
- » Considering the Pro’s and Con’s of problem behaviours
- » Managing urges

“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.”

“The workshop was informative, it was interesting to see some of these skills from a DBT perspective. To see them put together and organized into 4 DBT skill sets. It will help to organize and focus what skills to teach/cover with people I work with.”

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 behaviour theory and the importance of these concepts to building stronger relationships with clients, and to assist clients in making behavioural changes.
4. Demonstrate a variety of mindfulness techniques to make mindfulness more understandable and acceptable to clients.
5. Explain the basics of dialectics and some dialectical strategies for the individual session to help get clients unstuck and to build the therapeutic alliance.
6. Practice the Behavioural Analysis
7. Reduce therapist burn-out through observing limits and use of skills such as nonjudgmental stance and radical acceptance
8. Develop a basic understanding of neuroplasticity and how mindfulness relates to this, as well as how you can translate this into skills and use these ideas to help increase client motivation.
9. Explain skills in the Emotion Regulation module to give clinicians a basic understanding of how to teach these skills to clients to regulate emotions more effectively.

MAKING SENSE OF ANXIETY & RELATED PROBLEMS

HALIFAX | MON, JUNE 4 & TUES, JUNE 5, 2018 | 9AM – 4PM

Dalhousie University - Scotiabank Auditorium | 6135 University Ave

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.☘

LEARNING OBJECTIVES

1. The anatomy and working model of the human alarm system
2. How to recognize anxiety in all its various manifestations
3. An updated and insight-based working definition of anxiety
4. Why anxiety is increasing in our children
5. Why current discipline methods are alarming our children
6. Addressing anxiety without relying on medication

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

WHO SHOULD ATTEND

Education and 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.

WORKING WITH STUCK KIDS



HALIFAX | WEDNESDAY, JUNE 6, 2018 | 9AM – 4PM

Dalhousie University - Scotiabank Auditorium | 6135 University Ave

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
7. Why consequence-based discipline fails to work with aggression problems and what does

“Fantastic presentation, informative and valuable for me personally and professionally. Gordon is brilliant and engaging. Very happy to have attended today.”

“I have no words to express my appreciation to Gordon Neufeld and to Hirose for bringing this valuable, life-changing information. The material taught resonates professionally and personally too. Thank you!”