

REGISTRATION FORM

Ontario 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 & APPLICABLE FEE

Fees do not include tax (13% HST)

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Managing Anxiety at Home & at School - Lynn Lyons Oakville, April 25 & 26, 2018					
Early Bird (Before April 11)	<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
Proven & Effective Self-Regulation Skills - Kathleen Kryza Oakville, May 3, 2018					
Early Bird (Before April 19)	<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
Proven & Effective Self-Regulation Skills - Kathleen Kryza Ottawa, May 4, 2018					
Early Bird (Before April 20)	<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
Working with Oppositional, Defiant & Anger Issues - Jay Berk Ottawa, May 17, 2018					
Early Bird (Before May 3)	<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
Working with Oppositional, Defiant & Anger Issues - Jay Berk London, May 18, 2018					
Early Bird (Before May 4)	<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

* 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: ONSAVE10
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.

OAKVILLE
HOLIDAY INN OAKVILLE: 2525 Wycroft Rd - 905-847-1000

OTTAWA
HOLIDAY INN – OTTAWA EAST: 1199 Joseph Cyr St - 613-744-1060

LONDON
BEST WESTERN LAMPLIGHTER INN: 591 Wellington Rd - 519-681-7151

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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& ASSOCIATES INC.
— JACKHIROSE.COM —

Complete & Return with Payment:

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208-197 Forester Street
North Vancouver, BC, Canada
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E registration@jackhirose.com



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Quality workshops & community resources

JACKHIROSE.COM

Spring 2018 | Ontario

Mental Health & Education Workshops



2 Day Child & Youth Focused Workshop

MANAGING ANXIETY AT HOME & AT SCHOOL

OAKVILLE | APRIL 25 & 26, 2018

Lynn Lyons, MSW, has been a psychotherapist for over 23 years and specializes in the treatment of anxious children and their parents, with a special interest in interrupting the generational patterns of anxiety in families. She is the coauthor with Reid Wilson, Ph.D, of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children and Playing with Anxiety.*



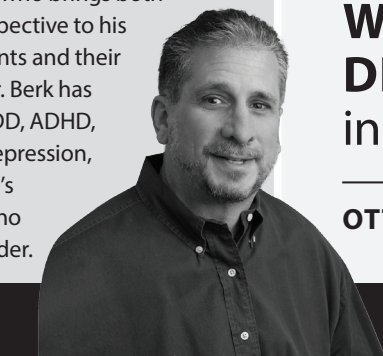
LYNN LYONS, MSW

Kathleen Kryza, M.A., 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 KRYZA, M.A.

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.



JAY BERK, PH.D.

1 Day Child & Youth Focused Workshop

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

OAKVILLE | MAY 3, 2018 OTTAWA | MAY 4, 2018

1 Day Child & Youth Focused Workshop

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

OTTAWA | MAY 17, 2018 LONDON | MAY 18, 2018

Who Should Attend? 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 children and adolescents with behavioural challenges and complex learning needs including but not limited to: Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Nurses, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

Early Bird Discount | Save \$20! Early bird deadline is 14 days prior to the workshop date.

MANAGING ANXIETY AT HOME & AT SCHOOL

OAKVILLE | WEDNESDAY, APRIL 25 & THURSDAY APRIL 26, 2018 | 9AM – 4PM

Oakville Conference Centre | 2515 Wyecroft Road

Anxiety is a persistent master. When it moves in, it takes over daily routines, learning, recreation, and social connection. To make matters worse, the things adults (including many therapists and school systems) do to help anxious children can actually make the anxiety stronger. All these children put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: one in every five kids suffer from a diagnosable anxiety disorder.

What we teach children about risk, danger, uncertainty, and problem-solving makes a huge difference in whether they go on to become anxious or depressed teens and adults. In this workshop, you will explore concrete and often counter-intuitive strategies that educate children and adults about anxiety and provide an “umbrella approach” that is applicable to all the anxiety disorders and OCD. This workshop will demonstrate HOW to interrupt anxiety’s cognitive patterns with simple, process-based strategies that offer an alternative to techniques that inadvertently support avoidance of anxious symptoms. Lynn will offer counsellors, teachers and parents proven strategies that help children push through anxiety, worry, fears and phobias so that they can move forward, learn and reach their full potential.☎

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1

9:00am - 10:30am

A Process-Based Approach to Anxiety

- » Three Critical Concepts
- » Patterns of Worried Families
- » Don’t Do the Disorder

10:45am - 12:00pm

How to Intervene: Using the Puzzle Pieces

- » Getting Out of the Anxiety Cult
- » The Importance of Frontloading
- » Cognitive Patterns: The GCP’s
- » Anxiety and Depression: Prevention and Connection
- » Experiential Learning and Homework

1:15pm - 2:30pm

How to Intervene: Using the Puzzle Pieces (Cont.)

- » Experiential Learning and Homework

2:45pm - 4:00pm

Schools, Accommodations, and Parents

- » Creating Effective Behavioral Plans
- » Case Studies and Common Issues

DAY 2

9:00am - 10:30am

The Three Frames for Treatment and Prevention

- » Experience is Variable
- » The Value of Parts
- » Action Counts

10:45am - 12:00pm

The Challenge of Somatic Symptoms

1:15pm - 2:30pm

Obsessive Compulsive Disorder:

The Importance of Process

- » Myths and Current Research
- » Diagnosis and Misdiagnosis
- » Creating a Family Plan

2:45pm - 4:00pm

OCD (Cont.)

- » Anxiety, ASD, OCD: A Tangled Web
- » More Ideas and Interventions: Ways to Teach the Skills
- » Current research on medications
- » Final Questions

“*Impressive Speaker. Informative. Real. Down to Earth. All ideas were so logical, and while probably really hard to do, doable! Thoroughly enjoyed this and learned so much both as an educator and as a parent, and as a spouse!*”

“*Lynn Lyons is by far the best speaker I’ve ever seen/heard on any topic related to mental health ever! Her info/materials are practical and usable immediately. Her research is exceptional, accurate and current. Her views and logic make complete sense for me both as an educator and a parent. She made me realize that I was doing everything wrong when dealing with students and my children with anxiety and it felt great. I feel prepared, happy and confident to help anxious students feel better about themselves, school and life.*”

PROVEN & EFFECTIVE SELF-REGULATION SKILLS

Mindset Plus Skill Set Equals Results

OAKVILLE | MAY 3, 2018 | 9AM – 4PM Oakville Conference Centre | 2515 Wyecroft Road

OTTAWA | MAY 4, 2018 | 9AM – 4PM Holiday Inn – Ottawa East | 1199 Joseph Cyr Street

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 one of 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.

“*This was truly the BEST seminar I have ever attended. Kathleen Kryza is amazing. How I wish I had 45 more years to implement her amazing strategies!*”

“*We learned more in this one day than in two full years of co-teaching....”*

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES

in Children and Adolescents

OTTAWA | MAY 17, 2018 | 9AM – 4PM Holiday Inn – Ottawa East | 1199 Joseph Cyr Street

LONDON | MAY 18, 2018 | 9AM – 4PM Best Western Lamplighter Inn | 591 Wellington Road

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 educators and clinicians may be fueling exactly what they are trying to stop
- Why child/adolescent “terrorist behaviours” work
- Technology and behaviours... video games, electronic bullying, learning styles
- Case studies & experiences

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.
7. Reduce the disruptive impact and risk to other children or adolescents in the classroom, family or group.

WORKSHOP AGENDA – KEY TOPICS COVERED

- » Today’s Impact on Behaviour in Children/ Adolescents
- » Why Children Become Oppositional & Defiant
- » The Diagnosis of Oppositional Defiant Disorder
- » Related Issues/Disorders that Impact Oppositional Behaviours
- » The Impact of Medications
- » Intervention Strategies to Reduce Passive Aggressive, Disruptive & Violent Behaviours
- » Intervention Strategies That Do Not Work & How to Fix Them
- » Strategies to Work with Parents & Staff Members

“*Jay was inspiring! He shared his high energy and vast knowledge with us with humor and interspersed activities that brought the concepts to us multi-dimensionally*”