

STEP 1 – CONTACT INFO

Name \_\_\_\_\_

Position \_\_\_\_\_ School / Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Work Phone [ ] \_\_\_\_\_ Work Fax [ ] \_\_\_\_\_

Email \_\_\_\_\_

STEP 2 – SELECT WORKSHOP

- Making Sense of Anxiety & Related Problems** - Gordon Neufeld | Saskatoon, February 26 & 27, 2018
- Working With Stuck Kids** - Gordon Neufeld | Saskatoon, February 28, 2018
- Attend Both Gordon Neufeld Workshops in Saskatoon** - Gordon Neufeld | Saskatoon, Feb 26–28, 2018
- 3 Day Intensive: The Science of Emotion** - Gordon Neufeld | Banff, July 23–25, 2018
  
- 2 Day DBT Intensive** - Sheri Van Dijk | Saskatoon, April 11 & 12, 2018
- Cognitive Behavioural Therapy and T.E.A.M. Techniques** - David Burns | Whistler, July 3–6, 2018
  
- Somatic Interventions for Treating Complex Trauma** - Janina Fisher | Banff, July 16 & 17, 2018
- Healing the Fragmented Selves of Trauma Survivors** - Janina Fisher | Banff, July 18, 2018
- Attend Both Janina Fisher Workshops in Banff** - Janina Fisher | Banff, July 16–18, 2018

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

- Individual
- Group 3–7
- Group 8–14
- Group 15+
- Student

Fee	
Non Early Bird	+ \$20
Add 5% Tax	+
<b>TOTAL</b>	<b>\$</b>

• 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

Visa      Credit Card # \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

MasterCard      Cardholder Name \_\_\_\_\_

Cheque      Signature \_\_\_\_\_ Cheque # \_\_\_\_\_

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](mailto: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.

<b>SASKATOON</b> HOLIDAY INN SASKATOON DOWNTOWN 101 Pacific Ave - 306-986-5000	<b>BANFF</b> BANFF PARK LODGE RESORT 222 Lynx St - 403-762-4433	<b>WHISTLER</b> DELTA HOTELS WHISTLER 4308 Main St - 604-905-3987
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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](http://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](http://certificates.jackhirose.com).

PLEASE REVIEW OUR PRIVACY POLICY: [WWW.JACKHIROSE.COM](http://WWW.JACKHIROSE.COM)



**Complete & Return with Payment:**  
 Jack Hirose & Associates Inc.  
 208-197 Forester Street  
 North Vancouver, BC, Canada  
 V7H 0A6  
 T 604 924 0296 F 604 924 0239  
 TF 1 800 456 5424  
 E registration@jackhirose.com



JACKHIROSE.COM

Spring 2018 | Saskatchewan  
 Mental Health & Education Workshops



2 Day Child & Youth Focused Workshop P.2

**MAKING SENSE OF ANXIETY & RELATED PROBLEMS**

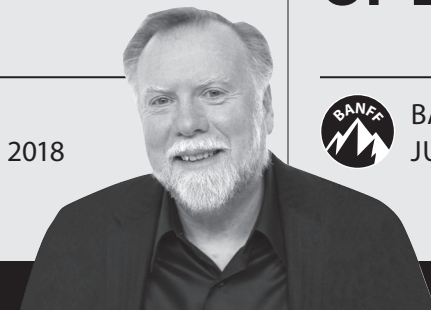
SASKATOON  
 FEBRUARY 26 & 27, 2018

**GORDON NEUFELD, PH.D.**

1 Day Child & Youth Focused Workshop P.2

**WORKING WITH STUCK KIDS**

SASKATOON  
 FEBRUARY 28, 2018



3 Day Child & Youth Focused Workshop P.3

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

BANFF  
 JULY 23–25, 2018



2 Day Clinical Focused Workshop P.4

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

SASKATOON  
 APRIL 11 & 12, 2018

**SHERI VAN DIJK, MSW**



4 Day Clinical Focused Workshop P.5

**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 P.6

**SOMATIC INTERVENTIONS FOR TREATING COMPLEX TRAUMA**

BANFF  
 JULY 16 & 17, 2018

**JANINA FISHER, PH.D.**



1 Day Clinical Focused Workshop P.7

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

BANFF  
 JULY 18, 2018

**JANINA FISHER, PH.D.**



**4 WAYS TO REGISTER**

- ONLINE  
[registration.jackhirose.com](http://registration.jackhirose.com)
- EMAIL  
[registration@jackhirose.com](mailto:registration@jackhirose.com)
- PHONE OR FAX  
See numbers below right
- MAIL  
See address below right

**3 WAYS TO SAVE**

- \$10 OFF** ONLINE PROMO CODE: SAVE10SK  
[registration.jackhirose.com](http://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.*

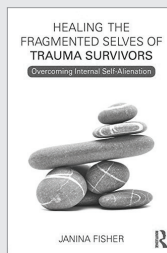
**EARLY BIRD DISCOUNT - SAVE \$20!**



GORDON NEUFELD, PH.D.

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

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



**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.

## MAKING SENSE OF ANXIETY & RELATED PROBLEMS

SASKATOON | FEBRUARY 26 & 27, 2018 | 9AM – 4PM  
TCU Place, Saskatoon's Arts & Convention Centre | 35–22nd St East

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

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

### WORKSHOP AGENDA

- Neuroscience of Anxiety**
  - » The key discovery here is of a complex and comprehensive human alarm system
- Anxiety, Attachment & Vulnerability**
  - » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat – that of facing separation in all its various forms
- Working Model of Anxiety**
  - » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties
- Addressing Anxiety**
  - » Six surprising solutions are described for reducing the anxiety in our children



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

INDIVIDUAL	\$399	GROUP: 15+	\$324	Early Bird Deadline: February 12, 2018
GROUP: 3-7	\$379	FT STUDENT	\$324	
GROUP: 8-14	\$359			

## WORKING WITH STUCK KIDS



SASKATOON | FEBRUARY 28, 2018 | 9AM – 4PM  
TCU Place, Saskatoon's Arts & Convention Centre | 35–22nd St East

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

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



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

INDIVIDUAL	\$229	<b>SAVE!</b> ATTEND BOTH SASKATOON 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 12, 2018

## HEALING THE FRAGMENTED SELVES OF TRAUMA SURVIVORS



BANFF, ALBERTA | WEDNESDAY, JULY 18, 2018 | 9:00 AM – 4:00 PM  
Banff Park Lodge Resort & Conference Centre | 222 Lynx Street, Banff

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

This workshop offers a practical "hand's on" approach to traumatized clients with underlying issues of self-alienation and self-hatred by helping them to recognize how the trauma has left them fragmented and at war within their own minds and bodies. Participants will learn how to help their clients observe the parts they have embraced and identified with as 'me' and the trauma-related parts they have disowned and judged harshly. Using interventions drawn from a number of therapeutic approaches (including Sensorimotor Psychotherapy, Internal Family Systems, and ego state therapy), the focus is on helping clients observe and accept all aspects of self with mindfulness-based interest and curiosity. As their

young parts are identified and understood as 'heros' in the individual's story of survival, clients are able to feel more warmly toward them, often for the first time. Techniques will be demonstrated that increase the capacity to feel for and with each part, that foster the sense of caring for young wounded parts, and that pave the way for growing "earned secure attachment" to ourselves. Even when our clients are unable to tolerate emotion, extend themselves compassion, or take in someone else's caring, they can learn to feel protective of their younger selves and even learn to welcome home their 'lost souls' with warmth and self-compassion.

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 to 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

*"I thoroughly enjoyed this workshop and Janina's fantastic. I look forward to digesting all that I learned and putting it into practice."*

**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.

### LEARNING OBJECTIVES

- Describe how trauma results in self-alienation and fragmentation
- Discuss structural dissociation theory as a trauma model for understanding personality structure
- Identify manifestations of fragmented parts of the personality in distressing emotions, survival responses, negative beliefs, and self-judgments



### EARLY BIRD | SAVE \$20!

Early Bird Deadline: July 2, 2018

### EARLY BIRD REGISTRATION FEES

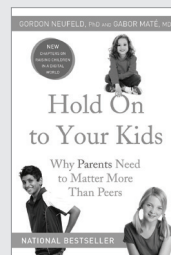
INDIVIDUAL	\$249	GROUP: 15+	\$189
GROUP: 3-7	\$229	FT STUDENT	\$189
GROUP: 8-14	\$209		



JANINA FISHER, PH.D.

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.



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

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

### WHO SHOULD ATTEND

# 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		

<b>SAVE!</b> <b>ATTEND BOTH BANFF WORKSHOPS</b>	INDIVIDUAL	\$619
	GROUP: 3-7	\$599
	GROUP: 8-14	\$579
	GROUP: 15+ FT STUDENT	\$559

# 3 DAY INTENSIVE: THE SCIENCE OF EMOTION

A Workshop for Professionals Who Work with Children, Adolescents & Adults



**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		

# 2 DAY DBT INTENSIVE

Using DBT To Treat Emotion Dysregulation Disorders

**SASKATOON | WEDNESDAY, APRIL 11 & THURSDAY, APRIL 12, 2018 | 9:00 AM – 4:00 PM**  
TCU Place, Saskatoon's Arts & Convention Centre | 35–22<sup>nd</sup> St East

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

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

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

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

## WORKSHOP AGENDA – KEY TOPICS COVERED

### DAY 1

#### Morning

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

#### Afternoon

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

### DAY 2

#### Morning

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

#### Afternoon

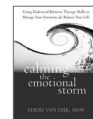
- » Finish IE Skills
- » Introduce Distress Tolerance Skills
- » Finish DT Skills
- » Pro's and Con's exercise
- » Radical Acceptance
- » Willingness vs. Wilfulness
- » Solution Analysis
- » Case Examples

## LEARNING OBJECTIVES

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



**SHERI VAN DIJK, MSW**



**AUTHOR**  
*Calming the Emotional Storm*

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

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

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

Early Bird Deadline: March 28, 2018

### EARLY BIRD REGISTRATION FEES

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

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

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

# 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.*”