

13 INTERNATIONALLY
RENOWN EXPERTS

12 FULL DAY
WORKSHOPS

12 TOPICS RELEVANT
TO MENTAL HEALTH

DAY 1

Margaret Wehrenberg
PSY.D.



John P. Forsyth
PH.D.



Jamie R. Forsyth
PH.D.

Alan S. Bloom
PH.D.



Eric Gentry
PH.D., LMHC



DAY 2

Ron Siegel
PSY.D.



Stan Tatkin
PSY.D., MFT



Eboni Webb
PSY.D.



Gabor Maté
M.D.



DAY 3

Lynn Lyons
MSW, RSW



Janina Fisher
PH.D.



Jeff Rigenbach
PH.D.



Roy D. Steinberg
PH.D.



The Canadian MENTAL HEALTH SUMMIT

Advanced Interventions
& Strategies for
Frontline Professionals

Richmond, BC
November 26–28, 2018

Mon–Wed | 9:00AM – 4:00PM

**Executive Airport
Plaza Hotel Hotel**

7311 Westminster Hwy

TOPICS INCLUDE:

- Acceptance & Commitment Therapy (ACT)
- Depression Management Techniques
- Compassion Fatigue & Burnout
- Psychopharmacology for Mental Health Professionals
- Alzheimers' Disease & Other Dementias
- Couples Therapy
- New Frontiers in Mindfulness
- Dialectical Behavioural Therapy (DBT) Skills Training
- Healing of Addictions
- Helping Your Anxious Clients
- Personality Disorders
- Trauma-Informed Stabilization Treatment (TIST)

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Margaret Wehrenberg
PSY.D.



Margaret Wehrenberg, Psy.D., is the Curriculum Development Director for Candeo's online Depression and Anxiety Program. Her clinical practice is in Naperville, IL. She is the author of *The Anxious Brain*, *The 10 Best-Ever Anxiety Management Techniques*, *The 10 Best-Ever Depression Management Techniques*, *The 10 Best-Ever Anxiety Management Techniques Workbook*, and *Unraveling Anxiety and Depression: A Clinician's Guide to Treating Co-Morbid Anxiety and Depression*. She is a frequent contributor to the award-winning *Psychotherapy Networker* magazine, she blogs for *Psychology Today Online*, and she speaks internationally on topics of clinical psychotherapy. Dr. Wehrenberg is noted for her down-to-earth, pragmatic teaching style.

John P. Forsyth
PH.D.



John P. Forsyth, Ph.D., is a clinical psychologist, professor, and directs the Anxiety Disorders Research Program at the University at Albany. He is an internationally renowned author, speaker, and trainer, and leads workshops worldwide on Acceptance and Commitment Therapy and mindfulness.

Jamie R. Forsyth
PH.D.



Jamie R. Forsyth, Ph.D., is a clinical psychologist, a gifted clinician, clinical supervisor, and trainer, with expertise in the use of Acceptance and Commitment Therapy with severe forms of psychological suffering in both inpatient and outpatient settings. Her work, grounded in evidence-based know-how offers unique insights into the subtle nuances of ACT.

WORKSHOP #1

THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

DESCRIPTION

Depression is painful. Ruminating thoughts, lethargy, and increasing alienation from others create a negative internal and external environment. Those symptoms actively interfere with carrying out basic demands of daily life. While depression is one of the most common mental health disorders, there are different causes. Treatment options run a gamut that includes new technologies to directly affect brain activity, advances in stress management, improved tools to relieve the impact of childhood trauma and focus on developing resilience.

How does a therapist know where to get started in the treatment? In this seminar, identifying four different kinds of depression, you will master 10 strategies to jump start therapy and provide immediate relief of symptoms. You will be able to set the stage for longer term recovery.

LEARNING OBJECTIVES

1. Immediately intervene on the specific type of depression.
2. Improve motivation and mobilize energy in depressed clients.
3. Change negative cognitive patterns to energize action.
4. Demonstrate the impact of neural networks and how to break out of negative neural networks that keep depression in place.
5. Utilize strategies from positive psychology and mindfulness to develop positive attitudes and cognitions.
6. Increase clients' abilities to formulate new options for problems by replacing the narrowing cognitive themes of worthlessness and inadequacy.

OUTLINE

- i. A look at the interaction between neurochemistry and cognition function and lifestyle to explore the 4 types of depression. A specific look at how neural networking affects the development and recovery from depression.
- ii. Identify triggers and respond differently to them. The underpinnings of depression as seen in four kinds of depression (endogenous, situation, PTSD and the outcome of early life adversity).
- iii. Techniques that energize the lethargic mind and body of the depressed client. Identify and cool down burnout, including a look at work addiction.
- iv. Ending isolation, balancing life activities, and preventing destructive behaviour.
- v. Broadening the perspective of the depressed mind and learning to live more fully. These techniques will focus on new ways to open the mind to possibility and will look at building positive circuitry in the brain that will enhance the long term recovery of depressed clients.

WORKSHOP #2

HARNESSING THE TRANSFORMATIVE POWER OF MINDFUL ACCEPTANCE & COMMITMENT (ACT)

DESCRIPTION

How often do you review your appointment calendar and start wondering how you're going to, finally, help a regular client who seems to progress for a while – and then regress? Each time he/she arrives, you use the same tools and techniques you've used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate Acceptance and Commitment Therapy (ACT) into your practice – and see improved outcomes. Researched and developed by world-renowned researcher, speaker and author Steven Hayes, PhD, ACT has fast become the treatment approach that gets to the heart of human suffering and what is needed to restore psychological health and wellness.

LEARNING OBJECTIVES

1. List the three pillars of ACT.
2. Define the ACT model of human suffering (six inflexahex processes).
3. Define the ACT model of psychological health (six hexaflex processes).
4. Explain a functional contextual approach to ACT case conceptualization.
5. Recognize clinical concerns (e.g. anxiety, depression, problem anger) within an ACT framework.
6. Identify exemplars of excessive struggle and avoidance and describe mindful and compassionate alternative behaviours.
7. Distinguish between "fusion" and "experiential avoidance" and their role in various forms of human suffering.
8. Rehearse essential ACT intervention skills to cultivate psychological flexibility.
9. Deliver values clarification exercises in dyads and small groups.
10. Demonstrate experiential exercises and metaphors in dyads and small groups.
11. Discriminate ACT consistent and ACT inconsistent strategies in clinical practice.
12. Describe strategies to foster the ongoing development of ACT consistent clinical competencies.

OUTLINE

- i. ACT Model and Case Conceptualization
- ii. Use Creative Hopelessness to Weaken the Control Agenda
- iii. Do Effective Values Work in ACT
- iv. Cultivate Mindful Acceptance & Defusion
- v. Nurture Self-Compassion, Willingness, and Value-Guided action

Alan S. Bloom
PH.D.

Alan S. Bloom, Ph.D., is professor of Pharmacology and Toxicology at the Medical College of Wisconsin where he teaches psychopharmacology to medical students and neuroscience graduate students. He earned a dual Ph.D. in psychology and pharmacology and consults regularly with psychiatrists and attorneys in drug abuse and other pharmacology related cases. For the past 20 years he has conducted research on the impact of drugs of abuse (marijuana, cocaine, etc.) on the brain through use of functional magnetic resonance imaging (fMRI). He directs research on the cognitive effects of chemotherapy drugs administered to women with breast cancer, commonly known as "chemo-brain". His studies have been funded by the NIH and other national organizations.

Eric Gentry
PH.D., LMHC

Eric Gentry, Ph.D., is an internationally recognized leader in the field of disaster and clinical traumatology, having trained thousands of professionals and paraprofessionals worldwide in the treatment of traumatic stress. His doctorate is from Florida State University where he studied with Professor Charles Figley, one of the pioneers of traumatic stress. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of South Florida. Dr. Gentry, along with Dr. Anna Baranowsky, is the co-author and co-owner of the *Traumatology Institute Training Curriculum*—17 courses in field and clinical traumatology leading to seven separate certifications.

WORKSHOP #3

PSYCHOPHARMACOLOGY FOR MENTAL HEALTH PROFESSIONALS

DESCRIPTION

Most clients with DSM-5® diagnoses are being treated with a combination of psychological and pharmacological treatments. Newer drugs are being developed to treat mental disorders based on a better understanding of neurobiological contributions to mental disorders and the latest pharmacological research. To provide appropriate services, you are expected to have a thorough understanding of these common and complex issues. As a mental health professional, keeping up-to-date is essential.

This seminar will update and increase your knowledge of:

- Neurobiological underpinnings of major DSM-5® diagnoses.
- Effects and side effects of drugs used to treat these diagnoses.
- Responsibilities of the non-prescribing therapist to clients taking psychiatric medication.

Specifics of the pharmacological treatment and drugs of choice for **Depressive, Bipolar, Schizophrenia Spectrum, Anxiety, OCD, Sleep-Wake, ADHD and Neurocognitive** disorders will be presented. Unique to this seminar is information on the common types of psychotherapeutic drugs and other drugs that are abused, and methods for prevention and early detection. Throughout the day, representative case studies will generate discussion and examination of the latest drug treatment for DSM-5® disorders. You will leave this seminar with knowledge and confidence regarding effective and safe application of pharmacological drugs.

LEARNING OBJECTIVES

1. Communicate the neurotransmitter systems and neuroanatomy underlying the biological basis for mental disorders and pharmacotherapy.
2. Evaluate the role of mental health professionals with clients receiving both psychotherapeutic medications and psychotherapy.
3. Analyze the major classes of drugs used to treat mental disorders and which mental disorders are appropriately treated with each class of drugs.
4. Compare and contrast the effects/side effects of antipsychotics, antidepressants, benzodiazepines and other anti-anxiety agents, anticonvulsants and drugs used to treat other mental disorders including OCD, ADHD, and cognitive impairment.
5. Determine the abuse liability of drugs used in the treatment of anxiety, insomnia, pain and ADHD.
6. Implement methods for prevention and early identification of prescription drug abuse.

OUTLINE

- i. Psychopharmacological Foundations
- ii. Drugs Used in the Treatment of DSM-5® Mental Disorders

WORKSHOP #4

COMPASSION FATIGUE & BURNOUT

DESCRIPTION

This seminar has been identified by hundreds of professionals as life changing, essential, and exhilarating. Join Dr. Eric Gentry, a recognized leader in the area of compassion fatigue, and learn evidence-based compassion resiliency and prevention skills drawn from the Accelerated Recovery Program for Compassion Fatigue and Burnout. Learn self-regulation-practical skills that are critical to your being maximally effective with your clients and improving treatment outcomes. For the past 30 years, research has been steadily accumulating to demonstrate that caring has its costs. We now know that working with others who suffer from mental illness, addiction, pain, abuse, social deprivation and trauma have negative effects on the caregivers many of which are potentially debilitating. Compassion fatigue has been identified as a cause for symptoms of depression, anxiety, chemical dependency, eating disorders, relation problems, psychological disorders, and suicide among professionals. If practitioners know how to effectively prevent and conquer stress, burnout, and compassion fatigue, they become more effective and productive.

In this workshop, you will learn powerful tools (the anti-bodies) that are critical for professional resiliency and integrate them into your practice immediately. Additionally, you will leave with techniques to teach and help your clients improve their lives. This seminar integrates the latest research and practice wisdom to help you reclaim the satisfaction, hope and inspiration for professional care giving.

LEARNING OBJECTIVES

1. Understand the causes, treatment and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver stress, countertransference, and vicarious traumatization.
2. Explain how compassion fatigue erodes professional resiliency.
3. Implement skills for successful self-regulation.
4. Demonstrate an increased capacity to remain comfortable and maximally effective regardless of external demands.
5. Develop a personalized professional moral compass for the starting point for professional maturation and resiliency.
6. Implement simple, yet powerful, strategies to prevent the symptoms of Compassion Fatigue.
7. Create a self-directed, easy-to-use, personalized Professional Resiliency Plan.
8. Describe the importance of Self-versus Other.
9. Validate caregiving as integral component of professional resiliency.

OUTLINE

- i. Welcome: Getting in tune with Compassion Fatigue – Opening Exercise
- ii. The Problem: Compassion Fatigue Etiology & Symptoms
- iii. The Solution: Compassion Fatigue Resiliency

Ron Siegel
PSY.D.

Ronald D. Siegel, Psy.D., is an Assistant Professor of Psychology, part-time, at Harvard Medical School, where he has taught for over 35 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*, coauthor of the self-treatment guide *Back Sense*, and coeditor of an acclaimed book for professionals, *Mindfulness and Psychotherapy*.

WORKSHOP #5

NEW FRONTIERS IN MINDFULNESS IN PSYCHOTHERAPY: TAILORING THE PRACTICE TO THE PERSON

DESCRIPTION

Mindfulness-based psychotherapy is the most popular new treatment approach in the last decade—and for good reason. Mindfulness practices hold great promise not only for our own personal development, but also as remarkably powerful tools to augment virtually every form of psychotherapy. Mindfulness is not, however, a one-size-fits-all remedy. Researchers are now differentiating the effects of focused attention, open monitoring, loving-kindness, compassion, and equanimity practices. Practices need to be tailored to fit the needs of particular individuals—and this workshop will show you how.

We will explore seven important clinical decisions to consider when deciding when and if to introduce different practices into treatment of individuals with different needs. Once you understand the components of mindfulness practices and how they work to alleviate psychological distress, you'll be able to creatively adapt them to meet the needs of diverse people and conditions, including those with unresolved trauma histories. You'll learn how to use mindfulness practices to help resolve anxiety, depression, and other disorders, gaining practical knowledge and skills that will take your practice of mindfulness-based psychotherapy to the next level.

LEARNING OBJECTIVES

1. Describe the three core elements of mindfulness practice.
2. Identify common denominators in psychological difficulties.
3. Specify seven ways that mindfulness practices can be tailored to the needs of particular types of clients.
4. Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it.
5. Indicate the mechanisms that maintain anxiety disorders and how these can be altered using mindfulness practice.

OUTLINE

- i. Mindfulness: What Is It Really?
- ii. How Mindfulness Works
- iii. Fit the Practice To The Person
- iv. Working with Depression: Entering the Dark Places Together
- v. Befriending Fear: Treating Anxiety Disorders

"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."

Stan Tatkin
PSY.D., MFT

Stan Tatkin, Psy.D., is the author of *Wired for Love* and *Your Brain on Love*, and coauthor of *Love and War in Intimate Relationships*. He has a clinical practice in Southern California, teaches at Kaiser Permanente, and is an assistant clinical professor at UCL A. Tatkin developed a Psychobiological Approach to Couples Therapy® (PACT) and together with his wife, Tracey Boldemann-Tatkin, founded the PACT Institute. He is on the board of directors of Lifespan Learning Institute.

"Stan is amazing. I can't get enough of his brilliance both in describing the reasons for psychobiology and demonstrating how to handle it in therapy."

"He is one of the few that hold my attention consistently."

WORKSHOP #6

A PSYCHOLOGICAL APPROACH TO COUPLES THERAPY (PACT)

DESCRIPTION

PACT helps couples move towards secure functioning by integrating early attachment theory, arousal regulation and neuroscience into intervention. A Psychobiological Approach to Couples Therapy (PACT) is a new and innovative approach to couple work developed by Dr. Stan Tatkin, Clinical Psychologist and Marriage and Family Therapist (MFT) and is quickly gaining a reputation as a highly effective intervention for couples deemed as complex. PACT integrates attachment theory, arousal regulation and neuroscience into assessment and formulation of the couple relationship and interventions that help the couple move towards secure attachment functioning.

This workshop gives an overview of the PACT model and principles through a combined didactic and multimedia delivery of information, group discussion, experiential exercises, clinical video presentations, case consultation, and live case enactments.

We will explore how early attachment patterns are somatically imprinted onto the development of the brain and nervous system and how to interpret the consequent somatic responses. The PACT methodology utilizes a bottom-up versus a top-down approach to psychotherapy focusing on very fast, often surprising interventions in order to access implicit systems as revealed in micro-expressions and micro-movements in the face and body, respectively.

LEARNING OBJECTIVES

1. Be able to distinguish between a deficit model and a conflict model of couple therapy.
2. Be able to describe the three PACT domains (Attachment Theory, Arousal Regulation and Developmental Neuroscience).
3. Be able to name at least three principles of assessment for the three PACT domains.
4. Be able to distinguish between top-down and bottom-up interventions and basic PACT interviewing process.
5. Be able to articulate the PACT therapeutic stance of secure functioning: collaboration, mutually, fairness, justice, and sensitivity.

OUTLINE

- i. Secure functioning couples
- ii. Automatic brain (memory, state, perception, communication)
- iii. Arousal regulation & attachment
- iv. Basic interview techniques
- v. Interventions
- vi. Demonstrations & Case examples from audience
- vii. Q & A

Eboni Webb
PSY.D.

Eboni Webb, Psy.D., earned her doctorate of clinical psychology from the Minnesota school of Professional Psychology (Argosy University) and is the owner of Kairos Mental Health Cooperative, LLC, which offers diverse DBT programming to children and adults. She continues to serve as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association and a continuing education Dialectical Behavior Therapy trainer for PESI, inc.

"Eboni is a dynamic and knowledgeable presenter. She was able to maintain our interest through the use of information and personal stories. I learned a lot and I am intrigued to learn more."

"Dr. Webb is amazing. Great examples and excellent presenter."

Gabor Maté
M.D.

Gabor Maté, M.D., is a renowned speaker and bestselling author, is highly sought after for his expertise on a range of topics, from addiction to mind-body wellness. Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them. As an author, Dr. Maté has written several bestselling books including the award-winning *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. His works have been published internationally in twenty languages. Dr. Maté is the co-founder of Compassion for Addiction, a new non-profit that focuses on addiction.

WORKSHOP #7

DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING FOR MENTAL HEALTH PROFESSIONALS

DESCRIPTION

Dialectical Behavior Therapy (DBT) is a highly effective form of treatment for clients with Borderline Personality Disorder (BPD). However, many of these individuals have rarely developed life skills to build a proactive and responsive life versus a defensive and reactive one. Dr. Eboni Webb will introduce a holistic approach to treatment and will expand on key concepts including skills acquisition, daily practice, and generalization. These skills are critical for our clients to develop an effective interdependent adult life. Dr. Webb will provide a brief discussion of DBT and its relationship to the Biosocial model, the neurological impact of trauma on the developing brain and how to address specific diagnoses via the skills. She will discuss the importance of integrating DBT skills at the earliest point of treatment and utilizing skills as a foundation for life.

LEARNING OBJECTIVES

1. Learn each standard DBT skills module and two supplemental modules.
2. Learn creative and innovative techniques to keep client's engaged in today's technology-centered world.
3. Explore the different modes of skills groups to set up the most effective program for your practice.
4. Set up skills group treatment expectations and behavioural contracts.

OUTLINE

- i. Neurobiological Building Blocks
 - Why DBT skills?
 - Trauma and Development
- ii. Creating the Learning Container
 - Importance of skills as a form of self-advocacy and consultation
 - Setting up a group
- iii. The Foundational Skills: Mindfulness & Dialectics
 - Dialectical skills framework
 - States of Mind
- iv. Naming to Tame: Emotion Regulation
 - How emotions work in the body
 - 10 Universal emotions
- v. Thriving in a Crisis: Distress Tolerance & Self-Compassion
 - Grounding: Self-Soothe
 - Skillful Distractions: ACCEPTS
- vi. Connection in Community: Interpersonal Effectiveness
 - Wired for connection
 - FAST skills

WORKSHOP #8

TAMING THE HUNGRY GHOST: SCIENCE & COMPASSION IN THE HEALING OF ADDICTIONS

DESCRIPTION

For twelve years Dr. Maté was the staff physician at a clinic for drug-addicted people in Vancouver's Downtown Eastside, where he worked with patients challenged by hard-core drug addiction, mental illness and HIV, including at Vancouver Supervised Injection Site. In his most recent bestselling book *In The Realm of Hungry Ghosts*, he shows that their addictions do not represent a discrete set of medical disorders; rather, they merely reflect the extreme end of a continuum of addiction, mostly hidden, that runs throughout our society. *In The Realm Of Hungry Ghosts* draws on cutting-edge science to illuminate where and how addictions originate and what they have in common.

Contrary to what is often claimed, the source of addictions is not to be found in genes, but in the early childhood environment where the neurobiology of the brain's reward pathways develops and where the emotional patterns that lead to addiction are wired into the unconscious. Stress, both then and later in life, creates the predisposition for addictions, whether to drugs, alcohol, nicotine, or to behavioural addictions such as shopping or sex.

Helping the addicted individual requires that we appreciate the function of the addiction in his or her life. More than a disease, the addiction is a response to a distressing life history and life situation. Once we recognize the roots of addiction and the lack it strives (in vain) to fill, we can develop a compassionate approach toward the addict, one that stands the best chance of restoring him or her to wholeness and health.

LEARNING OBJECTIVES

1. What is the source of addictions?
2. What happens chemically and physiologically in the brains of people with substance dependency or behaviour addiction?
3. The false "blessings" of addiction as experienced by the addict (e.g., as emotional anaesthetic, as personality booster, as social lubricant, and so on).
4. The development of the addicted mind: how early childhood experiences shape the brain.
5. The social basis of addiction in economic, cultural and political dislocation and disempowerment.
6. How much choice does the addict really have, and how much responsibility?
7. Developing a therapeutic relationship in which healing is possible.
8. How to encourage the addict to take responsibility.
9. The prevention of addiction, both in adolescence and before.

Lynn Lyons
MSW, RSW



Lynn Lyons, MSW, RSW, is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Her skill-based approach to anxiety focuses on the need to teach families about HOW anxiety works and what families can do to pull members out of the powerful “anxiety cult” that demands obedience to its need for certainty and comfort. Lynn’s approach uses humor, playful connection, and a constant focus on DOING, an umbrella strategy she has taught to thousands of professionals and families. Lynn is the co-author with Reid Wilson of *Anxious Kids, Anxious Parents* and the companion book for kids *Playing with Anxiety: Casey’s Guide for Teens and Kids*.

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, an EMDR International Association Credit Provider, 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, Summer and Winter Conference Series, EMDR International Association Annual Conference, University of Oslo, University of Wisconsin, and the University of Westminster in London.

WORKSHOP #9

HELP YOUR ANXIOUS CLIENTS: CONCRETE STRATEGIES FOR TREATING ANXIETY IN ADULTS

DESCRIPTION

Anxiety disorders take a tremendous toll on individuals and families. By demanding certainty and comfort in rather dramatic fashion, anxiety grabs control in a way that interrupts lives, promotes avoidance, and leads to depression and physical issues. Anxiety runs in families, with children who are raised by a parent with an anxiety disorder being six to seven times more likely to develop anxiety themselves, thus interrupting this generational pattern of anxiety is critical.

This workshop will focus on concrete, strategic interventions that move clients out of the “content trap” of the anxiety disorder and toward a process that interrupts anxiety’s predictable cognitive, behavioural, and physiological patterns. Participants will learn how to immediately and actively engage clients in active treatment using psycho-education and strategic homework assignments that move clients toward uncertainty (a key to successful treatment), address the use of safety crutches and avoidance, and promote the skills of differentiation and problem solving to combat the global avoidance style of anxious people.

LEARNING OBJECTIVES

1. Illustrate the benefits of a process-based intervention versus a content-based intervention.
2. List three common mistakes made by mental health professionals and outside providers that strengthen anxiety.
3. Explain the pros and cons of relaxation and breathing skills when working with clients.
4. Explain the potential limits of focusing on symptom elimination when working with anxious & depressed clients.
5. Introduce a process-based approach to anxiety.
6. Describe how to intervene: using the puzzle pieces.
7. Introduce the 3 frames for treatment and prevention.

“As a mental health therapist and social worker, Lynn Lyons is the reason I attended. She was incredible. Beyond being a captivating presenter, I left with practical and tangible tools to integrate into my practice. More importantly, she changed my approach.”

“Lynn Lyons was amazing! She was very inspirational and funny! Very knowledgeable and millions of strategies/ideas to try.”

WORKSHOP #10

TRAUMA-INFORMED STABILIZATION TREATMENT (TIST): A NEW APPROACH TO ADDICTIONS, EATING DISORDER, SUICIDALITY, & SELF-DESTRUCTIVE BEHAVIOUR

DESCRIPTION

Childhood trauma, neglect, and disorganized attachment leave individuals with a legacy of overwhelming memories, a fragmented sense of self, and a compromised nervous system that impairs their capacity to experience and tolerate affect. Unaware that their intense feelings and reactions represent non-verbal implicit memories held by fragmented parts of the personality, they resort to desperate measures: addictive and self-harming behaviour to numb the body or increase hyper vigilance, suicidal ideation to restore a sense of control over their lives, and easily activated fight/flight responses to hurt, separation, or rejection.

The therapist is left with a quandary: how do we treat the underlying trauma when the client is unstable or unsafe, living from crisis to crisis, or caught in a revolving door of hospitals and treatment approaches? How do we acknowledge what has happened without opening up too much? The Trauma-Informed Stabilization Treatment (TIST) model was developed to provide some hopeful answers to these challenges. Based on theoretical principles drawn from the neuroscience research on trauma and structural dissociation theory, TIST offers a treatment approach that combines mindfulness-based interventions, Sensorimotor Psychotherapy, and Internal Family Systems techniques to address the challenges of treating clients with a wide range of diagnoses, including complex PTSD, borderline personality, bipolar disorder, addictive and eating disorders, and dissociative disorders.

LEARNING OBJECTIVES

1. Describe the relationship between neurobiological-driven trauma responses and unsafe behaviour.
2. Differentiate two ways to separate trauma-related implicit memory from affective responses to experience.
3. Discuss the role of structural dissociation in trauma-related symptoms from self-destructive behaviour.
4. Identify two signs and symptoms of fragmentation and internal conflict.
5. Describe two ways the therapist may facilitate the patient’s ability to observe indications of fragmented parts of the self.
6. Integrate two somatic interventions for regulating autonomic arousal and affect dysregulation.
7. Integrate two interpersonal neurobiology and social engagement techniques into the treatment.

Jeff Rigenbach
PH.D.

Jeff Rigenbach, Ph.D., LPC, has developed & directed CBT, DBT, & Schema Focused treatment programs for two different psychiatric hospitals over the past 15 years. During that period of time, he & his staff have treated over 500 patients with Borderline Personality Disorder in particular. Jeff is the author of two books: *The CBT Toolbox: A Workbook for Clients & Clinicians* which has been on Amazon's best selling list for psychology for over two years and his recently released *The BPD Toolbox: An Evidence-Based Guide for Regulating Emotions*, which was Amazon's #1 New Release for the month of August. He is a diplomat with the academy of cognitive therapy, serves on the board of Directors for PDAN (Personality Disorder's Awareness Network), and is President of the CBT Institute of Oklahoma.

WORKSHOP #11

TREATMENT & MANAGEMENT OF PERSONALITY DISORDERS: THE CHALLENGE OF THE HIDDEN AGENDA

DESCRIPTION

Individuals with personality disorders have long been considered the most challenging clients presenting in the clinical setting. Many patients lack motivation, most begin with poor insight, and some have such deeply engrained dysfunctional beliefs, unhealthy coping skills, and destructive behavioural patterns that continue to frustrate providers, family members, and consumers alike. Many professionals even continue to view them as untreatable.

However, there is hope. Emerging research suggests this is simply not the case. DBT, CBT, and Schema Therapy have paved the way in pioneering new attitudes and outcomes related to treating these conditions.

Join leading expert in the field of personality dysfunction Dr. Jeff Rigenbach for this enjoyable training chock full of the latest research, techniques, and practical strategies. This powerful workshop will give you a new ability to help struggling individuals deal with issues related to self-injurious behaviours, multiple suicide attempts, frequently hurt feelings, intense and unpredictable mood swings, substance use, angry outbursts, toxic relationships and other problems that impair their ability to function in society. Leave this day long training with an integrated DBT/CBT /Schema Informed approach to treating these cases and giving clients with even the most complex needs a life worth living.

LEARNING OBJECTIVES

1. Master the essential characteristics of each of the personality disorders in DSM 5.
2. Assess the treatability and prognosis of each disorder.
3. Evaluate the efficacy of various treatment methods including CBT, DBT, and Schema Therapy.
4. Learn Practical Application skills for management and treatment of each disorder.
5. Understand the 8 motivations for self-injurious behaviours and interventions for each.
6. Acquire case conceptualization skills useful for individualizing treatment planning and driving effective treatment.
7. Learn to actually like your Personality Disordered Patients! (or at least develop more frustration tolerance and increased empathy to work with them).

OUTLINE

- i. Intro/The Treatment Model
- ii. Personality Disorders in General/ Cluster A Disorders
- iii. Cluster C Disorders
- iv. Non Borderline Cluster B Disorders

Roy D. Steinberg
PH.D.

Roy D. Steinberg, Ph.D., a gero-psychologist with over 22 years of experience, concentrates his work on diagnosing and facilitating treatment of individuals with Alzheimer's disease and other forms of dementia. He has lectured nationally on the assessment and treatment of individuals with Alzheimer's disease, and on increasing attention on caring for caregivers. Dr. Steinberg is the author of *Forgetting the Memories: A Caregiver's Journey Through Alzheimer's Disease* a guide for caregivers that draws upon his profound knowledge of the disease, its manifestations and treatment, and his great love and tenderness as the son of an Alzheimer's patient. Dr. Steinberg maintains a private practice in Los Angeles devoted exclusively to serving older adults and their caregivers.

WORKSHOP #12

THE AGING BRAIN: ASSESSMENT, TREATMENTS & INTERVENTIONS FOR ALZHEIMER'S DISEASE & OTHER DEMENTIAS

DESCRIPTION

Learn: How to better assess, treat & prevent Alzheimer's Disease & other dementias

Join Dr. Steinberg to learn the latest interventions, medications and preventative treatments for Alzheimer's Disease and other dementias. Learn how to accurately diagnose Alzheimer's disease and understand the cognitive implications of the aging process. Gain insight into pathological changes and functional manifestations as well as how to differentiate between dementias including Alzheimer's disease, Vascular Dementia, Parkinson's disease, Frontotemporal Dementia and Lewy Body Dementia. Return to your practice ready to apply interdisciplinary approaches in your evaluation, treatment and care of Alzheimer's patients and their caregivers.

Walk Away With:

- Easy-to-apply assessment tools.
- Effective interventions for combativeness, depression and other dementia-related behaviours.
- Strategies for working with caregivers and families.
- Behavioral therapy interventions to incent patient participation.
- In-depth therapeutic approaches and strategies for ADL retraining and functional mobility.
- Strategies to strengthen report writing/results.
- Answers to patient and family concerns related to the aging brain.
- Tools to recognize underlying psychological conditions vs. dementia.
- Evaluation and development of treatment plans.
- Cognitive interventions.

LEARNING OBJECTIVES

1. Analyze the impact of dementia on brain structure and function, and determine the difference between 'normal forgetfulness' and cognitive impairment.
2. Accurately diagnose dementias, including Alzheimer's disease, and understand how these differences impact prognosis.
3. Articulate the difference between the Folstein Mini-Mental Status examination and SLUMS examination and utilize them as screening tools for cognitive impairment and dementia.
4. Employ adaptable behavioral interventions to provide patients with individualized care and promote more effective participation in therapy.
5. Investigate the concept of caregiver guilt and its implications for the client, clinicians and caregivers.

REGISTRATION

Mental Health Summit | Richmond 2018

► STEP 1 – CONTACT INFO

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

► STEP 2 – SELECT ATTENDING DATE(S) & WORKSHOPS

I WILL BE ATTENDING: Please select one workshop per day. Each presentation is a full day workshop.	<input type="checkbox"/> DAY 1 - Nov 26	<input type="checkbox"/> DAY 2 - Nov 27	<input type="checkbox"/> DAY 3 - Nov 28
	<input type="checkbox"/> Workshop #1	<input type="checkbox"/> Workshop #5	<input type="checkbox"/> Workshop #9
	<input type="checkbox"/> Workshop #2	<input type="checkbox"/> Workshop #6	<input type="checkbox"/> Workshop #10
	<input type="checkbox"/> Workshop #3	<input type="checkbox"/> Workshop #7	<input type="checkbox"/> Workshop #11
	<input type="checkbox"/> Workshop #4	<input type="checkbox"/> Workshop #8	<input type="checkbox"/> Workshop #12

► STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

INDIVIDUAL	1 DAY	2 DAYS	3 DAYS
Super Early-Bird Fee	NA	NA	<input type="checkbox"/> \$559
Early-Bird Fee	<input type="checkbox"/> \$229	<input type="checkbox"/> \$409	<input type="checkbox"/> \$599
Regular Fee	<input type="checkbox"/> \$249	<input type="checkbox"/> \$429	<input type="checkbox"/> \$619

GROUPS (3 DAYS)	3-7	8-14	15+	STUDENT (3 DAYS)
Early-Bird Fee	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	<input type="checkbox"/> \$539	Early-Bird Fee <input type="checkbox"/> \$539
Regular Fee	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	Regular Fee <input type="checkbox"/> \$559

Super Early Bird Cutoff Date: June 15, 2018 - Registration and payment must be received by this date.

Early Bird Cutoff Date: November 12, 2018 - Registration and payment must be received by this date.

Group Rate: Online registration only and individuals must attend all 3 days to be eligible for group discounts.

Full-Time Student Rate: 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)

Please Note: Multi-day registrations can NOT be shared. All registration fees are per person. Different individuals cannot be sent on different days under one registration fee. Name badges will be checked at the door.

► 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

4 WAYS TO SAVE

\$10 OFF
 ONLINE PROMO CODE
 Enter: SUMMIT10

\$60 OFF
 SUPER EARLY BIRD
 Deadline: June 15, 2018

\$20 OFF
 EARLY BIRD
 Deadline: Nov 12, 2018

UP TO \$60 OFF
 GROUP (online only)
 See Step 3 for Savings

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, Marital & Family Therapists, Speech Language Pathologists, Vocational Rehabilitation Consultants, School Counsellors, Behaviour Specialists, Rehabilitation Consultants, Geriatric Specialists, and all professionals looking to enhance their therapeutic skills.

HOTEL & ACCOMMODATIONS

Executive Airport Plaza Hotel Richmond

7311 Westminster Hwy, Richmond, BC
 Phone: 604.278.5555
 Website: www.executivehotels.net/vancouver-airport-hotel/home.php

HOW TO BOOK:

When booking hotel rooms, ask for the Jack Hirose and Associates corporate rate. To receive our corporate rate, rooms must be booked one month prior to the workshop date. Please keep in mind hotel rates may fluctuate. Please note, room reservations are subject to availability.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. Please contact: registration@jackhirose.com for more info.

SUPER EARLY BIRD & 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, coffee, muffins and refreshment breaks. Lunches are not included.

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).

TERMS & CONDITIONS

Our liability is limited to refunds for conference 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 conference, we will issue a full refund for **conference 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 conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CANCELLATION POLICY: All cancellations must be submitted by email to registration@jackhirose.com. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. **Refunds** will be available **minus a \$40 administration fee** for cancellations made 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a \$40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event.** *Exceptions to this will not be granted.* If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

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. Certificates are intended for continuing education credit purposes. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once you're 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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