

Child & Youth Focused Workshops

P.2 & 3

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES WITH CHILDREN & ADOLESCENTS

1 DAY INTENSIVE

VICTORIA
APRIL 26, 2019

2 DAY INTENSIVE

RICHMOND
APRIL 24 & 25, 2019

3 DAY INTENSIVE



BANFF
JULY 15-17, 2019

JAY BERK, PH.D.



1 Day Clinical Focused Workshop

P.4

COMPASSION FATIGUE & BURNOUT

RICHMOND
MAY 29, 2019



ERIC GENTRY, PH.D.

2 Day Clinical Focused Workshop

P.5

TRAUMA COMPETENCY TRAINING

RICHMOND
MAY 30 & 31, 2019



2 Day Clinical Focused Workshop

P.6

2 DAY INTENSIVE: THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES

RICHMOND
MAY 23 & 24, 2019



MARGARET WEHRENBURG, PSY.D.

2 Day Clinical Focused Workshop

P.7

MINDFULNESS- BASED COGNITIVE THERAPY

RICHMOND
JUNE 6 & 7, 2019



RICHARD SEARS, PSY.D.

3 Day Clinical Focused Workshop

P.8

3 DAY INTENSIVE: ACCEPTANCE & COMMITMENT THERAPY (ACT) IN MENTAL HEALTH PRACTICE



BANFF
JULY 3-5
2019



JOHN FORSYTH & JAMIE FORSYTH

3 Day Clinical Focused Workshop

P.10

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



BANFF
JULY 8-10, 2019



SHERI VAN DIJK, MSW

EARLY BIRD DISCOUNT - SAVE \$20!



JAY BERK, PH.D.

Jay Berk, Ph.D., is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioural field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with ODD, ADHD, autism, anxiety and stress, depression, learning disabilities, Tourette's Syndrome and individuals who have Autism Spectrum Disorder.

He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. Dr. Berk continually consults for several school districts. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as designed and facilitates alternative educational program.

1 & 2 DAY INTENSIVE: WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES WITH CHILDREN & ADOLESCENTS

1 DAY INTENSIVE

VICTORIA | FRIDAY, APRIL 26, 2019 | 9AM – 4PM
Sandman Inn Hotel Victoria | 2852 Douglas Street

2 DAY INTENSIVE

RICHMOND | WEDNESDAY, APRIL 24 & THURSDAY APRIL 25, 2019 | 9AM – 4PM
Executive Airport Plaza Hotel Richmond | 7311 Westminster Hwy

Children diagnosed with Oppositional Defiant Disorder (ODD) can present a monumental challenge to therapists, teachers, parents and siblings. ODD and other conduct problems are the single greatest reasons for referrals to outpatient and inpatient mental health settings for children, accounting for at least half of all referrals. Complicating the success of therapeutic interventions is the high rate of comorbidity with anxiety and depressive disorders or ADHD.

Current research also correlates a variety of cognitive skill deficits including executive function, emotional regulation, language processing, and social processing. These complicating comorbidities and correlations mean that ODD often requires multidisciplinary assessment and components of mental health care, case management, and educational intervention for clients to improve.

This dynamic workshop will address a full range of behavioural disturbances, from mild to severe, in order to identify the therapeutic techniques that have proven effective. Participants will review and discuss strategies which can be immediately applied across a variety of settings including home, community, social groups, classrooms, or therapeutic.

Participants will examine the intersection of ODD with a variety of issues such as trauma, ADD, learning disabilities, bipolar disorder, and depression and discuss how these affect and alter treatment decisions. Participants will leave this workshop with a much improved diagnostic and treatment approach to ODD and other behavioural disorders.

Benefits to Attending

- Beyond behaviour charts – Truly intervene with difficult behaviours
- Disruptive Mood Dysregulation Disorder & important DSM-5 updates
- The #1 reason families inadvertently fuel defiant behaviours
- How staff and clinicians may be fueling exactly what they are trying to stop
- Why child/adolescent “terrorist behaviours” work
- 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.



EARLY BIRD | SAVE \$20!

EARLY BIRD REGISTRATION FEES

VICTORIA - 1 DAY		RICHMOND - 2 DAY	
INDIVIDUAL	\$249	INDIVIDUAL	\$449
GROUP: 3-7	\$234	GROUP: 3-7	\$429
GROUP: 8-14	\$219	GROUP: 8-14	\$409
GROUP: 15+	\$204	GROUP: 15+	\$389
FT STUDENT	\$204	FT STUDENT	\$389

Early Bird Deadline:
April 12, 2019

Early Bird Deadline:
April 10, 2019

“Loved the humour he used throughout. Loved the format of audience participation, chatting with the group, slides, videos, and how open Dr. Berk is to questions. Could listen to him all day!!”

“Dr. Berk was very funny and engaging in his presentation. I would recommend going to one of his workshops. Everything we learned will be useful in my classroom and practice”

WHO SHOULD ATTEND

Education and Clinical Professionals: K–12 Classroom Teachers, School Counsellors/Psychologists, Learning Assistance/ Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers. All other professionals who support students including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers, Police Officers, and Early Childhood Educators.

Parents, Caregiver, Foster Parents, Grandparents, and Extended Family raising a child.

3 DAY INTENSIVE: WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES WITH CHILDREN & ADOLESCENTS



BANFF, ALBERTA | MONDAY, JULY 15 – WEDNESDAY, JULY 17, 2019 | 9:00 AM – 4:00 PM

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

DAY 1 & 2 AGENDA (VICTORIA, RICHMOND & BANFF)

Today's Impact on Behaviour in Children/ Adolescents

- » DSM-5 updates
- » Diagnosis of disruptive mood dysregulation disorder
- » Impact of technology on behaviours
- » Changes in schools systems and mental health delivery
- » Non-verbal problem solving

Why Children Become Oppositional & Defiant

- » Splitting issues
- » Problem solving errors
- » Rage cycles

The Diagnosis of Oppositional Defiant Disorder

- » Impact on service delivery
- » The important difference between ODD and conduct disorder

Related Issues/Disorders that Impact Oppositional Behaviours

- » ASD
- » Sensory processing disorder
- » ADHD OCD
- » Learning disabilities
- » Tourette's
- » Poverty and others

The Impact of Medications

- » Efficacy
- » Medication trends
- » Essential considerations regarding side effects
- » Is there a medication for oppositional behaviours?

Intervention Strategies to Reduce Passive Aggressive, Disruptive & Violent Behaviours

- » Individual/group/classroom
- » Create immediate changes in behaviour

- » Strategies for aggressive behaviours without restraints
- » Ways to recognize and recover

Intervention Strategies That Do Not Work & How to Fix Them

- » Pitfalls in behaviour plans and how to effectively revise
- » Effective strategies with minimal staff time

Intervention Options in a Variety of Settings

- » Creative problem solving techniques
- » Methods to reduce maladaptive problem solving

Strategies to Work with Parents & Staff Members

- » Resistant and non-disciplining parents
- » Keeping your team effective
- » Dealing with burned out staff members

DAY 3 AGENDA (BANFF ONLY)

“Magic Dust”

Additional Proven & Effective Strategies

- » Collecting baseline information and temperature reads
- » Approaching parents and helping them become part of the solution
- » Videotaping out of control behaviour and calm times
- » Implementing and adhering to a reinforcement schedule before the outburst or anger episode
- » Attention and people time as reinforcers
- » Focusing on what went right and building on successes

- » Reflecting on cognitions to improve acting out behaviour
- » Teaching children healthy boundaries and over attachment to individuals
- » Pacing the medication and working on the parent's or child's concern about medication
- » Oppositional kids and inconsistent parenting
- » Who is in control?
- » Different rules, different places
- » Fair vs Equal
- » Sending powerful messages to a child
- » Community supports



EARLY BIRD | SAVE \$20!

EARLY BIRD REGISTRATION FEES

BANFF - 3 DAY

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

Early Bird Deadline: June 17, 2019

“Enjoyed. I was engaged. Felt it was relevant, realistic, practical.”



ERIC GENTRY, PH.D.

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. He is also a founding board member and vice-president of the International Association of Trauma Professionals (IATP).

COMPASSION FATIGUE & BURNOUT

RICHMOND, BC | WEDNESDAY, MAY 29, 2019 | 9:00 AM – 4:00 PM

Executive Airport Plaza Hotel Richmond | 7311 Westminster Hwy

ATTEND BOTH ERIC GENTRY WORKSHOPS & SAVE!

This workshop 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, relational 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 workshop integrates the latest research and practice wisdom to help you reclaim the satisfaction, hope, and inspiration of professional care giving. ☸

“This course was a game changer. I’m excited to leave with my new found tools in my tool belt and head back to work and get started.”

WORKSHOP AGENDA – KEY TOPICS COVERED

WELCOME:

Getting in tune with Compassion Fatigue

- » Active ingredients for effective treatment of traumatic stress

THE PROBLEM:

Compassion Fatigue Etiology & Symptoms

- » Stress = Perceived Threat
- » Ambient Secondary Traumatic Stress
- » Brain & Body
- » Sympathetic vs. Parasympathetic Dominance
- » Compassion Fatigue Didactic
- » Secondary Traumatic Stress: Causes, Prevention, & Cure
- » Burnout: Causes, Prevention, & Cure

THE SOLUTION:

Compassion Fatigue Resiliency

- » Intentionality
- » The Covenant
- » Didactic: Breaching Integrity & Sympathetic Dominance
- » Self-regulation
- » Instruction: Physiological Intervention for shifting from Sympathetic to Parasympathetic dominance
- » Self-Validation
- » Connection
- » Self-Care

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
6. Implement simple, yet powerful, strategies to prevent the symptoms of Compassion Fatigue
7. Create self-directed, easy-to-use, personalized Professional Resiliency Plan
8. Describe the importance of Self- versus Other
9. Validate caregiving as an integral component of professional resiliency



EARLY BIRD REGISTRATION FEES | SAVE \$20!

COMPASSION FATIGUE & BURNOUT

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GROUP: 15+	\$204
FT STUDENT	\$204

TRAUMA COMPETENCY TRAINING

INDIVIDUAL	\$449
GROUP: 3-7	\$429
GROUP: 8-14	\$409
GROUP: 15+	\$389
FT STUDENT	\$389

ATTEND BOTH & SAVE

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

Early Bird Deadline: May 15, 2019

Early Bird Deadline: May 16, 2019

“One of the best workshops I’ve attended – very professional; good mix of information and interaction and skill-building. Excellent rapport with group and made so comfortable for open discussions of the subject matter.”

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 and all professionals looking to enhance their therapeutic skills.

TRAUMA COMPETENCY TRAINING

RICHMOND, BC | THURSDAY, MAY 30 & FRIDAY, MAY 31, 2019 | 9:00 AM – 4:00 PM

Executive Airport Plaza Hotel Richmond | 7311 Westminster Hwy

ATTEND BOTH ERIC GENTRY WORKSHOPS & SAVE!

This two-day seminar delivers the bio-psycho-social aspects of traumatic stress, traumatic grief, & traumatic loss. Mental health professionals are on the front lines and, in many cases, have the initial contact with the individual(s) who has experienced traumatic stress. Clinicians are routinely called upon to serve survivors of major disasters, war, childhood physical and sexual trauma, rape, violent crime, and other forms of traumatic events. Participation in this workshop leads to a holistic and systemic understanding of traumatic stress and provides skills for immediate use in a variety of clinical settings. How people respond to traumatic stress is an individual matter based on a number of factors including psychological, emotional, social, cultural, biological, spiritual, and familial. The two-day training will involve an analysis of the various defense mechanisms and other coping skills individuals employ during and following the experience of traumatic stress.

Key approaches and interventions include:

- Crisis intervention
- Critical incident stress debriefing
- Cognitive Behavioural Therapy
- EMDR
- Sensorimotor approaches

This training provides take-away evidence-based, best-practice clinical interventions and techniques for the Assessment, Safety & Stabilization, and Remembrance & Mourning phases of trauma treatment. In addition, completion of this two-day seminar meets the educational requirement when applying to become a Certified Clinical Trauma Professional (International Association for Trauma Professionals, www.traumapro.net).

“Really enjoyed Dr. Gentry; appreciated his passion and down to earth delivery. Please bring him back for additional training.”

WORKSHOP AGENDA – KEY TOPICS COVERED

A Brief History and Evolution of Traumatic Stress, Grief & Loss

- » Systemic traumatic stress theory
- » Symptom review
- » Review of effective treatments
- » Tri Phasic model
- » Most commonly used instruments to assess traumatic stress

Core Competencies of Traumatic Stress, Grief & Loss Bio-Psycho-Social-Spiritual Factors that Produce Anxiety & Traumatic Stress

- » Precipitating events
- » Meaning making
- » Physiology of Trauma
- » Perception

Adaptive and maladaptive coping behaviours

- » Trauma Adaptation
- » Systemic influences
- » Emotional & psychological stressors
- » Integrated theoretical concepts from stress, crisis & trauma theories
- » Information Processing Model
- » Psychosocial Model

Review of Effective Treatment Interventions

- » Cognitive Behavioral Techniques (PE, CPT & SIT)
- » EMDR & Bilateral Stimulation
- » Thought Field Therapy (TFT)/Emotional Freedom Techniques (EFT)
- » Sensorimotor

The Biochemical, Affective, and Cognitive Impacts of Traumatic Stress

- » Affective volatility
- » The body keeps the score
- » Biology of traumatic stress

The Impacts of Traumatic Stress Over Time and Across and Within Developmental Stages

- » Epigenetics
- » Reactive Attachment Disorder
- » Adrenal fatigue

The Role of Traumatic Stress in Clinical Disorders such as Personality Disorders, Dissociative Identity Disorder, and More

- » Traumagenesis
- » Traumaddiction
- » Comorbidity

Conceptualizing a Framework of Healing for Survivors of Traumatic Stress

- » Systemic perspective
- » Strengths perspective
- » Survivor metaphor

Traumatic Stress Exists Across the Continuum of Systemic Levels

- » Systemic trauma theory
- » Community trauma
- » Vicarious secondary traumatization

Theories of Traumatic Stress, Loss and Grief

- » Information processing model
- » Psychosocial model
- » Contemporary thoughts

LEARNING OBJECTIVES

1. Define clearly the nature of traumatic stress, grief, & loss and their sequelae
2. Explain and apply theoretical models of traumatic stress, grief & loss
3. Explain traumatic stress, grief & loss from biochemical, psychological, social & spiritual perspectives
4. List and describe the key current interventions employed for the treatment of traumatic stress, grief & loss
5. Demonstrate a rudimentary understanding of brain functioning as it relates to traumatic stress
6. Describe the pioneering work that informs evidence-based treatments

2 DAY INTENSIVE: THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES

RICHMOND, BC | THURSDAY, MAY 23 & FRIDAY, MAY 24, 2019 | 9AM – 4PM

Executive Airport Plaza Hotel Richmond | 7311 Westminster Hwy

In *The 10 Best-Ever Anxiety Management Techniques*, Margaret Wehrenberg, Psy.D. presents the most useful psychotherapeutic approaches to generalized anxiety, panic and social anxiety. Via discussion, practice in the seminar, and concise client examples in all age groups, you will learn methods to manage anxiety that work in every clinical population. Even experienced clinicians will come away with tools to help clients resolve their anxiety symptoms.

Drawing on the latest research for the neurobiological basis of anxiety to explain why psychotherapy is so effective, Dr. Wehrenberg demonstrates comprehensive techniques to stop rumination, eliminate panic and prepare people to participate in social environments without distress.

Among the 10 Best-Ever Anxiety Management Techniques are methods that manage the physiological aspects of anxiety: stress, the dread and agitation of generalized anxiety, panic attacks, and the nervous system-based blushing, sweating and shaking of social anxiety. You will get information about ruling out causes of anxiety and physical conditions that mimic anxiety.

You will be able to apply tools to eliminate the distressing cognitive features of anxiety, such as

rumination, catastrophic thinking, and cognitive errors with tools such as “Contain Your Worry”, “Worry Well and Only Once” and “Knowing, not Showing Anger”. You will be able to identify and correct for the typical issues of procrastination and perfectionism as they appear when caused by generalized anxiety disorder. But also, you will be able to apply the neuroscience of memory reconsolidation as it affects and directs both desensitizing panic cues and the creation of effective social anxiety exposures.

Through case examples, description of methods that will include “Knowing, Not Showing Anger”, “Contain Your Worry in Time,” and 3 mindfulness practices to minimize distress. Dr. Wehrenberg will provide a look at the research that supports the efficacy of these treatment methods and give an opportunity to practice several of the methods, including 5 breathing techniques to manage anxiety, 2-minute relaxers, “Clear the Mind” of worry, the ‘Heart Lock-In’ from Heart math, and Emotional Freedom Technique, among others. This seminar is suited to any clinician who has clients with anxiety, and it will aid the newer therapist to be effective with anxious clients of every age as well as strengthen the skills of even the most experienced clinician.



MARGARET WEHRENBURG, PSY.D.



AUTHOR

The 10 Best-Ever Anxiety Management Techniques

Margaret Wehrenberg, Psy.D., is a coach and therapist, an author, and an international trainer and speaker on topics related to psychotherapy for anxiety and depression, stress management and optimizing anxiety for achievement. She is a practicing psychologist, coaching for anxiety management and providing psychotherapy for anxiety and depression disorders. She has been a trainer of therapists for 25 years, and she is a sought-after speaker, consistently getting the highest ratings from participants for her dynamic style and high quality content.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: May 9, 2019

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$449	GROUP: 15+	\$389
GROUP: 3-7	\$429	FT STUDENT	\$389
GROUP: 8-14	\$409		

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1

- » Describe neurobiological basis of anxiety and the implications for why and how psychotherapy works to use the brain to change the brain.
- » Technique #1 Manage Intake – explore lifestyle contributions to anxiety and healthy habits to reduce anxiety
- » Dealing with Stress That Creates Anxiety Disorders: 4 competencies to prevent or recover from stress damage and eliminate it for good!
- » Fear Based Anxiety Disorders: Panic and Social Anxiety. Apply the panic reduction protocol “Prevent Panic” and the “3 Cs for Effective Exposure” to eliminate social anxiety. To include mindfulness techniques, interoceptive exposure, and eliminate panic triggers.
- » Model effective use of diaphragmatic breathing techniques and relaxation methods that reduce both physical and mental tension.

DAY 2

- » The basis of ruminative anxiety and how to eliminate worry, including the methods of technique #1 “Contain Your Worry.”
- » Apply the most effective cognitive interventions to reduce persistent rumination (Erase the Worry Trace) and stop worrying over real or potential problems.
- » Utilize cognitive therapy interventions with clients to manage perfectionism, procrastination and rigid approaches to problems.
- » Explore the basis of phobias and basic approaches to desensitize phobia, including health anxiety.
- » Effectively enable socially anxious clients to face their fears and improve their participation in life, challenging false beliefs and successfully engaging in social environments.

LEARNING OBJECTIVES

1. Describe neurobiological basis of anxiety and the implications for why and how psychotherapy works to use the brain to change the brain.
2. The basis of ruminative anxiety and how to eliminate worry, including the methods of technique #1 “Contain Your Worry.”
3. Dealing with Stress That Creates Anxiety Disorders: 4 competencies to prevent or recover from stress damage and eliminate it for good!
4. Fear Based Anxiety Disorders: Panic and Social Anxiety. Apply the panic reduction protocol “Prevent Panic” and the “3 Cs for Effective Exposure” to eliminate social anxiety. To include mindfulness techniques, interoceptive exposure, and eliminate panic triggers.
5. Model effective use of diaphragmatic breathing techniques and relaxation methods that reduce both physical and mental tension.

MINDFULNESS-BASED COGNITIVE THERAPY

RICHMOND, BC | THURSDAY, JUNE 6 & FRIDAY, JUNE 7, 2019 | 9AM – 4PM

Executive Airport Plaza Hotel Richmond | 7311 Westminster Hwy

Much has been written about mindfulness in recent decades, but clinicians are often left without concrete, practical skills to teach clients in acute distress. Applying the methods of an evidence-based intervention such as Mindfulness-Based Cognitive Therapy (MBCT), requires in-depth knowledge and personal experience. MBCT is an 8-session program first developed by Zindel Segal, Mark Williams, and John Teasdale, and has been shown to cut relapse rates for depression in half. It has been shown to be helpful for such issues as stress, anxiety, depression, chronic pain, and PTSD, and is also beneficial for clinicians themselves. Join mindfulness expert Dr. Richard Sears, author of Building Competence in MBCT, as he personally guides you through all of the techniques and principles of MBCT through lecture, discussion, and experiential exercises. This in-depth experiential workshop will foster skills and concepts that you can immediately apply in all of your clinical work.

WORKSHOP AGENDA – KEY TOPICS COVERED

COMPETENCIES OF MBCT

Foundations of MBCT

- » Mindfulness-Based Stress Reduction (MBSR)
- » Original MBCT trials
- » Evidence base for MBCT
- » Neurological evidence

Principles

- » Adaptation and expansion of CBT principles
- » Decenter from strong and persistent negative thoughts
- » Leading mindfulness exercises skillfully
- » Mindful inquiry

MBCT CURRICULUM & CORE THERAPEUTIC TASKS

Awareness and Automatic Pilot

- » Raisin exercise – distinguish thinking and feeling
- » Body scan – foundation to build attention
- » Mindfulness of daily activities

Living in Our Heads

- » ABC model for linking thoughts and emotions
- » Pleasant events calendar to foster attention to the positive
- » Mindful breathing for stress and focus

Gather the Scattered Mind

- » Mindful stretching for working with discomfort
- » Mindful walking for dynamic mindfulness
- » Unpleasant events calendar to relate differently to difficulty
- » 3-Minute breathing space

Recognize Aversion

- » Mindfulness of breath, body, sounds to deepen awareness
- » Working with difficulties without struggle

Allow/Let Be

- » Exposure to difficult thoughts and feelings to transform them

- » Notice thoughts without getting lost in them

Thoughts are Not Facts

- » Purposefully exposing to strong thoughts and feelings
- » Techniques for working wisely with difficult thoughts

How Can I Best Take Care of Myself?

- » Recognize relapse signatures to prevent future problems
- » Develop self-care action plans

Maintaining and Extending New Learning

- » Personalize mindfulness practices for individual clients
- » Maintain momentum of positive gains

CLINICAL ISSUES – ADVANCED STRATEGIES FOR WORKING WITH CHALLENGING CLIENTS:

Adaptations of MBCT for:

- » Depression
- » Stress
- » Anxiety
- » Chronic Pain
- » PTSD
- » Substance Use Disorders
- » Children & Adolescents

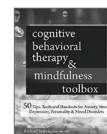
Limitations of the Research and Potential Risks

- » Most research has been done in group settings
- » Best when clients have the cognitive capacity to engage in the practices
- » Adaptations must be made for acute conditions and special populations
- » Mindfulness involves moving into experiences, which may cause a temporary exacerbation of symptoms

Evaluations



RICHARD SEARS, PH.D.



AUTHOR

Cognitive Behavioral Therapy & Mindfulness Toolbox

Richards W. Sears, Psy.D., Ph.D., ABPP is a board certified clinical psychologist in Cincinnati, Ohio, where he runs a private practice and conducts regular MBCT groups for medical centres as well as for the community. He is director of the Centre for Clinical Mindfulness & Meditation, and has several academic faculty appointments, including the UC College of Medicine Department of Psychiatry and Clinical Neuroscience. He was clinical lead on one of the first trials using MBCT for PTSD within the VA system.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: May 23, 2019

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$449	GROUP: 15+	\$389
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LEARNING OBJECTIVES

1. Compile the underlying mechanisms that make mindfulness techniques effective for stress, depression, anxiety, trauma, pain, and addiction.
2. Breakdown the role of thoughts in perpetuating symptoms of stress, anxiety, and depression as it relates to ruminating thoughts and behaviours in clients.
3. Describe the brain changes associated with mindfulness practice to explain to clients the scientific effectiveness of practicing mindfulness.
4. Connect how mindfulness builds upon and refines the evidence-based principles of Cognitive-Behavioural Therapy (CBT).
5. Incorporate mindfulness practices into traditional CBT thought records to help alleviate clients of intrusive, obsessive compulsive thoughts.
6. Utilize specific mindfulness-based techniques to help clients disengage from the narrative of negative thoughts and emotions.

3 DAY INTENSIVE: ACCEPTANCE & COMMITMENT THERAPY (ACT) IN MENTAL HEALTH PRACTICE



BANFF, AB | WEDNESDAY, JULY 3 – FRIDAY, JULY 5, 2019 | 9AM – 4PM
Banff Park Lodge Resort & Conference Centre | 222 Lynx Street, Banff

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.

Join ACT experts, Drs. John & Jamie Forsyth for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques, and powerful therapeutic strategies that will help you when working with a broad range of mental health concerns including:

- Anxiety Issues
- Post-Traumatic Stress Disorder
- Mood Disorders
- Substance Abuse
- Anger Management
- Trauma
- Personality Disorders
- And many more!

View this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients. ☁

1. Cultivate fluid and flexible use of ACT in practice
2. ACT techniques for a broad range and severity of mental health disorders
3. An interactive workshop including experiential exercises, demonstrations, clinical worksheets and practical tools
4. Transformative for you and your clients!

WORKSHOP AGENDA – KEY TOPICS COVERED

ACT Model and Case Conceptualization

- » Centering Exercise
- » Why It's Hard Being Human
- » Pervasiveness of Human Suffering
- » The Light and Dark Side of Language & Cognition
- » ACT Case Conceptualization

Use Creative Hopelessness to Weaken the Control Agenda

- » Why Creative Hopeless in ACT?
- » Exploring Workability
- » Establishing Creative Hopelessness
- » Exercise and Role Play:
Tug of War with Anxiety Monster

Do Effective Values Work in ACT

- » The Nature of Values in ACT
- » Distinguishing Values from Goals
- » Connecting with Values

Cultivate Mindful Acceptance & Defusion

- » Opening Up:
The Nature of Mindful Acceptance in ACT
- » Exercise: Getting in Contact with the Present
- » Exercise: Take Your Mind for a Walk
- » Exercise: Acceptance of Thoughts & Feelings
- » Self as Context vs. the Conceptualized Self

Nurture Self-Compassion, Willingness, and Value-Guided Action

- » Self-Compassion and Kindness – Powerful Antidotes to Suffering
- » Exercise: Loving Kindness Walking Meditation
- » Exercise to Nurture Self-Compassion:
Tonglen Practice
- » The Nature of Willingness
- » Exercise: Trying vs. Doing
- » Compassionate Exposure
in a Value-Guided Context

LEARNING OBJECTIVES

1. List of 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 inflexahex 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



JOHN P. FORSYTH, PH.D.



CO-AUTHOR

Acceptance and Commitment Therapy for Anxiety Disorders

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 to cultivate psychological health and wellness. He is a Professor of Psychology at the university at Albany, State University of New York. Dr. Forsyth is the faculty director of the Anxiety Disorders Research Program.



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 (e.g. schizophrenia, personality disorders) in both inpatient and outpatient settings. Her work, grounded in evidence-based know-how offers unique insights into the subtle nuances of ACT as it unfolds in life and mental health settings. She is a member of the teaching faculty at the Esalen Institute.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: June 19, 2019

EARLY BIRD REGISTRATION FEES

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

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MAY 8-10, 2019

Wednesday - Friday
9:00am - 4:00pm

CALGARY, ALBERTA

COAST PLAZA HOTEL & CONFERENCE CENTRE
1316 33rd Street NE

TOPICS INCLUDE:

- ✓ Neuropsychology of Reading & Written Language Disorders
- ✓ Is it Disability Behaviour or Just Disruptive Behaviour
- ✓ Practical Classroom Management Strategies
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- ✓ Over 30 Proven & Effective Brief Interventions for Students with Emotional & Behavioural Problems
- ✓ Reaching & Teaching Students with Emotional Disturbance
- ✓ Life Skills: Practical Strategies That Work with Students
- ✓ What To Do After the Meltdown: Strategies for Prevention, Intervention & Instructional Consequences
- ✓ Rescuing the Dysregulated Student
- ✓ Strengthening Executive Skills to Promote School Success
- ✓ Overcoming Anxiety Disorders in School-Age Children
- ✓ High Functioning Autism: Proven & Practical Interventions
- ✓ Neuropsychology of Emotional Disorders
- ✓ Fostering Resilience with Indigenous Children & Families

**11 INTERNATIONALLY
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**John
T. Almarode**
PH.D.



**Meghan
Barlow**
PH.D.



**Christine
Dargon**
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3 DAY INTENSIVE: DBT MADE SIMPLE

Using Dialectical Behaviour Therapy to Treat Emotion Regulation Disorders



BANFF, AB | MONDAY, JULY 8 – WEDNESDAY, JULY 10, 2019 | 9AM – 4PM

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

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

Through lecture, experiential exercises, and case consultation you will explore the four modules of DBT: Core Mindfulness, Emotion Regulation,

Distress Tolerance and Interpersonal Effectiveness. Explore tools and strategies to improve the therapeutic relationship and reduce feelings of ineffectiveness and burn-out. Viewing video-tapes of Sheri's real-life sessions will provide you with a better understanding of the flow of individual sessions as well as how to balance accepting clients where they are with pushing them to make positive changes.

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

WORKSHOP AGENDA – KEY TOPICS COVERED

Essentials of DBT

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

Biosocial Theory of Emotion Dysregulation

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

Dialectics In Therapy

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

Reducing Therapist Burn-Out

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

The "B" in DBT

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

Mindfulness and Neuroplasticity

- » DBT skills change the brain

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

THE FOUR SKILLS MODULES

1. Core Mindfulness Skills

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

2. Emotion Regulation Skills

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

3. Interpersonal Effectiveness Skills

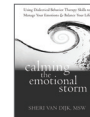
- » Teach clients to:
 - Form and maintain safe, healthy relationships
 - Set and prioritize goals in interpersonal interactions
 - Improve assertive communication
 - Increase self-respect
 - Have a healthier balance of responsibilities versus enjoyable activities

4. Distress Tolerance Skills

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



SHERI VAN DIJK, MSW



AUTHOR

Calming the Emotional Storm

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



EARLY BIRD | SAVE \$20!

Early Bird Deadline: June 17, 2019

EARLY BIRD REGISTRATION FEES

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

LEARNING OBJECTIVES

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



Clinical Focused

THE 10 BEST EVER ANXIETY MANAGEMENT TECHNIQUES

ON DEMAND



MARGARET WEHRENBURG, PSY.D.

Clinical Focused

THE EVIDENCE-BASED & INDIVIDUALIZED TREATMENT OF DEPRESSION

ON DEMAND



RANDY PATERSON, PH.D.

Clinical Focused

THE NEUROPSYCHOLOGY OF STRESS, TRAUMA & EMOTIONAL DISORDERS

A Framework for Effective Interventions

ON DEMAND



STEVEN FEIFER, D.ED.

Clinical Focused

THE PERSONALITY DISORDER TOOLBOX

Practical Strategies for Meeting the Challenges of Your Most Difficult Cases

ON DEMAND



JEFF RIGGENBACH, PH.D.

Clinical Focused

TEENS, ANXIETY & DEPRESSION

Active Strategies to Move Teens Forward

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LYNN LYONS, MSW

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SEX, INTIMACY & ADDICTION IN THE DIGITAL AGE

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ADVANCED MINDFULNESS TOOLBOX FOR REWIRING THE BRAIN

ON DEMAND



DONALD ALTMAN, M.A., LPC

REGISTRATION FORM

British Columbia Workshops | Spring 2019

STEP 1 – CONTACT INFO

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

STEP 2 – SELECT WORKSHOP

- ☐ **1 DAY: Working with Oppositional, Defiant & Anger Issues** - Jay Berk | Victoria, April 26, 2019
- ☐ **2 DAY: Working with Oppositional, Defiant & Anger Issues** - Jay Berk | Richmond, April 24 & 25, 2019
- ☐ **3 DAY: Working with Oppositional, Defiant & Anger Issues** - Jay Berk | Banff, July 15–17, 2019
- ☐ **Compassion Fatigue & Burnout** - Eric Gentry | Richmond, May 29, 2019
- ☐ **Trauma Competency Training** - Eric Gentry | Richmond, May 30 & 31, 2019
- ☐ **Attend Both Eric Gentry Workshops in Richmond** - Eric Gentry | Richmond, May 29–31, 2019
- ☐ **Ten Best-Ever Anxiety Management Techniques** - Margaret Wehrenberg | Richmond, May 23 & 24, 2019
- ☐ **Mindfulness-Based Cognitive Therapy** - Richard Sears | Richmond, June 6 & 7, 2019
- ☐ **Acceptance & Commitment Therapy (ACT)** - John & Jamie Forsyth | Banff, July 3–5, 2019
- ☐ **DBT Made Simple** - Sheri Van Dijk | Banff, July 8–10, 2019

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

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

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

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

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

STEP 4 – PAYMENT | FEES DO NOT INCLUDE TAX (5% GST)

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<input type="checkbox"/> MasterCard	Cardholder Name		
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PHONE or FAX

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3 WAYS TO SAVE



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registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: See Workshop Page for Deadlines.



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.

RICHMOND

Executive Airport Plaza Hotel Richmond
7311 Westminster Hwy | 604.278.5555

VICTORIA

Sandman Inn Hotel Victoria
2852 Douglas Street | 250.388.0788

BANFF

Banff Park Lodge Resort & Conference Centre
222 Lynx Street | 403.762.4433

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.

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REFUND OPTIONS:

- 14 business days or more prior to the event: refund, minus a \$40 administration fee
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- Less than one full business day prior to the event: no refund or credit under any circumstances will be available.

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