



jack hirose
& ASSOCIATES INC.

Quality workshops & community resources

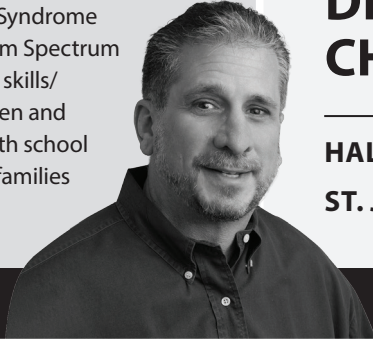
JACKHIROSE.COM

Spring 2019 | Maritimes

Mental Health & Education Workshops



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.



JAY BERK, PH.D.

2 Day Child & Youth Focused Workshops

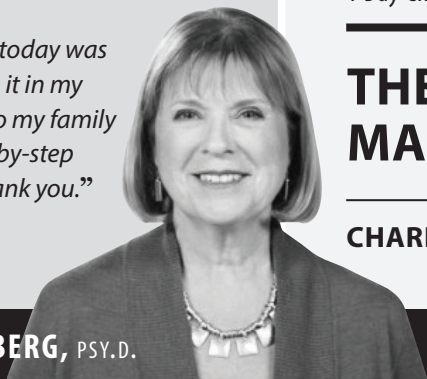
2 DAY INTENSIVE: WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES WITH CHILDREN & ADOLESCENTS

HALIFAX, NS | JUNE 3 & 4, 2019

ST. JOHN'S, NFLD | JUNE 6 & 7, 2019

Margaret Wehrenberg, Psy.D., is a practicing clinical psychologist. She coaches professionals for anxiety management, and has been a trainer for 25 years. She is a sought-after speaker for conferences and trainings, consistently getting the highest ratings for her dynamic style and high quality content. Her individualized coaching for panic, worry and social anxiety has helped professionals from entrepreneurs to corporate executives, from sales personnel to IT specialists. Margaret is a frequent contributor to the award-winning Psychotherapy Networker magazine and blogs on depression for Psychology Today.

“Margaret's information today was fantastic! I can see using it in my professional life and also my family life. Very practical, step-by-step ideas we can all use. Thank you.”



MARGARET WEHRENBURG, PSY.D.

2 Day Clinical Focused Workshop

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

CHARLOTTETOWN, P.E.I. | JULY 3 & 4, 2019

1 Day Clinical Focused Workshop

THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

CHARLOTTETOWN, P.E.I. | JULY 5, 2019



WEBINARS

With Specialists on Cutting Edge Topics

FOR MORE INFORMATION & REGISTRATION: JACKHIROSE.COM

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

HALIFAX, NS | MONDAY, JUNE 3 & TUESDAY, JUNE 4, 2019 | 9:00 AM – 4:00 PM

Dalhousie University - Scotiabank Auditorium (Marion McCain Building) | 6135 University Ave

ST. JOHN'S, NFLD | THURSDAY, JUNE 6 & FRIDAY, JUNE 7, 2019 | 9:00 AM – 4:00 PM

Delta Hotels St. John's Conference Centre | 120 New Gower St

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 students and clients to improve.

This dynamic workshop will address a full range of behavioural disturbances, from mild to severe, in order to identify the therapeutic techniques that have proven effective. Participants will review and discuss strategies which can be immediately

applied across a variety of settings including home, community, social groups, classrooms, or therapeutic.

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

Benefits to Attending

- Beyond behaviour charts – Truly intervene with difficult behaviours
- Disruptive Mood Dysregulation Disorder & important DSM-5 updates
- The #1 reason families inadvertently fuel defiant behaviours
- How educators and clinicians may be fuelling exactly what they are trying to stop
- Why child/adolescent “terrorist behaviours” work
- Implement strategies with the child/adolescent who refuses to talk
- Describe why “regular” strategies (rewards, punishments) don't work and ways to improve

WORKSHOP AGENDA – KEY TOPICS COVERED

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



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.



EARLY BIRD | SAVE \$20!

Early Bird Deadline:

Halifax: May 21, 2019 | St. John's: May 24, 2019

EARLY BIRD REGISTRATION FEES

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

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.

“Dr. Berk is an exceptional presenter. This is the first workshop that I have attended and felt like the presenter has lived and worked with the material! Fantastic presenter and workshop!”

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



CHARLOTTETOWN, P.E.I. | WED, JULY 3 & THURS, JULY 4, 2019 | 9AM - 4PM
Rodd Charlottetown Hotel | 75 Kent Street

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.

"The workshop was awesome! Margaret is wonderfully knowledgeable on both the academic side and the practical side. I do really appreciate her sense of humour. I rarely give straight "5's" on evaluations - she deserves every one of them!" - Christina G.

THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES



CHARLOTTETOWN, P.E.I. | FRIDAY, JULY 5, 2019 | 9AM - 4PM
Rodd Charlottetown Hotel | 75 Kent Street

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.



MARGARET WEHREMBERG, 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. Her individualized coaching for panic, worry and social anxiety has helped professionals from entrepreneurs to corporate executives, from sales personnel to IT specialists. Margaret is a frequent contributor to the award-winning *Psychotherapy Networker* magazine and blogs on depression for *Psychology Today*.



EARLY BIRD | SAVE \$20!

EARLY BIRD REGISTRATION FEES

The 10 Best-Ever Anxiety Management Techniques	The 10 Best-Ever Depression Management Techniques
INDIVIDUAL \$449	INDIVIDUAL \$249
GROUP: 3-7 \$429	GROUP: 3-7 \$234
GROUP: 8-14 \$409	GROUP: 8-14 \$219
GROUP: 15+ \$389	GROUP: 15+ \$204
FT STUDENT \$389	FT STUDENT \$204

Early Bird Deadline: June 19, 2019

SAVE!

ATTEND BOTH WORKSHOPS IN CHARLOTTETOWN

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

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Fees do not include tax (15% HST)	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Working with Oppositional, Defiant & Anger Issues - Jay Berk Halifax, NS June 3 & 4, 2019					
Early Bird (Before May 21)	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	<input type="checkbox"/> \$389	\$389
Regular	<input type="checkbox"/> \$469	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	\$409
Working with Oppositional, Defiant & Anger Issues - Jay Berk St. John's, NFLD June 6 & 7, 2019					
Early Bird (Before May 24)	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	<input type="checkbox"/> \$389	\$389
Regular	<input type="checkbox"/> \$469	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	\$409
10 Best-Ever Anxiety Management Techniques - Margaret Wehrenberg Charlottetown July 3 & 4, 2019					
Early Bird (Before June 19)	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	<input type="checkbox"/> \$389	\$389
Regular	<input type="checkbox"/> \$469	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	\$409
10 Best-Ever Depression Management Techniques - Margaret Wehrenberg Charlottetown July 5, 2019					
Early Bird (Before June 19)	<input type="checkbox"/> \$249	<input type="checkbox"/> \$234	<input type="checkbox"/> \$219	<input type="checkbox"/> \$204	\$204
Regular	<input type="checkbox"/> \$269	<input type="checkbox"/> \$254	<input type="checkbox"/> \$239	<input type="checkbox"/> \$224	\$224
Attend Both Margaret Wehrenberg Workshops Charlottetown July 3-5, 2019					
Early Bird (Before June 19)	<input type="checkbox"/> \$619	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	<input type="checkbox"/> \$559	\$559
Regular	<input type="checkbox"/> \$639	<input type="checkbox"/> \$619	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	\$579

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

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





STEP 3 – PAYMENT | FEES DO NOT INCLUDE TAX (15% HST)

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER

 ONLINE registration.jackhirose.com	 EMAIL registration@jackhirose.com
 PHONE or FAX See numbers below right	 MAIL See address below right

3 WAYS TO SAVE

	ONLINE PROMO CODE: SAVE10NS registration.jackhirose.com
	EARLY BIRD DISCOUNT See Step 2 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.

HALIFAX Atlantica Hotel Halifax 1980 Robie Street 902.423.1161	CHARLOTTETOWN Rodd Charlottetown Hotel 75 Kent St 800.565.7633
ST. JOHN'S Delta Hotels St. John's Conference Centre 120 New Gower Street 709.739.6404	

TERMS & CONDITIONS

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

CANCELLATION POLICY: All cancellations for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com. Non-attendance at an event will not be grounds for any or partial refund/credit **under any circumstances**. We are sorry, exceptions to this will not be granted.

REFUND OPTIONS:

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

CERTIFICATES: Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at registration.jackhirose.com/certificates. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once your registration has been processed. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



Complete & Return with Payment:

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