

2 Day Clinical Focused Workshop P.2

TREATMENT & MANAGEMENT OF PERSONALITY DISORDERS

The Challenge of the Hidden Agenda

OAKVILLE
APRIL 15 & 16, 2019



JEFF RIGGENBACH, PH.D.

1 Day Child & Youth Focused Workshop P.3

WHAT TO DO AFTER THE MELTDOWN

Practical Strategies for Prevention, Intervention & Instruction

OTTAWA
MAY 6, 2019



KATHY MORRIS, M.ED.

1 Day Child & Youth Focused Workshop P.3

WHAT IS IT ABOUT ME YOU DON'T LIKE?

Practical Classroom Management Strategies to Minimize Challenging Behaviours

OTTAWA
MAY 7, 2019



2 Day Child & Youth Focused Workshop P.4

2 DAY INTENSIVE: HIGH FUNCTIONING AUTISM

Proven & Practical Interventions for Challenging Behaviour in Children & Adolescents

OAKVILLE
MAY 6 & 7, 2019



CARA DAILY, PH.D.

2 Day Clinical Focused Workshop P.5

2 DAY INTENSIVE: DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING

OAKVILLE
MAY 27 & 28, 2019



EBONI WEBB, PSY.D.

3 Day Clinical Focused Workshop P.6

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.6

3 DAY INTENSIVE: DBT MADE SIMPLE

Using Dialectical Behaviour Therapy to Treat Emotion Dysregulation Disorders


 BANFF
JULY 8-10, 2019



SHERI VAN DIJK, MSW

2 Day Clinical Focused Workshop P.7

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


 CHARLOTTETOWN
JULY 3 & 4, 2019



MARGARET WEHRENBURG, PSY.D.

1 Day Clinical Focused Workshop P.7

THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

 CHARLOTTETOWN
JULY 5, 2019



TREATMENT & MANAGEMENT OF PERSONALITY DISORDERS

The Challenge of the Hidden Agenda

OAKVILLE | MONDAY, APRIL 15 & TUESDAY, APRIL 16, 2019 | 9:00 AM – 4:00 PM

Oakville Conference Centre | 2515 Wyecroft Road

Individuals with personality disorders have long been considered the most challenging clients presenting in the clinical setting. Many patients initially 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. Outdated ways of thinking in the mental health community continue to lead many professionals continue to view them as untreatable.

Emerging research suggests this is simply not the case. There is hope! New treatment approaches have paved the way in pioneering new attitudes and outcomes when working with these conditions. DBT, more traditional CBT, and Schema

Therapy, a new breakthrough treatment specifically for personality disorders all now offer empirically supported protocols.

Leave this enjoyable and information packed conference with with leading expert in the field and best-selling author Dr. Jeff Rigenbach with 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, trauma, toxic relationships and other problems that impair their ability to function in society. Incorporate Practical tools from DBT, CBT, and schema modification approaches give even your most resistant patients a life worth living. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1

Etiology/Genetic Heritability Studies Categorical vs. Dimensional Models of Personality Making a Personality Disorder Diagnosis Overview of Evidence Based Treatment Personality Disorder Treatment Principles Cluster A Disorders

- » Schizotypal PD
 - "situation mgmt."
 - Pharmacological Intervention
- » Paranoid PD
 - Scaling Exercises
 - Developing Trust
- » Schizoid PD
 - Schizoid Specific Tasks

Cluster C Disorders

- » Obsessive Compulsive PD
 - Distress Tolerance
 - Becoming "good enough"
- » Avoidant PD
 - Reducing Anxiety
 - Taking Small Risks
- » Dependent PD
 - Assertiveness Training

Non-BPD Cluster B Disorders

- » Histrionic PD
 - Strategies for Impulsivity/Flirtation
 - Channeling Expressiveness
- » Antisocial PD
 - Attachment/Empathy Work
 - Managing Rule Breaking Behaviour
- » Narcissistic PD
 - Limit Setting
 - Use of Leverage to Promote Change

DAY 2

Personality Disorders In The Real World

- » Making a BPD Diagnosis
 - Rationale for Making Diagnosis
 - Talking to your Client about the Diagnosis

Symptom Targeted Strategies

- » Dealing with Toxic Relationships
- » Identity Work
- » Managing Self-Injury

"Pre-Treatment"

- » The Treatment Agreement
- » Sample Contracts
- » Consent for Treatment
- » Session Acuity Protocol
- » Diary cards Individualized to meet Client Needs

Facilitating DBT Skills Training Groups

- » Interpersonal Effectiveness Skills
- » Emotion Regulation Skills
- » Distress Tolerance Skills
- » Mindfulness

Model Session

- » Mood Check/Safety Planning
- » CB Chain Analysis

Schema Mode Work & Relapse Prevention

- » Continuum work
- » Modification protocol
- » Cognitive Behavioural Chain Analysis
- » Schema/Belief Reconstruction Work

Session #8: Conclusion/Live Q&A

- » Monitoring Progress
- » Relapse Prevention



JEFF RIGGENBACH, PH.D., LPC



AUTHOR

Borderline Personality Disorder Toolbox

Jeff Rigenbach, Ph.D., LPC, is an award winning author & international expert in personality disorders. He has spent the first 17 years of his career developing & overseeing personality disorder treatment programs at two different psychiatric hospitals in the state of Oklahoma. During that time, he & his staff have treated over 500 patients with BPD in particular. He is on Faculty with Educational Institutes in Canada, Australia, and South Africa and has trained over 15,000 mental health professionals in all 50 US States and abroad. In addition to his body of clinical work, Jeff serves as director of the international Personality Disorders Awareness Network, is a diplomat with the Academy of Cognitive therapy, and is a best-selling author. Dr. Rigenbach's talks routinely receive the highest marks from conference participants in terms of educational as well as entertainment value.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: April 1, 2019

EARLY BIRD REGISTRATION FEES

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

LEARNING OBJECTIVES

- » Master the essential characteristics of each personality disorder in DSM-5
- » Assess the treatability and prognosis of each disorder
- » Evaluate the efficacy of various treatment methods including CBT, DBT, and Schema Therapy
- » Learn Practical Application skills for management and treatment of each disorder
- » Understand the 8 motivations for self-injurious behaviours and interventions for each

WHAT TO DO AFTER THE MELTDOWN

Practical Strategies for Prevention, Intervention & Instruction

OTTAWA | MONDAY, MAY 6, 2019 | 9:00 AM – 4:00 PM

Holiday Inn Ottawa East | 1199 Joseph Cyr St

When working with a child or adolescent with an Autism Spectrum Disorder, ADHD, or another developmental disorder, meltdowns may occur that may be a result of sensory overload or due to inability to self-regulate emotions. This course will provide many practical hands-on strategies to: increase positive and acceptable behaviour while decreasing undesirable behaviours; prevent meltdowns, tantrums, rages; provide suggestions for instructional consequences and self-management techniques to help prevent another meltdown; provide a system of visual supports throughout the day; demonstrate how to use high focus and interest areas as incentives; and, provide videos and demonstrations using evidence-based techniques. This information and fun-packed course is designed for educators, therapists, counsellors, and all those who are interested in providing supports to children and adolescents with ASD, ADHD, or other developmental disabilities.

LEARNING OBJECTIVES

1. Explain why an agenda/schedule is important for persons on the spectrum
2. Explain how to use a Surprise Card or Change of Schedule Card in a clinical or classroom setting
3. Differentiate between a meltdown and a tantrum
4. Differentiate chronic over-arousal to behaviours observed in students with an ASD or another developmental disorder
5. Demonstrate the ability to role-play a Social Script Adequately describe how to apply a Video Model

WORKSHOP AGENDA

- » Use of Agenda/Schedules, Surprise Cards
- » Meltdowns, Tantrums, Chronic Overarousal
- » Social Scripts- continued; Video Models
- » Myths and Facts of ASD; Autism Research, Neurology of the Brain, and Behaviour
- » Video of Overstimulation; How to Implement Power Cards and Social Stories
- » Video Scenarios-Critical Components in General Education Classrooms

1 Day Child & Youth Focused | 6 CEUs | 9am - 4pm

WHAT IS IT ABOUT ME YOU DON'T LIKE?

Practical Classroom Management Strategies to Minimize Challenging Behaviours

OTTAWA | TUESDAY, MAY 7, 2019 | 9:00 AM – 4:00 PM

Holiday Inn Ottawa East | 1199 Joseph Cyr St

Quality indicators for an effective classroom include: teacher behaviour (tone of voice, volume, cadence, verbal and nonverbal communication, paraverbals), environment (physical structure, schedules, routines, expectations), instruction (boring vs. stimulating, age appropriate vs. non-age appropriate, hands-on), and student behaviour (function of behaviour-attention, power, revenge, avoidance). This course is based on current research that supports how the brain responds to these indicators, especially when a student is in crisis, as well as current research on mental health. This is not a "sit and get" seminar. Demonstrations, real life videos, practice, sharing, movement and time for reflection will be provided.

LEARNING OBJECTIVES

1. Identify target behaviours that are developmental and will most likely go away vs behaviours that will most likely continue to get worse over time
2. Identify effective communication strategies from ineffective ones in order to minimize undesirable behaviours
3. Demonstrate the ability to design a classroom that promotes goals of intended instruction for different areas of the room

WORKSHOP AGENDA

- » Targeting Diverse Learners in the Classroom- Who Are They? Why These Strategies are for All Students
- » Critical Components, Teacher Behaviour, Teaching the Way They Learn
- » Classroom Environment
- » Positive Behaviour Supports
- » Meaningful Instruction and Learning Strategies
- » Student Behaviour



KATHY MORRIS, M.ED.

Kathy Morris, M.ED., has been a speech therapist, teacher for self-contained programs (including students with autism, severe behavioural difficulties, and cerebral palsy), resource teacher and first grade teacher. She was also a diagnostician/supervisor for all grade levels. She was a LIFE Skills/autism/behaviour/assistive technology consultant at a Texas education service center before leaving to start her own business in 1999. Her business, igivuWings, has reached families and educators throughout the world. Kathy has had over 42 years of experience working with children and adolescents with severe behavioural difficulties including those with autism, ADHD and executive dysfunction. Kathy was honored as Outstanding Educator for Children with Disabilities (1997) and a delegate for the President's Commission on Special Education (2002). Kathy is certified as an Autism Specialist Level 2 by the International Board of Credentialing and Continuation Standards (IBCCS). Recently she and her husband were awarded the Lifetime Achievement Award for supporting persons with disabilities by the Arc of Texas.



EARLY BIRD | SAVE \$20!

EARLY BIRD REGISTRATION FEES

What To Do After the Meltdown	What is it About Me You Don't Like?
INDIVIDUAL \$249	INDIVIDUAL \$249
GROUP: 3-7 \$234	GROUP: 3-7 \$234
GROUP: 8-14 \$219	GROUP: 8-14 \$219
GROUP: 15+ \$204	GROUP: 15+ \$204
FT STUDENT \$204	FT STUDENT \$204

Early Bird Deadline: April 23, 2019

Early Bird Deadline: April 24, 2019

SAVE!
ATTEND BOTH WORKSHOPS IN OTTAWA

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

2 DAY INTENSIVE: HIGH FUNCTIONING AUTISM

Proven & Practical Interventions for Challenging Behaviour
in Children & Adolescents

OAKVILLE | MONDAY, MAY 6 & TUESDAY MAY 7, 2019 | 9:00 AM – 4:00 PM

Oakville Conference Centre | 2515 Wyecroft Road

This intensive, two-day hands-on workshop provides evidence-based behavioural intervention strategies, essential treatment tools, and successful psychosocial techniques to teach new skills to children, adolescents and young adults with high-functioning autism (HFA). Dr. Daily will provide interesting case studies, demonstrations, and activities that will help you better understand high functioning autism and give you practical intervention techniques for social success, improved mood, positive behaviour changes, and overcoming challenging co-occurring behaviours.

Join autism expert and author, Cara Daily, PhD, BCBA, and learn how to integrate the latest research on brain development, cognitive-behavioural therapy, and behavioural

interventions in your work with children with autism (0-25 years). You will walk away with **up-to-date evidenced-based strategies to teach new skills and behaviours** related to co-occurring deficits such as:

- Social-Communication
- Sensory
- Anxiety/Rigidity
- Oppositional Defiant Disorder
- Meltdowns
- Psychotropic medications
- Social-Pragmatic Language Disorder
- ADHD/Executive Functions
- Obsessive-Compulsive Disorder
- Sex Education
- Depression
- Self-Help Skills

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1

Diagnostic Criteria

- » ICD-10 updates vs DSM-5*
- » Social (pragmatic) communication disorder
- » Comorbid disorders: Conceptual framework
- » Screening and assessment tools

Brain Function:

How the Brain with Autism Works

- » Latest research in ASD brain development
- » Enhanced versus impaired abilities
- » Information processing:
Typical brain versus brain with autism
- » Activities: Experience what an individual with ASD might

Social-Communication Interventions

- » Visual systems to improve communication
- » Teach turn taking and pragmatic language in conversations
- » Programs to assist in generalizing social skills
- » Video modelling and role play to teach social rules
- » Social stories and social autopsies

Challenging Topics in Sex Education

- » Body awareness, exploration of self, and puberty
- » Steps to dating and sexual relationships
- » Education on masturbation and pornography
- » Decrease stalking behaviours

Sensory Interventions

- » Appropriate self-stimulatory behaviours
- » Exposure therapy
- » Strategies to Avoid

DAY 2

Interventions for ADHD and Executive Functioning Deficits

- » Staying on-task and motivation
- » Schedules, time-lines, web diagramming
- » More preferred tasks
- » Creating Home Base

Noncompliance and Oppositional Behaviours

- » Applied behavioural analysis techniques
- » Token Economy Systems
- » Functional Behavioural Assessments

Ethical Challenges in Autism

- » Welfare of the individual
- » Informed consent
- » Use of restraints
- » Time-out vs. seclusion

Psychosocial interventions for Depression, Anxiety, and OCD

- » Cognitive-behavioural therapies
- » Mindfulness-based therapies
- » Social and vocational programs
- » Family therapy

Psychopharmacological Interventions

- » Commonly prescribed medications
- » Medication efficacy
- » Risks versus benefits

“Awesome Workshop! Should be mandatory for every EA in BC school districts and Ministry of Education. Please get this workshop in schools.” - Leursha Renteria



CARA DAILY, PH.D.



AUTHOR

The Key to Autism: An Evidence-Based Workbook for Assessing and Treating Children and Adolescents

Cara Marker Daily, Ph.D., BCBA is a licensed psychologist and Board Certified Behavior Analyst with over 20 years of experience providing assessment and treatment for children, adolescents and young adults with autism in the home, school, hospital and community settings. She works directly with educators, speech/language pathologists, occupational therapists, BCBAs and other professionals. Dr. Daily is the president and training director of Daily Behavioral Health, a leading behavioural health provider in northeast Ohio.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: April 23, 2019

EARLY BIRD REGISTRATION FEES

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

LEARNING OBJECTIVES

1. Screen and diagnose autism using DSM-5* and ICD-10.
2. Differentiate between abilities that are intact versus impaired in the brain with autism.
3. Compare and evaluate empirically validated strategies for children with high functioning autism.
4. Evaluate and change your communication style to improve back and forth conversations with your clients with HFA.
5. Address sexualized behaviours by teaching your students/clients developmentally appropriate sex education.
6. Suggest sensory based relaxation techniques to your students/clients with HFA to reduce anxiety.
7. Promote visual strategies to assist with executive functioning deficits, such as planning and organizing.

2 DAY INTENSIVE: DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING

OAKVILLE | MONDAY, MAY 27 & TUESDAY MAY 28, 2019 | 9:00 AM – 4:00 PM

Oakville Conference Centre | 2515 Wyecroft Road

Dialectical Behaviour Therapy (DBT) is one of the most empirically-supported therapies available to address many clinical disorders, even beyond Borderline Personality Disorder. Some of the key symptoms that DBT skills addresses includes confusion about the self, interpersonal chaos, mood lability, and impulsive behaviours. Studies have demonstrated that participation in skills groups for a year which allows for two rounds of the skills series increases client's use of skills and decrease in dysfunctional coping behaviours and improved self-awareness. Teaching the DBT skills to clients easily dysregulated allows them to experience self-confidence and competence to manage their lives more effectively and develop sustaining relationships in many areas of life (e.g. marriage, work, school, etc.)

The skills modules of DBT provide a wonderful introduction into the comprehensive world of DBT treatment. Learning and teaching DBT skills in either an individual or group format will equip your clients to build a solid foundation for a meaningful life. This course will provide you with the philosophy and format to teach all four standard DBT modules as well as two extra supplemental modules that can deepen you and your client's respective skills toolkits.

Validation is a primary intervention to:

- Reduce acute emotionality
- Provide gentle exposure to emotions
- Provide a corrective validating environment (and new learning)
- Create a bridge to learning self-validation
- Open the client up to change interventions

Mindfulness (non-judgment and acceptance) is taught to:

- Reduce amplifying emotions
- Reduce escape and avoidance of emotions
- Create qualitatively different and effective experience of emotions

Distress Tolerance is taught to:

- Provide healthy ways of coping with emotions when needed

Emotion regulation is taught to:

- Understand how emotion happen
- Reduce vulnerability to intense emotions
- Increase opportunities for positive emotions
- Assist in stepping out of ineffective mood-congruent behaviours

WORKSHOP AGENDA – KEY TOPICS COVERED

Neurobiological Building Blocks

- » Why DBT skills?
- » Trauma and Development
- » The benefit of top-down and bottom-up process learning

Creating the Learning Container

- » Importance of skills as a form of self-advocacy and consultation
- » Setting up a group
- » Establishing safety
- » Making the environment conducive for learning

The Foundational Skills: Mindfulness & Dialectics

- » Dialectical skills framework
- » States of Mind
- » WHAT skills
- » HOW skills

Naming to Tame: Emotion Regulation

- » How emotions work in the body
- » 10 Universal emotions

- » Emotion action decision tree
- » Opposite action
- » Caring for the body
- » Resourcing the body with positive experiences and building mastery

Thriving in a Crisis: Distress Tolerance & Self-Compassion

- » Grounding: Self-Soothe
- » Skillful Distractions: ACCEPTS
- » Crisis Integration: IMPROVE
- » Pros and Cons
- » Radical Acceptance

Connection in Community: Interpersonal Effectiveness

- » Wired for connection
- » FAST skills
- » GIVE skills
- » Validation (Self & Others)
- » Prioritizing Self and Others



EBONI WEBB, PSY.D.



OWNER

*The Village of Kairos.
Offering services to families
in crisis.*

Dr. Webb opened the private practice Kairos in Middle Tennessee in July 2010. Kairos, now The Village of Kairos, offers diverse DBT specializations including DBT for trauma-based disorders and co-occurring disorders. The Village of Kairos has expanded therapy programs, better known as Restorative Services, to include individual and group therapy sessions for adolescents, parents, families, and adults including in-the-moment coaching for patients. Dr. Webb earned her doctorate of Clinical Psychology from the Minnesota school of Professional Psychology.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: May 16, 2019

EARLY BIRD REGISTRATION FEES

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

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.

“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.”

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. 🌱



JOHN & JAMIE 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 to cultivate psychological health and wellness. Jamie R. Forsyth, Ph.D., is a clinical psychologist, a gifted clinician, clinical supervisor, and trainer.



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		

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. 🌱



SHERI VAN DIJK, MSW

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.



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		

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

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.

1 Day Clinical Focused | 6 CEUs | 9am - 4pm

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 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. 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

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

The 10 Best-Ever Depression Management Techniques

INDIVIDUAL \$249
GROUP: 3-7 \$234
GROUP: 8-14 \$219
GROUP: 15+ \$204
FT STUDENT \$204

Early Bird Deadline:
June 19, 2019

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

REGISTRATION FORM

Ontario 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

- ☐ **Treatment & Management of Personality Disorders** - Jeff Rikkenbach | Oakville, April 15 & 16, 2019
- ☐ **What To Do After the Meltdown** - Kathy Morris | Ottawa, May 6, 2019
- ☐ **What is it About Me You Don't Like?** - Kathy Morris | Ottawa, May 7, 2019
- ☐ **Attend Both Kathy Morris Workshops** - Kathy Morris | Ottawa, May 6 & 7, 2019
- ☐ **High Functioning Autism** - Cara Daily | Oakville, May 6 & 7, 2019
- ☐ **Dialectical Behaviour Therapy Skills Training** - Eboni Webb | Oakville, May 27 & 28, 2019
- ☐ **Acceptance & Commitment Therapy (ACT)** - John & Jamie Forsyth | Banff, July 3–5, 2019
- ☐ **DBT Made Simple** - Sheri Van Dijk | Banff, July 8–10, 2019
- ☐ **10 Best-Ever Anxiety Management Techniques** - Margaret Wehrenberg | Charlottetown, July 3 & 4, 2019
- ☐ **10 Best-Ever Depression Management Techniques** - Margaret Wehrenberg | Charlottetown, July 5, 2019
- ☐ **Attend Both Margaret Wehrenberg Workshops** - Margaret Wehrenberg | Charlottetown, July 3–5, 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 13% 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 (13% HST)

<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

3 WAYS TO SAVE



ONLINE PROMO CODE: SAVE100N
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.

OAKVILLE

Holiday Inn Oakville at Bronte
2525 Wycroft Rd | 905.847.1000

Staybridge Suites Oakville

2511 Wycroft Rd | 905.847.2600

OTTAWA

Holiday Inn – Ottawa East
1199 Joseph Cyr S | 613.744.1060

BANFF

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

CHARLOTTETOWN

Rodd Charlottetown Hotel
75 Kent St | 800.565.7633

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

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

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

REFUND OPTIONS:

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

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

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

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



jack hirose
& ASSOCIATES INC.
— 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