

2 Day Clinical Focused Workshop P.3

## MOTIVATIONAL INTERVIEWING

Essential Guidelines  
& Strategies

SASKATOON  
JUNE 10 & 11, 2019



**PAUL BURKE, M.A.**

3 Day Clinical Focused Workshop P.4

## 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.5

## 3 DAY INTENSIVE: DBT MADE SIMPLE

Using Dialectical Behaviour  
Therapy to Treat Emotion  
Dysregulation Disorders



BANFF  
JULY 8-10, 2019



**SHERI VAN DIJK, MSW**

3 Day Clinical Focused Workshop P.6

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



BANFF  
JULY 15-17, 2019



**JAY BERK, PH.D.**

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



## Educator's CONFERENCE

### BRAIN-BASED LEARNING, BEHAVIOURAL CHALLENGES & MENTAL HEALTH

A PROFESSIONAL CONTINUING EDUCATION  
EVENT PRE-KINDERGARTEN TO 12<sup>TH</sup> GRADE

**SASKATOON, MAY 13-15, 2019**

**3  
DAYS**

EARN UP TO  
**18 CEUs**  
FOR 3 DAY  
ATTENDANCE



# Educator's CONFERENCE

A PROFESSIONAL CONTINUING EDUCATION EVENT  
PRE-KINDERGARTEN TO 12<sup>TH</sup> GRADE

## BRAIN-BASED LEARNING, BEHAVIOURAL CHALLENGES & STUDENT MENTAL HEALTH

**MAY 13-15, 2019**

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

**SASKATOON, SASKATCHEWAN**

HILTON GARDEN INN SASKATOON DOWNTOWN  
90-22<sup>nd</sup> Street E

### TOPICS INCLUDE:

- ✓ Neuropsychology of Reading & Written Language Disorders
- ✓ Is it Disability Behaviour or Just Disruptive Behaviour
- ✓ Captivate, Activate & Invigorate the Student Brain in Science & Math
- ✓ Reaching & Teaching Students with Emotional Disturbance
- ✓ Rescuing the Dysregulated Student
- ✓ Strengthening Executive Skills to Promote School Success
- ✓ High Functioning Autism: Proven & Practical Interventions
- ✓ Neuropsychology of Emotional Disorders
- ✓ Fostering Resilience with Indigenous Children & Families
- ✓ Overcoming Anxiety Disorders in School-Age Children
- ✓ Over 30 Proven & Effective Brief Interventions for Students with Emotional & Behavioural Problems
- ✓ The New Neuroscience of Language & Literacy

**10** INTERNATIONALLY  
RENOWN EXPERTS



**John  
T. Almarode**  
PH.D.



**Meghan  
Barlow**  
PH.D.

**12**  
**FULL-DAY  
WORKSHOPS**

CHOOSE FROM  
5 PER DAY



**Martha  
S. Burns**  
PH.D.



**Christine  
Dargon**  
PH.D.



**EARLY BIRD  
SAVINGS**

DEADLINE:  
APRIL 30, 2019



**Peg  
Dawson**  
ED.D., NCSP



**Steven  
G. Feifer**  
D.ED., ABSNP



**Monique  
Gray Smith**



**Rebecca  
A. Moyes**  
M.ED.



**Steven  
T. Olivas**  
PH.D., HSP



**Eboni  
Webb**  
PSY.D.

**PRESENTED BY**



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EDUCATOR10

**INFO & REGISTRATION: JACKHIROSE.COM | 1.800.456.5424 | 1, 2 & 3 Day Registration Options Available**

# MOTIVATIONAL INTERVIEWING

## Essential Guidelines and Strategies

SASKATOON | MONDAY, JUNE 10 & TUESDAY, JUNE 11, 2019 | 9AM – 4PM

Hilton Garden Inn Saskatoon Downtown | 90-22<sup>nd</sup> Street E

Motivational Interviewing (MI) is an approach to communication that tends to help clients construct their own argument(s) in support of a pre-determined change. Fidelity to this way of focusing a conversation serves to enhance the client's desires for the identified change, and to assist them in articulating their own reasons and needs related to the targeted change. The skillful use of MI with clients leads to activation and strengthening of readiness, willingness and ability to engage with a strategic change plan – of their own making.

**A balance of theory and practice opportunities will facilitate your understanding of and skill enhancement in:**

1. Why people decide to pursue change (and why they don't).
2. Four processes that helpers can facilitate to evoke and strengthen client awareness of their desire, ability, reason, and need to pursue specified change(s).

3. Five core skills that facilitate work within the four processes of an MI conversation.
4. Elements of "interviewing style" that can influence client speech in favor of change (or toward "locking in" to a no-change stance).
5. How to work with various elements of client speech in order to bolster client readiness, willingness, and desire to pursue a planned change process.

Change from within a variety of mental health, substance use treatment, and chronic disease management contexts will be the primary focus of case discussions and applied practice sessions in this first installment of our MI training series. Emphasis will be placed on the use of MI for enhanced treatment compliance and treatment engagement and on evoking desire and readiness for health oriented behaviour changes.

## WORKSHOP AGENDA – KEY TOPICS COVERED

### DAY 1

#### Introductions of Participants and Conceptual Foundations

- » What makes people change? Why DON'T some people change?
- » Conceptual structure of MI
- » 4 processes in an MI conversation
- » 4 "Spirit" modalities to set an "MI environment"

#### Transtheoretical Model of Change

- » In relation to stages of motivation and "motivational enhancement"
- » Ambivalence as a "normal" behaviour in the context of change
- » In context of motivational readiness, willingness and ability and implications for MI conversations

#### 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

##### Reflective Listening as a Core Skill in MI work

- » Who engages with whom?
- » Self-Perception Theory
- » Purpose(s) of Reflective Listening in MI

##### The Purpose and Definition of MI

- » Differences between MI and "therapy"
- » Motivational Enhancement vs "Therapy"

### DAY 2

#### "Spirit" processes & principles of MI conversations

- » Partnership, acceptance, compassion and evoking behaviours as "global" elements of MI practice (notes on how these are measured)
- » 4 Processes: First things first; Last Things Last

#### Directionality in MI

- » "Guiding" vs "Steering" (Nudging vs. "pushing")
- » Equipose as a helping practice
- » Agenda Setting/Mapping/Focusing

#### Client "Push Back" (aka "resistance") in the Context of an MI Conversation (Cause – effect)

- » MI perspective on "Client Resistance"
- » Resistance Under the Behavioural Control of the Helper

#### Change Talk

- » MI as an approach to eliciting Change Talk
- » Explaining Change Talk and Sustain Talk (in context of "evoking process")
- » Research on How/Why/When Change Talk Occurs

#### Recognition of Change Talk Exercise

- » Hearing "Change Talk" Hidden in Typical Client Conversation (amongst Sustain Talk)

#### Notes on Helper Responses To Change Talk

- » Using E.A.R.(S). responses



PAUL BURKE, M.A., RSW, CACII

Paul is a registered social worker with extensive clinical and training experience in the application of M.I. to addictions and mental health counselling, concurrent disorders, social work practice, psychological disorders, health-care and to a large variety of mandated and "resistant" populations. Paul is a certified trainer with the international "MINT" organization (Motivational Interviewing Network of Trainers). He is also a member of a special interest working group within MINT devoted to furthering the use of Motivational Interviewing with survivors of intimate partner violence. For the past sixteen years Paul has specialized exclusively in the delivery of M.I. training for a wide variety of helping professionals across Canada. To date, he has facilitated high-caliber training for more than 8,000 learners of the MI approach, including for psychologists, physicians, mental health and addictions counsellors, nurses, rehab practitioners, and others who specialize in direct-client care.



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

Early Bird Deadline: May 27, 2019

## EARLY BIRD REGISTRATION FEES

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

## LEARNING OBJECTIVES

1. Form a variety of useful and strategic reflections to facilitate the engaging, focusing and evoking processes central to an MI conversation
2. Identify client use of "change talk" and/or "sustain talk" in real-time
3. Design strategic questions that will evoke desire, ability, reason, or need language related to the targeted change
4. Differentiate between client language that leads to intention for change or to intention to maintain status-quo (no change)
5. Respond effectively to client use of "change talk" prior to moving toward goal setting



# 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		

# 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 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

## 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 clients

### 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 emotions
- » Self-validation

#### 3. Interpersonal Effectiveness Skills

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

#### 4. Distress Tolerance Skills

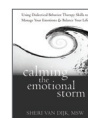
- » Help your clients get through crisis situations without making things worse by:
  - Distracting and Self-soothing
- » Pro's and Con's of problem behaviours
- » Managing urges



**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](http://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.

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



**BANFF | MONDAY, JULY 15 TO WEDNESDAY, JULY 17, 2019 | 9AM – 4PM**  
Banff Park Lodge Resort | 222 Lynx Street

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



**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: June 17, 2019

## EARLY BIRD REGISTRATION FEES

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

## 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

### Strategies to Work with Parents & Staff Members

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

### “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

## 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	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

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

Saskatchewan 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

- ☐ **Advanced Motivational Interviewing** - Paul Burke | Saskatoon, June 10 & 11, 2019
- ☐ **Acceptance & Commitment Therapy (ACT)** - John & Jamie Forsyth | Banff, July 3–5, 2019
- ☐ **DBT Made Simple** - Sheri Van Dijk | Banff, July 8–10, 2019
- ☐ **Working with Oppositional, Defiant & Anger Issues** - Jay Berk | Banff, July 15–17, 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 5% Tax	+
<b>TOTAL</b>	<b>\$</b>

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

† Please contact [registration@jackhirose.com](mailto: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)

<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](http://registration.jackhirose.com)



EMAIL

[registration@jackhirose.com](mailto:registration@jackhirose.com)



PHONE or FAX

See numbers below right



MAIL

See address below right

### 3 WAYS TO SAVE



ONLINE PROMO CODE: SAVE10SK  
[registration.jackhirose.com](http://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](mailto:registration@jackhirose.com) for more info.

## EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

## REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. Lunches are not included.

## WORKSHOP AIDE DISCOUNT

Save **\$115** on a one-day workshop, **\$190** on a two-day workshop and **\$290** on a three-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email [registration@jackhirose.com](mailto:registration@jackhirose.com)

## CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

## HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

### SASKATOON

Hilton Garden Inn Saskatoon Downtown  
90-22nd St E | 306.244.2311

### BANFF

Banff Park Lodge Resort & Conference Centre  
222 Lynx Street  
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](mailto:registration@jackhirose.com). Non-attendance at an event will not be grounds for any or partial refund /credit **under any circumstances**. We are sorry, exceptions to this will not be granted.

### REFUND OPTIONS:

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

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

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

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



**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](mailto:registration@jackhirose.com)