

# 4 DAY INTENSIVE: COGNITIVE BEHAVIOURAL THERAPY & TEAM TECHNIQUES

**CALGARY | MONDAY, JULY 15 TO THURSDAY, JULY 18, 2019**

8:30AM - 4:30PM (M-W) 8:30AM - 2:30PM (THR) | Executive Royal Inn Calgary | 2828 23<sup>rd</sup> St. NE

Join Dr. David Burns this summer in Calgary, AB, for his fabulous four-day intensive on the treatment of depression and all of the anxiety disorders with advanced CBT and TEAM Therapy techniques. This intensive training offers unique and exciting learning opportunities.

Here's why: The group size will be strictly limited, providing you with an intimate and interactive learning environment. After Dr. Burns describes and illustrates a technique, such as the Interpersonal Downward Arrow, Five Secrets of Effective Communication, Paradoxical Agenda Setting, Hidden Emotion, Externalization of Voices, or Acceptance Paradox, you will have the opportunity to break off into dyads and triads to practice the technique with colleagues and receive immediate and helpful feedback on how you did.

You will have chances to work on your own personal and professional issues as part of the learning process if you choose to do so. As therapists working in the trenches, most of us feel anxious, frustrated, ashamed, burned out, inadequate or demoralized from time to time. This personal "patient" experience will boost your morale and make these techniques jump to life for you on a much deeper level. You will learn how to transform your own angst into joy, and you will become a more sensitive and effective clinician as well.

In the past nine years, over 2000 therapists have attended Dr. Burns' four-day intensives in Canada. Based on the many phenomenal participant testimonials we've received, I think it is safe to say that this promises be one of the most vibrant and inspirational training experiences of your career.

DAY	AGENDA	LEARNING OBJECTIVES
1	<ul style="list-style-type: none"> <li>» Overview of TEAM-CBT</li> <li>» Live Therapy Video: "I'm a bad Mom!"               <ul style="list-style-type: none"> <li>• High-speed treatment of depression &amp; anxiety</li> <li>• Positive Reframing</li> </ul> </li> <li>» Advanced Empathy Training               <ul style="list-style-type: none"> <li>• The 5 Secrets of Effective Communication</li> <li>• Common empathy errors</li> </ul> </li> <li>» Healing Yourself, Part 1</li> </ul>	<ul style="list-style-type: none"> <li>» Countertransference from a cognitive perspective</li> <li>» T = Testing</li> <li>» How to take a world-class clinical history</li> <li>» Quick, easy, accurate diagnostic techniques</li> <li>» How to use the EASY Diagnostic System</li> <li>» How to assess therapeutic empathy</li> <li>» How to assess suicidal urges</li> <li>» E = Empathy</li> </ul>
2	<ul style="list-style-type: none"> <li>» Healing yourself, Part 2               <ul style="list-style-type: none"> <li>• Live TEAM-CBT Demonstration</li> </ul> </li> <li>» Introduction to Paradoxical Agenda Setting               <ul style="list-style-type: none"> <li>• The Straightforward and Paradoxical Invitation</li> <li>• The Eight Forms of Therapeutic Resistance</li> <li>• Resistance Busting Techniques</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>» A = Agenda Setting</li> <li>» The five steps in Agenda Setting</li> <li>» Becoming the voice of the patient's resistance</li> <li>» How to diagnose and overcome the 8 types of therapeutic resistance</li> <li>» M = Methods</li> <li>» How to develop a Daily Mood Log</li> </ul>
3	<ul style="list-style-type: none"> <li>» Uncovering Techniques               <ul style="list-style-type: none"> <li>• Individual Downward Arrow</li> <li>• Interpersonal Downward Arrow</li> <li>• What-If Technique</li> <li>• Hidden Emotion Technique</li> </ul> </li> <li>» Healing Yourself, Part 3               <ul style="list-style-type: none"> <li>• Externalization of Voices</li> </ul> </li> <li>» Truth-Based Techniques</li> <li>» Behavioral Techniques</li> </ul>	<ul style="list-style-type: none"> <li>» Mastering Specific Techniques</li> <li>» The Individual Downward Arrow</li> <li>» The Interpersonal Downward Arrow</li> <li>» The Hidden Emotion Technique</li> <li>» Motivational Techniques</li> <li>» The Cost-Benefit Analyses</li> <li>» Straightforward CBA</li> <li>» Paradoxical CBA</li> <li>» The Decision-Making Form</li> </ul>
4	<ul style="list-style-type: none"> <li>» Paradoxical Double Standard</li> <li>» Treatment of Habits and Addictions               <ul style="list-style-type: none"> <li>• Overeating / Binge Eating</li> <li>• Procrastination</li> </ul> </li> <li>» Exposure Techniques               <ul style="list-style-type: none"> <li>• Classical, Cognitive, Interpersonal</li> </ul> </li> <li>» Relapse Prevention Training</li> </ul>	<ul style="list-style-type: none"> <li>» Cognitive Interpersonal Therapy: "And It's All Your Fault!"</li> <li>» Individual vs. Interpersonal Therapy</li> <li>» Why CBT Won't Work for Relationship Problems</li> <li>» How to develop an agenda for patients with Interpersonal problems</li> <li>» The most common therapeutic error of all—and how to stop making it!</li> </ul>



**DAVID D. BURNS, M.D.**



**BEST SELLING AUTHOR**  
*Feeling Good*  
*Ten Days to Self-Esteem*  
*When Panic Attacks*

David D. Burns, M.D. is an Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him "Teacher of the Year" on three occasions.

**4** DAYS | **CLINICAL FOCUSED** WORKSHOP | **24** CEUs  
Early Bird Deadline: July 1, 2019

## WHAT IS TEAM-CBT?

TEAM-CBT is a transdiagnostic framework for conducting evidence-based therapy that includes four elements known to be related to positive treatment outcomes:

**T = Testing:** Self-report measurement of symptoms and the therapeutic alliance at every session with every patient

**E = Empathy:** Specific skills to help the therapist establish a warm therapeutic alliance and address alliance ruptures with each patient before proceeding to CBT Methods

**A = Agenda Setting:** Numerous tools to create a collaborative agenda with each patient and address motivation/reduce resistance to change before proceeding to CBT methods

**M = Methods:** 50+ cognitive and behavioral methods for different types of symptoms

# REGISTRATION FORM

Calgary Workshop | Summer 2019

## 4 DAY INTENSIVE: COGNITIVE BEHAVIOURAL THERAPY & TEAM TECHNIQUES

DAVID BURNS  
CALGARY, JULY 15-18, 2019

**SPACE IS LIMITED! PREVIOUS ATTENDEES  
QUALIFY FOR A SPECIAL RATE \$599.00!**

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

### COMPLIMENTARY LUNCH ON DAY 1 & 3!

We are pleased to offer attendees an optional complimentary lunch buffet on day 1 and day 3 of the intensive. Please note, this is for workshop attendees only.

## STEP 1 – CONTACT INFO

Name \_\_\_\_\_

Position \_\_\_\_\_ School / Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Work Phone [ ] Work Fax [ ]

Email \_\_\_\_\_

## STEP 2 – SELECT APPLICABLE FEE

Fees do not include tax (5% GST)	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Early Bird (Before July 1, 2019)	<input type="checkbox"/> \$825	<input type="checkbox"/> \$805	<input type="checkbox"/> \$785	<input type="checkbox"/> \$765	\$765
Regular	<input type="checkbox"/> \$845	<input type="checkbox"/> \$825	<input type="checkbox"/> \$805	<input type="checkbox"/> \$785	\$785

• 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 3 – 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 # _____

## WHO SHOULD ATTEND

**Clinical Professionals:** Social All mental health professionals including, but not limited to Clinical Counsellors, Psychologists, Psychotherapists, Social Workers, Nurses, Occupational Therapists, Hospice and Palliative Care Workers, Youth Workers, Mental Health Workers, Addiction Specialists, Marital & Family Therapists, Speech Language Pathologists, Vocational Rehabilitation Consultants and all professionals looking to enhance their therapeutic skills.

## 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: ABSAVE10  
[registration.jackhirose.com](http://registration.jackhirose.com)



EARLY BIRD DISCOUNT  
Deadline: July 1, 2019



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.

### EXECUTIVE ROYAL INN CALGARY

2828 23rd Street NE  
888.388.3932

## 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 [registration.jackhirose.com/certificates](http://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](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)