

12 INTERNATIONALLY
RENOWNED EXPERTS

15 FULL DAY
WORKSHOPS

15 TOPICS RELEVANT TO MENTAL
HEALTH PROFESSIONALS

**Lisa
Ferentz**
LCSW, DAPA



**Jamie
R. Forsyth**
PH.D.



**John
P. Forsyth**
PH.D.



**Robert
A. Neimeyer**
PH.D.



**Laurel
Parnell**
PH.D.



**Randy
Paterson**
PH.D., R.PSYCH.



**Jeff
Riggenbach**
PH.D., LPC



**Richard
W. Sears**
PSY.D., PH.D.



**Eboni
Webb**
PSY.D.



**Margaret
Wehrenberg**
PSY.D.



**Henny
Westra**
PH.D.



**Reid
Wilson**
PH.D.



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& Strategies for
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TOPICS INCLUDE:

- ANXIETY MANAGEMENT TECHNIQUES
- CBT STRATEGIES
- MINDFULNESS
- ACCEPTANCE & COMMITMENT THERAPY (ACT)
- DELAYS IN INDEPENDENCE
- EMDR
- TRAUMA
- DEPRESSION
- PERSONALITY DISORDERS
- MOTIVATIONAL INTERVIEWING
- DIALECTICAL BEHAVIOUR THERAPY (DBT)
- GRIEF
- ANXIETIES, PHOBIAS & OCD

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Lisa Ferentz
LCSW, DAPA

is a recognized expert in the strengths based, de-pathologized treatment of trauma and self-harm and has been in private practice since 1984. She presents

workshops and keynote addresses nationally and internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, England and Ireland. She has been an adjunct faculty member at several universities, and in 2007 founded "The Ferentz Institute," which provides continuing education and state of the art training in trauma treatment to mental health professionals.



Robert A. Neimeyer
PH.D.

is a professor in the Psychotherapy Research Area of the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. Since

completing his doctoral training at the University of Nebraska in 1982, he has conducted extensive research on the topics of death, grief, loss, and suicide intervention. Neimeyer has published 25 books, including *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*, *Constructivist Psychotherapy*, and *The Art of Longing*, a book of contemporary poetry. Also the author of nearly 400 articles and book chapters.



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. 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.



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*.



Jamie R. Forsyth
PH.D.

is an active and gifted clinician and clinical supervisor, with extensive expertise in the use and application of Acceptance and Commitment Therapy (ACT)

with severe forms mental illness (e.g., psychosis and personality disorders) and forms of psychological and emotional suffering in inpatient, outpatient, and college mental health settings. Beyond ACT, Jamie is a skillful integrationist and researcher, with specialized knowledge in relational and process-oriented therapeutic work, addictions, motivational interviewing, including mindfulness and self-compassion practices.



Laura Parnell
PH.D.

is one of the world's leading experts on EMDR. A clinical psychologist, she has trained thousands in EMDR in her international workshops. Dr.

Parnell is the author of *Tapping In: A Step-by-Step Guide to Activating Your Healing Resources Through Bilateral Stimulation*, *A Therapist's Guide to EMDR*, *Transforming Trauma: EMDR*, and *EMDR in the Treatment of Adults Abused as Children*. An EMDR pioneer and innovator, Dr. Parnell has immersed herself in the practice and development of EMDR bringing a client-centered, attachment-focused approach to the work.



Richard W. Sears
PSY.D., PH.D.

is a board certified clinical psychologist in Cincinnati, Ohio, where he runs a private practice and conducts regular MBCT groups for medical centres as well

as for the community. He is director of the Centre for Clinical Mindfulness & Meditation, and has several academic faculty appointments, including the UC College of Medicine Department of Psychiatry and Clinical Neuroscience. He was clinical lead on one of the first trials using MBCT for PTSD within the VA system, and is also on the first research team to conduct brain scans on children and adolescents before and after mindfulness practice.



Henny Westra
PH.D.

is Professor in the Department of Psychology at York University in Toronto. Prior to this she was the Clinical Director of the Anxiety and Affective Disorders Service

at the London Health Sciences Centre. She has published over 80 peer reviewed articles and book chapters, and given hundreds of presentations and workshops on MI. She is author of the book *Motivational Interviewing in the Treatment of Anxiety* and was also co-editor with Arkowitz, Miller and Rollnick on the book *Motivational Interviewing in the Treatment of Psychological Problems* which has been translated into eight languages.



John P. Forsyth
PH.D.

is an internationally recognized author, speaker, researcher, and trainer in the use of Acceptance and Commitment Therapy (ACT) and practices that cultivate

mindfulness, loving kindness, and compassion. For over 20 years, his work has focused on developing ACT and mindfulness practices to alleviate human suffering, awaken the human spirit, and to nurture psychological health and vitality. His personal journey and experience, balanced with practical insights grounded in scientific evidence, offers hope to those wishing to find a path out of suffering and into wholeness.



Randy Paterson
PH.D., R.PSYCH.

is a psychologist and the founding director of Changeways Clinic, a private psychotherapy service in Vancouver BC. He is the author of *How to be Miserable: 40 Strategies*

You Already Use, *The Assertiveness Workbook*, *Your Depression Map*, and *Private Practice Made Simple*. He is the lead author of Canada's most widely used group treatment program for depression, co-author of the online *Antidepressant Skills Workbook*, and creator of multiple manuals and resource guides for clinicians. Dr. Paterson provides educational training programs for mental health professionals across Canada, internationally, and online.



Eboni Webb
PSY.D.

is a licensed psychologist and serves as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association

(DBTNCAA). She has practiced in numerous community settings including clinics that treat underserved communities of colour, clients with developmental disabilities, and clients suffering from severe and persistent mental illness. She worked at the largest mental health clinic at the time in the Minneapolis/St. Paul area that specialized in treating clients diagnosed with Borderline Personality Disorder (BPD) with Dialectical Behavior Therapy (DBT).



Reid Wilson
PH.D.

is Adjunct Associate Professor of Psychiatry at the UNC School of Medicine. He is author of *Stopping the Noise in Your Head: The New Way to Overcome Anxiety and*

Worry and the classic self-help book *Don't Panic: Taking Control of Anxiety Attacks*. He is co-author of *Stop Obsessing!* and *Anxious Kids, Anxious Parents*. He is a Founding Clinical Fellow of the Anxiety and Depression Association of America (ADAA) and Fellow of the Association for Behavioural and Cognitive Therapies. Dr. Wilson has dedicated his 30-year career to developing self-help strategies for the anxiety disorders.

WORKSHOP #1

THE 10 BEST-EVER ANXIETY MANAGEMENT TECHNIQUES

MARGARET WEHRENBURG, PSY.D.

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.

LEARNING OBJECTIVES

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

OUTLINE

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

WORKSHOP #2

CBT STRATEGIES: CORE SKILLS & COMPETENCIES TO TREAT YOUR MOST CHALLENGING CLIENTS!

JEFF RIGGENBACH, PH.D., LPC

Cognitive Behavioural Therapy is the most empirically supported therapeutic approach for multiple psychiatric disorders, and is widely considered the "gold standard" treatment for a variety of issues. Most mental health professionals claim to do "some CBT," but many clinicians in the trenches resort to a more "eclectic" approach and treatment often loses direction. Leave this 1-day intensive breakthrough course with international CBT expert Dr. Jeff Rigenbach with core competencies, transformed clinical skills, and an improved understanding of conceptualization based treatment that will ensure you never get stuck in therapy again.

You will be able to utilize concrete strategies for helping your clients who suffer from:

- Bipolar and depressive related disorders
- Anger
- Anxiety disorders
- Personality Disorders

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this conference armed with tools you can use in your very next session!

LEARNING OBJECTIVES

1. Develop core competencies in CBT, including the therapeutic alliance, collaborative agenda setting, fostering behavioural and cognitive change, and giving client feedback
2. Understand the role of cognitive distortions in information processing and the unique processing present in specific symptom sets
3. Learn evidence based strategies for treating clinical conditions including depression, anxiety disorders, anger management, and personality disorders
4. Utilize techniques from traditional CBT, meta-cognitive, and schema based approaches
5. Demonstrate how case conceptualization drives effective treatment planning & improves therapy outcomes
6. Discuss case studies to increase understanding of specific cognitive models of depression, anxiety and anger and effective treatment strategies for each

"Overall enjoyed Jeff's perspectives and relaxed nature! Spoke clearly and effectively, and delivered content in an easy and approachable way."

WORKSHOP #3

MINDFULNESS-BASED COGNITIVE THERAPY

RICHARD W. SEARS, PSY.D., PH.D.

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

LEARNING OBJECTIVES

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

OUTLINE

Competencies of MBCT

- Foundations of MBCT
- Principles

MBCT Curriculum & Core Therapeutic Tasks

- Awareness and Automatic Pilot
- Living in Our Heads
- Gather the Scattered Mind
- Recognize Aversion
- Allow/Let Be
- Thoughts are Not Facts
- How Can I Best Take Care of Myself?
- Maintaining and Extending New Learning

Clinical Issues – Advanced Strategies for Working with Challenging Clients

- Adaptations of MBCT for
- Limitations of the Research and Potential Risks

WORKSHOP #4

HARNESSING THE TRANSFORMATIVE POWER OF MINDFUL ACCEPTANCE & COMMITMENT (ACT)

JOHN P. FORSYTH, PH.D.
& JAMIE R. FORSYTH, PH.D.

Acceptance and mindfulness-based practices are rapidly making their way into mental health care, medicine, and society both to alleviate human suffering and nurture psychological health and wellness. This body of work also offers a fresh perspective on psychological suffering and a set of powerful clinical strategies that support meaningful life changes. In this workshop, we will learn about one particular approach and set of practices based on Acceptance and Commitment Therapy (or ACT, said as one word).

ACT is a newer third-generation evidence-based behaviour therapy that balances mindfulness and acceptance processes with commitment and behaviour change processes to (a) weaken the unhelpful influence of thoughts and emotional avoidance in guiding actions, while (b) promoting greater experiential and psychological flexibility in the service of (c) valued ends. It is both a form of therapy and an approach to living well, with evidence showing that it is useful for many forms of psychological and emotional suffering. In short, ACT teaches clients how to be with their hurts and do what works – to live well, richly, and meaningfully, without first having to defeat sources of emotional and psychological pain.

This 1-day workshop will introduce ACT, both as a model and intervention technology, and illustrate its use across a broad set of problem areas that are commonly seen in mental health settings (e.g., anxiety, depression, anger). The workshop will include a rich mix of didactic teachings, live and video demonstrations, and practical experiential exercises that will be done individually, in dyads, and small groups.

LEARNING OBJECTIVES

1. Define the three pillars of ACT
2. Describe and identify each of the six hexaflex ACT processes that contribute to human suffering and link them with the six corresponding ACT intervention processes that are used to promote psychological flexibility
3. Conceptualized common clinical concerns (e.g., anxiety, depression, problem anger) within an ACT process-oriented approach
4. Define and identify “fusion” and “experiential avoidance” and describe mindful and compassionate alternative behaviours
5. Practice essential ACT intervention exercises to cultivate psychological flexibility
6. Deliver values clarification exercises in dyads and small groups

WORKSHOP #5

FAILURE TO LAUNCH: OVERCOMING DELAYS IN INDEPENDENCE

RANDY PATERSON, PH.D., R.PSYCH.

Parents who formerly worried about “empty nest syndrome” might today worry more that their children will never leave home. In countries around the world, increasing numbers of young people – particularly males – are having difficulty navigating the transition from adolescence to adult self-sufficiency. They remain isolated, avoidant, jobless or underemployed, and a-motivational – often staying in their childhood home into their 30s.

The causes are numerous: economics, internet connectivity, changes in parenting, features of the educational system, and more. Yet the issue is infrequently studied, perhaps because it does not fit neatly into a diagnostic category. Despite this, clinicians are increasingly seeing these individuals – or their parents – in therapy.

At Change ways Clinic in Vancouver, Dr Randy Paterson has been working with failure-to-launch cases for over 20 years.

In this one day workshop, he reviews the nature of the problem, the factors that seem to contribute, and a wide variety of interventions drawn from cognitive therapy, behavioural activation approaches, and attachment theory. Whether you work with these young people directly, or see the parents struggling with a too-long-occupied nest, this program will provide you with perspectives and techniques to help.

LEARNING OBJECTIVES

1. Learn to identify this non-diagnostic clinic population, and to distinguish normal dependency from an interruption in development
2. Develop an awareness of the multiple factors likely to be operating in any given case
3. Know strategies for siding with the client and increasing motivation
4. Understand when to hold back and when to push progress
5. Develop an array of intervention strategies that can be tailored to the individual
6. Learn how to incorporate family in the therapy – even when the goal is independence
7. Increase awareness of how and why families inadvertently sabotage progress

“An incredible amount of information delivered in an effective manner. I will definitely use this information in my practice. It was relevant, clear and just makes so much sense. I also really enjoyed listening to his delivery, it came across as extremely genuine. Fully satisfied!”

– Beth Crystal | Fall 2017

WORKSHOP #6

ATTACHMENT-FOCUSED EMDR: BASIC PRINCIPLES, VIDEOTAPED DEMONSTRATIONS & “RESOURCE TAPPING”

(PART 1 OF 2)

LAUREL PARNELL PH.D.

Over the last two decades, EMDR has emerged as one of the most powerful clinical tools available to trauma therapists. In this workshop, Dr. Laurel Parnell will teach you how to integrate an attachment focus into EMDR and to use EMDR in combination with a variety of complementary techniques. Much of this workshop is built around videos of actual clinical sessions conducted by Dr. Parnell. These videos bring the training to life: participants can see, not just hear about, how the ideas and procedures they’re learning are used with real patients in the real world. Dr. Parnell is an EMDRIA Approved Basic Training Provider as well as an experienced and highly skilled therapist. Her workshops are as enjoyable as they are instructive, and consistently receive rave reviews.

LEARNING OBJECTIVES (Day 1 & 2)

1. Describe the five basic principles of Attachment-focused EMDR and how they can be integrated into the treatment of relational trauma
2. Discuss how an attachment-focus can be integrated into the history taking and preparation phases of EMDR
3. List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an attachment focus
4. Repair early developmental stages using imagination and bilateral stimulation
5. Name three techniques for working with dissociation

DAY 1 OUTLINE

Attachment-Focused EMDR: Basic Principles, Video Taped Demonstrations and “Resource Tapping”

In this part of the workshop you will learn to use the five basic principles of attachment-focused EMDR. For many traumatized patients, attachment repair is a critically important component of successful treatment – a component that can be accomplished effectively and efficiently by using EMDR within a positive therapeutic alliance. Videotaped demonstrations, discussion, and practice will help you define the differences between attachment-focused EMDR and a more traditional approach. In addition, Dr. Parnell will emphasize how the technique called “Resource Tapping” can be used to repair developmental deficits as well as to help prepare clients for trauma processing work. You will watch Dr. Parnell use Resource Tapping, will have a chance to practice the technique yourself, and will learn how to integrate it with EMDR.

WORKSHOP #7

POST-TRAUMATIC GROWTH: LEADING CLIENTS ON A JOURNEY OF RESILIENCY & HEALING

LISA FERENTZ, LCSW, DAPA

Become empowered as a trauma clinician! Learn from expert trauma clinician Lisa Ferentz how to shine a spotlight on your clients' resiliency and creativity – while planting the seeds of hope and Post-Traumatic Growth even in the earliest stages of therapy! When we work with traumatized clients we often feel compelled to stay focused on the inevitable byproducts of PTSD. As we look for the ways in which clients have been adversely affected by their trauma, it can inadvertently narrow our sense of who they are, and solidify their identities as "damaged" or "broken." Although helping clients to reconnect with and process their pain and grief is important, this workshop takes you further. You will learn respectful and powerful ways to weave the concepts of Post-Traumatic Growth into the treatment process.

Using moving and inspiring case examples and videos made by clients we will identify the tangible markers of post-traumatic growth including:

- a new way of relating to others
- the capacity to believe in new possibilities
- the rediscovery of personal strengths
- a newfound appreciation for life

Participants will have many opportunities to practice creative strategies including: somatic resourcing; journaling; drawing; two –handed writing; and guided imagery and visualizations all designed to install and strengthen hope, growth, and healing in clients and therapists alike.

OUTLINE

- Process the Impact of Trauma
- Assess for Client Resiliency
- The Power of Positive Self-Talk
- Move Beyond a Trauma Identity
- Explore the Manifestations of Post Traumatic Growth
- Move Beyond the Traumatized Self
- Help Clients Pay it Forward
- Build on the Seeds of Traumatic Growth

"The instructor was incredibly knowledgeable and I am able to take away many new techniques to use with my clients and try to incorporate them into my practice."

– Aleisha Ross | Fall 2017

"I enjoyed all of the lessons. Very useful information that will help me with my clients."

– Brennan Lane | Fall 2017

WORKSHOP #8

THE 10 BEST-EVER DEPRESSION MANAGEMENT TECHNIQUES

MARGARET WEHRENBURG, PSY.D.

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.

LEARNING OBJECTIVES

1. Immediately intervene on the specific type of depression
2. Improve motivation and mobilize energy in depressed clients
3. Change negative cognitive patterns to energize action
4. Demonstrate the impact of neural networks and how to break out of negative neural networks that keep depression in place
5. Utilize strategies from positive psychology and mindfulness to develop positive attitudes and cognitions
6. Increase clients' abilities to formulate new options for problems by replacing the narrowing cognitive themes of worthlessness and inadequacy

OUTLINE

- A look at the interaction between neurochemistry and cognition function and lifestyle to explore the 4 types of depression. A specific look at how neural networking affects the development and recovery from depression.
- Identify triggers and respond differently to them. The underpinnings of depression as seen in four kinds of depression (endogenous, situation, PTSD and the outcome of early life adversity).
- Techniques that energize the lethargic mind and body of the depressed client. Identify and cool down burnout, including a look at work addiction.
- Ending isolation, balancing life activities, and preventing destructive behaviour.
- Broadening the perspective of the depressed mind and learning to live more fully. These techniques will focus on new ways to open the mind to possibility and will look at building positive circuitry in the brain that will enhance the long term recovery of depressed clients.

WORKSHOP #9

TREATMENT & MANAGEMENT OF PERSONALITY DISORDERS: THE CHALLENGE OF A HIDDEN AGENDA

JEFF RIGGENBACH, PH.D., LPC

Individuals with personality disorders have long been considered the most challenging clients presenting in the clinical setting. Many patients 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. Many professionals even continue to view them as untreatable.

However, there is hope. Emerging research suggests this is simply not the case. DBT, CBT, and Schema Therapy have paved the way in pioneering new attitudes and outcomes related to treating these conditions. Join leading expert in the field of personality dysfunction Dr. Jeff Rigenbach for this enjoyable training chock full of the latest research, techniques, and practical strategies. This powerful workshop will give you 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, toxic relationships and other problems that impair their ability to function in society. Leave this day long training with an integrated DBT/ CBT /Schema Informed approach to treating these cases and giving clients with even the most complex needs a life worth living.

LEARNING OBJECTIVES

1. Master the essential characteristics of each of the personality disorders in DSM 5
2. Assess the treat ability and prognosis of each disorder
3. Evaluate the efficacy of various treatment methods including CBT, DBT, and Schema Therapy
4. Learn Practical Application skills for management and treatment of each disorder
5. Understand the 8 motivations for self-injurious behaviours and interventions for each

OUTLINE

- Intro/The Treatment Model
- Personality Disorders in General/ Cluster A Disorders
- Schizotypal PD
- Schizoid PD
- Cluster C Disorders
- Obsessive Compulsive PD
- Avoidant PD
- Dependant PD
- Non Borderline Cluster B Disorders
- Histrionic PD

WORKSHOP #10

ADVANCED MOTIVATIONAL INTERVIEWING

(PART 1 OF 2)

HENNY WESTRA, PH.D.

Motivational Interviewing (MI) is an empirically supported treatment that has been shown to enhance engagement and outcomes (especially long-term outcomes) for numerous clinical problems. It is a brief, client-centered therapy aimed at understanding and resolving ambivalence to change. MI has been shown to be effective in the treatment of addictions and numerous other health and mental health problems. This workshop will show you how to integrate MI techniques into your practice so you can help clients/patients identify the road-blocks that keep them stuck and enhance their motivation for change.

Prepare to roll up your sleeves and work as this workshop is highly interactive. This novel program has recently been reconstructed to be consistent with the latest training innovation in our field, namely the concept of "Deliberate Practice". Deliberate Practice is the method used to train everyone from musicians, to athletes, to surgeons and it is now being applied to psychotherapy training. It involves the use of repeated feedback to actual specific scenarios and simulations in order shape and improve trainee responding. You will learn through involvement in a variety of engaging exercises & will grow in your skills as you get feedback about how to respond to those often complex and difficult scenarios. Scenarios include ambivalence, resistance, and even client hostility/anger across a wide variety of clinical domains (anxiety, eating disorder, addictions, health behaviours, etc.). Emphasis is placed on using videotape and other exercises to slow down and break down the complex process between client and therapist to help you identify moment-to-moment markers of ambivalence and resistance and then brainstorm effective responses to enhance client engagement. Emphasis is also placed on managing your own emotional reactions in these challenging encounters. You will also have the chance to apply and extend your learning to manage specific scenarios and client resistance statements you have encountered in your own clinical work and unique context.

LEARNING OBJECTIVES

1. To train your ears to identify key motivational markers in the process of therapy (ambivalence, change talk, resistance, hostility)
2. To learn key skills in responding to motivational markers in order to move productively to resolving ambivalence and enhancing commitment to change
3. To cultivate empathic understanding and use it to enhance intrinsic motivation
4. To develop the key attitude ("MI Spirit") necessary to 'roll with resistance'
5. To learn to move flexibly with clients to blend more supportive and more directive clinical styles

WORKSHOP #11

ATTACHMENT- FOCUSED EMDR: WORKING WITH ADULTS ABUSED AS CHILDREN

(PART 2 WILL BE BUILT ON THE
CONTENT PROVIDED IN PART 1)

LAUREL PARNELL PH.D.

Over the last two decades, EMDR has emerged as one of the most powerful clinical tools available to trauma therapists. In this workshop, Dr. Laurel Parnell will teach you how to integrate an attachment focus into EMDR and to use EMDR in combination with a variety of complementary techniques.

Much of this workshop is built around videos of actual clinical sessions conducted by Dr. Parnell. These videos bring the training to life: participants can see, not just hear about, how the ideas and procedures they're learning are used with real patients in the real world. Dr. Parnell is an EMDRIA Approved Basic Training Provider as well as an experienced and highly skilled therapist. Her workshops are as enjoyable as they are instructive, and consistently receive rave reviews.

LEARNING OBJECTIVES (Day 1 & 2)

1. Describe the five basic principles of Attachment-focused EMDR and how they can be integrated into the treatment of relational trauma.
2. Discuss how an attachment-focus can be integrated into the history taking and preparation phases of EMDR
3. List the four most commonly used resources to install as well as other useful resources and how they can be integrated into EMDR with an attachment focus
4. Repair early developmental stages using imagination and bilateral stimulation.
5. Name three techniques for working with dissociation

DAY 2 OUTLINE

Attachment-Focused EMDR:

Working with Adults Abused as Children

Dr. Parnell will present standard EMDR protocols in addition to modified protocols to work effectively with this very challenging population. Victims of early abuse may easily become distressed, dissociated, or avoidant. EMDR therapists may need a specific and advanced understanding of the EMDR method, as well as additional skills, to work with them successfully. Topics addressed during the day will include: how to modify standard EMDR procedural steps with patients abused as children when necessary; developing appropriate targets; recognizing and dealing with blocked processing; using interweave strategies, working with abreactions, dissociation and memory chaining; and much, much more. Participants will leave with an array of new insights, ideas, perspectives, and techniques that will help them be more effective with victims of childhood abuse.

WORKSHOP #12

DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING FOR MENTAL HEALTH PROFESSIONALS

EBONI WEBB, PSY.D., HSP

Dialectical Behaviour Therapy (DBT) is a highly effective form of treatment for clients with Borderline Personality Disorder (BPD). However, many of these individuals have rarely developed life skills to build a proactive and responsive life versus a defensive and reactive one. Dr. Eboni Webb will introduce a holistic approach to treatment and will expand on key concepts including skills acquisition, daily practice, and generalization. These skills are critical for our clients to develop an effective interdependent adult life. Dr. Webb will provide a brief discussion of DBT and its relationship to the Biosocial model, the neurological impact of trauma on the developing brain and how to address specific diagnoses via the skills. She will discuss the importance of integrating DBT skills at the earliest point of treatment and utilizing skills as a foundation for life.

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

OUTLINE

Neurobiological Building Blocks

- Why DBT skills?
- Trauma and Development

Creating the Learning Container

- Importance of skills as a form of self-advocacy and consultation
- Setting up a group
- Establishing safety

The Foundational Skills: Mindfulness & Dialectics

- Dialectical skills framework
- States of Mind

Naming to Tame: Emotion Regulation

- How emotions work in the body
- 10 Universal emotions

Thriving in a Crisis:

Distress Tolerance & Self-Compassion

- Grounding: Self-Soothe
- Skillful Distractions: ACCEPTS

Connection in Community: Interpersonal Effectiveness

- Wired for connection
- FAST skills
- GIVE skills

WORKSHOP #13

ADVANCED MOTIVATIONAL INTERVIEWING

(PART 2 WILL BE BUILT ON THE
CONTENT PROVIDED DURING PART 1)

HENNY WESTRA, PH.D.

Motivational Interviewing (MI) is an empirically supported treatment that has been shown to enhance engagement and outcomes (especially long-term outcomes) for numerous clinical problems. It is a brief, client-centered therapy aimed at understanding and resolving ambivalence to change. MI has been shown to be effective in the treatment of addictions and numerous other health and mental health problems. This workshop will show you how to integrate MI techniques into your practice so you can help clients/patients identify the road-blocks that keep them stuck and enhance their motivation for change.

Prepare to roll up your sleeves and work as this workshop is highly interactive. This novel program has recently been reconstructed to be consistent with the latest training innovation in our field, namely the concept of “Deliberate Practice”. Deliberate Practice is the method used to train everyone from musicians, to athletes, to surgeons and it is now being applied to psychotherapy training. It involves the use of repeated feedback to actual specific scenarios and simulations in order shape and improve trainee responding. You will learn through involvement in a variety of engaging exercises & will grow in your skills as you get feedback about how to respond to those often complex and difficult scenarios. Scenarios include ambivalence, resistance, and even client hostility/anger across a wide variety of clinical domains (anxiety, eating disorder, addictions, health behaviours, etc.). Emphasis is placed on using videotape and other exercises to slow down and break down the complex process between client and therapist to help you identify moment-to-moment markers of ambivalence and resistance and then brainstorm effective responses to enhance client engagement. Emphasis is also placed on managing your own emotional reactions in these challenging encounters. You will also have the chance to apply and extend your learning to manage specific scenarios and client resistance statements you have encountered in your own clinical work and unique context.

LEARNING OBJECTIVES

1. To train your ears to identify key motivational markers in the process of therapy (ambivalence, change talk, resistance, hostility)
2. To learn key skills in responding to motivational markers in order to move productively to resolving ambivalence and enhancing commitment to change
3. To cultivate empathic understanding and use it to enhance intrinsic motivation
4. To develop the key attitude (“MI Spirit”) necessary to ‘roll with resistance’
5. To learn to move flexibly with clients to blend more supportive and more directive clinical styles

WORKSHOP #14

LOSS, GRIEF & THE QUEST FOR MEANING

ROBERT A. NEIMEYER, PH.D.

As contemporary models of bereavement have become more nuanced and empirically informed, so too have the practices available to grief counsellors and therapists.

This 1-day workshop offers in-depth training in several of these techniques, nesting them both within the therapy relationship and in the context of current theories and research that provide flexible frameworks for intervention.

Making extensive use of actual clinical videos as well as how-to instruction in the use of numerous therapeutic tools, we will discuss and practice several methods for helping clients integrate the reality of the loss into the ongoing story of their lives, while also reconstructing their continuing bond to their loved one.

Beginning with a discussion of the power of presence as a fundamental dimension of the therapeutic “holding environment,” we will consider how we can quickly assess our clients’ needs, particularly when they struggle with complicated, prolonged grief symptomatology. We will then discuss how to foster a safe relational container for a healing “re-telling” of the loss experience, anchoring such work in both contemporary meaning reconstruction and dual process models and related research.

Drawing on clinical videos of clients contending with losses through cancer, sudden accident and suicide, we will learn to listen between the lines of the stories clients tell themselves and others about the death to grasp more fully the unvoiced meaning of their grief, and how we can help them integrate the event story of the death into the larger narrative of their lives. Participants should conclude the session with sharpened skills for clinical assessment, a clearer appreciation for the challenge to meaning and spiritually associated with violent death bereavement, and an expanded toolbox for using metaphor, body work and a variety of narrative procedures for helping clients make sense of the loss and their response to it.

WORKSHOP #15

STOPPING THE NOISE: PRACTICAL STRATEGIES TO HELP CLIENTS WITH PANIC, GENERALIZED ANXIETY, PHOBIAS & OCD

REID WILSON, PH.D.

Therapists are supposed to make clients safe and secure, creating a cozy haven from a cruel world, right? Well, when it comes to treating anxiety and OCD, growing evidence shows that the quickest, most effective approach involves instructing them to ramp up their fears while telling themselves how much they welcome the experience.

Join internationally-recognized expert and author Reid Wilson, Ph.D. to study what cutting edge research is showing us about the possibility of rapid change. Dr. Wilson will outline the treatment strategy, step-by-step, and illustrate each stage with brief, professionally videotaped segments of therapist-client interaction within the first two sessions of treatment.

LEARNING OBJECTIVES

1. How to rapidly engage anxious clients in the therapeutic alliance and change their mindset toward their fears
2. How to persuade clients to adopt a self-help protocol to voluntarily, purposely, and aggressively seek out uncertainty moment-by-moment
3. The four paradoxical strategies: Detachment and the stepping-back process, Voluntarily choosing the experience: “I want this”, Stepping toward the threat, How to be cunning

“Reid Wilson – best presenter, best handouts, great process, progression through training.”

“I look forward to reading his books and articles! Great presentations, very satisfied.”

WE ARE NOW ACCEPTING EXHIBITORS

PLEASE VISIT OUR WEBSITE:
WWW.JACKHIROSE.COM/UPCOMING-WORKSHOPS/EXHIBITOR-INFORMATION



► STEP 1 – CONTACT INFO

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

► STEP 2 – SELECT ATTENDING DATE(S) & WORKSHOPS

I WILL BE ATTENDING: Please select one workshop per day. Each presentation is a full day workshop.	<input type="checkbox"/> DAY 1 - Nov 20	<input type="checkbox"/> DAY 2 - Nov 21	<input type="checkbox"/> DAY 3 - Nov 22
	<input type="checkbox"/> Workshop #1	<input type="checkbox"/> Workshop #6	<input type="checkbox"/> Workshop #11
	<input type="checkbox"/> Workshop #2	<input type="checkbox"/> Workshop #7	<input type="checkbox"/> Workshop #12
	<input type="checkbox"/> Workshop #3	<input type="checkbox"/> Workshop #8	<input type="checkbox"/> Workshop #13
	<input type="checkbox"/> Workshop #4	<input type="checkbox"/> Workshop #9	<input type="checkbox"/> Workshop #14
	<input type="checkbox"/> Workshop #5	<input type="checkbox"/> Workshop #10	<input type="checkbox"/> Workshop #15

► STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

INDIVIDUAL	1 DAY	2 DAYS	3 DAYS
Early-Bird Fee	<input type="checkbox"/> \$249	<input type="checkbox"/> \$449	<input type="checkbox"/> \$639
Regular Fee	<input type="checkbox"/> \$269	<input type="checkbox"/> \$469	<input type="checkbox"/> \$659

GROUPS (3 DAYS)	3-7	8-14	15+	STUDENT (3 DAYS)
Early-Bird Fee	<input type="checkbox"/> \$619	<input type="checkbox"/> \$599	<input type="checkbox"/> \$579	Early-Bird Fee <input type="checkbox"/> \$579
Regular Fee	<input type="checkbox"/> \$639	<input type="checkbox"/> \$619	<input type="checkbox"/> \$599	Regular Fee <input type="checkbox"/> \$599

Early Bird Cutoff Date: November 6, 2019 - Registration and payment must be received by this date.

Group Rate: Individuals must attend all 3 days to be eligible for group discounts.

Full-Time Student Rate: 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)

Please Note: Multi-day registrations can NOT be shared. All registration fees are per person. Different individuals cannot be sent on different days under one registration fee. Name badges will be checked at the door.

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

3 WAYS TO SAVE

	ONLINE PROMO CODE: SUMMIT10 registration.jackhirose.com
	EARLY BIRD DISCOUNT Deadline: November 6, 2019
	GROUP DISCOUNTS See Step 3 for Savings & Fees.

WHO SHOULD ATTEND

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

HOTEL & ACCOMMODATIONS

BEST WESTERN PREMIER CALGARY PLAZA HOTEL
1316 33rd Street NE

HOW TO BOOK

- Phone: 403.248.8888
Please refer to the Jack Hirose & Associates room block.
- Website: www.calgaryplaza.com

Please note, room reservations are subject to availability
 When booking hotel rooms, ask for the Jack Hirose and Associates corporate rate. To receive our corporate rate, rooms must be booked one month prior to the workshop date. Please keep in mind hotel rates may fluctuate. Please see our website for more details.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. 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, coffee, muffins and refreshment breaks. Lunches are not included.

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).

TERMS & CONDITIONS

Our liability is limited to refunds for conference fees only.

Jack Hirose & Associates Inc. reserves the right to cancel a event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference 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 conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CANCELLATION POLICY: All cancellations must be submitted by email to registration@jackhirose.com. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. **Refunds** will be available **minus a \$40 administration fee** for cancellations made 14 business days or more prior to the event. For cancellations less than 14 business days prior to the event, **credit minus a \$40 administration fee will be available. No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place. Please note, replacements are subject to a \$25 administrative fee. For a printed out name badge, certificate, and to minimize confusion at check-in, please contact the office 14 business days prior to the event to notify us of this replacement. Please include the original registrant's full name, the replacement's full name, and the replacement's contact information (including an email address). Please double check your spelling. Alternatively, please have your replacement notify the on-site coordinator at check-in if you are unable to contact the office prior to the start of the event.

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. Certificates are intended for continuing education credit purposes. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS: Sent by email once you're 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.

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