

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

**PRINCE GEORGE, BC | THURS, DECEMBER 5 & FRI, DECEMBER 6, 2019 | 9AM - 4PM**  
Ramada Plaza Prince George | 444 George 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

### 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



**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. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as an alternative educational program. Dr. Berk presents nationally on the topics of autism, disruptive behaviour disorders, mental health issues in the classroom, ODD and social skills competency.

**To preview his work, visit:**  
**[www.jayberkphd.com](http://www.jayberkphd.com) or youtube.**

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

### LEARNING OBJECTIVES

1. Identify oppositional behaviour and causes.
2. Implement strategies with the child/adolescent who refuses to talk.
3. Describe why “regular” strategies (rewards, punishments) don’t work and ways to improve.
4. Differentiate oppositional behaviours caused by ASD and ADHD.
5. Design and implement intervention strategies to reduce passive aggressive, disruptive and violent behaviours.
6. Write and implement effective behaviour plans for the classroom.
7. Reduce the disruptive impact and risk to other children or adolescents in the classroom, family or group.

# REGISTRATION FORM

Prince George Workshop | Fall 2019

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

JAY BERK, PH.D. | PRINCE GEORGE, DECEMBER 5 & 6, 2019

“Loved the humour he used throughout. Loved the format of audience participation, chatting with the group, slides, videos, and how open Dr. Berk is to questions. Could listen to him all day!!”

### 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 November 21)	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	<input type="checkbox"/> \$389	\$389
Regular	<input type="checkbox"/> \$469	<input type="checkbox"/> \$449	<input type="checkbox"/> \$429	<input type="checkbox"/> \$409	\$409

• 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:** K-12 Classroom Teachers, School Counsellors & Psychologists, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers

**All other professionals who support children and adolescents with behavioural challenges and complex learning needs including but not limited to:** Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Nurses, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

#### 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: BCSAVE10  
[registration.jackhirose.com](http://registration.jackhirose.com)



EARLY BIRD DISCOUNT  
Deadline: April 12, 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.

#### PRINCE GEORGE

Ramada Plaza Prince George  
444 George Street | 250.563.0055

#### 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)**



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— JACKHIROSE.COM —

#### Complete & Return with Payment:

Jack Hirose & Associates Inc.  
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North Vancouver, BC, Canada  
V7H 0A6

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TF 1 800 456 5424  
E [registration@jackhirose.com](mailto:registration@jackhirose.com)