

NOVEMBER 27–29, 2023

Monday-Wednesday
8:30am to 4:00pm

OAKVILLE, ON

Oakville Conference Centre
2515 Wyecroft Road

FEATURED SPEAKERS



Gordon Neufeld
Ph.D.



Eboni Webb
Psy.D.



Jeff Riggerbach
Ph.D.



Daphne Fatter
Ph.D.



Lynne Kenney
Psy.D.



Carissa Muth
Psy.D.

SPONSORS



Georgia Strait | WOMENS CLINIC

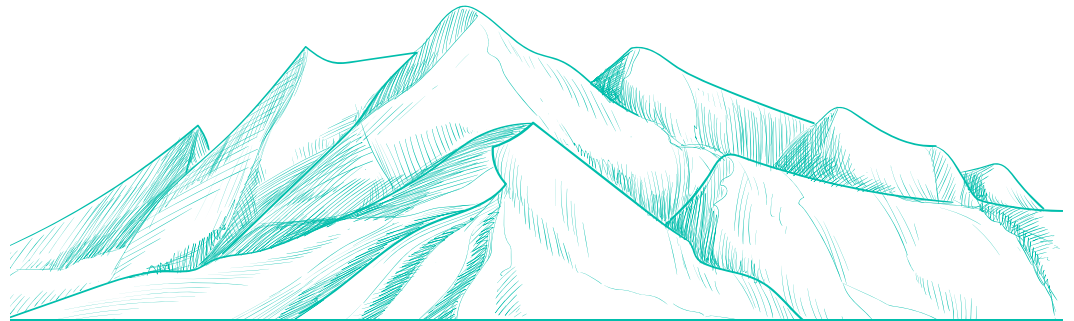
Group rates and student discounts are available. Visit our website for more information. Eligible for certification with the Hirose Institute and qualifying CEU Boards.



LIVE IN-PERSON & LIVE STREAM CONFERENCE

THE ONTARIO MENTAL HEALTH SUMMIT

A Conference Tailored for Mental Health and Education Professionals at All Levels and Any Professional that Applies Developmental and Behavioural Science to Practice



CHOOSE FROM 26 WORKSHOP SESSIONS

TOPICS FOR: Counselling-Focused, School-Focused & All Professionals

- Addressing the Emotional Roots of Anxiety & Agitation
- Trauma & Attachment
- Disarming High Conflict Students in the Classroom
- Traumatic Memory & Best Practices for EMDR
- Why Our Children's Mental Health is Deteriorating & What Can Be Done About It
- Working with the Highly Dysregulated Child
- Using IFS-Informed EMDR for Complex Trauma
- Healing the Healer
- Internal Family Systems Therapy for Trauma Treatment
- CBT Strategies that Really Work with Students in the Classroom
- Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents
- Navigating Addictions
- Polyvagal Theory and Trauma-Informed Stabilization Tools
- Trauma-Focused DBT
- The Personality Disorder Toolbox
- Neufeld's Traffic Circle of Frustration: A Revolutionary Approach to Aggression, Depression & Suicide
- 20 Empirically-Based Art, Music, Movement & Thinking Skills Activities to Improve Behaviour & Learning in Children & Adolescents
- Mastering the Core Skills & Competencies of CBT
- Resilience & the Stress Response

WHO SHOULD ATTEND

A Conference Tailored for Mental Health and Education Professionals at All Levels & Any Professional that Applies Behavioural Science to Practice

MENTAL HEALTH 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 and all other mental health professionals looking to enhance their therapeutic skills.

EDUCATION PROFESSIONALS:

All education professionals who work with children or youth including, but not limited to K-12 Classroom Teachers, School Counsellors, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers and all other professionals who support behavioural challenges and complex learning needs.

REGISTRATION FEES

Registration Type	Early Bird	Regular
Individual 1 Day	\$279	\$299
Individual 2 Day	\$499	\$519
Individual 3 Day	\$699	\$719
Group: 3-7	\$679	\$699
Group: 8-14	\$659	\$679
Group: 15+	\$639	\$659
Full-Time Student	\$639	\$659

All fees are in Canadian Dollars (\$CAD). Fees do not include applicable taxes (13% HST).

Early bird cutoff date: November 13, 2023

RECOMMENDED ACCOMMODATION

Holiday Inn Oakville at Bronte

2525 Wycroft Rd

Phone: 905.847.1000

Rate is \$154.00 plus tax per night for single/double occupancy.

Please reference "Jack Hirose & Associates Inc." and "Group Code: HIR" when making a reservation.

A MESSAGE FROM JACK HIROSE

Dear Colleagues,

The past few years have changed the landscape for how we learn and attend events. Zoom has been an invaluable tool for all of us, but the time has come to get back to the method that revitalizes the passion for our professions. Conferences allow for in person benefits such as, the chance to meet fellow clinicians and educators, exhibitors, on-site bookstore, group work and refreshments. We've removed the keynote but added even more presenters and a flexible format to create a custom learning experience of the highest calibre.

This year a total of 26 workshop sessions will be offered and will address a host of topics relevant to mental health, education, and any professional who applies behavioural science to practice. We invited 6 accomplished guest presenters who will share their knowledge and insights on a host of valuable mental health topics. Every session offered will focus on effective intervention strategies, recent advances and timely topics that will provide all professionals with the necessary knowledge and skills to better serve their clients and/or students.

Attendees have the option to attend either full-day or half-day sessions that will cover a diverse and broad range of important topics. For those who prefer to learn at home we will be streaming portions of the conference online. **The Ontario Mental Health Summit will be held in Oakville on November 27-29, 2023.** Once again we are pleased to work closely and collaborate with our co-sponsors CTV, Sunshine Coast Health Centre and Georgia Strait Women's Clinic. We hope to see you at our conference which promises to be another exceptional opportunity to not only enhance one's knowledge and competencies, but to network with our colleagues.

Sincerely,

Jack Hirose
CEO & President
Jack Hirose and Associates



A MESSAGE FROM MELANIE ALSAGER



Dear Fellow Conference Attendees,

On behalf of the entire team at Sunshine Coast Health Centre and Georgia Strait Women's Clinic, we do hope you join us for the The Ontario Mental Health Summit being held from the 27th to the 29th of November, 2023. We are once again pleased to be co-sponsoring an event with Jack Hirose & Associates, Canada's premier psychotherapy conference organizer. The pandemic has been difficult for all of us but Jack's hosting of this live event is a positive sign that the worst of the pandemic is solidly behind us.

We have missed the intimacy of live events but are excited to see all of the events/conferences planned for the Fall of 2023. Jack and colleagues will also be offering plenty of virtual events with the same world-class expert lineup you have come to expect over the years. We like to think of this hybrid approach as offering the best of both worlds.

I also want to acknowledge Jack Hirose & Associates for reaching an important milestone, having trained over 100,000 mental health professionals over the past 25 years. One cannot overestimate the spinoff benefits to communities across the country in which clients and their loved ones have benefited from working with skilled practitioners.

Melanie Alsager, MBA
Chief Executive Officer
Sunshine Coast Health Centre
& Georgia Strait Women's Clinic



Georgia Strait WOMEN'S CLINIC

AGENDA	DAY 1 Monday, November 27	DAY 2 Tuesday, November 28	DAY 3 Wednesday, November 29
<p>Morning Session 8:30 AM – 11:45 AM</p> <p>Break 10:30 AM – 10:45 AM</p> <p>Choose one morning workshop per day.</p>	<ol style="list-style-type: none"> Addressing the Emotional Roots of Anxiety & Agitation: An Attachment-Based Developmental Approach <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D. Trauma & Attachment <i>Live-Stream Option Available</i> - Eboni Webb, Psy.D., HSP Disarming High Conflict Students in the Classroom <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. Traumatic Memory & Best Practices for EMDR: Resource Development, Expectations & Setting Clients up for Effective EMDR Treatment <i>Live-Stream Option Available</i> - Daphne Fatter, Ph.D. 	<ol style="list-style-type: none"> Healing the Healer - Eboni Webb, Psy.D., HSP Internal Family Systems Therapy for Trauma Treatment <i>Live-Stream Option Available</i> - Daphne Fatter, Ph.D. CBT Strategies that Really Work with Students in the Classroom <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D. Navigating Addictions: Practical Interventions to Promote Healing & Recovery <i>Live-Stream Option Available</i> - Carissa Muth, Psy.D., CCC, R.Psych 	<ol style="list-style-type: none"> Trauma-Focused DBT <i>Live-Stream Option Available</i> - Eboni Webb, Psy.D., HSP The Personality Disorder Toolbox <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. Neufeld's Traffic Circle of Frustration: A Revolutionary Approach to Aggression, Depression & Suicide <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D. 20 Empirically-Based Art, Music, Movement & Thinking Skills Activities to Improve Behaviour & Learning in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D.
<p>Lunch Break 11:45 AM – 12:45 PM</p>	<p>Lunch Buffet - \$30.45 per person, per day includes taxes and 18% gratuity</p>	<p>Lunch Buffet - \$30.45 per person, per day includes taxes and 18% gratuity</p>	<p>Lunch Buffet - \$30.45 per person, per day includes taxes and 18% gratuity</p>
<p>Afternoon Session 12:45 PM – 4:00 PM</p> <p>Break 2:15 PM – 2:30 PM</p> <p>Choose one afternoon workshop per day.</p>	<ol style="list-style-type: none"> Why Our Children's Mental Health is Deteriorating & What Can Be Done About It <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D. Working with the Highly Dysregulated Child <i>Live-Stream Option Available</i> - Eboni Webb, Psy.D., HSP Disarming High Conflict Students in the Classroom (REPEAT SESSION) <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. Using IFS-Informed EMDR for Complex Trauma <i>Live-Stream Option Available</i> - Daphne Fatter, Ph.D. 	<ol style="list-style-type: none"> Healing the Healer (REPEAT SESSION) - Eboni Webb, Psy.D., HSP Polyvagal Theory and Trauma-Informed Stabilization Tools <i>Live-Stream Option Available</i> - Daphne Fatter, Ph.D. CBT Strategies that Really Work with Students in the Classroom (REPEAT SESSION) <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. (CONTINUATION) Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D. (CONTINUATION) Navigating Addictions: Practical Interventions to Promote Healing & Recovery <i>Live-Stream Option Available</i> - Carissa Muth, Psy.D., CCC, R.Psych 	<ol style="list-style-type: none"> (CONTINUATION) Trauma-Focused DBT <i>Live-Stream Option Available</i> - Eboni Webb, Psy.D., HSP Mastering the Core Skills & Competencies of CBT <i>Live-Stream Option Available</i> - Jeff Riggerbach, Ph.D. Resilience & the Stress Response: Addressing Emotional Stuckness & Trauma <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D. (CONTINUATION) 20 Empirically-Based Art, Music, Movement & Thinking Skills Activities to Improve Behaviour & Learning in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D.

EXHIBITORS WELCOME

We are pleased to offer sponsorship opportunities to businesses and organizations that provide services related to nursing, psychotherapy, addictions treatment, counselling, marriage & family therapy, psychology and other related fields. To inquire please contact us by email: admin@jackhirose.com

LIVE STREAM FROM HOME

This conference will be live streaming from Oakville, ON to online participants on November 27 – 29, 2023 from 8:30am – 4:00pm ET

Recorded footage and all course content will be available until January 6, 2024. Please allow 3 – 5 business days after the conference has ended for recorded footage to become available. Please note, in-person registration does not include access to the live stream or recorded footage.

DAY 1

MONDAY,
NOV 27, 2023

WORKSHOP #1 | 8:30AM - 11:45AM

ADDRESSING THE EMOTIONAL ROOTS OF ANXIETY & AGITATION

An Attachment-Based Developmental Approach

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

There is currently an epidemic of anxiety and agitation affecting children and teens which can take many forms including attention problems, clinginess, eating problems, obsessions, compulsions, phobias, panic, sleep issues, physical illnesses, as well as a host of other perplexing behaviours. Today's world can create many challenges for children and youth with school pressures, peer interactions, family dynamics, negative self-image, perfectionism, and many other stressors that can impede a child's ability to learn and mature. Whether it's the natural, episodic worries or more profound and crippling versions of anxiety, Dr. Neufeld will help make sense of the roots of anxiety and agitation and suggest ways in which we can help bring the anxious and agitated to rest.

Course Objectives

- Understanding the spectrum of syndromes that are all rooted in the primary emotion of alarm
- Appreciating the attachment roots of anxiety and agitation
- Exposing the emotional root of most attention problems
- Equipping with solutions that are both natural and developmental

WORKSHOP #2 | 8:30AM - 11:45AM

TRAUMA & ATTACHMENT

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

Many of the clients that we serve have such complex problems due to extensive trauma and attachment disturbances. These early wounds have informed their adult presentations resulting in mental illness and personality disorders. The poet William Wordsworth wrote in his poem, My Heart Leaps Up When I Behold (1802), "...the Child is father of the Man." Future pioneering psychologists would be inspired by this passage as they came to understand that both function and dysfunction are born in childhood and guide us in our adult lives.

In this course you will come to understand the impact of trauma on the developing mind and how attachment is formed or lost through

traumatic events. You will learn how the brain is organized through healthy attachment and the critical elements of healthy attachment. We will examine the current neuroscience behind both trauma and attachment and the top evidence-based strategies to address key DSM-V disorder through the lens of trauma.

Course Objectives

- Learn the impact of trauma on the developing mind.
- Identify the key features of healthy attachment and its impact neurologically.
- Identify the key defensive survival strategies in trauma.
- Learn how relational character strategies are formed that can be effective adaptations to relationship disturbances.
- Develop strategies to address key disorders across the lifespan that are influenced by trauma and attachment disturbances (ADD/ADHD, Anxiety, Depression, PTSD, etc.)

WORKSHOP #3 | 8:30AM - 11:45AM

DISARMING HIGH-CONFLICT STUDENTS IN THE CLASSROOM

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

Difficult people are everywhere. And sometimes it seems like this is especially true in our school systems. They are our fellow educators, our administrators, and certainly our students. Sometimes they are even in our families! But they don't have to push our buttons. Whether you are having difficulty managing the classroom in general, dealing with a particular challenging student, interacting with a fellow teacher, or dealing with an administrator - There are patterns to human behavior. And once we understand where someone is coming from we can equip ourselves with specialized tools to speak their language and deal with them in more effective ways. The good news is we don't have to allow them to drain our energy and rob us of the joy that drew most of us to the field of education in the first place! This fun, informative workshop not only targets those high conflict students, but also provides strategies to help students reach their full potential. Leave this highly engaging seminar with international personality expert Dr. Jeff Rigenbach feeling empowered to disarm even the most challenging people in your school before they get the best of you.

Course Objectives

- Discover the 8 types of high conflict (HC) people that make life difficult in educational settings and learn highly specialized strategies interacting effectively with each
- Hone skills in and acquire tips for connecting with students in a way that develops rapport to prevent 90% of classroom behaviour problems before they escalate
- Develop an understanding of how we get our "buttons pushed" and how to maintain our composure when we do
- Learn triggers for each style, how to avoid them, and disarm the bomb before the fuse gets lit

WORKSHOP #4 | 8:30AM - 11:45AM

TRAUMATIC MEMORY & BEST PRACTICES FOR EMDR

Resource Development, Expectations & Setting Clients up for Effective EMDR Treatment

- DAPHNE FATTER, PH.D.



Live-Stream Option Available

Eye Movement Desensitization and Reprocessing (EMDR) relies on accessing implicit memory to resolve traumatic memories. Dr. Fatter will focus on what every EMDR clinician should know about traumatic memory to help support effective EMDR treatment. The nature of traumatic memory and the role of arousal management during EMDR will be examined. Best practices for resource development, setting realistic expectations and what clinicians can do to set up EMDR trauma treatment for success will be discussed. Dr. Fatter will provide ways to integrate the "Identity, Race, Culture Interview," a culturally oriented strengths-based approach, during Phase 1 to better identify potential resources for Phase 2. Interventions to use during Phase 2 and Phase 4 will also be discussed including how to quickly track dissociation in session, how to apply a somatic regulating exercise, and ways to integrate relational resources. Case examples and research on what contributes to client's dropping out of therapy will be reviewed.

Course Objectives

- Describe in client-friendly terms what happens in the brain during EMDR to help set realistic treatment expectations.
- Identify at least 2 indicators of client readiness for EMDR trauma processing.

WORKSHOP #5 | 12:45PM - 4:00PM

WHY OUR CHILDREN'S MENTAL HEALTH IS DETERIORATING & WHAT CAN BE DONE ABOUT IT

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

The alarming rise in anxiety, depression, despair, and attention problems, begs for an explanation. The prevailing premise blames the social isolation experienced during the pandemic. When the dots are joined however, another picture emerges that reveals the attachment roots of mental health. This current mental health crisis provides us with a unique opportunity to understand the underlying dynamics, giving us a guide to better take care of our children, our students and ourselves.

Course Objectives

- Gaining insight as to the attachment and emotional roots of mental health
- Making sense of how the pandemic affected the mental health of students
- Appreciating how peer orientation predisposes to mental health problems
- Understanding why self-care for children can be counterproductive

WORKSHOP #6 | 12:45PM - 4:00PM

WORKING WITH THE HIGHLY DYSREGULATED CHILD

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

Working with emotionally dysregulated children is an often overwhelming and exhausting endeavour. Many teachers and counsellors feel the pull of being “saviours” for dysregulated children and their parents. How to intervene and steps that can be taken by teachers and administrators will be presented. This training will enable participants to employ strategies in which teachers and parents can experience success through learning to reestablish structure, create a validating and secure environment, and increase compassion for all family members and care providers.

WORKSHOP #7 | 12:45PM - 4:00PM

DISARMING HIGH-CONFLICT STUDENTS IN THE CLASSROOM (REPEAT SESSION)

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

Difficult people are everywhere. And sometimes it seems like this is especially true in our school systems. They are our fellow educators, our administrators, and certainly our students. Sometimes they are even in our families! But they don't have to push our buttons. Whether you are having difficulty managing the classroom in general, dealing with a particular challenging student, interacting with a fellow teacher, or dealing with an administrator - There are patterns to human behavior.

WORKSHOP #8 | 12:45PM - 4:00PM

USING IFS-INFORMED EMDR FOR COMPLEX TRAUMA

- DAPHNE FATTER, PH.D.



Live-Stream Option Available

Eye Movement Desensitization and Reprocessing (EMDR) and Internal Family Systems (IFS) are both well-established evidenced-based approaches that address multiple clinical issues including treating PTSD and complex trauma. Using IFS-informed relational interventions provides enhanced benefit to clients that may struggle in the traditional application of EMDR, including clients with complex trauma. Dr. Fatter will review the latest assessments and treatment recommendations for complex trauma. Dr. Fatter will examine the theoretical underpinnings, shared principles as well as the differing approaches to trauma treatment of both EMDR and IFS.

DAY 2

TUESDAY,
NOV 28, 2023

WORKSHOP #9 | 8:30AM - 11:45AM

HEALING THE HEALER

- EBONI WEBB, PSY.D., HSP



This is an experiential session, please wear comfortable clothing.

All professionals who work with traumatized clients and or students may experience one or several negative and harmful effects including: burnout, secondary traumatic stress, vicarious traumatization, compassion fatigue or caregiver stress. Oftentimes, self-care goes out the window for professionals as they take on greater workloads and put the needs of their clients/students ahead of their own. Ignoring the early warning signs often leads to a wide array of debilitating consequences including: distress, hopefulness, work/life dissatisfaction and serious physical and mental health problems. In this experiential workshop, Dr. Webb will teach a vast array of tools to heal the traumatized self along with possible ways to integrate and apply the skills to help you and your clients/students improve their lives. Eboni will introduce the concept of resilience and self-care as an act of resilience. She will demonstrate how to restore and process stress and emotions through the body and effectively address traumatic cycles.

Course Objectives

- Identify the key emotional language of the stressed body.
- Define stressors and the impact of stress on the traumatized body.

WORKSHOP #10 | 8:30AM - 11:45AM

INTERNAL FAMILY SYSTEMS THERAPY FOR TRAUMA TREATMENT

- DAPHNE FATTER, PH.D.



Live-Stream Option Available

Developed by Richard Schwartz, Ph.D. forty years ago, Internal Family Systems (IFS) is becoming one of the fastest growing therapy models. The evidenced-based approach is non-pathologizing and attends to the complex impact of traumatic stress, making it effective for working with PTSD and Complex Trauma. Dr. Fatter will review the basic model of IFS, including theoretical assumptions, goals for treatment, and steps of using the IFS model. Dr. Fatter will apply an IFS framework common clinical presentations including how to conceptualize PTSD. This presentation will include case examples to describe the process of applying IFS to trauma treatment in individual therapy with adults.

WORKSHOP #11 | 8:30AM - 11:45AM

CBT STRATEGIES THAT REALLY WORK WITH STUDENTS IN THE CLASSROOM

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

Cognitive - Behavioural Therapy is considered the “gold standard” therapeutic approach for many psychological conditions most commonly seen in school-based settings with children and adolescents. Despite it's strong evidence base, many school counsellors and

educators have gone a more “integrative” route and surprisingly few have developed the advanced expertise needed to deliver the effective CBT strategies on a regular basis to students that often remain “stuck.” If this describes you, don't miss this opportunity! Join international CBT trainer and expert Dr. Jeff Rigenbach, for this breakthrough course that will help you hone your skills, equip yourself to confidently deal with even your most challenging cases, and reignite your passion to the work you once loved.

WORKSHOP #12 | 8:30AM - 11:45AM

STRENGTHEN EXECUTIVE FUNCTION, ATTENTION, MEMORY, RESPONSE INHIBITION & SELF-REGULATION IN CHILDREN & ADOLESCENTS

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

Did You Know? For many students, Executive Function is a better predictor of academic outcomes than intelligence quotient (IQ) and socioeconomic status (SES), (Blair & Raver, 2015; Cortés Pascual et al. 2019; Micalizzi et al., 2019). Executive Function skills predict math and reading in higher grade levels (Ribner et al., 2018; Magalhães et al., 2020). Self-Regulation skills predict academic, behavioral, and social achievement across a lifetime (Robson et al., 2020).

The Key Is To: BOX: Empower children and adolescents with the skills to think, plan, attend, inhibit, and self-regulate. “When students develop their ability to think things through, pay attention, manage their emotions, resist their impulses, and plan the sequence of their actions they are better able to successfully learn, connect, and behave.”

WORKSHOP #13 | 8:30AM - 11:45AM

NAVIGATING ADDICTIONS

Practical Interventions to Promote Healing & Recovery

- CARISSA MUTH, PSY.D., CCC, R.PSYCH



Live-Stream Option Available

The field of addictions is muddled with a myriad of theories and treatments, yet little progress has been made over time to improve relapse rates. Given the repetitive and persistent nature of addictions, mental health professions addressing such concerns are at increased risk for compassion fatigue and burnout. In order to reduce this risk on treatment providers, the workshop will focus on empowering workers by providing techniques to effectively address a variety of client presentations. Often default recommendations of attending inpatient care are provided to clients as professionals lack the tools to know how they can make positive impacts on a clients care at various stages of the recovery journey. In this workshop, you will also be provided with tools to understand the complexity involved in the development of substance use disorder and thus be able to make effective treatment recommendations. Attendees will leave the workshop equipped with practical techniques for treating those struggling with addictions including basics of assessments, working with families, and providing post-treatment care. Additionally, various intervention methods will be overviewed including CBT and narrative therapy in order to provide the client with techniques to implement with a variety of client presentations.

WORKSHOP #14 | 12:45PM - 4:00PM

HEALING THE HEALER (REPEAT SESSION)

- EBONI WEBB, PSY.D., HSP



THIS IS A REPEAT OF THE MORNING SESSION

This is an experiential session, please wear comfortable clothing. All professionals who

work with traumatized clients and or students may experience one or several negative and harmful effects including: burnout, secondary traumatic stress, vicarious traumatization, compassion fatigue or caregiver stress. Oftentimes, self-care goes out the window for professionals as they take on greater workloads and put the needs of their clients/students ahead of their own. Ignoring the early warning signs often leads to a wide array of debilitating consequences including: distress, hopefulness, work/life dissatisfaction and serious physical and mental health problems. In this experiential workshop, Dr. Webb will teach a vast array of tools to heal the traumatized self along with possible ways to integrate and apply the skills to help you and your clients/students improve their lives.

WORKSHOP #15 | 12:45PM - 4:00PM

POLYVAGAL THEORY AND TRAUMA-INFORMED STABILIZATION TOOLS

- DAPHNE FATTER, PH.D.



Live-Stream Option Available

Polyvagal Theory has become a common go-to resource in trauma treatment. However, clinicians often have difficulty understanding what Polyvagal Theory is and how to incorporate it into effective trauma treatment. Dr. Fatter will discuss Polyvagal Theory in the context of treating PTSD and complex trauma, including how it fits in to a traditional three phase model for trauma recovery. As such, the importance of creating a treatment plan around arousal regulation will be examined. Dr. Fatter will explain in detail symptoms of hyper-arousal, hypo-arousal and calm states of the autonomic nervous system based on Polyvagal Theory. This will help clinicians better identify signs of what state clients are in and help clinicians be able to educate clients about their nervous system. Specific trauma-informed stabilization tools will be discussed that support Polyvagal Theory. There will be opportunities for participants to experience and practice these tools themselves. This presentation will be interactive and experiential!!

Course Objectives

- Understand Polyvagal theory and how it applies to effective trauma treatment.
- Identify several signs of when clients are in a state of hyper-arousal or hypo-arousal.

WORKSHOP #16 | 12:45PM - 4:00PM

CBT STRATEGIES THAT REALLY WORK WITH STUDENTS IN THE CLASSROOM (REPEAT SESSION)

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

THIS IS A REPEAT OF THE MORNING SESSION

Course Objectives

- Apply evidence-based CBT techniques to multiple symptom sets.
- Illustrate methods for conducting CBT psychoeducation to elicit "buy in" from most difficult students.
- Detect, challenge and modify dysfunctional self-talk, thoughts and core beliefs.
- Implement rapport-building tips and tools to improve client relationships.
- Summarize the role of early maladaptive schemas in maintaining chronic conditions.
- Utilize schema-based strategies for breaking lifelong destructive behavioural cycles.
- Summarize eight motivations for parasuicidal behaviours and how to effectively intervene for each motivation.

WORKSHOP #17 | 12:45PM - 4:00PM

STRENGTHEN EXECUTIVE FUNCTION, ATTENTION, MEMORY, RESPONSE INHIBITION & SELF-REGULATION IN CHILDREN & ADOLESCENTS (CONTINUATION)

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Course Objectives

- The current science supporting the importance of improving executive function skills in your students.
- The developmental precursor skills that shift the trajectory of student learning, behavior and achievement.
- Evidence-based methods for strengthening executive function.
- The relationships between executive function skills, reading and math.
- Improve your student's focused attention.
- Teach your students how to be the "Best Coaches" for their own brains.
- Use cognitive skills coaching activities to bolster self-regulation and impulse control in your students.
- Play cognitive-motor activities like CogniTap and Think-Ups, which require self-regulation, attention, memory, and self-control.

WORKSHOP #18 | 12:45PM - 4:00PM

NAVIGATING ADDICTIONS (CONTINUATION)

Practical Interventions to Promote Healing & Recovery

- CARISSA MUTH, PSY.D., CCC, R.PSYCH



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Course Objectives

- Develop an understanding of the impact of historical perspectives of addictions and how they continue to influence treatment decisions and stigmatization.
- Formulate treatment plans based on a robust understand of various components contributing to the development of the disorder.
- Competently navigate the addiction field through a basic understanding of various perspectives and current areas of research.
- Demonstrate an ability to generally assess addictions and provide treatment recommendations.
- Develop the ability to guide clients and their families through the recovery process.

DAY 3

WEDNESDAY,
NOV 29, 2023

WORKSHOP #19 | 8:30AM - 11:45AM

TRAUMA-FOCUSED DBT

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

Working with emotionally dysregulated and traumatized clients/students in your practice can be overwhelming and exhausting. You probably feel the pull of being the “savior” for their constant state of dysregulation. Learn how to develop the skills needed to be more effective in treatment, avoid burnout and achieve positive outcomes through developing an integrative lens to treat trauma and attachment more effectively across the lifespan through integrating Dialectical Behavior Therapy and Sensorimotor Psychotherapy techniques and interventions. Dr. Webb will give you the training you need through case stories, neuroscience research, and experiential activities. Learn to work together with clients/students and all relevant support systems to increase compassion through seeing the function of their behaviors through the lens of trauma, reestablish structure, and create a validating environment. Leave with the knowledge and skills to confidently teach clients/students and all critical care providers how to implement a safe structure that enables clients/students to learn and master these skills throughout all the pertinent areas of their lives.

Attend this workshop and you will discover how critical complex interventions are for the complexity of treating trauma and attachment disorders. Join Dr. Eboni Webb, former advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association, and Advanced Certified Practitioner of Sensorimotor Psychotherapy and take home evidence-based strategies from both modalities to use with clients who come from hard places.

WORKSHOP #20 | 8:30AM - 11:45AM

THE PERSONALITY DISORDER TOOLBOX

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

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.

WORKSHOP #21 | 8:30AM - 11:45AM

NEUFELD'S TRAFFIC CIRCLE OF FRUSTRATION

A Revolutionary Approach to Aggression, Depression & Suicide

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

We all get frustrated, as this primal emotion is automatically evoked when something – anything for that matter – doesn't work. There are several indicators that the groundswell of frustration is rising. This powerful emotion can be experienced in many ways and have a myriad of outcomes. Included in the array of emotional outcomes are compulsions regarding change, attacking impulses, suicidal impulses, aggression, and even frustration-based depression. Frustration can also result in healthy change and inner transformation. Dr. Neufeld will help us walk through the traffic circle of frustration in a way that benefits all. Given the critical importance of developing a healthy relationship with frustration, we should all be ready to serve as traffic directors when needed.

Course Objectives

- Understanding the underlying roots of aggression and depression
- Appreciating the key role that frustration is meant to play in our lives
- Recognizing when pivotal feelings are missing that need restoring
- Knowing the symptoms, signs and challenges when frustration gets stuck
- Making sense of why some of our current behaviour management approaches backfire
- Knowing how to direct traffic when frustration needs to find an outlet

WORKSHOP #22 | 8:30AM - 11:45AM

20 EMPIRICALLY-BASED ART, MUSIC, MOVEMENT & THINKING SKILLS ACTIVITIES TO IMPROVE BEHAVIOUR & LEARNING IN CHILDREN & ADOLESCENTS

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

Music, art, and movement have been recognized as important elements in children's cognitive development (Dumont et al., 2017; Americans for the Arts, 2023). Music, art, and movement provide various benefits that enhance cognitive abilities, including attention, language skills, spatial awareness, problem-solving, creativity, and social interaction.

Musical training has been linked to improved cognitive skills, such as enhanced verbal memory, mathematical abilities, and spatial-temporal skills (Forgeard et al., 2008; Miendlarzewska & Trost, 2018; Schellenberg, 2004).

Learning to play an instrument has shown positive effects on executive functions, including attention, self-regulation, and working memory (Moreno et al., 2011). Children who undergo musical training have better verbal memory, second language pronunciation accuracy, reading ability and executive functions (Miendlarzewska & Trost, 2018).

Music engages multiple brain regions, stimulating neural connections and promoting neuroplasticity, which is crucial for cognitive development (Zatorre et al., 2007; Lippolis et al., 2023).

Dance and rhythmic movements have been shown to improve executive functions and cognitive skills, such as attention, working memory, and inhibitory control (Kattenstroth et al., 2013; Buderath et al., 2008).

Course Objectives

- The relationships between art, cognition, learning and academic achievement.
- How art education has been associated with improved academic performance, including higher achievement in reading and math.
- How engaging in visual arts encourages creativity and divergent thinking to foster problem-solving skills and the ability to think outside the box.
- How foundational cognitive skills such as self-regulation, attention and memory support higher-order skills including problem-solving, imagination and creativity.
- Apply Musical Thinking to engage your students in learning self-regulation, motor pacing, previewing, planning, tempo, timing and rhythm.
- Use proprietary musical activities including “Watermelon, Unicorn and Tiger” to teach children how to transition from one activity to another and experience the “felt-sense” of slowing down.
- Use Procreate to improve your students imagination and creativity skills.

TRAUMA-FOCUSED DBT (CONTINUATION)

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Attend this workshop and you will discover how critical complex interventions are for the complexity of treating trauma and attachment disorders. Join Dr. Eboni Webb, former advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association, and Advanced Certified Practitioner of Sensorimotor Psychotherapy and take home evidence-based strategies from both modalities to use with clients who come from hard places.

Course Objectives

- Defining Trauma and Attachment
 - Biosocial Model
 - Effects of inadequate validation in early emotional development
 - Symptoms of a pervasive emotional dysregulation disorder
 - Developmental vs. attachment trauma
 - Single-incident trauma
 - Common sources of trauma
 - Parenting Styles
 - Attachment Styles
- Trauma and Brain Development
 - Biphasic arousal model
 - Core organizers of experience

MASTERING THE CORE SKILLS & COMPETENCIES OF CBT

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

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 3-hour afternoon session 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!

Course Objectives

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

RESILIENCE & THE STRESS RESPONSE

Addressing Emotional Stuckness & Trauma

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

New understandings reveal that there is much wisdom to the stress response. Rather than focusing on dysfunction,

we should begin by appreciating how our brains are brilliantly programmed to not only summon the strength required to deal with distressing situations, but to also serve as an emotional first-aid response. The problem is not with the stress response per se, but when the stress response is not followed in a timely fashion by its partner, the resilience response. We will be much more effective in our interaction with distressed children, youth and students if we first come alongside how their brains are trying to take care of them, and from this stance, proceed to help the stress response become unstuck.

Course Objectives

- Updating an understanding of the stress response through the lenses of attachment and emotion
- The ability to differentiate between the two kinds of strength that is often associated with resilience
- An appreciation of what has to bounce back for emotional health and well-being
- An understanding of the wisdom of the stress response and how to come alongside it

20 EMPIRICALLY-BASED ART, MUSIC, MOVEMENT & THINKING SKILLS ACTIVITIES TO IMPROVE BEHAVIOUR & LEARNING IN CHILDREN & ADOLESCENTS (CONTINUATION)

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Develop skills to:

- Use art activities that involve fine motor skills and hand-eye coordination, which contribute to the development of spatial awareness and cognitive abilities.
- Apply active play and movement activities to stimulate brain development by improving neuroplasticity, neural connectivity, and cognitive flexibility.
- Teach precursor skills to reading, math and spelling including visual-spatial skills, patterning, sequencing, visual-tracking and vestibular strength.

Be ready to implement:

- Dance and rhythmic movements that have been shown to improve executive function and cognitive skills, such as attention, working memory, and inhibitory control.
- Attention, memory and self-regulation songs for students in grades K-4.
- Paradoxes, Cognitap Spots and Rhythmic Movement Phrases to engage cognition and self-regulation in students in grades 5-12.

Movement and cognition

- Physical activity and exercise have been linked to enhanced cognitive functions, including attention, memory, and academic achievement (Hillman et al., 2014; Tomporowski et al., 2011).
- Cognitive-motor activity combines rhythmic physical activity with cognitive-visual and auditory stimuli. This simultaneously activates distinct regions in the brain.

EXHIBITORS WELCOME

At the conference, exhibitor tables will be provided to allow your organization the opportunity to display and circulate informational packages to conference attendees who may require the services of your respective organization or business. The conference is an excellent opportunity for exhibitors to gather attendee information – collect business cards to enter a draw, scan badges to participate in your activity and interact with mental health and education professionals throughout the country.

Exhibitor booth, all 3 days, fee: \$3,000. and \$2,500 for non-profit organizations.

To secure an exhibitor booth, please contact our office at 604-924-0296 or email: registration@jackhirose.com