

DECEMBER 4-6, 2023

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

CALGARY, AB

Best Western Premier Calgary Plaza Hotel
1316 33rd Street NE

FEATURED SPEAKERS



Gordon Neufeld
Ph.D.



Cynthia Wesley-Esquimaux
Ph.D.



Steven G. Feifer
D.Ed.



MaryAnn Brittingham
MS



Daniel J. Fox
Ph.D.



Lynne Kenney
Psy.D.



Caroline Buzanko
Ph.D.



Meghan Barlow
Ph.D.



Carissa Muth
Psy.D.

SPONSORS



Georgia Strait WOMEN'S CLINIC

PLEASE POST



LIVE IN-PERSON & LIVE STREAM CONFERENCE

The Alberta Conference on
Fostering Emotional Well-Being & Bolstering Resilience in Children & Youth

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 17 WORKSHOP SESSIONS

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

- Resilience & The Stress Response
- Fostering Social Emotional Learning Skills in Children & Adolescents
- Living the Medicine Wheel Teachings
- Creating Trauma Resilient Classrooms
- I'm Exhausted – Stress, Burnout & Solutions that Work!
- Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents
- 20 Empirically-Based Art, Music, Movement & Thinking Skill Activities to Improve Behaviour & Learning in Children & Adolescents
- Navigating Addictions
- Qigong Meditation Exercise Session
- Optimizing & Supporting the ADHD Brain
- Implementing Interventions for School-Aged Children & Adolescents with Autism Spectrum Disorder
- Addressing the Emotional Roots of Anxiety & Agitation
- Optimizing Self-Regulation & Managing Big Emotions
- Supporting the Social & Emotional Needs of Gifted Children & Adolescents
- Why Our Children's Mental Health Is Deteriorating & What Can Be Done About It

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

WHO SHOULD ATTEND

A Conference Tailored for Mental Health and Education Professionals at All Levels & any Professional that Applies Development and 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 (5% GST).

Early bird cutoff date: November 20, 2023

RECOMMENDED ACCOMMODATION

Best Western Premier Calgary Plaza Hotel & Conference Centre
1316 33 St NE

Please contact the hotel directly for current group rates, when booking please reference "Jack Hirose & Associates". To make a reservation over the phone, please call 403.248.8888.

Email: Email your reservation request to res@calgaryplaza.com

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 17 workshop sessions and 3 keynotes 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 8 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 Alberta Conference On: Fostering Emotional Well-Being & Bolstering Resilience in Children and Youth will be held in Calgary on December 4-6, 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 Alberta Conference On: Fostering Emotional Well-Being & Bolstering Resilience in Children and Youth being held from the 4th to the 6th of December, 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



AGENDA	DAY 1 Monday, December 4		DAY 2 Tuesday, December 5	DAY 3 Wednesday, December 6
Keynote 1 8:30 AM – 9:30 AM	Resilience & The Stress Response: Addressing Emotional Stuckness Including Trauma <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.	Morning Session 8:30 AM – 11:45 AM Break 10:30 AM – 10:45 AM Choose one morning workshop per day.	4. Creating Trauma Resilient Classrooms <i>Live-Stream Option Available</i> - MaryAnn Brittingham, MS	12. Optimizing & Supporting the ADHD Brain <i>Live-Stream Option Available</i> - Caroline Buzanko, Ph.D.
Keynote 2 9:30 AM – 10:30 AM	Fostering Social Emotional Learning Skills in Children & Adolescents <i>Live-Stream Option Available</i> - Steven G. Feifer, D.Ed., ABSNP		5. I'm Exhausted – Stress, Burnout & Solutions that Work! <i>Live-Stream Option Available</i> - Daniel J. Fox, Ph.D.	13. Implementing Interventions for School-Aged Children & Adolescents with Autism Spectrum Disorder <i>Live-Stream Option Available</i> - Meghan Barlow, Ph.D.
Keynote 3 10:45 AM – 11:45 AM	Living the Medicine Wheel Teachings <i>Live-Stream Option Available</i> - Cynthia Wesley-Esquimaux, Ph.D.		6. Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D.	14. Addressing the Emotional Roots of Anxiety & Agitation: An Attachment-Based Developmental Approach <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.
Lunch Break 11:45 AM – 12:45 PM	Lunch Buffet - \$27 per person, per day includes taxes and 18% gratuity Live Music - Heather Blush & The Uppercuts	Lunch Break 11:45 AM – 12:45 PM	Lunch Buffet - \$27 per person, per day includes taxes and 18% gratuity Live Music - Heather Blush & The Uppercuts	Lunch Buffet - \$27 per person, per day includes taxes and 18% gratuity
Afternoon Session 12:45 PM – 4:00 PM Break 2:15 PM – 2:30 PM Choose one afternoon workshop per day.	1. (CONTINUATION) Resilience & The Stress Response: Addressing Emotional Stuckness Including Trauma <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D. 2. (CONTINUATION) Fostering Social Emotional Learning Skills in Children & Adolescents <i>Live-Stream Option Available</i> - Steven G. Feifer, D.Ed., ABSNP 3. (CONTINUATION) Living the Medicine Wheel Teachings <i>Live-Stream Option Available</i> - Cynthia Wesley-Esquimaux, Ph.D.	Afternoon Session 12:45 PM – 4:00 PM Break 2:15 PM – 2:30 PM Choose one afternoon workshop per day.	8. (REPEAT SESSION) Creating Trauma Resilient Classrooms <i>Live-Stream Option Available</i> - MaryAnn Brittingham, MS 9. (REPEAT SESSION) I'm Exhausted – Stress, Burnout & Solutions that Work! <i>Live-Stream Option Available</i> - Daniel J. Fox, Ph.D. 10. 20 Empirically-Based Art, Music, Movement & Thinking Skill Activities to Improve Behaviour & Learning in Children & Adolescents <i>Live-Stream Option Available</i> - Lynne Kenney, Psy.D. 11. (CONTINUATION) Navigating Addictions: Practical Interventions to Promote Healing & Recovery <i>Live-Stream Option Available</i> - Carissa Muth, Psy.D., CCC	15. Optimizing Self-Regulation & Managing Big Emotions <i>Live-Stream Option Available</i> - Caroline Buzanko, Ph.D. 16. Supporting the Social & Emotional Needs of Gifted Children & Adolescents <i>Live-Stream Option Available</i> - Meghan Barlow, Ph.D. 17. Why Our Children's Mental Health is Deteriorating & What Can Be Done About It <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.
		Evening Session 6:30 PM – 7:30 PM	Qigong Meditation Exercise Session - Munira Jiwa, BScPT	

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. plus tax (For-profit organization)
\$2,500.00 plus tax (Non-profit organization)

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

LIVE STREAM FROM HOME

This conference will be live streaming from Calgary, Alberta to online participants on December 4-6, 2023 from 8:30am – 4:00pm MDT

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.

More information & live stream registration:

<https://webinars.jackhirose.com/product/the-alberta-conference/>

DAY 1
MONDAY,
DEC 4, 2023

KEYNOTE | 8:30AM - 9:30AM

RESILIENCE & THE STRESS RESPONSE Addressing Emotional Stuckness Including 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

KEYNOTE | 9:30AM - 10:30AM

FOSTERING SOCIAL EMOTIONAL LEARNING SKILLS IN CHILDREN & ADOLESCENTS

- STEVEN G. FEIFER, D.ED., ABSNP



Live-Stream Option Available

According to a 2023 survey conducted by Mental Health Research Canada (MHRC), mental health has worsened in Canada in the aftermath of the global pandemic. For instance, the survey revealed that 14 percent of Canadians continue to struggle with stress and burnout, 10 percent disclosed high levels of anxiety, and 8 percent endorsed moderate symptoms of depression. This workshop will explore the impact of mental health conditions on academic performance in children and adolescents, and discuss how schools can foster social emotional learning to improve

both academic and social-skill functioning. Poverty, childhood abuse, parental neglect, trauma, and pandemics can impact key brain mechanisms underlying learning and social-emotional behavior in students. Schools can enhance emotional wellness in children through early prevention efforts, appropriate assessment strategies, teaching collaborative problem solving, and developing a nurturing school climate to foster emotional growth for all children. Specific assessment strategies, screening tools, and targeted classroom interventions will be shared.

Course Objectives

- Discuss the prevalence of children with emotional disabilities in Canada, and the relationship between emotional wellness and successful academic performance.
- Explore key brain regions impacted when students experience stress, anxiety, and depression, and the subsequent effect on academic and social skills' development.
- Discuss assessment options for students with emotional dysregulation, and introduce the FACT scale to assess the impact of stress and trauma on academic and social-emotional functioning.
- Explore effective classroom accommodations, social-emotional learning options, and targeted classroom strategies and interventions for children and adolescents with emotional self-regulation issues in school.

KEYNOTE | 10:45AM - 11:45AM

LIVING THE MEDICINE WHEEL TEACHINGS

- CYNTHIA WESLEY-ESQUIMAUX, PH.D.



Live-Stream Option Available

The medicine wheel teaches us there are four quadrants that require our dedicated attention - the "Physical quadrant"

which encompasses everything we are from conception to elderhood. The "Mental or learning quadrant" where we gather knowledge, courage, and confidence about our world and express the gifts we can give our children. The "Emotional quadrant" where we embrace the concept of "all my relations" as a foundation for our lives and build capacity to love unconditionally. The "Spiritual quadrant" where we are reminded of the need "to be good ancestors" and guide next generations with a good heart as we walk the 7 values (grandfather/grandmother teachings) into the future.

Course Objectives

- We have a personal responsibility to understand the relationship between all four quadrants
- We become imbalanced if we only focus on one or two over the others - each one requires discipline and dedication
- Systemic disorders are directly related to how we live our lives - moving, learning, loving, and being socially and emotionally connected
- Everything is connected and this includes the foods we eat, the people we love, how we treat our bodies, and what we chose to learn.

WORKSHOP #1 | 12:45PM - 4:00PM

RESILIENCE & THE STRESS RESPONSE Addressing Emotional Stuckness Including Trauma

- GORDON NEUFELD, PH.D.



Live-Stream Option Available
CONTINUATION OF THE MORNING KEYNOTE

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.

WORKSHOP #2 | 12:45PM - 4:00PM

FOSTERING SOCIAL EMOTIONAL LEARNING SKILLS IN CHILDREN & ADOLESCENTS

- STEVEN G. FEIFER, D.ED., ABSNP



Live-Stream Option Available
CONTINUATION OF THE MORNING KEYNOTE

According to a 2023 survey conducted by Mental Health Research Canada (MHRC), mental health has worsened in Canada in the aftermath of the global pandemic. For instance, the survey revealed that 14 percent of Canadians continue to struggle with stress and burnout, 10 percent disclosed high levels of anxiety, and 8 percent endorsed moderate symptoms of depression. This workshop will explore the impact of mental health conditions on academic performance in children and adolescents.

WORKSHOP #3 | 12:45PM - 4:00PM

LIVING THE MEDICINE WHEEL TEACHINGS

- CYNTHIA WESLEY-ESQUIMAUX, PH.D.



Live-Stream Option Available
CONTINUATION OF THE MORNING KEYNOTE

The medicine wheel teaches us there are four quadrants that require our dedicated attention - the "Physical quadrant" which encompasses everything we are from conception to elderhood. The "Mental or learning quadrant" where we gather knowledge, courage, and confidence about our world and express the gifts we can give our children. The "Emotional quadrant" where we embrace the concept of "all my relations" as a foundation for our lives and build capacity to love unconditionally.

DAY 2

TUESDAY,
DEC 5, 2023

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

CREATING TRAUMA RESILIENT CLASSROOMS

- MARYANN BRITTINGHAM, MS



Live-Stream Option Available

Research has since established resilience as essential for human thriving, and an ability necessary for the development of healthy, adaptable young people. It's what enables students to emerge from challenging or traumatic experiences with a positive sense of themselves and their futures. Students who develop resilience are better able to face disappointment, learn from failure, cope with loss, and adapt to change. We recognize resilience in students when we observe their determination, and perseverance to tackle problems and cope with the emotional challenges of school and life. Resilience is not a genetic trait. It is derived from the ways that students learn to think and act when faced with obstacles large and small. In this session, we will explore how to help students build the resilience they need to succeed in school and in life. We will review how trauma impacts students and their school experience and will provide concrete actions on the "how" to create support for all students and the school professionals who serve them

Course Objectives

- Understand the impact of trauma and chronic stress on learning
- Understand how to use the "Upside Down Triangle" to help students self-regulate
- Learn the four S's to building resilience
- Identify triggers and alternative ways to respond
- Learn how to create resilient mindsets by noticing and reframing your self-talk and stories
- Review how to foster compassion to support ourselves and our students.

WORKSHOP #5 | 8:30AM - 11:45AM

I'M EXHAUSTED – STRESS, BURNOUT & SOLUTIONS THAT WORK!

- DANIEL J. FOX, PH.D



Live-Stream Option Available

Everyone experiences some form of burnout during their life and career. Most ignore the warning signs until it's too late, mistakes are made, and decisions becomes calamities you wish you'd avoided. Many of us are now

managing a dual life, online and in "real life", with obligations and tasks being formable in both. Due to this, we are highly susceptible to experiencing Zoom fatigue, depression, anxiety, and many other symptoms and issues. Common early warning signs of burnout include feeling perpetually exhausted, tired of or annoyed with other peoples' "complaints", beginning your day late and unable to end it early, getting sleepy or "spacing out" during important times, taking ethical shortcuts, and many others.

Our society preaches self-care, but are we taking our own advice? It's time we did. In this workshop, Daniel J. Fox, Ph.D., will examine the signs, symptoms, and sources of burnout and explain how understanding your Emotional Intelligence can renew your personal and professional perspective and excitement while helping you eliminate key stressors in your life.

This program will examine the benefits of restorative, emotionally intelligent relationships in your life to improve outcomes and your personal support network. By understanding the potential of Emotional Intelligence and keeping a wise mind on your mental and physical health you can explore who you are within your relationships, enhance your growth as a professional, and apply these powerful tools to benefit you and others in your life.

Course Objectives

- Identify burnout symptoms to manage them effectively
- Use Emotional Intelligence to avoid burnout
- Develop an emotionally intelligent support network to build stress resiliency
- Manage relationships more efficiently and learn how to strengthen them
- Apply new skills to increase your resilience in the workplace and at home to prevent burnout
- Learn how to avoid the ethical pitfalls and challenges associated with burnout and compassion fatigue

WORKSHOP #6 | 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."

This Is Achieved By: Strengthening Executive Function and Self-Regulation Skills.

WORKSHOP #7 | 8:30AM - 11:45AM

NAVIGATING ADDICTIONS Practical Interventions to Promote Healing & Recovery

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



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.

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

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

CREATING TRAUMA RESILIENT CLASSROOMS (REPEAT SESSION)

- MARYANN BRITTINGHAM, MS



Live-Stream Option Available

THIS IS A REPEAT OF THE MORNING SESSION

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In this session, we will explore how to help students build the resilience they need to succeed in school and in life. We will review how trauma impacts students and their school experience and will provide concrete actions on the "how" to create support for all students and the school professionals who serve them

Course Objectives

- Understand the impact of trauma and chronic stress on learning
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- Learn the four S's to building resilience
- Identify triggers and alternative ways to respond
- Learn how to create resilient mindsets by noticing and reframing your self-talk and stories

WORKSHOP #9 | 12:45PM - 4:00PM

I'M EXHAUSTED - STRESS, BURNOUT & SOLUTIONS THAT WORK! (REPEAT SESSION)

- DANIEL J. FOX, PH.D



Live-Stream Option Available

THIS IS A REPEAT OF THE MORNING SESSION

Everyone experiences some form of burnout during their life and career. Most ignore the warning signs until it's too late, mistakes are made, and decisions become calamities you wish you'd avoided. Many of us are now managing a dual life, online and in "real life", with obligations and tasks being formable in both. Due to this, we are highly susceptible to experiencing Zoom fatigue, depression, anxiety, and many other symptoms and issues. Common early warning signs of burnout include feeling perpetually exhausted, tired of or annoyed with other

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This program will examine the benefits of restorative, emotionally intelligent relationships in your life to improve outcomes and your personal support network. By understanding the potential of Emotional Intelligence and keeping a wise mind on your mental and physical health you can explore who you are within your relationships, enhance your growth as a professional, and apply these powerful tools to benefit you and others in your life.

Course Objectives

- Identify burnout symptoms to manage them effectively
- Use Emotional Intelligence to avoid burnout
- Develop an emotionally intelligent support network to build stress resiliency
- Manage relationships more efficiently and learn how to strengthen them

WORKSHOP #10 | 12:45PM - 4:00PM

20 EMPIRICALLY-BASED ART, MUSIC, MOVEMENT & THINKING SKILL 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).

WORKSHOP #11 | 12:45PM - 4:00PM

NAVIGATING ADDICTIONS (CONTINUATION)

Practical Interventions to Promote Healing & Recovery

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



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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.

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EVENING SESSION | 6:30PM - 7:30PM

QIGONG MEDITATION EXERCISE SESSION

- MUNIRA JIWA, BSCTP



Energize with Qigong

Join Qigong Master Teacher Munira Jiwa for an energizing, yet calming qigong moving meditation practice.

After a full day of sitting and listening to all the inspiring speakers, nourish your body, mind and spirit with gentle movement, breath awareness and a visualization practice to help balance your energy.

Put the Oxygen Mask on Yourself First!

In order to help others, it's imperative that we prioritize our own health and well being so we can serve to the best of our ability. Experience how qigong can help you optimize your energy so you can be the best that you can be.

DAY 3

WEDNESDAY,
DEC 6, 2023

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

OPTIMIZING & SUPPORTING THE ADHD BRAIN

- CAROLINE BUZANKO, PH.D., R. PSYCH



Live-Stream Option Available

Attention deficit/hyperactivity disorder (ADHD) is a complex, heterogeneous disorder.

When left unmanaged, ADHD is associated with long-term pervasive impairment across all areas of functioning. Recent models of ADHD have conceptualized ADHD as a disorder of behavioural inhibition, impairing executive functioning (EF), which lead to difficulties with self-regulation, organizing and planning behaviours, attention, and distractibility.

Course Objectives

- Develop a 360° understanding of ADHD and executive functions
- Identify key assets of ADHD and how to optimize them
- Identify associated comorbidities and how they complicate the presentation and treatment of ADHD

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

IMPLEMENTING INTERVENTIONS FOR SCHOOL-AGED CHILDREN & ADOLESCENTS WITH AUTISM SPECTRUM DISORDER

- MEGHAN BARLOW, PH.D.



Live-Stream Option Available

This workshop will take a deep dive into the varied needs of autistic children and adolescents.

Clinicians and educators will learn strategies for addressing common challenges and deficits in autistic children and adolescents. Techniques and interventions that capitalize on the strengths of the autistic individual while building skills to support their needs will be presented and demonstrated. Workshop participants will learn a framework for developing a collaborative and comprehensive treatment plan, prioritizing needs, and addressing short term and long term goals.

Course Objectives

Participants will learn practical strategies to address the following challenges:

- Inattention, hyperactivity
- Engagement, motivation, task initiation, work completion
- Anxiety
- Social communication

WORKSHOP #14 | 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

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

OPTIMIZING SELF-REGULATION & MANAGING BIG EMOTIONS

- CAROLINE BUZANKO, PH.D., R. PSYCH



Live-Stream Option Available

In today's world, our children and youth face an unprecedented level of stress and pressure, making it hard to effectively self-regulate and manage day-to-day stressors. As parents, educators, and mental health professionals, it's essential that we equip ourselves with effective strategies to help children and teens develop the skills they need to navigate life's challenges. When they don't know how to manage those emotions, problem behaviours often result and can negatively affect their physical, psychological, academic, and social well-being. For many, they struggle to meet even the most basic expectations. It is essential they receive the right support.

Course Objectives

- Explain self-regulation and emotional management in children and teens.
- Identify the role of emotions and how they show up.
- Differentiate misbehaviour from stress behaviour.

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

SUPPORTING THE SOCIAL & EMOTIONAL NEEDS OF GIFTED CHILDREN & ADOLESCENTS

- MEGHAN BARLOW, PH.D.



Live-Stream Option Available

Gifted children and adolescents have unique social and emotional needs that are often overlooked.

This workshop will review the ways in which giftedness may be identified and classified into different categories, common myths and misconceptions about giftedness, the theory of overexcitabilities in gifted individuals, and misdiagnosis in the gifted population. Additionally, twice exceptionality will be discussed along with commonly co-occurring conditions. Participants will develop an appreciation for the depths of the needs that very bright children and their families may have.

This workshop will focus on strategies, interventions, and accommodations to support the social and emotional needs of gifted children and adolescents. Uneven development, lack of goodness of fit, and differences in processing information are some of the underlying causes of behavioral problems in gifted children and adolescents.

WORKSHOP #17 | 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
- Being equipped with developmental interventions for the prevention and reversal of mental health problems

SPEAKER BIOS



GORDON NEUFELD, PH.D.

is a Vancouver-based developmental psychologist with over 50 years of experience with children and youth and

those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (*Hold On To Your Kids*) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals.

"I have no words to express my appreciation to Gordon Neufeld and to Hirose for bringing this valuable, life-changing information. The material taught resonates professionally and personally too. Thank you!"



MARYANN BRITTINGHAM, MS

holds a master's degree in family and child counselling from Long Island University and a bachelor's degree in elementary

and special education from D'Youville College. She has over 38 years of experience as a special education teacher and child/family counsellor, with experience working in psychiatric settings creating therapeutic options for students who require higher levels of emotional and academic support. MaryAnn is a certified trainer at Life Space Crisis Intervention, which uses interactive therapeutic strategies to transform crisis situations into learning opportunities, and she teaches graduate-level courses in special education and educational psychology at two colleges in New York.

"There was so much valuable information. I don't know which idea to implement first!"



CAROLINE BUZANKO, PH.D.

is a Psychologist. Mother. International Speaker. Yoda of Anxiety. Neurodivergent Superhero. Changer of Lives. She

is a dynamic force in the field of psychology, dedicating nearly three decades to transforming the lives of children, teens, and their families. With a dedicated commitment to fostering deep connections, instilling unwavering confidence, igniting motivation, and building resilience in the face of challenges, Dr. Buzanko's mission is clear: to ensure that every child and teenager receive the understanding and support they deserve.

"The presenter was very knowledgeable in her area of expertise. She provided several personal and work-related examples; this was extremely helpful. This webinar will definitely help me in my work as a school psychologist. Thank you Caroline!"



STEVEN G. FEIFER, D.ED

is dually trained as both a nationally certified school psychologist and board certified pediatric neuropsychologist, having

completed research stints at the National Institutes of Health. Dr. Feifer has earned numerous distinctions throughout his career including the Maryland School Psychologist of the Year, the National School Psychologist of the Year, and the Outstanding Contribution to the Education and Training of Psychologists award by the Maryland Psychological Association. He has authored eight books on learning and emotional disorders in children. Lastly, Dr. Feifer has authored three tests on diagnosing learning disabilities in children, all of which are published by PAR.

"I love the speaker. He knows how to engage the audience and keep us focused. Interesting and applicable info and stories, very organized and will timed presentation."



DANIEL J. FOX, PH.D

is a popular and influential psychologist as well as a multi-award-winning author. He is an internationally acclaimed speaker

and the founder and director of Applied Psychological Services, PLLC in Texas. Dr. Fox has been a licensed, practicing psychologist for nearly two decades, working with both children and adults. He is an expert on personality disorders, especially narcissistic, antisocial, and borderline personality disorders. Dr. Fox is also an authority on burnout prevention and professional enhancement. Esteemed as a writer, Dr. Fox's books include *Antisocial, Borderline, Narcissistic and Histrionic Workbook*, which won Gold in the Psychology Category at the 2016 IBPA Benjamin Franklin Awards.



MEGHAN BARLOW, PH.D.

is a licensed pediatric psychologist specializing in the assessment and treatment of children, adolescents and

young adults on the autism spectrum. She also has a wide range of experience working with children who have a variety of anxiety disorders, developmental disorders, attention deficit disorders, mood disorders, behavioral concerns, genetic and metabolic syndromes and acute or chronic medical conditions. Dr. Barlow is the owner of a private practice, Meghan Barlow and Associates, where she provides assessment, treatment and group therapy services for children, adolescents, and young adults.

"Excellent speaker - engaging and able to differentiate teaching/information to suit the needs of a very diverse group (teachers, parents etc.)"



CYNTHIA WESLEY-ESQUIMAUX, PH.D.

served as Vice Provost for Indigenous Initiatives at Lakehead University for three years. Effective

September 2016 she was appointed as the 1st Indigenous Chair for Truth and Reconciliation in Canada for Lakehead University and continues to develop pathways forward to reconciliation across Canada. Cynthia was inducted as a "Honourary Witness" by the Truth and Reconciliation Commission of Canada in 2014, and is the Chair of the Governing Circle for the National Centre for Truth and Reconciliation at the University of Manitoba. Cynthia was the inaugural Nexen Chair for Indigenous Leadership at the Banff Centre for Arts and Creativity where she remains a faculty member and is currently the Interim Director for the Indigenous Leadership Program. She is also Chair of the Teach for Canada non-profit which recruits teachers for remote First Nation schools in Ontario and Manitoba.



LYNNE KENNEY, PSY.D.

is the nation's leading pediatric psychologist in the development of classroom cognitive-physical

activity programs for students in grades K-8. Dr. Kenney develops curriculum, programming, and activities to improve children's cognition through coordinative cognitive-motor movement, executive function skill-building strategies, and social-emotional learning. Dr. Kenney's most recent educational program is *CogniMoves®* a universal Tier I MTSS cognitive-motor movement program, co-developed with Benjamin S. Bunney, MD, Former Chairman Department of Psychiatry at Yale University. *CogniMoves®* is designed to strengthen executive function skills in K-3 students.

"Thank you for sharing your knowledge and skills. I loved the 'hands on' activities and plan to use them in my kindergarten class."



CARISSA MUTH, PSY.D., CCC

is a registered psychologist in Alberta and the Clinical Director at the Sunshine Coast Health Centre and Georgia Strait

Women's Clinic. She holds Doctorate of Psychology, Master of Arts in Counselling, and Bachelor of Social Work degrees and ran a private practice in Alberta for the last eight years. Her research to date has focused on attachment theory, systems theory, and family involvement in addictions. With almost a decade of experience in inpatient and outpatient settings, Dr. Muth has provided psychological assessments, therapeutic treatments and conducted research in the field of substance addictions and comorbid psychological disorders. With a passion for learning, she has developed an eclectic understanding of the etiology and treatment of mental health and psychological disorders.