REGISTRATION FORM

Registration & check-in starts 1 hr prior to the confernce.

STEP 1 – CONTACT INFO

Name

Position School / Organization

Address

City Province Postal Code

Work Phone [ ] Work Fax [ ]

Email

☐ **Yes**, I want to stay informed of upcoming events, exclusive offers, and receive the quarterly e-newsletter.

STEP 2 – SELECT ATTENDING DATE(S) | Please check all dates that apply

I will be attending:	☐ **DAY 1** - November 4	☐ **DAY 2** - November 5	☐ **DAY 3** - November 6

STEP 3 – SELECT APPLICABLE FEE | Please check off applicable registration fee.

Individual	1 DAY	2 DAYS	3 DAYS
Early-bird Fee	☐ **$275** + 13% HST	☐ **$475** + 13% HST	☐ **$625** + 13% HST
Regular Fee	☐ **$295** + 13% HST	☐ **$495** + 13% HST	☐ **$645** + 13% HST

Group: 3-7	3 DAYS
Early-bird Fee	☐ **$605** + 13% HST
Regular Fee	☐ **$625** + 13% HST

Group: 8+	3 DAYS
Early-bird Fee	☐ **$585** + 13% HST
Regular Fee	☐ **$605** + 13% HST

Early Bird Cutoff Date: **October 21, 2015** - Registration and payment must be received by this date.
Group Rate: Online registration only and individuals must attend all 3 days to be eligible for group discounts.
Fee includes: Reference notes, certificate of completion, coffee, muffins and refreshment breaks. Lunch not included.

Upon receipt of registration and payment, an emailed confirmation notice will be sent.

STEP 4 – PAYMENT

☐ Visa Credit Card # Expiry /

☐ MasterCard Cardholder Name

☐ Cheque Signature Cheque #

4 WAYS TO REGISTER

ONLINE
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EMAIL
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PHONE or FAX
See numbers below right

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3 WAYS TO SAVE

$10 OFF — ONLINE PROMO CODE: ONTRAUMA
conference2015.jackhirose.com

$20 OFF — EARLY BIRD DISCOUNT
Deadline: October 21, 2015

UP TO $40 OFF — GROUP DISCOUNTS (online only)
See Step 3 for Savings & Fees.

SAVE $10! Use Online Promo Code: **ONTRAUMA** at conference2015.jackhirose.com

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Groups of 3-7: Save **$20** per person
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Individuals must attend all 3 days to be eligible for group discounts. All groups must register online to receive the group discount. Register your group at: **conference2015.jackhirose.com**

CONFERENCE AIDE DISCOUNT
Save **$290** on the conference registration fee. By working as an assistant to the conference director, conference aides will receive a discount. Conference aides must arrive by 7:00am on all days of the conference and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the conference. Please keep in mind that we can accommodate a maximum of 6 conference aides. To apply for the conference aides program, please email **registration@jackhirose.com**

EARLY BIRD DISCOUNTS
To receive the early bird rate, all conference fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early bird rate. To receive the regular rate, all conference fees must be paid in full prior to the event date. Participants with a balance owing must pay at the door.

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).

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Call and request the Jack Hirose & Associates corporate rate. Book by October 4, 2015.

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TERMS & CONDITIONS

Our liability is limited to refunds for conference fees only. Jack Hirose & Associates Inc. reserves the right to cancel a event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference fees only.** Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

CANCELLATION POLICY
All cancellations must be submitted by email to **registration@jackhirose.com**. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. **Refunds** will be available **minus a $40 administration fee** for cancellations made 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a $40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event**. *Exceptions to this will not be granted.*

If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES
Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at **certificates.jackhirose.com**. Certificates are intended for continuing education credit purposes. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS
Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Additional copies can downloaded from **certificates.jackhirose.com**.

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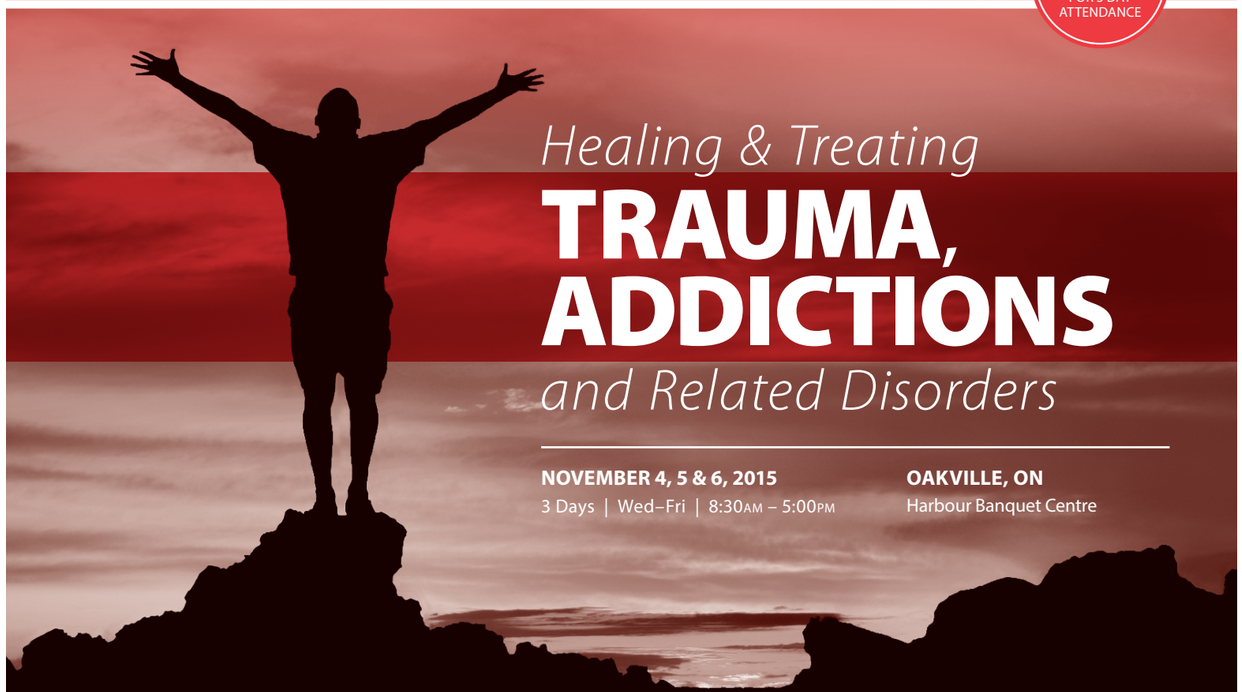

Healing & Treating

TRAUMA, ADDICTIONS

and Related Disorders

NOVEMBER 4, 5 & 6, 2015
3 Days | Wed–Fri | 8:30AM – 5:00PM

OAKVILLE, ON
Harbour Banquet Centre

3 Day Conference

FEATURED SPEAKERS

DAY 1

Cardwell Nuckols
PH.D.

Terry Fralich
LCPC, JD

Mark Weiss
M.D.

DAY 2

John Arden
PH.D.

Ronald Potter-Efron
PH.D.

Reid Wilson
PH.D.

DAY 3

Pat Love
ED.D.

Laurie Leitch
PH.D.

Jamie Marich
PH.D.

WHO SHOULD ATTEND

All Therapists, Addiction Counsellors, Clinical Counsellors, School Counsellors, Employee Assistance Professionals, Human Resource Professionals, Mental Health Workers, Psychologists, Occupational Therapists, Psychiatric Nurses, Physicians, Family Therapists, Social Workers, Rehabilitation/ Vocational Counsellors and all other Mental Health Professionals.

ADDITIONAL EVENING SESSION: November 5 | 6:30PM - 8:30PM

Dancing Mindfulness with Dr. Jamie Marich, PH.D.

Open to conference attendees and the general public. The general public can pay by donation and proceeds will be donated to the Toronto Food Bank.

CONFERENCE VENUE

Harbour Banquet Centre
2340 Ontario St, Oakville

DISCOUNTS

Early bird and group registration discounts available.
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DEAR COLLEAGUE

I am pleased to announce **Canada's 7th Premier Psychotherapy Conference: Healing and Treating Trauma, Addictions and Related Disorders** will be hosted in **Oakville, Ontario**, on November 4 , 5 & 6, 2015. Whether you are coming for the first time or attend this conference every year, all of us here at Jack Hirose and Associates would like to extend a warm welcome!

Once again, we are honoured to co-sponsor this annual event in partnership with the Edgewood Health Network and the Edgewood Foundation. The Edgewood Health Network is the leader in alcohol and drug treatment and the only national network of adult inpatient and outpatient services across Canada. We are extremely grateful to have aligned with an organization that values quality training for mental health professionals

Over the past five years, our conference has trained over 2,500 mental health and education professionals. We value your feedback and have incorporated your ideas in order to assemble North America's leading experts, who will provide practical, useful and cutting-edge keynotes and workshops. Our distinguished lineup of speakers will present on a wide range of topics including: addiction update and current trends, angry and aggressive brain, traumatic grief, PTSD, mindfulness, contemplative psychotherapy, bolstering resilience, improving client outcomes, creativity and the healing process, concurrent disorders, treating cannabis and opioid addiction and many more.

It is my hope that this conference will allow you to catch up with your fellow clinicians, acquire new skills, learn new techniques and rejuvenate your passion for this field of work. I am confident that this year's conference will meet, or exceed, your high expectations. Please mark this event on your calendar, and I look forward to seeing you at our flagship event of the year!

Kind Regards,

Jack Hirose , MA, CCC.
Jack Hirose and Associates Inc.

REGISTER TODAY & SAVE

Early Bird

Register by: October 21, 2015

EARN 21 CEUs

This conference is eligible for 21 continuing education credit hours with the following organizations:

- Canadian Counselling and Psychotherapy Association
- Canadian Addiction Counsellors Certification Federation
- Employee Assistance Certification Commission (EAPA)
- Canadian Professional Counselling Association
- Canadian Vocational Rehabilitation Association
- Canadian Psychological Association (recognized by the Alberta College of Social Workers)
- Indigenous Certification Board of Canada

EXHIBITOR OPPORTUNITIES

As an exhibitor at this conference, you will receive an exclusive opportunity to network with our participants and educate them on your program. You will have space to display promotional materials and showcase your organization or business.

For more inforamtion visit JACKHIROSE.COM/EXHIBIT

Pat Love, ED.D.

is known for warmth, humor and commitment to learning. Her books Hot Monogamy and The Truth About Love have taken her around the world and afforded numerous appearances on Oprah, CNN and The Today Show. She is a Licensed Marriage and Family Therapist, Approved AAMFT Supervisor, and a past president of the International Association for Marriage and Family Counseling. Her hobbies include travel, hiking and hanging out with friends and family.

1ST KEYNOTE
8:45 AM – 9:45 AM

The Psychodynamics of Loneliness:
The Way Out of Emptiness and a Life Unfulfilled

A recent Harvard Medical School survey describes loneliness as "a very real and little-discussed social epidemic with frightening consequences". How do we meet this rising tide? By acknowledging basic needs: self knowledge, intimate connection, community involvement, meaningful work and life purpose. Emphasis will be on strategies for change.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B Best Practices in Sexual Compulsivity Recovery for Couples

Technology use has emerged as a game-changing threat to committed relationships. Anonymity, accessibility, and affordability have increased sexual and emotional infidelity, as well as compulsivity. Led by Dr. Pat Love, this training will provide tools and information for mental health professionals to:

- Obtain current research and clinical practices related to sexual compulsivity
- Recognize the signs of sexual compulsivity/addiction
- Understand the role of post-traumatic stress in infidelity and recovery
- Be introduced to the collaborative model of treatment for couples
- Develop guidelines for determining the best treatment approach.
- Understand the goals of couples treatment with sexual compulsivity.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B Best Practices in Sexual Compulsivity Recovery for Couples
(Continuation)

Laurie Leitch, PH.D.

has been a practicing psychotherapist, clinical trainer, consultant, social entrepreneur and researcher for over 25 years. She currently co-directs Threshold GlobalWorks with Brigadier General (Ret.) Loree Sutton, M.D.. Dr. Leitch co-developed the Trauma Resiliency Model, a skills-based peer and clinical intervention that builds resilience capacity through application of self-regulation skills for individuals and groups.

2nd KEYNOTE
9:45 AM – 10:45 AM

The Missing Link:
Using Lessons from Neuroscience to Build the Therapeutic Relationship

The keynote address will discuss key concepts from neuroscience research that can be used to guide relationship-building in the clinical setting. A particular focus will be on the core concepts of safety and attachment from a neurobiological perspective. Also included will be resiliency-oriented methods of collecting intake data and hearing the "trauma story" that promote nervous system balance. Examples from the presenter's international work will be included.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

C Neuroscience in Action:
Designing Multisensory Interventions for Clinical Healing

This practical workshop introduces the Multisensory Learning Model (MSLM) which incorporates techniques and skills for accessing natural resiliency as well as creative strategies that promote integrative functioning. You will learn how to assess and leverage your own and your clients' specific processing styles based on dominant brain, eye, ear, hand and foot patterns. Case studies (with both couples and individuals) of MSLM in action will link information on brain function with clinical treatment choices. You will see how MSLM is applied to early stages of treatment to rally your client's existing resources for self-healing and motivation. You will also see how it can be applied to the middle stages of therapy to decrease the power of traumatic triggers and to anchor and extend learning.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

C Neuroscience in Action:
Designing Multisensory...
(Continuation)

Jamie Marich, PH.D.

is a dancer, musician, performer, writer, recovery ambassador, and clinical counselor, Marich unites these elements of her experience to achieve an ultimate mission: bringing the art and joy of healing to others. Marich travels internationally speaking on topics related to EMDR, trauma, addiction, and mindfulness while maintaining a private practice (Mindful Ohio) in her home base of Warren, OH. She is the developer of the Dancing Mindfulness practice.

3rd KEYNOTE
11:00 AM – 12:00 NOON

Creativity, Healing and the Recovery Process

In addressing the wounds of trauma and addiction, taking action is imperative to heal the brain at the emotional, somatic, spiritual, and energetic levels. Creative outlets like dancing, drumming, making and listening to music, the visual arts, and play are particularly powerful and engaging. In this keynote Dr. Jamie Marich discusses how cultures since the dawn of time have implemented the expressive arts into the healing process. She provides a practical framework for how clinicians can use creativity in the helping process in modern times.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

C Trauma, PTSD and Traumatic Grief:
Effective Assessments and Immediate Interventions

Attend this workshop and leave with a brand new toolkit of skills, interventions, and principles for rapid success with traumatized clients. Learn the standard of care for treatment in the field of traumatic stress – and its key ingredients. Implement evidence-based treatment protocols and interventions for establishing safety, desensitizing and reprocessing trauma memories, metabolizing and resolving grief/loss and finally, assisting clients in reconnecting to lives full of hope, connection, and achievement.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

C Trauma, PTSD and Traumatic Grief:
Effective Assessments and...
(Continuation)

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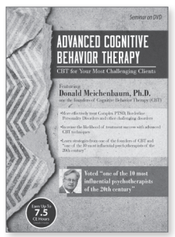

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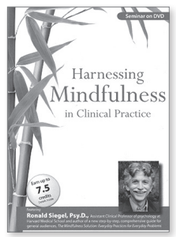

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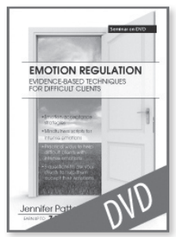

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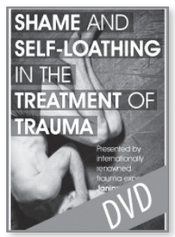
Shame and Self-Loathing in the Treatment of Trauma



Janina Fisher, PH.D.
3 DVDs | 6 hrs
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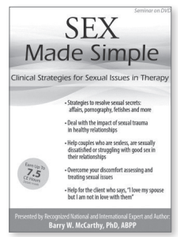

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AGENDA	DAY 1 | Wednesday, November 4	DAY 2 | Thursday, November 5	DAY 3 | Friday, November 6
8:30 AM – 8:45 AM	*Morning Introductions*		
1ST KEYNOTE **8:45 AM – 9:45 AM**	**Cardwell Nuckols, PH.D.** Understanding and Treating Cannabis Use Disorder	**John Arden, PH.D.** Rewiring The Brain After Trauma: A Brain-Based Therapy Approach	**Pat Love, ED.D.** The Psychodynamics of Loneliness: The Way Out of Emptiness and a Life Unfulfilled
2ND KEYNOTE **9:45 AM – 10:45 AM**	**Terry Fralich, LCPC, JD** Motivating Clients Towards Life-Long Growth: Resources from Neuroscience and Mindfulness	**Ronald Potter-Efron, PH.D.** Anger Management and Domestic Violence Treatment in a New Era: The Impact of Neuroscience and Brain Change Dynamics	**Laurie Leitch, PH.D.** The Missing Link: Using Lessons from Neuroscience to Build the Therapeutic Relationship
10:45 AM – 11:00 AM	*Mid-Morning Break*		
3RD KEYNOTE **11:00 AM – 12:00 NOON**	**Mark Weiss, M.D.** Addiction – Neurobiology and Implications for Treatment	**Reid Wilson, PH.D.** Strategic Techniques for Controlling Worry	**Jamie Marich, PH.D.** Creativity, Healing and the Recovery Process
12:00 NOON – 1:15 PM	*Lunch Break*		
1ST AFTERNOON CONCURRENT SESSION **1:15 PM – 3:00 PM** *Please Choose One Workshop to Attend*	A **Cardwell Nuckols, PH.D.** Evidence-Based Treatment of Opioid Addiction: From Pill to Powder B **Terry Fralich, LCPC, JD** Essential Tools to Develop a Transforming Mindfulness Practice C **Mark Weiss, M.D.** Distress Tolerance Skills in 15 Minutes	A **John Arden, PH.D.** Rewiring The Brain After Trauma: A Brain-Based Therapy Approach B **Ronald Potter-Efron, PH.D.** The Angry and Aggressive Brain: Treatment Approaches C **Reid Wilson, PH.D.** Changing the Anxious Mind, Rapidly	A **Pat Love, ED.D.** Best Practices in Sexual Compulsivity Recovery for Couples B **Laurie Leitch, PH.D.** Neuroscience in Action: Designing Multisensory Interventions for Clinical Healing C **Jamie Marich, PH.D.** Trauma, PTSD and Traumatic Grief: Effective Assessments and Immediate Interventions
3:00 PM – 3:15 PM	*Mid-Afternoon Break*		
2ND AFTERNOON CONCURRENT SESSION **3:15 PM – 5:00 PM** *Please Choose One Workshop to Attend*	A **Cardwell Nuckols, PH.D.** Synthetic (Designer) and Naturally Occuring Drugs of Addiction B **Terry Fralich, LCPC, JD** Essential Tools to Develop a Transforming Mindfulness Practice *(continuation)* C **Mark Weiss, M.D.** The When, Where, How and Why of Medications in the Treatment of Addiction	A **John Arden, PH.D.** Rewiring The Brain After Trauma: A Brain-Based Therapy Approach *(continuation)* B **Ronald Potter-Efron, PH.D.** The Angry and Aggressive Brain: Treatment Approaches *(continuation)* C **Reid Wilson, PH.D.** Changing the Anxious Mind, Rapidly *(continuation)*	A **Pat Love, ED.D.** Best Practices in Sexual Compulsivity Recovery for Couples *(continuation)* B **Laurie Leitch, PH.D.** Neuroscience in Action: Designing Multisensory Interventions for Clinical Healing *(continuation)* C **Jamie Marich, PH.D.** Trauma, PTSD and Traumatic Grief: Effective Assessments and Immediate Interventions *(continuation)*
ADDITIONAL EVENING SESSION **6:30 PM – 8:30 PM**		**Jamie Marich, PH.D.** Dancing Mindfulness: Exploring the Art of Movement as a Coping and Healing Mechanism	

Each conference day is eligible for 7 continuing education credit hours.

Cardwell Nuckols, PH.D.

is described as "one of the most influential clinical and spiritual trainers in North America." He has served the behavioural medicine field for 40 years and is considered one of the leading experts in the world on addiction and recovery. Dr. Nuckols' background includes advanced work in such areas as medical research, pharmacology, neurobiology, education, and psychology. His personal spiritual path involves studies into various spiritual traditions.

1ST KEYNOTE
8:45 AM – 9:45 AM

Understanding and Treating Cannabis Use Disorder

This keynote will give the participant state-of-the-art understanding of the following:

- The DSM-5 diagnostic criteria for Cannabis Use Disorder
- The neurobiology of cannabis use and addiction
- The short and long-term health effects of cannabis use
- An understanding of the cannabis acute abstinence syndrome and its treatment
- The evidence-based psychotherapeutic approaches to the treatment of Cannabis Use Disorder
- Current perspectives on the pharmacological treatment of Cannabis Use Disorder

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

A Evidence-Based Treatment of Opioid Addiction: From Pill to Powder

This session will introduce ways of understanding the opioid addicts experience as treatment must start here. Both psychotherapeutic and pharmacological management will be discussed. The importance of discharge planning or extended care (due to immaturity of the prefrontal cortex) is critical for many of the younger addicts as they may not be candidates for rehabilitation but for habilitation.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

A Synthetic (Designer) and Naturally Occurring Drugs of Addiction

This session will introduce the current designer drugs and also to the naturally occurring substances used to alter mind. We'll describe cannabinoids, stimulants, psychedelics, naturally occurring depressant/stimulant and mixtures. This training will give participants an understanding of the subjective, toxic and withdrawal effects of the drugs.

Terry Fralich, LCPC, JD

is a Licensed Clinical Professional Counselor practicing in Southern Maine. In addition to his private practice, Terry is a co-founder of Mindfulness Retreat Center of Maine where he leads workshops on mindful living, meditation and personal spirituality. Traveling internationally, Terry has taught more than 300 seminars in various aspects of mindfulness, the latest developments in neuroscience, meditation and the treatment of anxiety and depression

2nd KEYNOTE
9:45 AM – 10:45 AM

Motivating Clients Towards Life-Long Growth: Resources from Neuroscience and Mindfulness

Clients bring us an incredible diversity of issues, conditions and circumstances that require our attention and energy. With all the details that constantly fill the therapeutic process, it is not surprising that we can lose sight of a global aspiration: motivating clients to pursue life-long growth. Drawing on both neuroscience and mindfulness, Terry Fralich will discuss insights, skills and approaches that can inspire our clients to be more actively involved in their possibilities for positive change over the whole course of their lives. When we are able to help clients develop an understanding of the path and practice of growth, the impact of our work reaches far beyond our contact with them.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B Essential Tools to Develop a Transforming Mindfulness Practice

Mindfulness is now pervasive in the mental health profession. The challenge is to find practical, accessible approaches to nurturing mindfulness in clients so that it is an active force of positive change. This workshop is designed to give you a clear understanding of fundamental mindfulness skills that will strengthen your own mindfulness and enhance your effectiveness with clients. Using the Five Core Skills, you will be able to guide clients to create a mindfulness practice that gives them confidence in themselves and in the possibility of healthy change. You will also be able to explain to clients how mindfulness practice is "self-directed neuroplasticiy" that transforms neural networks supporting unhealthy patterns, such as anxiety, depressive thoughts, anger and self-judgment.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B Essential Tools to Develop a Transforming Mindfulness Practice

(Continuation)

Mark Weiss, M.D.

is an MD psychotherapist with a practice that focuses on the medical and psychotherapeutic management of addiction. He joined Bellwood Health Services in 2004 as a consulting staff physician, and was appointed Medical Director in January 2009. Dr. Weiss also maintains an interest in the management of anxiety disorders and the way in which anxiety and addiction are inter-related. His approach to emotional healing finds its roots in the psychology of mindfulness.

3rd KEYNOTE
11:00 AM – 12:00 NOON

Addiction – Neurobiology and Implications for Treatment

In this interactive presentation, Dr. Mark Weiss will explore the way in which psychosocial factors and neurobiology blend to create addiction. Key concepts presented in a manner that is easily understood by all healthcare professionals will provide a unique approach to teaching clients about the nature of the addiction and the implications for treatment. If you have ever wondered about the neurobiological foundation for Step 1, then join us for this engaging lecture.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

C Distress Tolerance Skills in 15 Minutes

The workshop will teach participants a simple approach to conceptualizing distress. Dr. Weiss will present simple, basic mindfulness and distress tolerance skills that can be taught in the office within a five to fifteen minute time frame. These skills will include learning to use simple breathing techniques, distractions, self-soothing, as well as other techniques that can be added to a client's repertoire on an incremental basis on each visit.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

C The When, Where, How and Why of Medications in the Treatment of Addiction

The workshop will present the participants with a clear understanding of the mechanisms by which medications work. Potential benefits and limitations of pharmacological interventions will be reviewed with a view to defining the role medications may play in supporting recovery. Participants will leave the workshop with an enriched ability to help clients make an informed decision about the use of medications.

John Arden, PH.D.

is the Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees the training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden also provides individual, group and family therapy and chemical dependency counseling. He presents workshops on brain-based therapy internationally. Also the author of 14 books, including *Brain2Brain, The Brain Bible* and *Rewire Your Brain*.

1ST KEYNOTE
8:45 AM – 9:45 AM

Rewiring The Brain After Trauma: A Brain-Based Therapy Approach

Recent advances in neuroscience have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of psychotherapeutic schools are effective and which may be counter-therapeutic. Brain-based therapy envisions the therapeutic process as brain changing as necessary to change mood and behaviour.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B Rewiring The Brain After Trauma: A Brain-Based Therapy Approach

(Continuation)

In this session you will develop a new way of looking at the therapeutic process enabling you to move beyond the traditional theoretical school approach. You will learn how to use the Brain-Based Therapy approach to educate your clients and make the goals of treatment understandable. We'll examine the use of brain-based therapy to enhance outcome with people who have been traumatized. Special attention will be given to addressing the neurodynamics of PTSD.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B Rewiring The Brain After Trauma: A Brain-Based Therapy Approach

(Continuation)

Ronald Potter-Efron, PH.D.

is a clinical psychotherapist, director of the Anger Management Program at First Things First Counseling and Consulting Center in Altoona, WI, and an internationally recognized anger expert. He has over 30 years of clinical experience and he specializes in the treatment of individuals with aggression and domestic violence concerns. Ron is also author of 15 books, including *Healing The Angry Brain*, a self-help book for chronically angry and aggressive persons.

2nd KEYNOTE
9:45 AM – 10:45 AM

Anger Management and Domestic Violence Treatment in a New Era: The Impact of Neuroscience and Brain Change Dynamics

The impulse to anger develops deep within the human brain, mostly at the unconscious level. It is then inhibited, modified or even increased consciously. The entire program can take place almost instantaneously, making it difficult to contain or control. Recent research in neuroscience has helped scientists better understand these processes. This information is also now being used to help clients become more skilled in anger management.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

B The Angry and Aggressive Brain: Treatment Approaches

The centerpiece of this session is a six-phase anger and aggression cycle: activation, modulation, preparation, action, feedback and deactivation. We will detail each of these phases from a brain process perspective. Specific practical treatment options will be described for each phase. In addition, differences between the phenomena of rage vs. anger and the treatment for rage will be studied as well as the usefulness of anger management tools within a domestic violence offender treatment setting.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

B The Angry and Aggressive Brain: Treatment Approaches

(Continuation)

Reid Wilson, PH.D.

is Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. He is an international expert in the treatment of anxiety disorders, with books translated into eight languages. He is the co-author of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children*. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier.

3rd KEYNOTE
11:00 AM – 12:00 NOON

Strategic Techniques for Controlling Worry

We all worry. It's an important signal that helps us plan our time and efforts. But for some clients, the noise of worry is like a boombox in their heads with no off-switch. Participants will learn practical therapeutic strategies, based on the latest research, on how to help clients face the unneeded worries of generalized anxiety head-on and dispatch with them rather than trying to avoid them.

1ST AFTERNOON CONCURRENT SESSION
1:15 PM – 3:00 PM

C Changing the Anxious Mind, Rapidly

We will explore how to initiate treatment that engages anxious or OCD clients in a simple yet paradoxical mindset. We will outline the therapist-client interaction, step-by-step and illustrate each stage with brief, professionally-videotaped segments, including in-vivo exposure. The goal is to persuade clients to adopt a self-help protocol to voluntarily, purposely and aggressively seek out uncertainty moment-by-moment.

2nd AFTERNOON CONCURRENT SESSION
3:15 PM – 5:00 PM

C Changing the Anxious Mind, Rapidly

(Continuation)

Day 2 - EVENING SESSION | **6:30 PM – 8:30 PM**

Dancing Mindfulness: Exploring the Art of Movement as a Coping and Healing Mechanism

Dr. Jamie Marich, PH.D., will lead you through this experiential session; participants will be expected to get up and dance, or at the very least, observe mindfully. Developed by Dr. Jamie, Dancing Mindfulness uses the art form of dance as the primary medium of discovering mindful awareness. Participants are led through seven primary areas of mindfulness in motion: breath, sound, body, story, mind, spirit, and integrated experience.