



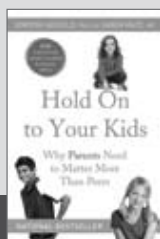
2 Day Child & Youth Focused Workshop

MAKING SENSE OF ANXIETY

WINNIPEG, MB
MAY 30 & 31, 2016

“
Dr. Neufeld's material has completely changed my approach towards my own children, as well as other children in my care. I find his theories revitalizing and genuinely life-changing. I strongly believe his work is vital to our society's future success.
”

— SKYE CURTIS



1 Day Child & Youth Focused Workshop

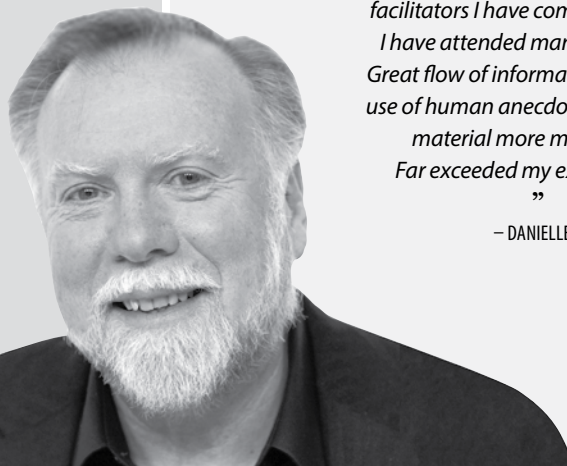
WORKING WITH STUCK KIDS

WINNIPEG, MB
JUNE 1, 2016

“
Gordon was one of the most engaging facilitators I have come across – and I have attended many workshops. Great flow of information, I loved the use of human anecdotes to make the material more meaningful. Far exceeded my expectations.
”

— DANIELLE C

ATTEND BOTH &
SAVE
3 DAY OPTION



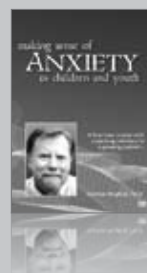
GORDON NEUFELD
PH.D.

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Can't Attend? No Worries!

Workshops are Available on DVD



Shop Online at
JACKHIROSE.COM/CATALOG

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines



GORDON NEUFELD, PH.D.

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological

literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.

MAKING SENSE OF ANXIETY

Child & Youth Focused
12 CEUs

WINNIPEG, MB | MONDAY, MAY 30 & TUESDAY, MAY 31, 2016 | 9:00 AM – 4:00 PM

Centro Caboto Centre | 1055 Wilkes Avenue

THE ESCALATING LEVEL OF ANXIETY IN OUR CHILDREN BEGS FOR AN EXPLANATION AS WELL AS A SOLUTION. DR. NEUFELD SHEDS LIGHT

on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This course brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.

Nearly a century ago, Sigmund Freud pinpointed the problem of anxiety as pivotal to making sense of ourselves. He wrote "... there is no question that the problem of anxiety is a nodal point at which the most various and important questions converge, a riddle whose solution would be bound to throw a flood of light on our whole mental existence" (Introductory Lectures on Psychoanalysis, 1917, page 393)

The time has finally come to be able to answer the problem of anxiety. What makes it possible now is that we currently have enough pieces of the puzzle to

create a coherent picture: a mastery of attachment theory, an understanding of human vulnerability, a working knowledge of attention, and the discoveries of neuroscience. Possessing the pieces are not enough however. It takes a theorist's mind to put the pieces together and a seasoned therapist's wisdom to test this model against human experience.

Neufeld has been uniquely positioned, not only to answer this question but also to understand the implications for our children. The picture that emerges from his integrative synthesis resonates with current research as well as natural intuition. The resulting solutions are surprising, not in that they are counter intuitive but rather that they run counter to the prevailing practice.

The focus of this course is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages. ☺

WORKSHOP AGENDA – KEY TOPICS COVERED

The course is divided into two parts: theory and application. The first three sessions are dedicated to unfolding a model of anxiety that has universal application. Given that anxiety is such an enigma, shedding light on its roots is absolutely essential to addressing the problem.

The theory part of the course revolves around three conceptual keys that unlock the necessary insights. These keys come from three diverse scientific fields of knowledge: neurobiology, attachment and vulnerability. Only in bringing all these insights together does anxiety reveal its secrets.

Session I - Neuroscience of Anxiety

The focus of session one is the neuroscience of anxiety. The key discovery here is of a complex and comprehensive human alarm system. The anatomy of the alarm system is described along with how the alarm system is meant to work.

Session II - Anxiety, Attachment & Vulnerability

To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat - that of facing separation in all its various forms. A comprehensive understanding of attachment provides the insights required to make sense of what is happening on the neurobiological level. The third and final key to the puzzle however, it provided by vulnerability theory, as we realize that facing separation can be a vulnerability too much to bear.

Session III - Working Model of Anxiety

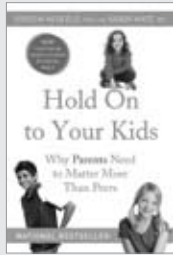
In this session, the insights are combined to create a working model of anxiety. The severity of defendedness gives rise to three kinds of alarm problems: anxiety-based, agitation-based, and adrenalin-based, with a whole spectrum of manifestations. The primary focus of this session however is understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties.

Session IV - Addressing Anxiety

In this final session, six surprising solutions are described for reducing the anxiety in our children. These solutions are not surprising once anxiety is understood, but they are surprising in that they run counter to most prevailing ways of dealing with anxiety.

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » How anxiety-based problems are related to agitation-based and attention problems and adrenalin-seeking behaviour
- » Appropriate and inappropriate ways we alarm our children
- » The role of the prefrontal cortex in anxiety
- » The role of attachment in anxiety
- » Why some children cannot see their dragons and treasures simultaneously
- » The three natural outcomes of alarm and how to foster them
- » Seven common themes in our obsessions and compulsions
- » Why we tend to feel anxious instead of alarmed
- » Why what alarms us can also blind us to the source of alarm

**BEST SELLING AUTHOR**

*Hold On to Your Kids:
Why Parents Need
to Matter More
Than Peers*

WHO SHOULD ATTEND

- K–12 Classroom Teachers
- School Counsellors/Psychologists
- Learning Assistance/Resource Teachers
- School Administrators
- School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers
- All other professionals who support students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

WORKING WITH STUCK KIDS

Child & Youth Focused
6 CEUs

WINNIPEG, MB | WEDNESDAY, JUNE 1, 2016 | 9:00 AM – 4:00 PM

Centro Caboto Centre | 1055 Wilkes Avenue

THERE IS MUCH FOCUS TODAY ON CHILDREN'S EMOTIONS. CONSTRUCTS LIKE EMOTIONAL INTELLIGENCE, EMOTIONAL SELF-REGULATION, EMOTIONAL

well-being and emotional social learning are being bandied about like never before. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. Yet little is being taught about the nature of emotion or the implications for working with children and families. In this course, Dr. Neufeld does a brilliant job of putting the pieces together to make sense of emotion, revealing the emotional roots of many behavioural problems, and clarifying the challenges for helping professionals.

This material is absolutely foundational to an understanding of human nature. New revelations about the nature of emotion have shed fresh light on

the pivotal role of feelings in play, brain development, discipline problems, attention problems, mental health issues and much more.

In this course, Dr. Neufeld distills the current scientific knowledge on emotion to three basic laws and discusses the implications of each of these laws for parenting and teaching as well as the treatment of children. Neufeld also outlines five basic steps to emotional health and development so adults can foster emotional well-being and get to the root of such problems as alarm, anxiety, agitation, aggression, impulsiveness, lack of empathy, bullying, and so on. This course is powerful in the insight it provides as well as the changes it inspires. 🌟

WORKSHOP AGENDA – KEY TOPICS COVERED**Session I – Expression of Emotion**

The first law of emotion is that emotion seeks expression. All emotions have a purpose that becomes thwarted when expression is denied or distorted. The two over-arching tasks of emotion are to bind us together and to grow us up. Although expression is spontaneous, impediments can be encountered.

Session II – Thwarted Expression

The adverse consequences of thwarted expression is discussed under five main topics: emotional dysfunction where emotion cannot do its work, distorted or displaced expression, depression as in flattened affect, failure to adapt to life circumstances, and troubling eruptions of emotion. The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion without repercussion to a child's working attachments.

Session III – Feelings and Hurts

The second law of emotion is that emotion seeks consciousness. Feeling is the conscious tip of emotion. Major impediments to feeling include lack of emotional expression, lack of heart language, and emotional defendedness resulting from hurt feelings. Unfortunately many children lose their feelings with dire consequences for their functioning and development. Our challenge for such children is to help them get their feelings back.

Session IV – Balance and Self-Control

The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control. The mixing of emotions can only happen if emotion is first expressed and felt. The role of the prefrontal cortex is discussed as well as impediments to this spontaneous developmental process.

Session V – 5 Steps to Emotional Health & Maturity

The five stages in emotional development are outlined, with the challenges for children and adults in each stage. The primary pitfall of well-meaning adults is to focus on the developmental outcome rather than the process by which children get there. When it comes to emotion, rewarding or focusing on the desired end result will actually backfire, often resulting in deeper emotional problems.

Session VI – Viewing and treating troubling behaviours as emotional problems

Emotion has been eclipsed by such constructs as learning, discipline, disorder and even disease. Emotion has also been eclipsed by our focus on behaviour, reason and self-regulation. Only when we begin to reframe problems in the language of emotion can we find a way through. Various problems are looked at to illustrate the issues involved, including attention problems, anxiety problems, bullying and aggression.

LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception and behaviour
- » Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
- » Understand how emotional development unfolds, so as not to get caught in a battle against symptoms or sabotage the process by pushing for results
- » Be aware of the overall purpose of emotion as well as the purpose of individual emotions
- » Build a working model of emotion that can be applied across situations
- » Outline the five stages of emotional development so healthy maturation can be fostered
- » Be able recognize and address the emotional roots of behaviour problems

**3 DAY OPTION
ATTEND BOTH & SAVE**
SEE DISCOUNTED RATES ON THE BACK
AND ONLINE AT JACKHIROSE.COM

REGISTRATION FORM

Gordon Neufeld, Ph.D. | Winnipeg, MB

► STEP 1 – CONTACT INFO

Name		
Position	School / Organization	
Address		
City	Province	Postal Code
Work Phone []	Work Fax []	
Email		
☐ No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.		

► STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Making Sense of Anxiety - Gordon Neufeld | Winnipeg, MB | May 30 & 31, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 16, 2016)	☐ \$399 + 5% GST	\$384 + 5% GST	\$369 + 5% GST	\$324 + 5% GST
Regular	☐ \$419 + 5% GST	\$404 + 5% GST	\$389 + 5% GST	\$344 + 5% GST

Working with Stuck Kids - Gordon Neufeld | Winnipeg, MB | June 1, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 16, 2016)	☐ \$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST	\$179 + 5% GST
Regular	☐ \$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST	\$199 + 5% GST

3 Day Option: Attend Both Dr. Neufeld Workshops | Winnipeg, MB | May 30 - June 1, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 16, 2016)	☐ \$599 + 5% GST	\$584 + 5% GST	\$569 + 5% GST	\$499 + 5% GST
Regular	☐ \$619 + 5% GST	\$604 + 5% GST	\$589 + 5% GST	\$519 + 5% GST

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. **Lunches are not included.**

GROUP REGISTRATION

Groups do not have to work in the same school or agency. Group registration must be completed online at: www.registration.jackhirose.com.

► STEP 3 – PAYMENT

☐ Visa	Credit Card #	Expiry	/
☐ MasterCard	Cardholder Name		
☐ Cheque	Signature	Cheque #	

4 WAYS TO REGISTER



ONLINE
registration.jackhirose.com



EMAIL
registration@jackhirose.com



PHONE or FAX
See numbers on the right.



MAIL
See address on the right.

3 WAYS TO SAVE



ONLINE PROMO CODE: MBSAVE10
registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: See Step 2 for dates.



GROUP DISCOUNTS (online only)
See Step 2 for savings & fees.

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person
8+ Registrants	\$20 off / person	\$30 off / person
15+ Registrants	\$50 off / person	\$75 off / person

All groups must register online to receive the group discount.
Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations.
Enter promo code **MBSAVE10** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

To receive the early bird rate, all workshop 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.

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop, \$190 on a two-day workshop.
By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

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

The number of course credits will vary for each event. See the event listing for specific workshop accreditation.

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

WINNIPEG: VISCOUNT GORT HOTEL

1670 Portage Avenue | 1-800-665-1122

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY

All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop 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 five business days or more prior to the event. No refund or credit under any circumstances will be available for cancellations less than five full business days 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 **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. 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. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



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