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► STEP 1 – CONTACT INFO

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☐ No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.

► STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Mindfulness Integrated Cognitive Behaviour... - Bruno Cayoun | Halifax, NS | May 5 & 6, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 21, 2016)	☐ \$399 + 15% HST	\$384 + 15% HST	\$369 + 15% HST	\$324 + 15% HST
Regular	☐ \$419 + 15% HST	\$404 + 15% HST	\$389 + 15% HST	\$344 + 15% HST

The Explosive Child - Ross Greene | Halifax, NS | May 6, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 22, 2016)	☐ \$229 + 15% HST	\$219 + 15% HST	\$209 + 15% HST	\$179 + 15% HST
Regular	☐ \$249 + 15% HST	\$239 + 15% HST	\$229 + 15% HST	\$199 + 15% HST

Mindfulness Inside & Outside The Therapy Hour - Ron Siegel | Halifax, NS | July 25-27, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: July 11, 2016)	☐ \$599 + 15% HST	\$584 + 15% HST	\$569 + 15% HST	\$499 + 15% HST
Regular	☐ \$619 + 15% HST	\$604 + 15% HST	\$589 + 15% HST	\$519 + 15% HST

High-Speed Treatment of Depression... - David Burns | Niagara-on-the-Lake, ON | July 11-14, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: June 27, 2016)	☐ \$795 + 15% HST	\$749 + 15% HST	\$695 + 15% HST	\$649 + 15% HST
Regular	☐ \$815 + 15% HST	\$769 + 15% HST	\$715 + 15% HST	\$669 + 15% HST

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

☐ MasterCard

☐ Cheque

Credit Card #

Cardholder Name

Signature

Expiry /

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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 **NSSAVE10** 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.

HALIFAX:
ATLANTICA HOTEL HALIFAX
1980 Robie Street | 902-423-1161
BEST WESTERN PLUS CHOCOLATE LAKE HOTEL
250 St Margaret’s Bay Road | 902-477-5611

NIAGARA-ON-THE-LAKE:
HILTON GARDEN INN NIAGARA-ON-THE-LAKE
500 York Road | 905-984-4200

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



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Quality workshops & community resources

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Spring 2016 | Nova Scotia
MENTAL HEALTH & EDUCATION WORKSHOPS

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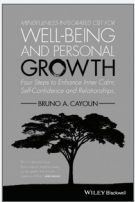
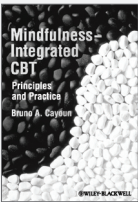
SAVE \$10

PROMO CODE
NSSAVE10

2 Day Clinical Focused Workshop

**MINDFULNESS-INTEGRATED
COGNITIVE BEHAVIOUR THERAPY TRAINING**
For Crisis Intervention & Relapse Prevention

HALIFAX, NS
MAY 5 & 6, 2016



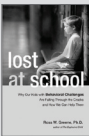
BRUNO CAYOUN
D.PSYCH.

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1 Day Child & Youth Focused Workshop

THE EXPLOSIVE CHILD
Understanding and Helping Behaviourally Challenging Kids

HALIFAX, NS
MAY 6, 2016



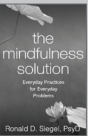
ROSS W. GREENE
PH.D.

P. 3

3 Day Clinical Focused Intensive

**MINDFULNESS
INSIDE & OUTSIDE
THE THERAPY HOUR**
3 Day Intensive Training

HALIFAX, NS
JULY 25-27, 2016



RON SIEGEL
PSY.D.

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4 Day Clinical Focused Intensive

**HIGH-SPEED
TREATMENT OF
DEPRESSION &
ANXIETY DISORDERS**
4 Day T.E.A.M. / Advanced CBT Intensive

NIAGARA-ON-THE-LAKE, ON
JULY 11-14, 2016



DAVID D. BURNS
M.D.

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EARLY BIRD DISCOUNT - SAVE \$20!
See Registration Page for Deadlines

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

HALIFAX, NS | THURSDAY, MAY 5 & FRIDAY, MAY 6, 2016 | 9:00 AM - 4:00 PM
Dalhousie University (Marion McCain Building - Scotiabank Auditorium) | 6135 University Ave

MINDFULNESS INVOLVES PAYING ATTENTION TO WHAT IS BEING EXPERIENCED IN THE present moment, with a non-judgmental and non-reactive attitude.

Over a decade of careful research has led to the recognition among CBT researchers and clinicians that integrating mindfulness training with cognitive and behavioural interventions is a potent contribution to the treatment of a wide range of disorders. There is also evidence that the practice of mindfulness by therapists decreases their mental fatigue and the frequency of burnout and increases therapist effectiveness.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an evidence-based sophisticated integration of mindfulness core principles and traditional CBT. MiCBT consists of a four-stage treatment model applicable for a wide range of conditions and ages. It is based on the combination of traditional establishment of

mindfulness (Burmese Vipassana tradition) with solid and well-established principles of cognitive and behavioural traditions in the West.

The aim of this workshop is to introduce the integration of mindfulness training with core principles of Cognitive Behaviour Therapy to improve our way of addressing chronic conditions, crisis and prevent relapse in a wide range of psychological disorders. It will describe the important theoretical framework underlying MiCBT and introduce participants to the use of these skills across a wide range of chronic and acute conditions.

This workshop will expand our common understanding of operant conditioning and provide a strong neuro-behavioural basis for integrating mindfulness training with traditional CBT. It is also an opportunity to learn from the principal developer of MiCBT. No prior knowledge of mindfulness is assumed, but basic skills in cognitive and behavioural techniques are an advantage.🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - THURSDAY, MAY 5, 2016

Morning Session I

- » Brief overview of the MiCBT 4-stage program
- » Rationale for the inclusion of mindfulness in therapy: the co-emergence model of reinforcement

Morning Session II

- » Introduction to Stage 1: Mindfulness with breathing
- » Dynamics of intrusive thoughts

Afternoon Session I

- » Mindfulness of breath
- » Delivering the rationale for mindfulness to clients. Rapid distress reduction. Engaging clients in the treatment plan

Afternoon Session II

- » Introduction to Stage 2 of MiCBT: The Exposure Stage
- » Footage: Demonstration of Stage 2 delivery with client

End of Day

- » Homework for the week: Mindfulness of Breath – differences in approaches, posture, structural interference instruction mantras and visualization. Acceptability of homework

• DAY 2 - FRIDAY, MAY 6, 2016

Morning Session I

- » Unilateral (“part-by-part”) body scanning
- » Neural substrates of mindfulness and neuroplasticity

Morning Session II

- » Introduction to Stage 3 of MiCBT: The interpersonal stage

Afternoon Session I

- » Case conceptualization and treatment planning with MiCBT

Afternoon Session II

- » Introduction to Stage 4 of MiCBT: Preventing relapse
- » Fill in learning outcome questionnaire

TEACHING APPROACH:

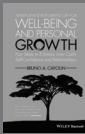
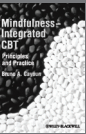
This workshop will involve learning material through various modalities, including:

- » ***Lecture sections with PowerPoint***
- » ***Guided practice of mindfulness meditation***
- » ***Role-play***
- » ***Group discussions***
- » ***Video demonstration of MiCBT skills with clients during real-life therapy sessions***



BRUNO CAYOUN, D.PSYCH.

Bruno Cayoun, D.Psych. is Director of the MiCBT Institute, a registered training organization which trains accredits and supports MiCBT practitioners. He is a Clinical Psychologist in private practice and the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) and has been teaching this approach to mental health professionals in Australia, New Zealand, Hong Kong, Singapore, Canada and Ireland since 2003. He has practiced mindfulness meditation and undergone intensive training in mindfulness centers in France, Nepal, India, and Australia since 1989. Dr. Cayoun is also an Honorary Research Associate at the University of Tasmania and supervises mindfulness research in collaboration with several universities in Australia and New Zealand. He is the author of *Mindfulness-Integrated CBT: Principles and Practice*.



AUTHOR
Mindfulness Integrated CBT
Mindfulness-Integrated CBT for Well-Being and Personal Growth

LEARNING OBJECTIVES

- » Principles and skills in mindfulness practice
- » Theoretical fundamentals of mindfulness training
- » The use of mindfulness meditation to neutralise operant conditioning and improve therapeutic efficacy
- » How to engage the client in the treatment plan
- » What are the four stages of MiCBT
- » The use of mindfulness-based exposure skills
- » The use of mindfulness-based interpersonal skills
- » The use of mindfulness-based relapse prevention strategies

Note: Because this is a new intensive, the agenda below is approximate. The specifics will evolve during the workshop to meet the needs of the audience.

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - JULY 11, 2016

Registration

8:00am – 8:30am
(Continental Breakfast)

Morning Session

8:30am – 12:00 noon
(Break 10:15am – 10:30am)

- » *Is single-session treatment possible?*
- » *The psychologist who believed she was a bad mother* (video with audience exercises)

Lunch

12:00 noon – 1:00pm
(lunch not provided)

Optional Lunch Presentation TBA

12:30pm – 1:00pm

Afternoon Session

1:00pm – 4:30pm
(Break 2:15pm – 2:30pm)

- » *Advanced Empathy Training*
- » *Healing Yourself, Part 1*

• DAY 2 - JULY 12, 2016

Morning Session

8:30am – 12:00 noon
(Break 10:15am – 10:30am)

- » *Healing Yourself, Part 2—Live Demonstration with participant from workshop*

Lunch

12:00 noon – 1:00pm
(lunch not provided)

Optional Lunch Presentation TBA

12:30pm – 1:00pm

Afternoon Session

1:00pm – 4:30 pm
(Break 2:15pm – 2:30pm)

- » *Why Do Patients and Therapists Get Stuck?—Resistance Revisited*
- » *Pinpointing Depression and Anxiety Resistance*
- » *Getting Unstuck: Melting Away Therapeutic Resistance*

• DAY 3 - JULY 13, 2016

Morning Session

8:30am – 12:00 noon
(Break 10:15am – 10:30am)

- » *Uncovering Techniques*
- » *Truth-Based Techniques*
- » *Interpersonal Exposure Techniques*
- » *Hidden Emotion Technique*

Lunch

12:00 noon – 1:00pm
(lunch not provided)

Optional Lunch Presentation TBA

12:30pm – 1:00pm

Afternoon Session

1:00pm – 4:30pm
(Break 2:15pm – 2:30pm)

- » *Externalization of Voices, Paradoxical Double Standards, Feared Fantasy, Acceptance Paradox*

• DAY 4 - JULY 14, 2016

Morning Session

8:30am – 12:00 noon
(Break 10:15am – 10:30am)

- » *Single-Session Treatment for Depression and Anxiety—The Therapist who was afraid she'd be found out* (video with audience exercises)

Lunch

12:00 noon – 1:00pm
(lunch not provided)

Afternoon Session

1:00pm – 3:30pm
(Break 2:00pm – 2:15pm)

- » *Wrap-Up and Review*

Registration Opens at 8:00am
Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)

“Thank you Jack! Thank you David! I'm so glad that I took this awesome opportunity to challenge my preconceptions. I'm eager to challenge my self with my clients!”

– Laura Lee Siwiec, Alberta Health Services

Webinar Course | 6 Week Training | 12 CEUs

EMOTIONALLY FOCUSED COUPLE THERAPY (EFT)

On Target Therapy - Numerous Positive Outcome Studies

PRESENTED BY PROFESSOR, RESEARCHER & CLINICAL PSYCHOLOGIST

DR. SUE JOHNSON, ED.D.



BEGINS
APRIL 5
2016

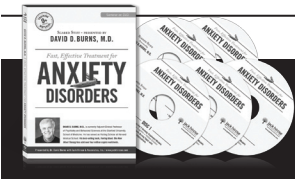


FOR MORE INFORMATION AND REGISTRATION: **JACKHIROSE.COM**

HIGH-SPEED TREATMENT OF DEPRESSION & ANXIETY DISORDERS

A Four-Day T.E.A.M. / Advanced CBT Intensive

NIAGARA-ON-THE-LAKE, ON | MONDAY – THURSDAY, JULY 11–14, 2016 | 8:30 AM – 4:30 PM
Hilton Garden Inn Niagara-on-the-Lake | 500 York Road



FREE COPY OF DAVID BURNS’ - SCARED STIFF DVD
\$187+TAX VALUE | 9 HRS | 5 Discs

THIS ENTIRELY NEW INTENSIVE WILL TRANSFORM YOUR CLINICAL WORK AND ENLIGHTEN YOU both personally and professionally. In the past several years, I have developed a new approach to psychotherapy called T.E.A.M. that can greatly accelerate recovery from depression and anxiety disorders. In fact, in many cases you will often see a dramatic or complete elimination of a client’s symptoms in a single session, without medications. If you have ever dreamed of bringing extremely rapid healing to your patients, this is a workshop you won’t want to miss.

T.E.A.M. is not just another new school of therapy, but a flexible, research-based, data-driven system for working with patients. **T.E.A.M. stands for Testing, Empathy, Agenda Setting and Methods -**

these are the effective ingredients of all successful psychotherapy, regardless of which school of therapy the therapist uses.

Teaching methods will include lecture, large and small group exercises, dramatic and inspiring video excerpts from actual therapy sessions, live demonstrations with audience volunteers, and opportunities to do your own personal healing as well. This intensive is intended to provide practical, hands-on experience, as well as a working knowledge of techniques you will be able to use right away in your clinical work. You will leave with fresh, new insights and powerful techniques that can revolutionize your practice. The intensives are the most rewarding learning opportunities that I have created. I hope you can join us! 🌟

GOALS

You and a select number of highly motivated healthcare professionals will receive at least 24 hours of training from one of America’s most highly acclaimed teachers. Lectures, videos and live demonstrations by a master therapist will leave you with a richer appreciation of the practice of psychotherapy, and you will have opportunities to practice and master a variety of powerful, innovative tools you’ll be able to use immediately in your clinical work. You will also have the chance to work on your own feelings of inadequacy so you will experience greater joy and satisfaction in your personal life as well as your clinical work.

FEEDBACK FROM PAST PARTICIPANTS

- “*This was an excellent workshop. This is the most practical application workshop I have ever been to. I’m excited to go back and start using the TEAM Model. Thank you, Dr. Burns is an inspiration to us all!*”

— Patti Dekowny,
Social Worker, Saskatoon, SK
- “*Wonderful skills for both professional and personal growth. I wish this was taught at university. I experienced so many emotions and grew my knowledge tremendously. This is the most human approach to human issues. Thank you!*”

— Angela Massiah,
Social Worker, Saskatoon, SK

- “*I am so grateful to have had your training session at the beginning of my counseling career. I feel hopeful and more prepared to provide effective therapy using your approach.*”

— Diane Howe, Edmonton, AB



DAVID D. BURNS, M.D.

David D. Burns, M.D. is an Adjunct Clinical Professor Emeritus of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian/University of Pennsylvania Medical Center. His best-selling books, *Feeling Good* and *The Feeling Good Handbook* have sold over five million copies worldwide and are the books most frequently recommended by American and Canadian mental health professionals for patients suffering from depression. Dr. Burns was a pioneer in the development of cognitive-behavior therapy (CBT) in the 1970s, and his *Feeling Good* was instrumental in putting cognitive therapy on the map throughout the world. Now he has developed an even more powerful approach called T.E.A.M. that builds on CBT, but addresses some of the deficiencies in CBT as well as most other current forms of psychotherapy.



BEST SELLING AUTHOR

Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

LEARNING OBJECTIVES

- » Describe how T.E.A.M. therapy can trigger extraordinarily rapid, complete and lasting recovery from depression and anxiety
- » Master a wide variety of specific and highly effective clinical interventions in the treatment of depression and anxiety
- » Modify deeply held beliefs and schemas
- » Diagnose and reverse the most common types of therapeutic resistance
- » Utilize the “Acceptance Paradox” to trigger profound change in your patients and in yourself
- » Prevent future relapses and deepen therapeutic change

THE EXPLOSIVE CHILD

Understanding and Helping Behaviourally Challenging Kids

HALIFAX, NS | FRIDAY, MAY 6, 2016 | 9:00 AM - 4:00 PM
Dalhousie University (Marion McCain Building - Ondaatje Theatre) | 6135 University Ave

EDUCATORS, PARENTS, AND MENTAL HEALTH CLINICIANS ARE INCREASINGLY CHALLENGED

to understand and help kids with social, emotional, and behavioural difficulties. These kids are at tremendous risk for adverse long-term outcomes, and their behaviour can significantly impact life at home and in the classroom. While these kids may be diagnosed with any of a variety of psychiatric disorders – such as ADHD, depression, bipolar disorder, Tourette’s disorder, oppositional defiant disorder, disruptive mood dysregulation disorder, and autism spectrum disorders – compelling research indicates that lagging cognitive skills are the primary contributor to their difficulties. These lagging skills make it difficult for these kids to meet academic and behavioural expectations.

Dr. Ross Greene’s model – as described in his influential books *The Explosive Child* and *Lost at School*, and now called *Collaborative & Proactive Solutions* (CPS) -- helps adults and kids

collaboratively solve the problems precipitating challenging behaviour, while simultaneously teaching lagging skills. The empirically supported CPS model represents a dramatic departure from conventional wisdom and practice, and has been found to be effective in a vast array of settings, including families (where it has been shown to significantly reduce family conflict and improve parent-child interactions), general and special education schools (where it dramatically reduced discipline referrals, detentions, and suspensions), and inpatient, residential, and juvenile detention facilities (where it has produced significant reductions in recidivism and in the use of restraint and locked-door seclusion).

Participants in this workshop will leave with an understanding of the underpinnings of the model, along with practical assessment and intervention tools that can be brought back to and used in these diverse settings. 🌟

WORKSHOP AGENDA – KEY TOPICS COVERED

- 1st Segment**

 - » Key Themes/Key Questions
 - » Why are Challenging Kids Challenging? What Research Tells Us
- 2nd Segment**

 - » When are Challenging Kids Challenging?
 - » The Assessment of Lagging Skills and Unsolved Problems (ALSUP)
 - » The Problem Solving Plan
- 3rd Segment**

 - » Three Approaches to Solving Problems
 - » Plan B: Solving Problems Collaboratively
- 4th Segment**

 - » Plan B: What’s Hard?
 - » Training Skills
 - » Application with Nonverbal Kids
 - » Implementation in Schools and Restrictive Therapeutic Facilities

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, Nurses, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

- “*Ross’s work is so excellent and so helpful. He always helps me to be a better psychologist for people with unsolved problems.*”

— Dr. Allan, Oakville, ON



ROSS W. GREENE, PH.D.

Ross W. Greene, Ph.D., is the originator of the *Collaborative Problem Solving* approach (now known as ***Collaborative & Proactive Solutions***), as described in his influential books *The Explosive Child* (now in a completely updated fifth edition) and *Lost at School* (now in a revised second edition). He is also the Founding Director of the non-profit *Lives in the Balance* (livesinthebalance.org), which provides a vast array of free, web-based resources on his model and advocates on behalf of behaviourally challenging kids and their parents, teachers, and other caregivers. Dr. Greene served on the teaching faculty at Harvard Medical School for over 20 years (1992 to 2014), and is currently adjunct associate professor in the Department of Psychology at Virginia Tech. He lectures and consults widely throughout the world, and has authored dozens of articles, chapters, and research papers.



AUTHOR

The Explosive Child
(5th Edition)
Lost at School
(2nd Edition)

LEARNING OBJECTIVES

- » Describe how different explanations for and interpretations of challenging behaviour in kids can lead to dramatically different approaches to intervention
- » Identify and assess the various cognitive skills that are central to adaptively handling life’s social, emotional, and behavioural challenges
- » Identify and prioritize unsolved problems precipitating challenging behaviour
- » Describe the three basic mechanisms by which adults handle unsolved problems and unmet expectations in kids and what is accomplished
- » Describe how to effectively solve problems, teach skills, and reduce the frequency and intensity of challenging behaviour

MINDFULNESS INSIDE & OUTSIDE THE THERAPY HOUR

3 Day Intensive Training

HALIFAX, NS | MONDAY – WEDNESDAY, JULY 25–27, 2016 | 9:00 AM – 4:00 PM
Best Western Plus Chocolate Lake Halifax Hotel | 250 St Margaret’s Bay Road

CLINICIANS ARE ENTHUSIASTICALLY DISCOVERING THAT MINDFULNESS PRACTICES can enlighten and enliven their lives, both inside and outside the therapy hour. These techniques hold great promise for personal development and as a powerful method to enhance virtually all forms of psychotherapy.

To incorporate mindfulness into our work and personal lives, we need an intellectual as well as an intuitive, visceral understanding of the practice. In this intensive training, you will develop a solid theoretical understanding of mindfulness from both the Buddhist and western scientific perspectives. You will also receive instruction in mindfulness meditation and be given the opportunity for sustained personal practice in a relaxed and supportive atmosphere.

Through lecture, demonstration, experiential exercise, and small group discussion, we will examine how mindfulness practice can enhance therapeutic presence and transform our understanding of the causes of psychological suffering across the diagnostic spectrum. You will learn when and how to introduce various mindfulness techniques to your clients or patients; how to tailor practices to people of different ages, cultural backgrounds, and personality organization; how to utilize special techniques for treating anxiety, depression, chronic pain, stress-related medical disorders, and interpersonal conflicts; and how to creatively work with obstacles to mindfulness practice.

While this course is suitable for seasoned mindfulness practitioners, no prior experience with meditation is required.🌿

WORKSHOP AGENDA – KEY TOPICS COVERED

- **DAY 1 - MONDAY, JULY 25, 2016**
Mindfulness for Personal and Interpersonal Development
- Understanding and Practicing Mindfulness**
 - » Life is Difficult, for Everyone
 - » Mindfulness: What Is It, And Why Should I Care?
 - » Cultivating Mindfulness: Formal & Informal Practice
- Key Insights from Mindfulness Practice**
 - » Working with Restlessness, Doubt, and the Self-Critical Mind
 - » Narcissism: Not Just a Character Disorder
 - » Mindfulness as an Antidote to Loneliness and Alienation

- Mindfulness and Intimacy**
 - » Tracking the Flow of Connection and Disconnection with Others
 - » Developing Empathy for Annoying People without Becoming a Saint
 - » All Part of the Same System: Using Mindfulness to Enhance Intimate Relationships

- Mindfulness and the Science of Happiness**
 - » Using Mindfulness to Tolerate Not Knowing
 - » The Problem with the Pleasure Principle
 - » How to Be Happy: Lessons from Science and Buddhist Psychology

- **DAY 2 - TUESDAY, JULY 26, 2016**
Intensive Skills Training

- Mindfulness and Compassion Retreat**
 - » Focused Attention Practice

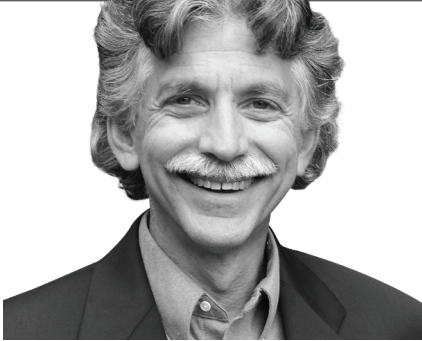
- » Open Monitoring Practice
- » Acceptance Practices including Loving-kindness, Compassion, and Equanimity
- » Walking Meditation & Eating Meditation
- » Differential Effects of Different Objects of Awareness
- » Lunch-time Eating Meditation

- **DAY 3 - WEDNESDAY, JULY 27, 2016**
Clinical Applications
- Fitting the Practice to the Person**
 - » Common Elements of Mindfulness Practices
 - » Tailoring Mindfulness Techniques to Particular Individuals
 - » Empirically Tested Mindfulness-Based Treatments

- Practices for Specific Populations & Disorders**
 - » Mindfulness for Parents and their Children
 - » Working with Depression:
 - Entering the Dark Places Together
 - Moving Toward Experience to Wake Up and Come Alive

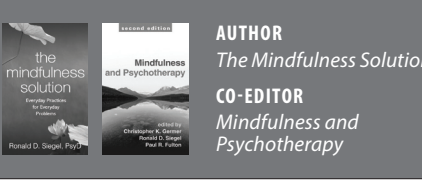
- Working with Fear**
 - » Overcoming Anxiety by Befriending Fear
 - » CBT on Steroids: The Wisdom of Insecurity
 - » Why Zebras Don’t Get Ulcers: Our Evolutionary Design Flaw

- Mindfulness and Mind-Body Disorders**
 - » Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain
 - » Using Mindfulness to Treat Stress-Related Problems
 - » Psychophysiological Disorders as Doors to Personal Development



RON SIEGEL, PSY.D.

Ronald Siegel, Psy.D. is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 30 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel is coauthor of the self-treatment guide *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*, coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy*, author *The Mindfulness Solution: Everyday Practices for Everyday Problems* and coauthor of *Sitting Together: Essential Skills for Mindfulness-based Psychotherapy*. Dr. Siegel is known as a down to earth, engaging, and entertaining presenter whose workshops receive rave reviews.



LEARNING OBJECTIVES

- » Describe the three core components of mindfulness practice
- » Understand mindfulness practices experientially by learning to practice them
- » Specify how a therapist can best choose which mindfulness exercises are most appropriate for which patients
- » Explain how the “self” is understood differently in western and Buddhist psychology, and how this can inform a systemic perspective
- » Understand how mindfulness practices can enhance therapeutic, family & intimate relationships
- » Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it

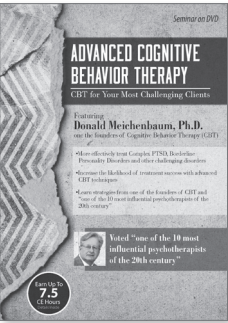
EDUCATIONAL SEMINARS ON DVD

For Education & Mental Health Professionals



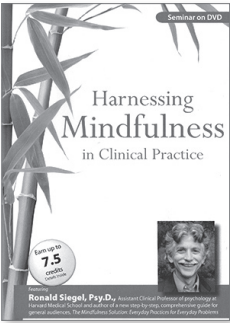
CLINICAL FOCUSED DVD’S – BEST SELLERS

Advanced Cognitive Behavior Therapy



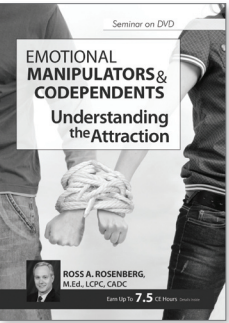
Don Meichenbaum, PH.D.
3 DVDs | 6 hrs
\$205.99 + TAX

Harnessing Mindfulness in Clinical Practice



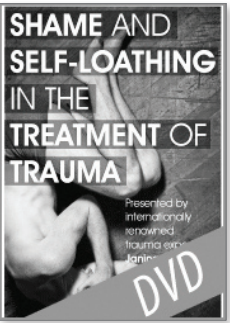
Ronald Siegel, PSY.D.
4 DVDs | 6 hrs
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Emotional Manipulators and Codependents



Ross Rosenberg, M.ED.
4 DVDs | 6 hrs
\$109.99 + TAX

Shame and Self-Loathing in the Treatment of Trauma



Janina Fisher, PH.D.
3 DVDs | 6 hrs
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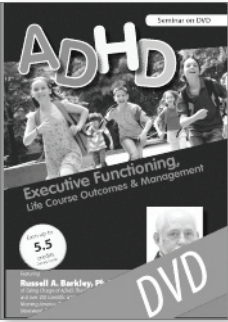
Trauma, Attachment & Neuroscience



Bessel A. van der Kolk, M.D.
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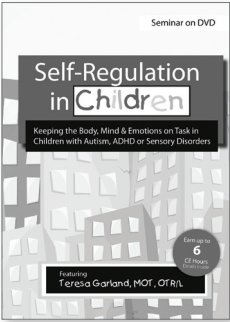
CHILD & YOUTH FOCUSED DVD’S – BEST SELLERS

ADHD: Executive Functioning, Life Outcomes & Management



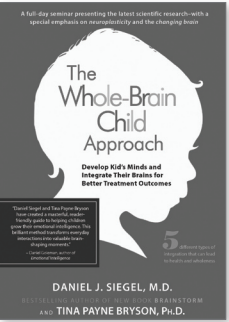
Russell Barkley, PH.D.
3 DVDs | 5 hrs
\$205.99 + TAX

Self-Regulation in Children



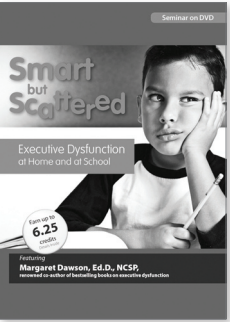
Teresa Garland, MOT, OTRL
4 DVDs | 6 hrs
\$205.99 + TAX

The Whole-Brain Child Approach



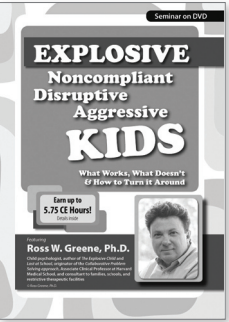
Daniel Siegel, M.D. & Tina Payne Bryson, PH.D.
3 DVDs | 5.75 hrs
\$205.99 + TAX

Smart But Scattered: Executive Dysfunction at Home and at School



Peg Dawson, ED.D., NCSP
3 DVDs | 5.5 hrs
\$205.99 + TAX

Explosive, Noncompliant, Disruptive, Aggressive Kids



Ross Greene, PH.D.
4 DVDs | 5.75 hrs
\$205.99 + TAX



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