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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 | Oakville, ON | May 2 & 3, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 18, 2016)	☐ \$399 + 13% HST	\$384 + 13% HST	\$369 + 13% HST	\$324 + 13% HST
Regular	☐ \$419 + 13% HST	\$404 + 13% HST	\$389 + 13% HST	\$344 + 13% HST

20 Proven & Effective Self-Regulation Strategies - Lynne Kenney

☐ London, ON | May 9, 2016 ☐ Oakville, ON | May 10, 2016 ☐ Oakville, ON | May 11, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 25, 2016)	☐ \$229 + 13% HST	\$219 + 13% HST	\$209 + 13% HST	\$179 + 13% HST
Regular	☐ \$249 + 13% HST	\$239 + 13% HST	\$229 + 13% HST	\$199 + 13% HST

Understanding & Helping Behaviourally... - Ross Greene | Oakville, ON | May 12 & 13, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 28, 2016)	☐ \$399 + 13% HST	\$384 + 13% HST	\$369 + 13% HST	\$324 + 13% HST
Regular	☐ \$419 + 13% HST	\$404 + 13% HST	\$389 + 13% HST	\$344 + 13% HST

Anxiety Disorders in Children & Adolescents - Paul Foxman | Thunder Bay, ON | June 6 & 7, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 24, 2016)	☐ \$399 + 13% HST	\$384 + 13% HST	\$369 + 13% HST	\$324 + 13% HST
Regular	☐ \$419 + 13% HST	\$404 + 13% HST	\$389 + 13% HST	\$344 + 13% 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 + 13% HST	\$749 + 13% HST	\$695 + 13% HST	\$649 + 13% HST
Regular	☐ \$815 + 13% HST	\$769 + 13% HST	\$715 + 13% HST	\$669 + 13% 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

Credit Card #

Expiry

/

☐ MasterCard

Cardholder Name

☐ Cheque

Signature

Cheque #

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 **ONSAVE10** 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.

OAKVILLE: HOLIDAY INN & SUITES OAKVILLE AT BRONTE
2525 Wycroft Road | 905-847-1000

OTTAWA: HOLIDAY INN OTTAWA EAST
1199 Joseph Cyr Street, | 613-744-1060

LONDON: BEST WESTERN PLUS LAMPLIGHTER HOTEL
591 Wellington Road | 519-681-7151

THUNDER BAY: BEST WESTERN PLUS NOR'WESTER
2080 Highway 61 | 807-473-9123

NIAGARA-ON-THE-LAKE: HILTON GARDEN INN NIAGARA-ON-THE-LAKE
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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 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 | Ontario

MENTAL HEALTH & EDUCATION WORKSHOPS

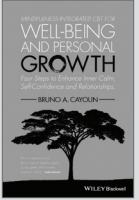
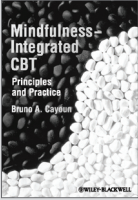
Register Online
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SAVE \$10

PROMO CODE
ONSAVE10

2 Day Clinical Focused Workshop

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





BRUNO CAYOUN
D.PSYCH.

P. 2

1 Day Child & Youth Focused Workshop

**20 PROVEN
& EFFECTIVE
SELF-REGULATION
STRATEGIES**
*For Children with Sensory Disorders,
Learning Disabilities, Anxiety & ADHD*

LONDON, ON
MAY 9, 2016

OAKVILLE, ON
MAY 10, 2016

OTTAWA, ON
MAY 11, 2016

LYNNE KENNEY
PSY.D.



P. 3

2 Day Intensive - Advanced Training

**UNDERSTANDING
& HELPING
BEHAVIOURALLY
CHALLENGING KIDS**
Collaborative & Proactive Solutions





ROSS W. GREENE
PH.D.

P. 4

2 Day Child & Youth Focused Workshop

**ANXIETY DISORDERS
IN CHILDREN
& ADOLESCENTS**
*Recognizing & Treating
the Emerging Epidemic*





PAUL FOXMAN
PH.D.

P. 5

4 Day Clinical Focused Intensive

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





DAVID D. BURNS
M.D.

P. 6

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

OAKVILLE, ON | MONDAY, MAY 2 & TUESDAY, MAY 3, 2016 | 9:00 AM – 5:00 PM
Oakville Conference Centre | 2515 Wyecroft Road

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 - MONDAY, MAY 2, 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 - TUESDAY, MAY 3, 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

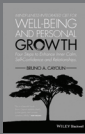
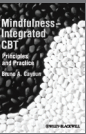
TEACHING APPROACH:
This workshop will involve learning material through various modalities, including:

- » *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

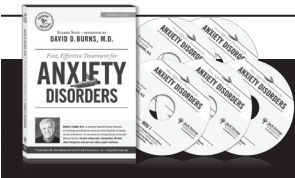


FOR MORE INFORMATION AND REGISTRATION: **JACKHIROSE.COM**

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

20 PROVEN & EFFECTIVE SELF-REGULATION STRATEGIES

For Children with Sensory Disorders, Learning Disabilities, Anxiety & ADHD

LONDON, ON MONDAY, MAY 9, 2016 9:00 AM – 4:00 PM Best Western Lamplighter Inn 591 Wellington Rd	OAKVILLE, ON TUESDAY, MAY 10, 2016 9:00 AM – 4:00 PM Oakville Conference Centre 2515 Wyecroft Road	OTTAWA, ON WEDNESDAY, MAY 11, 2016 9:00 AM – 4:00 PM Holiday Inn Ottawa East Hotel 1199 Joseph Cyr St
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THIS ONE-DAY WORKSHOP WILL GIVE YOU 20 EFFECTIVE SELF REGULATION STRATEGIES to better understand and intervene with children who have challenges with sensory processing, dysregulation, anxiety and executive function. Dr. Kenney will integrate research from neuroscience, kinesiology, occupational therapy, music and speech/language therapy. We will explore cognitive and movement activities to improve learning and behaviour.

With improvements in research methodologies utilizing fMRI to measure brain activation, we are quickly learning that the behaviour management techniques commonly used in the past not only are ineffective but may increase stress which decrease both thinking skills and self-regulation in children and adolescents. Establishing secure connections with kids, partnering with them in problem solving and using neuro-biologically rooted strategies such as solid nutrition, music, art and movement are more effective ways to improve both learning and behaviour.

Parents, teacher and clinicians are looking for empirically-based methods of behavioural intervention that move away from punishment and consequences to improve learning and behaviour. Grounded in neuroscience, integrating the most

current research in music and movement, Dr. Lynne Kenney’s techniques help grow compassionate children with better thinking and self-regulation skills.

Improving Behaviour and Learning via Better Executive Function and Self-Regulation Skills

Higher functioning cognitive skills such as organization, planning, previewing, inhibition and self-regulation are essential for successful social, academic and interpersonal development. These are skills that some children are born with, but many are not. The great news! We can teach skill sets to children that will calm their bodies and their brains, enhance their thinking, improve their learning and help them to become healthier social beings.

Through the use of case studies and interactive demonstration, Dr. Lynne Kenney co-author of *Bloom: 50 Things to Say, Think and Do With Anxious, Angry and Over-The-Top Kids* will provide you with practical, effective and easily adaptable skill-building techniques and tools for children and adolescents with behaviour and mood management issues. Leave this workshop with strategies, activities and tools for your office, home and school to help children and adolescents achieve their full behavioural, academic and social potential. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

- PART I: The Collaborative Mindset: Behaviour Change to Last a Life-Time**

 - » Improve Behaviour with Communication, Collaboration and Kindness
- PART II: The Science of How We Think, Feel and Do**

 - » How The Brain Learns Best
- PART III: Using Musical Thinking for Better Cooperation and Learning**

 - » Introducing Musical Thinking and The Love Notes Quartet
 - » Executive Function
 - » Academics
 - » Behaviour
- PART IV: Thinking Interventions for Executive Function and Self-Regulation**

 - » Exploring the Utility and Meaning of EF Domains
 - » Applying Cognitive Strategies
 - » Maximizing Attention
 - » Putting A Bow On It
 - » Story Telling and Narrative Language
 - » Using Task, Lists and Prioritizing
- PART V: It All Starts with How YOU Show Up**

 - » Managing our Own Reactions/Button Pushers
 - » Proper Behaviour Begins in the Grocery Store
 - » What Educators/Clinicians Need to Know about Food and Neurotransmitters
- PART VI: Self-Regulation is Energy Management**

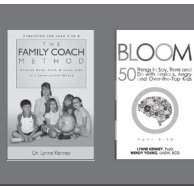
 - » The Energy Continuum - The Visual
 - » Physical Strategies



LYNNE KENNEY, PSY.D.

Lynne Kenney, Psy.D., is a mother of two, a practicing pediatric psychologist and media host in Scottsdale, AZ. Author of *The Family Coach Method* and co-author of *Bloom: Helping Children Blossom*, she has advanced fellowship training in forensic psychology and developmental pediatric psychology from Massachusetts General Hospital/ Harvard Medical School and Harbor-UCLA/ UCLA Medical School. Dr. Kenney is one of “the most accessible pediatric experts,” in the US. Recently named one of the Top 100 Docs to “Listen to” on Twitter, Dr. Kenney is a featured expert in *Parents*, *Parenting and People* Magazines as well as various child/family websites including *realsimple.com*, *momtastic.com*, *socialmoms.com* and the new Dr. Oz expert site *sharecare.com*.

You can find hundreds of free resources at www.lynnekenney.com.



AUTHOR
The Family Coach Method
CO-AUTHOR
Bloom: 50 Things to Say, Think, and Do...

LEARNING OBJECTIVES

- » Introduce teachers, clinicians and parents to the Bloom collaborative philosophy
- » Apply current neuroscience research to a new paradigm of learning and behaviour change
- » Introduce flexible and adaptable thinking and self-regulation activities to improve thinking skills
- » Describe the roles of motor rhythm and timing in thinking, self-regulation, learning and behaviour
- » Explain the role of the cerebellum in thinking and behavioural control
- » Learn how to build neuronal pathways with cortico-cerebellar interventions
- » Practice Bloom Brainsmarts™ interventions with an eye toward developing your own creative interventions

ADVANCED TRAINING – 2 DAY INTENSIVE

UNDERSTANDING & HELPING

BEHAVIOURALLY CHALLENGING KIDS

Collaborative & Proactive Solutions

OAKVILLE, ON | THURSDAY, MAY 12 & FRIDAY, MAY 13, 2016 | 9:00 AM – 4:00 PM

Oakville Conference Centre | 2515 Wycroft Road

THE 2 DAY INTENSIVE TRAINING PROVIDES PARTICIPANTS WITH THE OPPORTUNITY TO STUDY KEY facets of solving problems collaboratively, including coverage and practice in specific areas of implementation in school and clinical settings. Because exposure to this model may vary amongst participants, some time will be devoted to reviewing and ensuring familiarity with the basic elements of the model but the training is conducted in a manner that provides maximum opportunities for questions, interactions, practice and discussion.

Dear Prospective Participant,

I was thrilled when Jack Hirose offered me the opportunity to do a two day intensive training session in Oakville in May 2016. The 2 Day Intensive is such a great way for educators and mental health professionals to get greater exposure to and practice in my approach to understanding and helping behaviourally challenging kids. My model has evolved and been refined over the past five years, so this advanced training offers a great way to stay abreast of the updates as well. The intensive format provides lots of opportunity for discussion, questions, and really exploring the more nuanced aspects of the model. The trainings makes extensive use of videotaped examples of key facets of Solving Problems Collaboratively, and are conducted in a manner that provides maximum opportunities for questions, practice, interaction, and discussion.

If you have been using the model – whether in your school, facility, or clinical practice – I do hope you’ll join me in May. I’ll do everything I can to make this an informative and enriching learning opportunity.

I look forward to seeing you!

- Ross W. Greene, Ph.D.

LEARNING OBJECTIVES

- » Identification of lagging skills and unsolved Problems using the ALSUP
- » Providing a case formulation
- » Prioritizing unsolved problems
- » Use of the Plans framework Skilled “drilling for info” to clarify concerns
- » Dealing with roadblocks commonly encountered in implementation
- » What to do with kids who “won’t talk”
- » Strategies for “getting people on board” and “getting over the hump”
- » The sequence and process of change

FEEDBACK FROM PAST PARTICIPANTS

“ Ross Greene is a phenomenal speaker. I could attend everything he would be presenting. He is amazing in content, presentation and interaction with the class. This subject will change my life with my wife and son.”

– Ross L, Edmonton, AB

“ 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

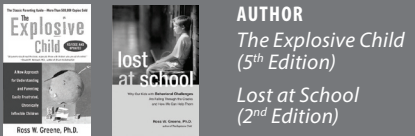


ROSS W. GREENE, PH.D.

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 articles, chapters, and research papers.

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.



ANXIETY DISORDERS IN

CHILDREN & ADOLESCENTS

Recognizing and Treating the Emerging Epidemic

THUNDER BAY, ON | MONDAY, JUNE 6 & TUESDAY JUNE 7, 2016 | 9:00 AM – 4:00 PM

Best Western Plus NorWester Hotel | 2080 Highway 61

ANXIETY IS NOW RECOGNIZED AS THE MOST COMMON EMOTIONAL PROBLEM IN 16 OF 17 countries surveyed recently by the World Health Organization. The soaring trend towards anxiety has been accelerated by global events such as such as terrorism and violence, natural disasters, economic stress and other threats to security. Children today are exposed to daily stresses including excessive homework, information overload, standardized achievement tests, bullying, violent video games, and premature sexuality. Additionally, many are experiencing the trauma of destabilizing divorce, negligence and abuse. Some experts have identified a “shell shocked” generation of children suffering from anxiety in many cases. Our challenge is to recognize anxiety in children and help them cope.

The workshop presents a framework for how and why anxiety develops in children and adolescents, and provides practical diagnostic and treatment strategies that can be applied immediately by therapists, health care providers and education professionals in their various settings. The new DSM-5 classification of anxiety will be used as a field guide to a journey through the key anxiety disorders with emphasis on diagnosis and effective interventions

involving insight-oriented, cognitive-behavioural, somatic, mindfulness, play therapy, expressive arts, and family systems approaches. The following anxiety disorders will be addressed: separation anxiety disorder, panic disorder with agoraphobia, generalized anxiety disorder, obsessive-compulsive disorders including trichotillomania (hair pulling) and excoriation (skin picking), social anxiety disorder (including selective mutism), phobias, and post-traumatic stress disorders. Participants will have opportunities to present their own cases for feedback and treatment suggestions.

Attending this workshop will boost your confidence in working with young clients suffering from a continuum of anxiety manifestations, as well as their parents and others such as teachers, school nurses and education administrators. Leave with an expanded repertoire of tools and techniques. A workshop packet will include handouts for clients and written instructions for the therapeutic techniques demonstrated in the workshop.

Learning activities will consist of lecture, PowerPoint presentation, demonstrations, video clips of Dr. Foxman’s work, experiential exercises, and discussion.📖

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, JUNE 6, 2016

- Morning I: Nature and Causes of Anxiety**
- » Introduction to workshop and handouts
 - » The anxiety epidemic
 - » How anxiety develops in children
 - » 3 ingredients in all anxiety disorders: biological sensitivity, personality style, stress overload
 - » The “anxiety personality”—assets and liabilities

- Morning II: Assessment and Interventions**
- » Initial interview and anxiety assessment tools
 - » 3-5 approach to stress management for children
 - » Relaxation and self-regulation techniques
 - » Behavioural health recommendations

- Afternoon I: Interventions**
- » Pros and cons of medication use with children
 - » Nature’s remedies: alternative medicine approaches

- Afternoon II: Interventions**
- » Separation Anxiety Disorder
 - » Panic Disorder

DAY 2 - TUESDAY, JUNE 7, 2016

- Morning I: Interventions**
- » Generalized Disorder
 - » Obsessive-compulsive Disorders

- Morning II: Interventions**
- » Social Phobia and Selective Mutism
 - » Specific Phobias

- Afternoon I: Interventions**
- » Post-traumatic Stress Disorders
 - » Acute Stress Disorder

- Afternoon II: Interventions and Wrap Up**
- » Surprise research findings on therapy effectiveness
 - » Therapy progress indicators
 - » Summary and Final Q&A

“ Dr. Foxman is an excellent speaker who gives concrete, how-to examples and detailed descriptions of the therapy process, which are practical and useful.”



PAUL FOXMAN, PH.D.

Paul Foxman, Ph.D., has led hundreds of top rated workshops throughout the U.S. and Canada, and he has appeared on television and radio as an expert on the topic of anxiety. His books include *Dancing with Fear* and *The Worried Child*. Dr. Foxman is known for his knowledge and clarity, sense of humor, compassion, and engaging speaking style. Dr. Foxman is a clinical psychologist as well as Founder and Director of the Center for Anxiety Disorders in Vermont. In 1985 Dr. Foxman co-founded the Lake Champlain Waldorf School, now flourishing from kindergarten through high school. Dr. Foxman has over 30 years of clinical experience in a variety of settings. His education includes Yale University (B.A. in Psychology), Vanderbilt University (Ph.D. in Clinical Psychology). and training at the Department of Psychiatry of Mt. Zion Hospital in San Francisco, the Kennedy Child Study Center in Nashville, and the San Francisco Psychoanalytic Institute.



LEARNING OBJECTIVES

- » Understand the “Three Ingredients” framework for how anxiety develops in children
- » Recognize the role of family, schools, media, and global events in contributing to anxiety in children
- » Diagnose the DSM-5 anxiety disorders in children
- » Apply effective therapy strategies and techniques for each anxiety disorder
- » Use child interview tips and assessment tools
- » Make recommendations to parents and schools to help reduce anxiety in children
- » Describe the benefits and pitfalls of medication (and nature’s remedies)