



2 Day Child & Youth Focused Workshop

WORRIES & WOES

*Working with Anxiety Disorders
in Children & Adolescents*

VICTORIA, BC
OCTOBER 17 & 18, 2016



LYNN MILLER
PH.D., R.PSYCH.

P.2

1 Day Child & Youth Focused Workshop

SMART BUT SCATTERED

*Strengthening Executive Skills
in Children & Adolescents*

ABBOTSFORD, BC
OCTOBER 25, 2016

BURNABY, BC
OCTOBER 26, 2016



PEG DAWSON
ED.D., NCSP

P.3

1 Day Clinical Focused Workshop

ADVANCED CBT FOR INSOMNIA & WITH COMORBID CONDITIONS

*A Client-Centered,
Evidence-Based Approach*

BURNABY, BC
NOVEMBER 16, 2016



COLLEEN CARNEY
PH.D., CPSYCH.

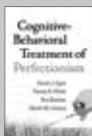
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2 Day Clinical Focused Workshop

EMOTIONAL DISORDERS

*Practical Strategies for the
Transdiagnostic Treatment of Anxiety,
Depression, Anger, and Perfectionism*

BURNABY, BC
NOVEMBER 21 & 22, 2016



MARTIN M. ANTONY
PH.D.

P.5

2 Day Clinical Focused Workshop

CBT 2 DAY BOOT CAMP

*Practical Treatment Strategies
That Will Help Your Clients
Improve Tomorrow*

LANGLEY, BC
NOVEMBER 24 & 25, 2016



JEFF RIGGENBACH
PH.D.

P.6

2 Day Clinical Focused Workshop

2 Day DBT Intensive USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

BURNABY, BC
NOVEMBER 28 & 29, 2016



SHERI VAN DIJK
MSW

P.7

EARLY BIRD DISCOUNT - SAVE \$20!

See Workshop Pages for Deadlines

WORRIES & WOES

Working with Anxiety Disorders in Children and Adolescents

VICTORIA, BC | MONDAY, OCTOBER 17 & TUESDAY, OCTOBER 18, 2016 | 9:00 AM – 4:00 PM

Sandman Hotel Victoria | 2852 Douglas Street

ANXIETY DISORDERS ARE THE MOST COMMON FORM OF PSYCHOLOGICAL DISTRESS REPORTED

by children and adolescents, and can interfere significantly in the lives of children. An anxiety disorder is a level of anxiety or worry that interferes with daily functioning, either with peer relationships, academic performance or in family routines. Interference can range from reluctance to go to school, to withdrawing from sports and extra curricular activities, to being completely home bound. Youth with anxiety disorders are shy, inhibited, and avoidant; helping personnel are typically very good at identifying anxiety in children but may not use the most effective interventions to support children and youth. Anxiety disorders are highly responsive to psychological intervention, allowing children and youth to learn skills to manage their lives. Unfortunately, the most effective therapeutic intervention skills are not used or taught, leading to more distress. The stresses in children's lives continue to mount, including bullying, excessive homework, violent gaming, premature sexuality, family financial stress, and competition of all sorts, leading to more anxiety.

The workshop provides the most current, evidence-informed model for how anxiety develops in children and adolescents, and how therapists, health care

providers and education professionals can engage kids and families in learning to manage anxiety. Practical diagnostic and treatment strategies can be applied immediately, using DSM-5 classifications of anxiety. Emphasis will be placed on diagnosis and effective interventions for each anxiety disorder subtype. The following anxiety disorders will be addressed from a developmental approach: separation anxiety disorder (with school refusal), panic disorder with agoraphobia, generalized anxiety disorder (with perfectionism), obsessive-compulsive disorders including trichotillomania (hair pulling) and excoriation (skin picking), social anxiety disorder (including severe mutism), specific phobias, and post-traumatic stress disorders. Participants will have opportunities to present their own cases for feedback and treatment suggestions.

Participants will learn the fundamentals of CBT in fun and effective ways, leaving with practical skills to use with children, teens and families. Learn how to discriminate anxiety disorders from other mental health problems, and apply useful tools and techniques in a variety of settings. A workshop packet will include handouts for clients, parents and teachers, recommended further readings, internet resources and reminders of all therapeutic techniques demonstrated in the workshop.📄

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, OCTOBER 17, 2016

Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » The Silent Epidemic: Anxiety Disorders (subtypes)
- » How anxiety develops in children and teens: aetiology
- » Treatment: Cognitive-behavioral therapy (CBT) and its application to anxiety
- » Initial interview: Tips for success
- » Sleep issues

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Specific Phobia
- » AD: Separation/School refusal
- » Skill development: Developing fear hierarchies
- » AD: Obsessive Compulsive Disorder
- » Skill development: Exposure and Response Prevention (ERP)

DAY 2 - TUESDAY, OCTOBER 18, 2016

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Social Phobia
- » Skill: Social phobia interventions and treatment planning
- » AD: Panic Disorder and Interoceptive exposure
- » AD: Generalized Anxiety Disorder
- » Skill: PD / GAD: Tx Planning

Anxiety Disorder (AD) Subtypes, Assessment and Medication

- » AD: Post-Traumatic Stress Disorder
- » Skill: PTSD Tx Strategies: In-vivo, virtual and prolonged exposure
- » Differential diagnosis
- » Comorbidity: What to treat first
- » Assessment, Medications and Research
- » Engaging parents
- » Summary & Final Q & A



LYNN MILLER, PH.D., R.PSYCH.



ASSOCIATE PROFESSOR

Educational and Counselling Psychology, and Special Education Department

Lynn Miller, Ph. D., Licensed Psychologist (Colorado), Certified Cognitive Behaviour Therapist, and is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education department at the University of British Columbia. She started her career as a classroom teacher, and then worked as a school counselor K-12. She has over 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. Her research team modified the evidence-based anxiety prevention curriculum (FRIENDS program). This modified protocol is now in use across Canada, and endorsed by the World Health Organization. She completed her term as President of the Anxiety Disorders Assoc. of Canada Dr. Miller is known for her knowledge and clarity, sense of humor, compassion, and engaging speaking style.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: October 3, 2016

LEARNING OBJECTIVES

- » Components of cognitive behavioural interventions (CBT) and how to use immediately with children and youth
- » Understand how to support children and youth with various anxiety concerns in several environments, including home, school and community
- » Practice techniques that are useful to implement immediately with an individual, small group, or large groups of children/youth
- » Become aware of resources in the community

SMART BUT SCATTERED

Strengthening Executive Skills in Children & Adolescents

ABBOTSFORD, BC

TUESDAY, OCTOBER 25, 2016 | 9AM - 4PM
Sandman Hotel | 32720 Simon Ave

BURNABY, BC

WEDNESDAY, OCTOBER 26, 2016 | 9AM - 4PM
Executive Hotel | 4201 Lougheed Hwy

EXECUTIVE FUNCTION IS A NEUROPSYCHOLOGICAL CONCEPT REFERRING

to the cognitive processes required to plan and direct activities. Skills include task initiation and follow through, working memory, sustained attention, performance monitoring, inhibition of impulses, and goal-directed persistence. While the ground-work for development of these skills occurs before birth, they develop gradually through the first two decades of life. But from the moment that children begin to interact with their environment, adults have expectations for how they will use executive skills to negotiate many of the demands of childhood – from the self-regulation of behaviour required to act responsibly, to the planning and initiation skills required to complete chores and homework. Parents and teachers expect children to use executive skills even though they may little understand what these skills are and how they impact behaviour and school performance.

The importance of executive skills to overall cognitive functioning first became apparent in work with children and teenagers who had sustained traumatic brain injuries. Problems involving planning and organization, time management, and memory, as well as weaknesses

with inhibition and regulation of emotions, have long described a significant component of traumatic brain injury. Executive skills have also assumed an important role in the explanation of Attention Deficit/Hyperactivity Disorder.

This workshop will begin by providing an overview of executive skills, including definitions and a description of the developmental progression of these skills in the first two decades of life. The approach to understanding executive skills presented in this workshop is structured around two key concepts: 1) that most individuals have an executive skills profile that includes both strengths and weaknesses; and 2) by defining executive skills discretely rather than grouping them in broader categories, it is possible to design interventions to address specific deficits that lend themselves to data-based decision making. Workshop participants will gain a deeper understanding both of the model being presented and of their own executive skills profile.

The heart of the workshop will address how to assess executive skills and develop interventions designed to address specific executive skill weaknesses. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

PART I: Overview of Executive Skills

- » Definitions
- » Underlying theory
- » Executive skills in the context of brain function and child development

PART II: Assessment of Executive Skills

- » Parent/teacher/student interviews
- » Behaviour Rating Scales
- » Observations
- » Informal Assessment
- » Formal Assessment

PART III: Three Intervention Strategies

- » Environmental modifications to reduce the impact of weak executive skills
- » Teaching strategies/routines to help youngsters develop/improve executive functioning
- » Using incentives to help youngsters practice or use skills that are difficult

PART IV: Coaching as an Effective Strategy for Building Executive Skills

- » Overview of coaching
- » Description of 2-stage process
- » Coaching with younger children
- » Clinical case examples
- » Description of research studies supporting the efficacy of coaching

“Fabulous as always. Wish I could provide feedback that was helpful, but I’m always very happy with all aspects of Dr. Dawson’s presentations – this is the third I’ve attended.”

– Natasha, School Psychologist



PEG DAWSON, ED.D., NCSP



CO-AUTHOR

Smart But Scattered
Smart But Scattered Teens

Peg Dawson, Ed.D., NCSP, received her doctorate in school/child clinical psychology from the University of Virginia. She worked as a school psychologist for 16 years in Maine and New Hampshire, and since 1992 has worked at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders. She is the author of numerous articles and book chapters on a variety of topics, including retention, ability grouping, reading disorders, attention disorders, the sleep problems of adolescents, the use of interviews in the assessment process, and homework. Along with her colleague, Dr. Richard Guare, she has written several books for parents and professionals on the topic of executive skills. Peg is the 2006 recipient of the National Association of School Psychologists' Lifetime Achievement Award.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$249	\$239	\$229	\$199

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: October 11, 2016

LEARNING OBJECTIVES

- » Define executive skills and identify how executive skills impact school performance and daily living
- » Use assessment tools to identify executive dysfunction
- » Access a repertoire of strategies to improve executive skills in students
- » Design your own intervention strategies tailored to the needs of individual students
- » Utilize classroom-wide interventions to improve executive skills

ADVANCED CBT FOR INSOMNIA & WITH COMORBID CONDITIONS

A Client-Centered, Evidence-Based Approach

BURNABY, BC | WEDNESDAY, NOVEMBER 16, 2016 | 9:00 AM – 4:00 PM

Executive Hotel Burnaby | 4201 Lougheed Highway

MANY CLINICIANS ARE FAMILIAR WITH THE BASIC STRATEGIES OF COGNITIVE BEHAVIOURAL

therapy for insomnia, but when it comes to implementation in their practice, they can become stuck when encountering difficult cases.

The solution to this problem is to provide advanced training that emphasizes the fundamentals of sleep regulation and how to deliver this information in a client-centered way. Additionally, a workshop that emphasizes case formulation teaches clinicians how to adapt CBT as they treat other disorders, such as pain, anxiety, trauma and depression. This workshop also provides training on CBT for insomnia with a focus on counter-arousal strategies to address the arousal complaints in insomnia, including worry and rumination. Knowing how to

deliver CBT for insomnia in those with complex problems, including high cognitive arousal, is a must for clinicians who want to integrate CBT for insomnia into their practice. The format for the Institute will be a mix of didactic instruction and experiential exercises, from a leading clinician in the area of comorbid insomnias and cognitive arousal. The experiential exercises will include devising behavioral experiments, fatigue attributions and management, and calculating sleep schedule recommendations from actual Sleep Diaries. The presenter is the author of the only Cognitive Behaviour Therapy self-help workbook written expressly for comorbid insomnias, and a self-help book on cognitive arousal strategies in insomnia. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

9:00-10:15

- » Welcome
- » Assessment (brief overview)
- » Explaining Sleep Regulation Interactively

10:15-10:30

- » Break

10:30-12:00

- » Step-by-Step Core Competencies of CBT-I: Stimulus Control and Time-in-Bed Restriction
- » How to teach clients to devise their own schedule and assess if it's working

12:00-1:00

- » Lunch

1:00-2:30

- » Cognitive Therapy
- » Counter Arousal Methods

2:30-2:45

- » Break

2:45-4:00

- » Step-by-Step CBT-I: Tailoring and Troubleshooting Implementation
- » Addressing fatigue effectively
- » Remaining Issues and Questions

LEARNING OBJECTIVES

- » Present client-centred sleep regulation information interactively
- » Teach clients to develop their own optimal sleep schedules and how to use stimulus control effectively
- » Increase adherence to CBT through adaptation of CBT, in cases with pain, trauma, anxiety and/or depression
- » Manage cognitive arousal
- » Target fatigue cognitively and behaviourally

MORE ABOUT THE SPEAKER

Dr. Carney was previously on faculty at Duke University Medical Center, where she was a recipient of the prestigious National Sleep Foundation's Pickwick Fellowship. Her main research areas are: how to best treat insomnia in the context of other mental health conditions and understanding comorbid insomnias. She received the Early Researcher Award from the Ministry of Research and Innovation. As part of her clinical trial research, she and her students provide free Cognitive Behaviour Therapy for those with insomnia and other conditions. She helps practices implement CBT-I via intensive staff training and long-term consultation in varied treatment settings (e.g., primary, family care, mental health clinics).



COLLEEN CARNEY, PH.D., CPSYCH



CO-AUTHOR

Treatment Plans and Interventions for Insomnia
Overcoming Insomnia

Dr. Colleen E. Carney is an Associate Professor and Director of the Sleep and Depression Laboratory at Ryerson University, Toronto, Canada. She is the current President of the Association for Behavioural and Cognitive Therapies (ABCT), Insomnia and Other Sleep Disorders Special Interest Group. Her research has received support from the National Institutes of Health, the Canadian Institute of Health Research, and Ministry of Research and Innovation. She trains students and mental health providers in Cognitive Behaviour Therapy for Insomnia at invited workshops, and international conferences each year. She has numerous publications on the topic of insomnia, including the first self-help CBT for insomnia book written for those with comorbid issues, and she is a passionate advocate for improving treatment options for those with insomnia and other health problems.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$249	\$239	\$229	\$199

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: November 2, 2016

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

EMOTIONAL DISORDERS

Practical Strategies for the Transdiagnostic Treatment of Anxiety, Depression, Anger, and Perfectionism

BURNABY, BC | MONDAY, NOVEMBER 21 & TUESDAY, NOVEMBER 22, 2016 | 9:00 AM – 4:00 PM

Executive Hotel Burnaby | 4201 Lougheed Highway

THIS WORKSHOP PROVIDES AN IN-DEPTH UNDERSTANDING OF EVIDENCE-BASED

approaches to the conceptualization and treatment of emotional disorders, including anxiety disorders, obsessive-compulsive and related disorders, trauma, depressive disorders, problem anger, and maladaptive perfectionism. Symposium participants will receive comprehensive training in a wide range of approaches including cognitive strategies (e.g., behavioral experiments, cognitive reappraisal, shifting core beliefs, working with imagery),

behavioral treatments (e.g., exposure, relaxation training, problem solving), acceptance and mindfulness-related approaches (e.g., meditation), and other emotion regulation methods. Case conceptualization and transdiagnostic approaches will be emphasized. Strategies for managing challenging presentations and enhancing motivation will also be discussed. Many of the treatment strategies will be highlighted with video demonstrations, and detailed handouts will be provided to participants. 📄

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, NOVEMBER 21, 2016

Morning

- » Emotions and Emotion Regulation
- » Disorders of Emotion Regulation
- » Causes of Emotional Disorders
- » Treating Emotion Dysregulation
- » Case Formulation

Afternoon

- » Behavioural Experiments
- » Exposure-Based Treatments
- » Reducing Compulsions and Safety Behaviours
- » Behavioral Activation For Depression
- » Mindfulness and Acceptance-Based Treatments

DAY 2 - TUESDAY, NOVEMBER 22, 2016

Morning

- » Anger Management Strategies
- » Effective Communication
- » Problem Solving Therapy
- » Relaxation-Based Strategies
- » Motivational Interviewing

Afternoon

- » Cbt Formulation of Perfectionism
- » Treating Perfectionism
- » Emotion Regulation Therapy
- » Dialectical Behavior Therapy

MORE ABOUT THE SPEAKER

Dr. Antony has received career awards from the Society of Clinical Psychology (American Psychological Association), the Canadian Psychological Association, and the Anxiety Disorders Association of America, and is a Fellow of the American and Canadian Psychological Associations. He has also served on the Boards of Directors for the Society of Clinical Psychology and the Association for Behavioral and Cognitive Therapies, and as Program Chair for past conventions of the Association for Behavioral and Cognitive Therapies and the Anxiety Disorders Association of America. In 1999, Dr. Antony served as an advisor to the DSM-IV Text Revision Work Group for Anxiety Disorders.

Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines. He has given more than 300 workshops and presentations to professionals from across North America, Europe, and Australia. He has also been interviewed or quoted by ABC News, Animal Planet, Discovery Channel, Fitness Magazine, National Geographic Channel, O (Oprah) Magazine, Oxygen Magazine, Shape Magazine, Washington Post, Women's Health, Women's World, Reader's Digest, Vitality Magazine, and many other print, radio, and television outlets.



MARTIN M. ANTONY, PH.D.



CO-AUTHOR

Cognitive-Behavioral Treatment of Perfectionism
Overcoming Health Anxiety

Martin Antony, PhD, ABPP, is Professor in the Department of Psychology at Ryerson University, where he was also founding Graduate Program Director for the MA and PhD programs in Psychology. He holds faculty appointments at McMaster University and the University of Toronto, and he is Director of Research at the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare Hamilton, which he founded more than 15 years ago. In 2009-2010, Dr. Antony served as President of the Canadian Psychological Association. Dr. Antony has published 29 books and over 200 scientific articles and book chapters, mostly on the assessment and treatment of anxiety disorders, obsessive-compulsive disorder, depression, and perfectionism. Dr. Antony has presented more than 300 workshops and presentations to health care professionals from across North America, Europe, and Australia.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: November 7, 2016

LEARNING OBJECTIVES

- » Learn cognitive approaches for treating anxiety, depression, anger and perfectionism
- » Learn effective methods for changing behaviours that maintain emotional disorders
- » Learn strategies for enhancing motivation and compliance
- » Learn relaxation and mindfulness-based techniques for managing intense emotions

CBT 2 DAY BOOT CAMP

Practical Treatment Strategies That Will Help Your Clients Improve Tomorrow

LANGLEY, BC | THURS, NOVEMBER 24 & FRI, NOVEMBER 25, 2016

Coast Langley City Hotel | 20393 Fraser Highway

Thursday: 9am – 4pm

Friday: 830am – 330pm

COGNITIVE BEHAVIORAL THERAPY IS THE MOST EMPIRICALLY SUPPORTED THERAPEUTIC

approach for multiple psychiatric disorders, and is widely considered the “gold standard” treatment for a variety of issues. Most mental health professionals claim to do “some CBT,” but many clinicians in the trenches resort to a more “eclectic” approach and treatment often loses direction. Leave this 2-day intensive breakthrough course with international CBT expert Dr. Jeff Rigenbach with core competencies, transformed clinical skills, and an improved understanding of conceptualization based treatment that will ensure you never get stuck in therapy again.

You will be able to utilize concrete strategies for helping your clients who suffer from:

- » Bipolar and depressive related disorders
- » Anger
- » Anxiety disorders
- » Personality Disorders

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this conference armed with tools you can use in your very next session! 🌟

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - THURSDAY, NOVEMBER 24, 2016

Why CBT

- » Implementation in the Clinical Setting
- » Evidence Based Protocol
- » Neurobiological Findings

Socialization to the Model

- » Levels of cognitions
- » Automatic Thoughts
- » Conditional Assumptions
- » Automatic Thoughts

Schema Therapy

- » Early Maladaptive Schemas
- » Behavioral Pattern Breaking
- » Coping Styles

Cognitive Distortions

- » Video Case Studies
- » Cognitive Restructuring
- » Eliciting Underlying Beliefs

Cognitive Conceptualization

- » Case Specific Mapping
- » Symptom Targeted Treatment Planning
- » Conceptualization Driven Treatment & Documentation

Cognitive Model of Anger

- » Assertiveness Training
- » Decreasing Emotional Intensity
- » Radical Acceptance

Cognitive Model of Depression

- » Behavioral Activation
- » Sleep Hygiene
- » Nutritional Neurobiology
- » Science & Gratitude
- » Pleasurable Activities
- » Cognitive Strategies

DAY 2 - FRIDAY, NOVEMBER 25, 2016

Cognitive Model of Anxiety

- » GAD
- » Metacognitive Strategies
- » Worry Cure
- » Social Anxiety Disorder
- » Restructure Approval-Seeking Cognitions
- » Polling Exercises
- » Specific Phobias
- » Hierarchy Work
- » Desensitization
- » Panic Disorder
- » Cycle of Panic
- » Interoceptive Strategies

Making a PD Diagnosis

- » Document to Minimize Liability
- » Specific Assessment Strategies

BPD Assessment

- » Video Case Study
- » Explaining the Diagnosis to the Client

Personality Disorder Treatment Strategies

- » Interpersonal Effectiveness Case Study
- » CB Chain Analysis
- » Belief Development Exercise
- » Internalization Strategies

Relapse Prevention

- » Road to Recovery
- » Relapse Warning Signs
- » Decreasing Emotional Vulnerability
- » Episode Management
- » Outcomes Measurement



JEFF RIGGENBACH, PH.D., LPC



AUTHOR

*The CBT Toolbox:
A Workbook for Clients
and Clinicians*

Jeff Rigenbach, Ph.D., LPC, is one of the most sought after trainers in North America in the area of CBT and personality disorders. Over the past 15 years he has developed and overseen CBT based Mood Disorder, Anxiety Disorder, Borderline Personality Disorder treatment programs at two different psychiatric hospitals serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomat of the Academy of Cognitive Therapy, and has presented in all 50 United States, Canada, and Mexico on cognitive based approaches to treating a variety of mental health conditions. Dr. Rigenbach has authored two books including *The CBT Toolbox: A Guide for Clients and Clinicians*, and the *BPD Toolbox: A Guide for Managing Intense Emotions Without Acting Destructively*, which is due out this June.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: November 10, 2016

LEARNING OBJECTIVES

- » Develop core competencies in CBT, including the therapeutic alliance, collaborative agenda setting, fostering behavioral and cognitive change, and giving client feedback.
- » Understand the role of cognitive distortions in information processing and the unique processing present in specific symptom sets.
- » Learn evidence based strategies for treating clinical conditions including depression, anxiety disorders, anger management, and personality disorders

2 Day DBT Intensive

USING DBT TO TREAT EMOTION DYSREGULATION DISORDERS

BURNABY, BC | MONDAY, NOVEMBER 28 & TUESDAY, NOVEMBER 29, 2016 | 9AM – 4PM

Executive Hotel Burnaby | 4201 Lougheed Highway

DIALECTICAL BEHAVIOUR THERAPY (DBT) IS A TREATMENT ORIGINALLY DESIGNED TO TREAT

borderline personality disorder (BPD). In recent years it has been increasingly used to treat many other disorders because of its usefulness in treating clients unable to manage emotions.

Following an introduction to DBT theory and how this treatment differs from traditional cognitive behavior therapy (CBT), Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions such as depression, anxiety and bipolar disorder, in which emotion dysregulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of DBT skills (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will learn how to format DBT sessions to provide the structure your dysregulated clients need.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout. ☘

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, NOVEMBER 28, 2016

Morning

- » Introduction to Mindfulness & Practice
- » Background of DBT
- » The DBT Model, Research, Adapting DBT, DBT for Other Diagnoses
- » Biosocial Theory of BPD
- » Dialectics, Validation & Other Dialectical Strategies

Afternoon

- » Behavior Theory & Contingency Management
- » Behavior Tracking Sheet
- » Limit-setting
- » Behavioral Analysis Exercise
- » DBT Skills: More About Mindfulness and How to Teach it
- » Neuroplasticity
- » Core Mindfulness Skills

DAY 2 - TUESDAY, NOVEMBER 29, 2016

Morning

- » Finish off Core Mindfulness Skills
- » Introduction to Emotion Regulation Skills
- » Complete Discussion of Emotions Regulation Skills
- » Introduce Interpersonal Effectiveness Skills

Afternoon

- » Finish IE Skills
- » Introduce Distress Tolerance Skills
- » Finish DT Skills
- » Pro's and Con's exercise
- » Radical Acceptance
- » Willingness vs. Wilfulness
- » Solution Analysis
- » Case Examples

LEARNING OBJECTIVES

- » How to teach your clients the four sets of DBT skills to help them get through crisis situations without making the situation worse; to manage their emotions more effectively; and to develop and maintain healthier relationships
- » How to apply DBT skills to a range of psychiatric illnesses and other problems of daily living (e.g. low self-esteem, difficulties managing anger)
- » Dialectical strategies to address clients who are “stuck” in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing
- » Tools such as the Tracking Sheet and the Behavioural Analysis to increase structure in sessions and to help clients move toward change
- » Behaviour Theory techniques to help clients understand what might be maintaining their problem behaviours and to get unstuck from these ingrained patterns
- » Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of therapist burnout



SHERI VAN DIJK, MSW



AUTHOR

Calming the Emotional Storm: Using Dialectical Behavior Therapy Skills to Manage Your Emotions and Balance Your Life

Sheri Van Dijk, MSW, RSW, is author of seven books for adults and teens that use DBT skills to help readers manage emotions more effectively; and is an international speaker on DBT. The focus of Sheri's work is on making DBT more accessible to clinicians, and enabling health care providers to help people with emotion dysregulation through use of these skills and strategies. Sheri is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the *Journal of Affective Disorders* in March, 2013. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has been presenting extensively here in Canada and in the United States. For more information, please visit www.sherivandijk.com.

REGISTRATION FEES

INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
\$419	\$404	\$389	\$344

Fees do not include applicable taxes (5% GST).

EARLY BIRD DISCOUNT - SAVE \$20!

Deadline: November 14, 2016

WHO SHOULD ATTEND

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, occupational therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service co-ordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

HOW TO REGISTER



ONLINE
registration.jackhirose.com



EMAIL
registration@jackhirose.com



PHONE or FAX
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\$20 OFF **EARLY BIRD DISCOUNT**
See deadlines on each workshop page.



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All groups must register online.
Groups do not have to work in the
same school or agency.

GROUP: 15+
Workshop aide discount available, apply and inquire
by email: registration@jackhirose.com

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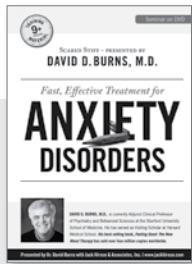
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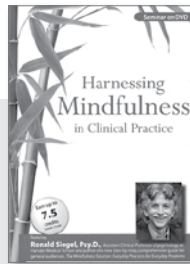
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