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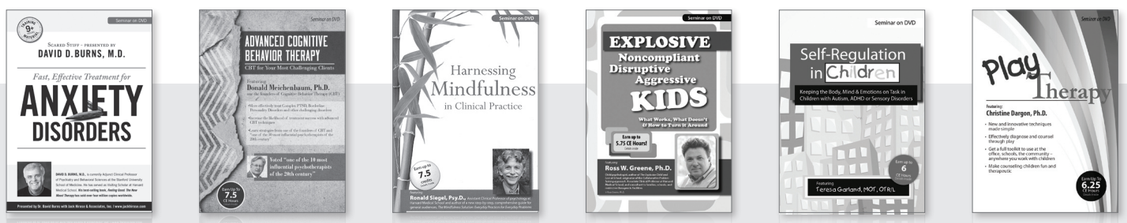

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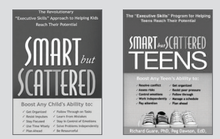
1 Day Child & Youth Focused Workshop

SMART BUT SCATTERED

Strengthening Executive Skills in Children & Adolescents

SASKATOON, SK
OCTOBER 20, 2016



PEG DAWSON
ED.D., NCSP

2 Day Clinical Focused Workshop

CBT 2 DAY BOOT CAMP

Practical Treatment Strategies That Will Help Your Clients Improve Tomorrow

SASKATOON, SK
NOVEMBER 15 & 16, 2016

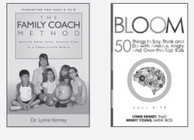
JEFF RIGGENBACH
PH.D.

1 Day Child & Youth Focused Workshop

20 PROVEN & EFFECTIVE SELF-REGULATION STRATEGIES

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

SASKATOON, SK
OCTOBER 31, 2016



LYNNE KENNEY
PSY.D.

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 children and adolescents with behavioural challenges and complex learning needs including but not limited to: *Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.*

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

Child & Youth Focused | 6 CEUs | 9am - 4pm

SMART BUT SCATTERED

Strengthening Executive Skills in Children & Adolescents

SASKATOON, SK
THURSDAY, OCTOBER 20, 2016
9:00 AM – 4:00 PM

TCU Place
35 - 22nd Street East

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.

> *"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

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 - SAVE $20!
Deadline: October 6, 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

Child & Youth Focused | 6 CEUs | 9am - 4pm

20 PROVEN & EFFECTIVE SELF-REGULATION STRATEGIES

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

SASKATOON, SK
MONDAY, OCTOBER 31, 2016
9:00 AM – 4:00 PM

TCU Place
35 - 22nd Street East

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.

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: 50 Things to Say, Think, and Do with Anxious, Angry, and Over-the-Top Kids*, 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*.

REGISTRATION FEES

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

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

EARLY BIRD - SAVE $20!
Deadline: October 17, 2016

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

Clinical Focused | 12 CEUs | Tues: 9am - 4pm | Wed: 830am - 330pm

CBT 2 DAY BOOT CAMP

Practical Treatment Strategies That Will Help Your Clients Improve Tomorrow

SASKATOON, SK
TUES, NOVEMBER 15 & WED, NOVEMBER 16, 2016
TUES: 9:00 AM – 4:00 PM | WED: 8:30 AM – 3:30 PM

TCU Place
35 - 22nd Street East

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 Riggenbach 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

Why CBT
- Implementation in the Clinical Setting

Socialization to the Model
- Levels of cognitions
- Automatic Thoughts

Schema Therapy
- Early Maladaptive Schemas
- Behavioral Pattern Breaking

Cognitive Distortions
- Video Case Studies
- Cognitive Restructuring

Cognitive Conceptualization
- Case Specific Mapping

Cognitive Model of Anger
- Assertiveness Training
- Radical Acceptance

Cognitive Model of Depression
- Behavioral Activation
- Nutritional Neurobiology

DAY 2

Cognitive Model of Anxiety
- Metacognitive Strategies
- Worry Cure
- Social Anxiety Disorder

Making a PD Diagnosis
- Document to Minimize Liability

BPD Assessment
- Video Case Study

Personality Disorder Treatment Strategies
- Interpersonal Effectiveness Case Study
- CB Chain Analysis

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

JEFF RIGGENBACH, PH.D., LPC

Jeff Riggenbach, 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. Riggenbach 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. Riggenbach 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 - SAVE $20!
Deadline: November 1, 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