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Quality workshops & community resources

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Spring 2017 | British Columbia

MENTAL HEALTH & EDUCATION WORKSHOPS



1 Day Child & Youth Focused Workshop

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

LANGLEY
APRIL 19, 2017

KELOWNA
APRIL 20, 2017

VICTORIA
APRIL 21, 2017

CHRISTINE DARGON
PH.D.



Christine Dargon, Ph.D., is a practicing psychologist with over 20 years of experience. She has been working with children and families in such areas as abuse, divorce and custody disputes, children of alcoholic/drug addicted parents and adopted children. She currently travels the United States and Canada providing seminars on various topics including the treatment of anxiety, the utilization of the sand tray, the treatment of eating disorders and play therapy. She maintains a private practice in Northern AZ where she offers a wide range of psychological services.



FEATURED IN
A Virus Called Fear,
Documentary

2 Day Child & Youth Focused Workshop

MAKING SENSE OF ANXIETY

VANCOUVER
FEBRUARY 27 & 28, 2017



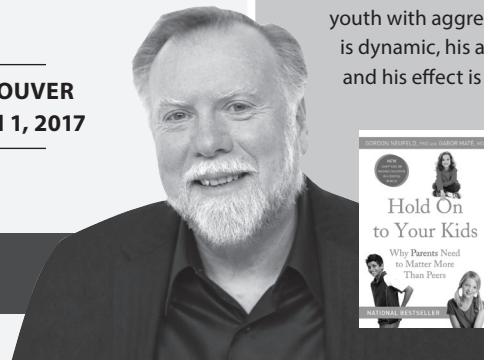
GORDON NEUFELD
PH.D.

1 Day Child & Youth Focused Workshop

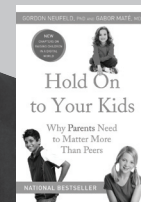
THE SCIENCE OF EMOTIONS & THEIR IMPACT ON BEHAVIOUR

NEW
*Suitable for Adult
Focused Clinicians*

VANCOUVER
MARCH 1, 2017



Gordon Neufeld, Ph.D., is a Vancouver-based developmental psychologist with over 30 years of experience with children and youth and those responsible for them. He is a foremost authority on child development, an international speaker, a bestselling author (*Hold On To Your Kids*), and a leading interpreter of the developmental paradigm. Dr. Neufeld's professional experience includes years of working with violent young offenders and thousands of consultations regarding youth with aggression problems. His style is dynamic, his approach is refreshing, and his effect is to affirm intuition.



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

EARLY BIRD DISCOUNT - SAVE \$20!

**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: 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.

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

LANGLEY | APRIL 19, 2017

Coast Hotel | 20393 Fraser Hwy

KELOWNA | APRIL 20, 2017

Ramada Hotel | 2170 Harvey St

VICTORIA | APRIL 21, 2017

Sandman Hotel | 2852 Douglas St

Children lack some cognitive abilities needed to understand their world and experiences because they are still developing. In addition, they also lack the vocabulary to communicate their emotions and perceptions to someone else. This is where Play Therapy can be very useful and a vital tool.

This workshop will teach attendees how to use play therapy as an incredible method of communication and diagnostics. It will teach you how to interpret the ways in which children play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional.

By attending this workshop, you will learn how to understand and determine what the individual is struggling with and causes for presenting behaviours and emotions through their play. Attendees will leave with a tool box filled with ready to use Play Therapy techniques that they will immediately be able to implement in their work with children and clients of all ages. This tool box will consist of appropriate tools for different presenting problems such as anger, ADHD, depression, anxiety and more. Some of the tools will include Sand Tray therapy, coloring, the use of puppets, dance/movement,

"I Spy", and so many other great techniques. Much of this workshop will include active learning and participation. So get ready to learn, have fun and see the world through a child's eyes.

There is much research to support the usage and benefits of Play Therapy in a variety of settings and by a variety of professionals as long as they have been trained – this workshop will provide that training. Play Therapy as a tool, once

learned and implemented appropriately, is an easy and effective method of helping children, adolescents and even adults. It is easy to have a crate of basic supplies enabling any professional to take these techniques with them. There is not a large investment needed. Play Therapy allows for the clinician to be creative, adapt techniques to fit any given individual or setting and is fun. There are so many great techniques to use such as sand tray therapy, clay, puppets etc. This workshop will teach attendees a wide variety of such tools but will also do

so in a hands on manner so that attendees can immediately return to work and implement these tools into their day to day work. 🙌

“Christine was an engaging speaker. I thoroughly enjoyed listening to her and all the information she provided. Christine shared practical techniques and approaches with sound reasoning. She presented in an understandable and friendly manner. Excellent workshop! I feel like I can start with my new learning right away.”

WORKSHOP AGENDA – KEY TOPICS COVERED

Play Therapy – How to Use it!

- » Specific techniques and novel approaches
 - Assessment and Diagnostic
 - Therapeutic Benefits
 - Non-Directive versus Directive/Soft and Hard Mediums
- » Hands on learning and using the techniques – from crayons, to puppets, to movement and much more! This will be the focus of the day.

Non-Directive Techniques:

- Sand Tray Work
- Watercolors
- Play Dough
- Drawings
- House- Tree-Person
- Finger Painting

Directive Techniques:

- I spy
- Movement and Music
- Drama
- Puppets

- Maps – where in the world do you want to be?
- What do you want to be when you grow up?
- What Animal am I?
- Doll House
- Dance and Movement
- Board games
- Emotions – Feeling Face

» What techniques are best for what disorders:

- Anger (OCD)
- Anxiety
- ADHD
- Depression and self-esteem issues
- Trauma/PTSD
- Abuse
- Fears

Play Therapy with Families, Groups & Couples

Areas of Caution

- » Hard and soft mediums
- » Sexualized and acting out behaviours
- » Children who have been abused and repetitive play

LEARNING OBJECTIVES

- » Understand the Purpose & Goals of Play Therapy
- » Learn and be able to implement specific and easy Play Therapy techniques for specific presenting issues
- » Use Play Therapy as a diagnostic tool and interpret what you see
- » Know which play therapy techniques to use with different children and different presenting problems
- » Address things to be aware of and areas of caution including selecting the best materials depending upon the presenting issue
- » How to use these techniques in a variety of settings including Group Play therapy

“Excellent! She knows so well what she is talking about. Thank you for all your knowledge!”

“Time well spent, it was a wonderful presentation. Great sense of humour!”

According to the U.S. Department of Health and Human Services:

“Four million children and adolescents in this country suffer from a serious mental disorder that causes significant functional impairments at home, at school and with peers. Of children ages 9 to 17, 21 percent have a diagnosable mental or addictive disorder that causes at least minimal impairment. In any given year, only 20 percent of children with mental disorders are identified and receive mental health services.”

MAKING SENSE OF ANXIETY

VANCOUVER | MON, FEB 27 & TUES, FEB 28, 2017 | 9:00 AM – 4:00 PM

Jewish Community Centre, Wosk Auditorium | 950 West 41st Avenue

The escalating level of anxiety in our children begs for an explanation as well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety.

The time has finally come to be able to answer the problem of anxiety. What makes it possible now is that we currently have enough pieces of the puzzle to create a coherent picture: a mastery of attachment theory, an understanding of human vulnerability, a working knowledge of attention, and the discoveries of neuroscience. Possessing the pieces are not enough however. It takes a theorist's mind to put the pieces together and a seasoned therapist's wisdom to test this model against human experience. Dr. Neufeld has been uniquely positioned, not only to answer this question but also to understand the implications for our children. The resulting solutions are surprising, not in that they are counter intuitive but rather that they run counter to the prevailing practice. The focus of this workshop is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages. 🌱

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » Why anxiety is increasing in our children
- » Why current discipline methods are alarming our children
- » Addressing anxiety without relying on medication

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

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

Session 2 - Anxiety, Attachment & Vulnerability

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

we realize that facing separation can be a vulnerability too much to bear.

Session 3 - Working Model of Anxiety

The insights are combined to create a working model of anxiety. The primary focus of this session however is understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties.

Session 4 - Addressing Anxiety

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

THE SCIENCE OF EMOTIONS & THEIR IMPACT ON BEHAVIOUR

**NEW Suitable for Adult Focused Clinicians*

VANCOUVER | WEDNESDAY, MARCH 1, 2017 | 9:00 AM – 4:00 PM

Jewish Community Centre, Wosk Auditorium | 950 West 41st Avenue

There is much focus today on children's emotions. Constructs like emotional intelligence, emotional self-regulation, emotional well-being and emotional social learning are being bandied about like never before. Emotion, long dismissed as a nuisance factor, is now confirmed to be at the core of development and well-being. Yet little is being taught about the nature of emotion or the implications for parenting and teaching and treatment. In this workshop, Dr. Neufeld does a brilliant job of putting the pieces together to make sense of emotion, revealing the emotional roots of many behavioural problems, and clarifying the challenges for parents, teachers and helping professionals.

Dr. Neufeld outlines five basic steps to emotional health and development so adults can foster emotional well-being and get to the root of such problems as alarm, anxiety, agitation, aggression, impulsiveness, lack of empathy, bullying, and so on. This workshop is powerful in the insight it provides as well as the changes it inspires. To make sense of emotion is to make sense of us all. There is no better way to glean insight into oneself and others. Having a working knowledge of the science of emotion should be a prerequisite for anyone responsible for children or working with adults. While the focus of the workshop is on children and youth, the content is applicable to individuals of all ages. This workshop is highly recommended for all helping professionals, educators and parents. 🌱

LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception and behaviour
- » Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
- » Understand how emotional development unfolds, so as not to get caught in a battle against symptoms or sabotage the process by pushing for results

WORKSHOP AGENDA

Session 1 - Expression of Emotion

The first of the three laws of emotion is that emotion seeks expression. All emotions have a purpose that becomes thwarted when expression is denied or distorted.

Session 2 - Thwarted Expression

The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion without repercussion to a child's working attachments.

Session 3 - Feelings & Hurts

The second law of emotion is that emotion seeks consciousness.

Session 4 - Balance & Self-Control

The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control.

Session 5 - 5 Steps to Emotional Health & Maturity

The five stages in emotional development are outlined, with the challenges for children and adults in each stage. The challenge when children are stuck is always to start at the beginning where root problems exist.

Session 6 - Viewing & Treating Troubling Behaviours as Emotional Problems

Emotion has been eclipsed by such constructs as learning, discipline, disorder and even disease. Various problems are looked at to illustrate the issues involved, including attention problems, anxiety problems, bullying and aggression.

REGISTRATION FORM

British Columbia Workshops | Spring 2017

► STEP 1 – CONTACT INFO

Name	
Position	School / Organization
Address	
City	Province Postal Code
Work Phone []	Work Fax []
Email	

► STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Fees do not include tax (5% GST).

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
Proven & Effective Play Therapy Strategies - Christine Dargon					
☐ Langley - April 19 ☐ Kelowna - April 20 ☐ Victoria - April 21					
Early Bird (Before April 5)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
Making Sense of Anxiety - Gordon Neufeld February 27 & 28, 2017					
Early Bird (Before February 13)	☐ \$399	☐ \$379	☐ \$359	☐ \$324	\$324
Regular	☐ \$419	☐ \$399	☐ \$379	☐ \$344	\$344
The Science of Emotions & Their Impact on Behaviour - Gordon Neufeld March 1, 2017					
Early Bird (Before February 15)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
* 3 Day Option - Attend Both Gordon Neufeld Workshops February 27 - March 1, 2017					
Early Bird (Before February 13)	☐ \$599	☐ \$569	☐ \$549	☐ \$499	\$499
Regular	☐ \$619	☐ \$589	☐ \$569	☐ \$519	\$519

† Please contact registration@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

► STEP 3 – PAYMENT

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

4 WAYS TO REGISTER

ONLINE
registration.jackhirose.com

EMAIL
registration@jackhirose.com

PHONE or FAX
See numbers below right

MAIL
See address below right

3 WAYS TO SAVE

ONLINE PROMO CODE: SAVE10BC
registration.jackhirose.com

EARLY BIRD DISCOUNT
Deadline: See Step 2 for Deadlines.

GROUP DISCOUNTS (online only)
See Step 2 for Savings & Fees.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment. Please note, a **\$10.00** administrative fee will apply **per person** for all manual registrations. Please contact: registration@jackhirose.com for more info.

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.

WORKSHOP AIDE DISCOUNT

Save **\$115** on a one-day workshop, **\$190** on a two-day workshop and **\$290** on a three-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.

LANGLEY

COAST HOTEL LANGLEY CITY: 20393 Fraser Hwy - 604-530-1500

KELOWNA

RAMADA HOTEL KELOWNA: 2170 Harvey Street - 250-860-9711

VICTORIA

SANDMAN HOTEL VICTORIA: 2852 Douglas Street - 250-388-0788

VANCOUVER

GRANVILLE ISLAND HOTEL: 1253 Johnston Street - 604-683-7373

HOLIDAY INN VANCOUVER CENTRE: 711 W. Broadway - 604-879-0511

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.

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: Sent by email once you're registration has been processed. 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



Complete & Return with Payment:

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