



Advanced Training – 2 Day Intensive

UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

Collaborative & Proactive Solutions

WINNIPEG
APRIL 6 & 7, 2017



ROSS GREENE
PH.D.

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2 Day Clinical Focused Workshop

EVIDENCE-BASED TREATMENT OF ANXIETY & RELATED DISORDERS

WINNIPEG
APRIL 27 & 28, 2017



MARTIN M. ANTONY
PH.D.

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1 Day Child & Youth Focused Workshop

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

*With Children, Adolescents
and Children of All Ages*

WINNIPEG
MAY 4, 2017



CHRISTINE DARGON
PH.D.

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2 Day Clinical Focused Workshop

MINDFULNESS & BEYOND

Essential Clinical Skills

WINNIPEG
MAY 11 & 12, 2017



MICHAEL STONE
MA

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3 Day Clinical Focused Workshop

3 DAY MINDFULNESS INTENSIVE

BANFF
JULY 3-5, 2017



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4 Day Clinical Focused Workshop

COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive

BANFF
JULY 17-20, 2017



DAVID D. BURNS
M.D.

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EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines

ADVANCED TRAINING – 2 DAY INTENSIVE

UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

Collaborative & Proactive Solutions

WINNIPEG, MB | THURSDAY, APRIL 6 & FRIDAY APRIL 7, 2017 | 9:00 AM – 4:00 PM

Centro Caboto Centre | 1055 Wilkes Ave

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 Winnipeg in April 2017. 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 April. 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

WORKSHOP AGENDA

DAY 1 - THURSDAY, APRIL 6, 2017

- » Segment 1: Overview of Key Themes and Assessment of Lagging Skills and Unsolved Problems (ALSUP)
- » Segment 2: Video of ALSUP Being Used
- » Segment 3: Practice and Feedback on Using the ALSUP
- » Segment 4: The Plans and Plan B

DAY 2 - FRIDAY, APRIL 7, 2017

- » Segment 1-3: Video of Plan B and Discussion
- » Segment 4: Video and Discussion of Plan B with Special Populations

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.



AUTHOR

The Explosive Child
(5th Edition)

Lost at School
(2nd Edition)

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 and lives in Portland, Maine, with his wife and two kids.

Early Bird Deadline: March 23, 2017

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

EVIDENCE-BASED TREATMENT OF ANXIETY & RELATED DISORDERS

WINNIPEG, MB | THURSDAY, APRIL 27 & FRIDAY, APRIL 28, 2017 | 9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel | 1715 Wellington Ave

This workshop provides training in evidence-based strategies for treating a range of anxiety and related disorders in adults and children. Dr. Antony will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, social anxiety disorder, generalized anxiety disorder, specific phobias, health anxiety, and related problems.

You will learn about the diagnostic features of anxiety and related disorders (based on the

most recent DSM-5 criteria), effective cognitive-behavioural methods (e.g., cognitive strategies, exposure-based techniques, relaxation-based treatments), and emerging psychological treatments (e.g., mindfulness and acceptance-based strategies). Medication treatments will also be reviewed, with an emphasis on how they can be combined with psychological treatments. Strategies for dealing with treatment resistance will be discussed, as will strategies for dealing with complex cases and comorbidity. Techniques will be illustrated using video recorded therapy vignettes and participants will receive a detailed handout.®

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - THURSDAY, APRIL 27, 2017

Morning

- » The Anxiety Spectrum in DSM-5
- » Causes of Anxiety and Related Disorders
- » Introduction to Evidence-Based Treatments for Anxiety
- » Pharmacological Treatments/Combining CBT with Medications
- » Complementary and Alternative Treatments

Afternoon

- » Introduction to CBT for Anxiety-Based Problems
- » Cognitive Strategies
- » Exposure-Based Treatments
- » Mindfulness and Acceptance-Based Approaches

DAY 2 - FRIDAY, APRIL 28, 2017

Morning

- » Managing Treatment Challenges and Enhancing Motivation
- » Case Formulation and Treatment Planning
- » Anxiety and the Family
- » Managing Realistic Anxiety
- » Panic Disorder and Agoraphobia
- » Social anxiety disorder

Afternoon

- » Generalized Anxiety Disorder
- » Posttraumatic Stress Disorder
- » Obsessive-Compulsive Disorder
- » Health Anxiety
- » Transdiagnostic Approaches

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, Ph.D., ABPP, is the Professor and Graduate Program Director in the Department of Psychology at Ryerson University in Toronto. He is also Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario, and past president of the Canadian Psychological Association. Dr. Antony received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 1994, and completed his internship at the University of Mississippi Medical Center. He is internationally known for his books and research in the areas of anxiety disorders, perfectionism, cognitive-behavioral therapy, and assessment of psychological disorders. He has published 29 books including an Abnormal Psychology textbook. Dr. Antony has published more than 150 scientific articles and book chapters in the areas of cognitive behavior therapy, obsessive compulsive disorder, panic disorder, social phobia, specific phobia, perfectionism, and related topics. Dr. Antony trains and supervises numerous students in psychology, psychiatry, and other disciplines. He has given more than 200 workshops and presentations to professionals from across North America, Europe, and Australia.

Early Bird Deadline: April 13, 2017

LEARNING OBJECTIVES

- » Diagnostic features of anxiety and related disorders in DSM-5
- » Effective cognitive approaches for managing anxiety and related disorders
- » Exposure-based techniques
- » Mindfulness and acceptance based treatments for anxiety
- » Strategies for managing noncompliance
- » How to adapt treatment for particular anxiety presentations

PROVEN & EFFECTIVE PLAY THERAPY STRATEGIES

With Children, Adolescents & Children of All Ages

WINNIPEG, MB | THURSDAY, MAY 4, 2017 | 9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel | 1715 Wellington Ave

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. 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. 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



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 for years 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 including play therapy, counseling for individuals of all ages, couples and family therapies. Dr. Dargon has also been teaching on the undergraduate and graduate levels for over 15 years specializing in Child Development and Counseling. She is currently on faculty at Grand Canyon University serving students in the Masters' of Counseling Psychology Program and undergraduate programs as well as Ashford University teaching undergraduate courses.

“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!”

Early Bird Deadline: April 5, 2017

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

MINDFULNESS & BEYOND

Essential Clinical Skills

WINNIPEG, MB | THURSDAY, MAY 11 & FRIDAY, MAY 12, 2017 | 9:00 AM – 4:00 PM

Best Western Plus Winnipeg Airport Hotel | 1715 Wellington Ave

The trend of mindfulness research is sweeping the medical field. Is it radical enough? What is the latest research in mindfulness? How does the Buddhist perspective influence the way we see suffering and how we can best serve others? After teaching more than 2,000 clinicians over the past few years, I've come to see that our own stillness and our presence with others, combined with the right tools at the right time, make all the difference. Having the right skills, and the ability to work from the deepest grounded place within ourselves, is where we find our creativity and joy in the midst of this difficult work.

We are offering a two-day training program with Michael Stone designed for a small group that will work through cases, learn essential clinical skills, and support each other in further education.

In this workshop you will review the theoretical understanding of mindfulness from both the Buddhist and Western scientific perspectives within the framework of clinical practice. You will learn key theory that underpins mindfulness

meditation; how it can be brought into clinical work; and simple techniques for working with common symptoms like anxiety, depression, pain and trauma. You will also be guided in mindfulness meditation and have the opportunity for personal practice in a relaxed and supportive atmosphere.

In addition, we will juxtapose "Eastern" and "Western" approaches to psychology and apply them in clinical situations through technique, intervention, and seeing where we get stuck from new angles. What does a mindfulness intervention actually look like in a session? How does it help us shift our attitude towards experience?

Through lecture, demonstration, experiential exercise, and small group discussion, we will examine how mindfulness practice can enhance therapeutic presence and transform our understanding of the causes of suffering across the diagnostic spectrum. We will learn why mindfulness practices support both the facilitator and the client. ☸

“Michael Stone is a master of his craft, showing us a wise path for daily living in our personal lives and also through leading edge clinical ideas. Blending his passion for the Asian meditative traditions with the insights from western psychology and medicine, Michael offers wisdom and compassionate and uplifting practices that are of enormous benefit. He's truly inspiring, engaging and has a great sense of humour.”

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - THURSDAY, MAY 11, 2017

You will learn when and how to introduce various mindfulness techniques to your clients or patients; how to utilize special techniques for treating anxiety, depression, chronic pain, physical symptoms, and interpersonal conflicts; and how to creatively work with obstacles to mindfulness practice such as anxiety, ADHD, and fear. We will also look closely at working with pain and psychosomatic symptoms.

Learning Objectives

- » Overview of Mindfulness
- » Mindfulness of the Body & Breathing
- » Obstacles to Mindfulness
- » Techniques for transforming Rumination in Depression
- » Mindfulness to help with Physical Pain

DAY 2 - FRIDAY, MAY 12, 2017

You will learn subtle techniques for working with defences and how to introduce forgiveness into healing work, and we will study several case examples brought in by the group.

Learning Objectives

- » Working with Difficult Emotions
- » Spirituality & Clinical Practice
- » Working with Difficult Thoughts
- » Mindful Interactions
- » The Existential Dimensions of the Personality



MICHAEL STONE, MA



AUTHOR

The Inner Tradition of Yoga
Yoga for a World out of Balance

Michael Stone, M.A., is a renowned speaker, psychotherapist, teacher and author. He illuminates the ancient teachings and practices of meditation in the language of contemporary psychology and medicine. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael also presents throughout the world as an acclaimed public speaker. His goal is to cultivate long-term relationships with serious students of yoga and Buddhism as he translates traditional meditative tools to facilitate their greater impact in the worlds of psychology, technology, economics, and ecology. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael teaches courses and workshops to clinicians (doctors, nurses, psychiatrists, palliative care workers, psychotherapists) that integrate Buddhist teachings and meditation practices with contemporary approaches to clinical work. Michael's academic background includes studies in psychology, psychoanalysis, philosophy and comparative religion.

Early Bird Deadline: April 27, 2017

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.

3 DAY MINDFULNESS INTENSIVE

BANFF, AB | MONDAY – WEDNESDAY, JULY 3–5, 2017 | 8:30 AM – 4:30 PM

Banff Park Lodge Resort | 222 Lynx Street

Most of us live our lives running from task to task, distraction to distraction...

Mindful awareness means paying attention to present moment experiences with openness, curiosity, and a willingness to be with what is. It is an excellent antidote to the stresses of modern times. It invites us to stop, breathe, observe, and connect with one's inner mental and somatic experience, while reducing reactivity. Scientific evidence suggests that we can change our brains by cultivating habits of mind that will improve well-being, including happiness, resilience, compassion and emotional balance. Each of these characteristics can be shaped and modified within our brain by experience and training.

From the clinical setting to the classroom, you will learn the theory and practice of mindfulness. Today's challenging health care environment puts

health care professionals at increased risk for stress and burnout. Research suggests that mindfulness and self-compassion training are powerful tools for promoting staff health and well-being, job satisfaction, and staff retention, and even for improving patient care and communication.

In twenty years of studying, practicing, and teaching Eastern meditative and Western psychotherapeutic disciplines, I have discovered that combining both paths is profoundly more effective than following one alone. Join me in discover the intersection of traditional "Eastern" maps of the mind, with the insight of Western psychology and medicine.

This experiential training integrates scientific research into clinical technique. We will alternate between theory, clinical presentations, group practice, and role-play.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - MONDAY, JULY 3, 2017

- » Contemporary mindfulness interventions for different populations and symptoms
- » Body-centered practices for working directly with trauma symptoms
- » How to Deepen Your Capacity for Presence
- » Building Your Capacity for a Wider Range of Emotions
- » Participants will understand the importance of cultivating an inner holding environment for strong emotions, grief and pain
- » Participants will learn visualization practices to help hold turbulent experience
- » Assess and identify the role of reactivity in psychotherapy process and treatment outcome

DAY 2 - TUESDAY, JULY 4, 2017

- » Demonstrate skill in managing one's presence, resilience and hindrances that may either encourage or block clients' treatment progress

- » Incorporate specific practices into daily routines as a practicing clinician, and build client's skills in doing so for themselves
- » Using dyads and small groups, we will alternate between theory and practice techniques, putting to work what we've learned

DAY 3 - WEDNESDAY, JULY 5, 2017

- » Four Tasks: A simple set of four practices that underpin the theory and application of mindfulness and self-compassion in clinical and educational settings
- » Strategies for transforming reactivity and dissociation
- » Exploring ways of having conversations about the spiritual dimensions of healing
- » You'll learn how to watch and quiet the mind. You'll learn to slow down
- » Further practices (in small groups) for introducing contemplative practice into your work

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.



MICHAEL STONE, MA



AUTHOR

The Inner Tradition of Yoga
Yoga for a World out of Balance

Michael Stone, M.A., is a renowned speaker, psychotherapist, teacher and author. He illuminates the ancient teachings and practices of meditation in the language of contemporary psychology and medicine. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael also presents throughout the world as an acclaimed public speaker. His goal is to cultivate long-term relationships with serious students of yoga and Buddhism as he translates traditional meditative tools to facilitate their greater impact in the worlds of psychology, technology, economics, and ecology. Internationally recognized as a transformative visionary, teacher and agent of social change, his work manifests the fusion of committed spiritual practice and mental health. Michael teaches courses and workshops to clinicians (doctors, nurses, psychiatrists, palliative care workers, psychotherapists) that integrate Buddhist teachings and meditation practices with contemporary approaches to clinical work. Michael's academic background includes studies in psychology, psychoanalysis, philosophy and comparative religion. He is the author of numerous books and his podcasts enjoy a large global audience. He lives with his family in British Columbia.

michaelstoneteaching.com

Early Bird Deadline: June 19, 2017



THIS TRAINING COMES WITH A COMPREHENSIVE READING KIT.

COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive Training

BANFF, AB | MONDAY – THURSDAY, JULY 17–20, 2017 | 8:30 AM – 4:30 PM

Banff Park Lodge Resort | 222 Lynx Street



FREE COPY OF DAVID BURNS' - SCARED STIFF DVD

\$187+TAX VALUE | 9 HRS | 5 Discs

Jack Hirose and Associates has proudly sponsored many of Dr. David Burns' two-day workshops over the past 10 years and during the past 7 years 1,500 therapists have attended Dr. Burns four-day intensives in Canada. The intensives will allow time for practice, individual attention, and exploring relevant personal and professional issues. He can describe it better than we can, so here's his personal invitation to you...

I have loved doing workshops throughout the United States and Canada over the past 15 years, and am grateful to the many thousands of mental health professionals who have attended and participated in them. However, I have concerns that although a two-day program may inspire the participants, it may not provide the hands-on training, supervision, and practice that are necessary to use these techniques effectively in real-world settings. That's why I was thrilled when Jack Hirose offered me the opportunity to do the four-day intensive workshop in Banff in the summer of 2017.

The 4-Day Intensive Training in Cognitive Behavioral Therapy will differ from my one-day or two-day workshops in several ways. First, the number of participants will be smaller than my usual workshops, leading to a much more intimate learning environment. You will get the chance to interact with me and with your colleagues in a friendly learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, the Five Secrets of Effective Communication, Paradoxical Agenda Setting, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you will have the opportunity to break off into dyads and triads to actually practice and master each technique.

Third, you will have the chance to work on some of your own issues as part of the learning process if you choose to do so. We're all human, and we all have the tendency to feel anxious, frustrated, ashamed, inadequate, or demoralized in the course of our work, which is inherently stressful and challenging. Although this will not be a therapy

group, but a training workshop, the personal "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Working on so-called "counter-transference" feelings has always been an important part of the psychotherapeutic tradition. It also has a spiritual basis: "Physician, heal thyself." I will not be looking for deep, personal issues you might be reluctant to share in a public setting, but rather the kinds of

problems we all encounter on a daily basis in our clinical work with clients who are angry, mistrustful, or profoundly depressed.

Fourth, we will cover a broad range of topics, including how to deal with: Depression and

Low Self-esteem; Anxiety Disorders; Relationship Problems & Addictions

This is important because patients rarely come to us with one specific problem, like "Panic Disorder." They nearly always suffer in many different ways, so we need a broad range of tools to be effective if we are to treat the whole person, and not just an isolated symptom.

Finally, we will work much harder, from early morning until late in the afternoon, giving the word "intensive" real meaning.

I have only had the chance to do about a dozen intensives in the past. They have been the most vibrant and inspirational teaching experiences I have ever had. There is no comparison, really, with one of my large, two-day workshops. I warmly invite you to attend the Intensive in Banff, Alberta if you possibly can. It promises to be one of the best learning opportunities of your career.

– David Burns, M.D.

“I can't imagine anyone being more caring about our learning, or more effective as a teacher.”

– Mary-Ann Gibson,
Battlefords Tribal Council Health



DAVID D. BURNS, M.D.



BEST SELLING AUTHOR

Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

David D. Burns, M.D. is an Adjunct Clinical Professor 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 *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. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him 'Teacher of the Year' on three occasions.

Early Bird Deadline: July 3, 2017

WHO SHOULD ATTEND

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

PREVIOUS ATTENDEE DISCOUNT

\$499+Tax – For individuals who previously attended and enrolled in the 4 day intensives with Dr. Burns and Jack Hirose & Associates and wish to further develop their therapeutic skills.

REGISTRATION FORM

Manitoba Workshops | Spring 2017

► STEP 1 – CONTACT INFO

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

► STEP 2 – WORKSHOP & APPLICABLE FEE

Fees do not include tax (5% GST).

Workshop Title					
Speaker					
City	Date				
	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
1 DAY WORKSHOP FEE					
Early Bird	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
2 DAY WORKSHOP FEE					
Early Bird	☐ \$399	☐ \$379	☐ \$359	☐ \$324	\$324
Regular	☐ \$419	☐ \$399	☐ \$379	☐ \$344	\$344
3 DAY WORKSHOP FEE					
Early Bird	☐ \$599	☐ \$569	☐ \$549	☐ \$499	\$499
Regular	☐ \$619	☐ \$589	☐ \$569	☐ \$519	\$519
4 DAY WORKSHOP FEE					
Early Bird	☐ \$799	☐ \$759	☐ \$729	☐ \$699	\$699
Regular	☐ \$819	☐ \$779	☐ \$749	☐ \$719	\$719

• Registration fee for previous attendees for Dr. David Burns' 4-Day Intensive is \$499 + taxes. All registrants for Dr. David Burns' 4-Day Intensive workshop will receive a complimentary "Scared Stiff" DVD valued at \$187.

• Early bird deadline is 14 days prior to the workshop date

† 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: MBSAVE10
registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: See Inner Pages 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.

WINNIPEG
BEST WESTERN PLUS AIRPORT
1715 Wellington Ave - 204-775-9889

BANFF
BANFF PARK LODGE
222 Lynx St - 1-800-661-9266

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 fourteen 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:
Jack Hirose & Associates Inc.
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North Vancouver, BC, Canada
V7H 0A6
T 604 924 0296 **F** 604 924 0239
TF 1 800 456 5424
E registration@jackhirose.com