

MAKING SENSE OF ANXIETY

And Related Problems

OTTAWA | NOVEMBER 1 & 2, 2017

Holiday Inn Ottawa East | 1199 Joseph Cyr St

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 focus of this workshop is the anxiety of our children and what we can do about this. The dynamics and insights however apply to all ages. 🌱

LEARNING OBJECTIVES

1. The anatomy and working model of the human alarm system
2. How to recognize anxiety in all its various manifestations
3. An updated and insight-based working definition of anxiety
4. Why anxiety is increasing in our children
5. Why current discipline methods are alarming our children
6. Addressing anxiety without relying on medication
7. What parents and teachers can do to help their anxious children

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

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

Session 3 - Working Model of Anxiety

- » 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

THE SCIENCE OF EMOTION

OTTAWA | NOVEMBER 3, 2017

Holiday Inn Ottawa East | 1199 Joseph Cyr St

There is much focus today on children's emotions. Constructs like emotional intelligence, emotional self-regulation and emotional well-being are being bandied about. 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 professionals. 🌱

LEARNING OBJECTIVES

1. Cultivate an appreciation of the pivotal role of emotion in development, perception & behaviour
2. Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
3. 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

Session 2 - Thwarted Expression

- » The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion

Session 3 - Feelings & Hurts

- » The second law of emotion is that emotion seeks consciousness

Session 4 - Balance & Self-Control

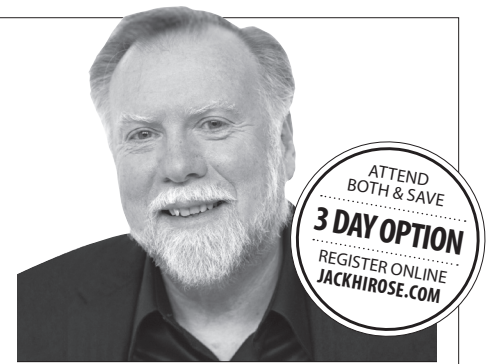
- » The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control

Session 5 - 5 Steps to Emotional Health & Maturity

- » The 5 stages in emotional development are outlined

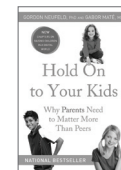
Session 6 - Viewing & Treating Troubling

Behaviours as Emotional Problems



GORDON NEUFELD, PH.D.

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.



BEST SELLING AUTHOR

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

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.

EARLY BIRD DISCOUNT - SAVE \$20!

REGISTRATION FORM

Gordon Neufeld Workshops | Fall 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 (13% HST).*

	INDIVIDUAL	GROUP 3-7	GROUP 8-14	GROUP 15+	FT STUDENT †
<i>Making Sense of Anxiety & Related Problems - Gordon Neufeld November 1 & 2, 2017</i>					
Early Bird (Before October 18)	☐ \$399	☐ \$379	☐ \$359	☐ \$324	\$324
Regular	☐ \$419	☐ \$399	☐ \$379	☐ \$344	\$344
<i>The Science of Emotion - Gordon Neufeld November 3, 2017</i>					
Early Bird (Before October 20)	☐ \$209	☐ \$199	☐ \$189	☐ \$179	\$179
Regular	☐ \$229	☐ \$219	☐ \$209	☐ \$199	\$199
<i>* 3 Day Option - Attend Both Gordon Neufeld Workshops November 1-3, 2017</i>					
Early Bird (Before October 18)	☐ \$579	☐ \$549	☐ \$519	☐ \$499	\$499
Regular	☐ \$599	☐ \$569	☐ \$539	☐ \$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

- \$10 OFF** ONLINE PROMO CODE: SAVE10ON
registration.jackhirose.com
- \$20 OFF** EARLY BIRD DISCOUNT
Deadline: See Step 2 for Deadlines.
- UP TO \$80 OFF** 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. Please note, a **\$10** manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. 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.

HOLIDAY INN OTTAWA EAST

1199 Joseph Cyr Street | 613-744-1060

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 your 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.

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