

2 Day Child & Youth Focused Workshop

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MANAGING ANXIETY AT HOME & AT SCHOOL

CALGARY
OCTOBER 30 & 31, 2018

LYNN LYONS, MSW, RSW



2 Day Child & Youth Focused Workshop

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THE NEUROPSYCHOLOGY OF LEARNING DISABILITIES

Developing Evidenced-Based Reading,
Writing & Math Interventions

CALGARY
NOVEMBER 1 & 2, 2018

STEVEN G. FEIFER, D.ED.



1 Day Workshop for all Professionals

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COMPASSION FATIGUE & BURNOUT

Prevention & Resiliency
for Mental Health &
Education Professionals

EDMONTON
NOVEMBER 5, 2018

ERIC GENTRY, PH.D.



2 Day Clinical Focused Workshop

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TRAUMA COMPETENCY TRAINING

EDMONTON
NOVEMBER 6 & 7, 2018

ERIC GENTRY, PH.D.

2 Day Clinical Focused Workshop

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2 DAY ADVANCED MINDFULNESS TRAINING

CALGARY
NOVEMBER 8 & 9, 2018

DONALD ALTMAN, M.A.



2 Day Clinical Focused Workshop

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ACCEPTANCE & COMMITMENT THERAPY

2 Day Intensive ACT Training

EDMONTON
NOVEMBER 27 & 28, 2018

JOHN P. FORSYTH, PH.D. & JAMIE R. FORSYTH, PH.D.



1 Day Clinical Focused Workshop

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2 DAY INTENSIVE TRAINING: DIALECTICAL BEHAVIOUR THERAPY

CALGARY
NOVEMBER 28 & 29, 2018

EBONI WEBB, PSY.D.



MANAGING ANXIETY AT HOME & AT SCHOOL

CALGARY | TUESDAY, OCTOBER 30 & WEDNESDAY, OCTOBER 31, 2018 | 9AM - 4PM

Executive Royal Inn Calgary | 2828 23rd Street NE

Anxiety is a persistent master. When it moves in, it takes over daily routines, learning, recreation, and social connection. To make matters worse, the things adults (including many therapists and school systems) do to help anxious children can actually make the anxiety stronger. All these children put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: one in every five kids suffer from a diagnosable anxiety disorder.

What we teach children about risk, danger, uncertainty, and problem-solving makes a huge difference in whether they go on to become

anxious or depressed teens and adults. In this workshop, you will explore concrete and often counter-intuitive strategies that educate children and adults about anxiety and provide an "umbrella approach" that is applicable to all the anxiety disorders and OCD. This workshop will demonstrate HOW to interrupt anxiety's cognitive patterns with simple, process-based strategies that offer an alternative to techniques that inadvertently support avoidance of anxious symptoms. Lynn will offer counsellors, teachers and parents proven strategies that help children push through anxiety, worry, fears and phobias so that they can move forward, learn and reach their full potential. ☀

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - OCTOBER 30

A Process-Based Approach to Anxiety

- » Three Critical Concepts
- » Patterns of Worried Families
- » Don't Do the Disorder

How to Intervene: Using the Puzzle Pieces

- » Getting Out of the Anxiety Cult
- » The Importance of Frontloading
- » Cognitive Patterns: The GCP's
- » Anxiety and Depression: Prevention and Connection
- » Experiential Learning and Homework

Schools, Accommodations, and Parents

- » Creating Effective Behavioural Plans
- » Case Studies and Common Issues

DAY 2 - OCTOBER 31

The Three Frames for Treatment and Prevention

- » Experience is Variable
- » The Value of Parts
- » Action Counts
- » The Challenge of Somatic Symptoms

Obsessive Compulsive Disorder:

The Importance of Process

- » Myths and Current Research
- » Diagnosis and Misdiagnosis
- » Creating a Family Plan
- » Anxiety, ASD, OCD: A Tangled Web
- » More Ideas and Interventions: Ways to Teach the Skills
- » Current research on medications
- » Final Questions

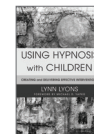
LEARNING OBJECTIVES

1. Create three interventions for anxious children that increase the amount of time spent in the classroom.
2. Illustrate the benefits of a process-based intervention versus a content-based intervention.
3. List three common mistakes made by school staff, parents and outside providers that strengthen anxiety.
4. Explain the pros and cons of relaxation and breathing skills when intervening with an anxious child.
5. Explain the potential limits of focusing on symptom elimination when working with anxious and depressed children.

“This workshop will be helpful to me both as a teacher and a parent. There are numerous strategies that I will implement in my classroom as well as my home to empower my own children. I even believe this will help me deal with anxiety issues that I have been experiencing in adult years.”



LYNN LYONS, MSW, RSW



CO-AUTHOR
Anxious Kids, Anxious Parents

AUTHOR
Using Hypnosis with Children

Lynn Lyons, MSW, RSW, has been a psychotherapist for over 26 years and specializes in the treatment of anxious children and their parents, with a special interest in interrupting the generational patterns of anxiety in families. She is the coauthor with Reid Wilson, Ph.D, of *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children* and the companion book *Playing with Anxiety: Casey's Guide for Teens and Kids*. She also created a self-help DVD program for parents entitled *Decreasing Anxiety: How to Talk to Your Anxious Child*. In addition to her private practice in Concord, Lynn presents internationally to professional organizations and school districts, offering workshops to mental health and medical providers, teachers, school nurses, and parents. She is known for her focus on providing concrete, usable skills and her integration of humor, homework, and clinical hypnosis.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: October 16, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$409	GROUP: 15+	\$349
GROUP: 3-7	\$389	FT STUDENT	\$349
GROUP: 8-14	\$369		

“Impressive Speaker. Informative. Real. Down to Earth. All ideas were so logical, and while probably really hard to do, doable! Thoroughly enjoyed this and learned so much both as an educator and as a parent, and as a spouse”

“What a refreshing look at dealing with anxiety. Very practical and useful steps to implement right away. Lynn Lyons' humour made looking at a tough topic easy to see and understand.”

THE NEUROPSYCHOLOGY OF LEARNING DISABILITIES

Developing Evidenced-Based Reading, Writing & Math Interventions

CALGARY | THURSDAY, NOVEMBER 1 & FRIDAY, NOVEMBER 2, 2018 | 9AM – 4PM

Executive Royal Inn Calgary | 2828 23rd Street NE

The fundamental aim of this course is to utilize cognitive neuroscience to better understand learning disorders in children. This workshop has been designed to examine reading, writing, and math disorders from a brain-based educational perspective. The primary learning objectives will be to classify learning disabilities into distinct subtypes based upon neural pathways in the brain. There will be a detailed discussion linking each learning disability subtype with scores of evidenced based interventions.

READING

The Neuropsychology of Reading lectures will examine reading from a brain-based educational perspective, and classify developmental reading disorders into four distinct subtypes. There will be a focus on multiple cognitive constructs involved with reading including phonological processing, working memory, executive functioning, and orthographical processing skills. A brief review of the Feifer Assessment of Reading (FAR) battery will be shared, as well as other key instruments used to screen and diagnose children with reading disorders and dyslexia.

WRITING

The Neuropsychology of Written Language lectures will examine the cognitive underpinnings

inherent within the writing process. There will be a discussion on national trends in written language, as well as gender differences in achieving proficient writing skills. In addition, three specific subtypes of writing disorders, with particular emphasis on how “frontal lobe” processes such as working memory and executive functioning impact each subtype, will be discussed as well. Lastly, five essential steps for effective written language instruction will be shared, as well as key assessment tools to evaluate written language disorders.

MATHEMATICS

The Neuropsychology of Mathematics lecture will explore how young children learn and acquire basic mathematical skills from a brain-based educational perspective. Specific pedagogical styles, the role of anxiety, and cultural differences in mathematics will be shared. There will be a discussion on three primary ways in which numbers are formatted in the brain, as well as the central role of language to expand upon conceptually ordered number sets. In addition, the role of working memory, visual-spatial reasoning, and executive functioning will be featured as core cognitive attributes to develop number sense in young children. Lastly, a brief review of the Feifer Assessment of Mathematics (FAM) battery will be discussed as well. ☺

WORKSHOP AGENDA – KEY TOPICS COVERED

The Neuropsychology of Reading Disorders

- » Defining developmental dyslexia
- » Four universal truths of reading
- » Establishing the main neurodevelopmental pathways for reading
- » Subtypes of reading disorders

Diagnosing & Remediating Reading Disorders

- » Interventions for dyslexia subtypes
- » Interventions for reading comprehension difficulties
- » General recommendations to increase reading fluency
- » Introduction to the Feifer Assessment of Reading

The Neuropsychology of Written Language Disorders

- » Prevalence of written language disabilities
- » Why do boys struggle more than girls in written language?
- » Eight core cognitive constructs underscoring written language

Diagnosing & Remediating Written Language Disorders

- » Is handwriting a lost art?
- » Five essential components to develop written language proficiency
- » Research based strategies to improve written language production

The Neuropsychology of Mathematics

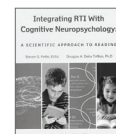
- » Where does Canada and the U.S. rank among mathematical performance compared to 72 industrialized nations?
- » What is developmental dyscalculia?
- » Four steps toward developing a math brain

Diagnosing & Remediating Math Disorders

- » Subtypes of mathematical learning disabilities
- » Interventions for math disorders
- » Websites and Apps to develop mathematical problem solving skills



STEVEN G. FEIFER, D.ED., ABSNP



AUTHOR

Integrating RTI with Cognitive Neuropsychology

Steven G. Feifer, D.Ed., ABSNP, is an internationally renowned speaker and author in the field of learning disabilities, and has authored seven books on learning and emotional disorders in children. He was voted the Maryland School Psychologist of the Year in 2008, and awarded the 2009 National School Psychologist of the Year. Dr. Feifer is a licensed psychologist currently employed at the Monocacy Neurodevelopmental Center in Frederick, MD, and also teaches in the ABSNP neuropsychology training program, as well as consults with numerous school districts.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: October 18, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$409	GROUP: 15+	\$349
GROUP: 3-7	\$389	FT STUDENT	\$349
GROUP: 8-14	\$369		

LEARNING OBJECTIVES

1. Differentiate “developmental dyslexia, dysgraphia, and dyscalculia” from other learning disorders, and discuss how schools can best screen for early learning pitfalls in children.
2. Introduce a brain-based educational model of reading, math, and written language disorders by classifying each disability into basic subtypes, with specific remediation strategies linked to each subtype.
3. Discuss the weaknesses in using an “aptitude-achievement” discrepancy model to identify learning disorders in children. Instead, a processing strengths and weaknesses model featuring eight core constructs associated with learning disorders in children will be featured.
4. Present case studies to help differentiate weaker learners from students with actual learning disabilities, and discuss targeted interventions for all students with academic learning issues.

COMPASSION FATIGUE & BURNOUT

Prevention & Resiliency for Mental Health & Education Professionals

EDMONTON | MONDAY, NOVEMBER 5, 2018 | 9AM - 4PM

Executive Royal Inn West Edmonton | 10010 - 178 Street NW

This workshop has been identified by hundreds of professionals as life changing, essential, and exhilarating. Join Dr. Eric Gentry, a recognized leader in the area of compassion fatigue, and learn evidence-based compassion, resiliency, and prevention skills drawn from the Accelerated Recovery Program for Compassion Fatigue and Burnout. Learn self-regulation-practical skills that are critical to your being maximally effective with your clients and students and improving treatment outcomes. For the past 30 years, research has been steadily accumulating to demonstrate that caring has its costs. We now know that working with others who suffer from mental illness, addiction, pain, abuse, social deprivation, and trauma have negative effects on the caregivers many of which are potentially debilitating. Compassion fatigue has been identified as a cause for symptoms of depression, anxiety, chemical dependency, eating disorders, relational problems, psychological disorders, and suicide among professionals. If practitioners know how to effectively prevent and conquer stress, burnout, and compassion fatigue, they become more effective and productive. In this workshop, you will learn powerful tools (the anti-bodies) that are critical for professional resiliency and integrate them into your practice immediately. Additionally, you will leave with techniques to teach and help your clients/students improve their lives. This workshop integrates the latest research and practice wisdom to help you reclaim the satisfaction, hope, and inspiration of professional care giving. 🌱

LEARNING OBJECTIVES

1. Understand the causes, treatment, and prevention of compassion fatigue, burnout, secondary traumatic stress, caregiver and teacher stress, countertransference, and vicarious traumatization
2. Explain how compassion fatigue erodes professional resiliency
3. Implement skills for successful self-regulation
4. Demonstrate an increased capacity to remain comfortable and maximally effective regardless of external demands
5. Develop a personalized professional moral compass for the starting point for professional maturation and resiliency

2 Day Clinical Focused | 12 CEUs | 9am - 4pm

TRAUMA COMPETENCY TRAINING

EDMONTON | TUESDAY, NOVEMBER 6 & WEDNESDAY NOVEMBER 7, 2018 | 9AM - 4PM

Executive Royal Inn West Edmonton | 10010 - 178 Street NW

This two-day seminar delivers the bio-psycho-social aspects of traumatic stress, traumatic grief, & traumatic loss. Mental health professionals are on the front lines and, in many cases, have the initial contact with the individual(s) who has experienced traumatic stress. Clinicians are routinely called upon to serve survivors of major disasters, war, childhood physical and sexual trauma, rape, violent crime, and other forms of traumatic events. Participation in this workshop leads to a holistic and systemic understanding of traumatic stress and provides skills for immediate use in a variety of clinical settings. How people respond to traumatic stress is an individual matter based on a number of factors including psychological, emotional, social, cultural, biological, spiritual, and familial. The two-day training will involve an analysis of the various defense mechanisms and other coping skills individuals employ during and following the experience of traumatic stress.

Key approaches and interventions include:

Crisis intervention • Critical incident stress debriefing • Cognitive Behavioural Therapy
EMDR • Sensorimotor approaches

This training provides take-away evidence-based, best-practice clinical interventions and techniques for the Assessment, Safety & Stabilization, and Remembrance & Mourning phases of trauma treatment. In addition, completion of this two-day seminar meets the educational requirement when applying to become a Certified Clinical Trauma Professional (International Association for Trauma Professionals, www.traumapro.net). 🌱



ERIC GENTRY, PH.D.



AUTHOR

*Trauma Therapy:
Healing the Moral Wound*

Eric Gentry, PH.D., is an internationally recognized leader in the field of disaster and clinical traumatology, having trained thousands of professionals and paraprofessionals worldwide in the treatment of traumatic stress. His doctorate is from Florida State University where he studied with Professor Charles Figley, one of the pioneers of traumatic stress. Dr. Gentry was one of the original faculty members of the Traumatology Institute and later became the co-director of the International Traumatology Institute at the University of South Florida. Dr. Gentry, along with Dr. Anna Baranowsky, is the co-author and co-owner of the Traumatology Institute Training Curriculum—17 courses in field and clinical traumatology leading to seven separate certifications. He is also a founding board member and vice-president of the International Association of Trauma Professionals (IATP). Dr. Gentry has been a clinical member of several CISM teams and has provided assistance in many different disaster and critical incidents.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: October 22, 2018

EARLY BIRD REGISTRATION FEES

COMPASSION FATIGUE	TRAUMA COMPETENCY TRAINING
INDIVIDUAL \$229	INDIVIDUAL \$409
GROUP: 3-7 \$214	GROUP: 3-7 \$389
GROUP: 8-14 \$199	GROUP: 8-14 \$369
GROUP: 15+ \$179	GROUP: 15+ \$349
FT STUDENT \$179	FT STUDENT \$349

SAVE!
**ATTEND BOTH
ERIC GENTRY
WORKSHOPS**

INDIVIDUAL \$579
GROUP: 3-7 \$549
GROUP: 8-14 \$519
GROUP: 15+ \$499
FT STUDENT \$499

2 DAY ADVANCED MINDFULNESS TRAINING

CALGARY | THURSDAY, NOVEMBER 8 & FRIDAY, NOVEMBER 9, 2018 | 9AM – 4PM

Executive Royal Inn Calgary | 2828 23rd Street NE

In this in-depth, two-day workshop, national mindfulness teacher and author Donald Altman will demonstrate a variety of powerful clinical tools—from grounding and attention focusing skills to metacognitive awareness and mindfulness skills—for helping clients to rewire the brain as they overcome clinical anxiety, depression, chronic pain, PTSD, addictive cravings, and stress-related symptoms. One in four Canadians will suffer from at least one anxiety disorders in their lifetime. Anxiety disorders, clinical depression and chronic pain can shatter clients lives and relationships. This highly experiential workshop utilizes practical and evidence-based mindfulness tools that radically alter clients' habitual and conditioned reactions to these and other forms of suffering.

Drawing upon brain science and concepts from Interpersonal Neurobiology, this workshop will make brain science easy to understand for your clients. You'll be able to clearly demonstrate for clients

how they can regulate emotions and rewire their brains through practices such as focused attention, selective memory, and strengths-based storytelling. In addition, you will learn how to adapt these many tools for different populations in order to create a clear roadmap to wellness for clients. In all, this two-day training will have you returning to your practice with a comprehensive menu of transformative mindfulness tools to draw from—and that clients can use to regulate emotions and find calm.

Donald is known for creating compelling experiential and participatory trainings. Whether you are experienced in mindfulness or are new to these techniques, this special two day workshop is certain to get you enthused and excited about experiencing and using mindfulness for joy, calm, and healing in your own life, as well as in your therapy practice. You won't want to miss out on this unique mindfulness training opportunity. ☸

WORKSHOP AGENDA – KEY TOPICS COVERED

Mindfulness & Cutting Edge Research

- » Mindfulness as a metacognitive skill
- » Negative effects of a wandering mind
- » Breathing reduces rumination and anxiety
- » Useful (and free) web resources

Introduce Mindfulness to Your Clients

Expand Your Mindfulness Vocabulary

- » Help clients understand mindfulness
- » Find the right metaphor
- » Using clients' learning styles
- » *Practice: Getting into the Present Moment

The Power of Sense Grounding

Anxiety reduction with sense grounding

- » Mindfulness for transitioning between activities
- » Physical grounding method of dropping into the body
- » Integrates progressive muscle relaxation
- » Good for spatial, visual, hands-on learning styles
- » *Practice: Palm the Present Moment

Brain Basics, Metacognition, and Interpersonal Neurobiology, Emotional Regulation for Depression and Anxiety

- » Balance the brain's default survival mode
- » Effects of cortisol on learning and immune system
- » Visual Brain Model for clients
- » The brain's mindfulness module
- » Train the brain for calm response and metacognition

- » Navy Seals, arousal control & parasympathetic nervous system
- » Heart rate variability & relaxation response
- » *Practice: The Power of Breath
- » Enhancing effectiveness of a breathing practice
- » *Practice: Ask Clients the 3-Minute Question

The Behavioural Side of Mindfulness Core lifestyle skills awareness training

- » Sleep hygiene
- » Managing sleep
- » Sleep rituals and strategies
- » Healthy eating/nutrition
- » Caffeine, protein, neurotransmitters, and the brain
- » Exercise
- » Manage Technology
- » How weapons of mass distraction may be rewiring the brain
- » *Practice: Assessment of Technology and Time
- » Focus the mind (useful for ADHD)
- » Integrate breath with a word/image
- » *Practice: Be the Pebble

Mindful Laughter for Depression and Grief Tools for the "terminally serious"

- » Research on laughter and mood
- » Biochemistry of laughter & human laughter response
- » Laughter yoga and laughter in therapy
- » *Practice: The Lightness of Laughter



DONALD ALTMAN, M.A.

Donald Altman, M.A., was a staff writer for an EMMY-Award winning children's television show ("The Magic Door," CBS Chicago), won an American Medical Writer's Association Award and has had articles appear in *New Age Journal*, the *Los Angeles Times*, and *Independent Business Magazine*. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: October 25, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$409	GROUP: 15+	\$349
GROUP: 3-7	\$389	FT STUDENT	\$349
GROUP: 8-14	\$369		

LEARNING OBJECTIVES

1. Describe and define mindfulness in a more broad way for the client
2. Summarize the basics lessons of Interpersonal Neurobiology and how mindfulness can rewire the brain
3. Explain the effects of stress and cortisol, and how diaphragmatic breathing turns on the parasympathetic nervous system
4. Demonstrate how to use stories as a way to shift awareness, enhance relationships, and recognize strengths
5. Use key mindful body practices that lead to better self-care and cognitive brain function
6. Describe multiple evidence-based methods for shifting attention that produce greater positive emotions moment by moment
7. Discuss the difference between 'good' and 'bad' stress, and the 4-methods for reducing stress

ACCEPTANCE & COMMITMENT THERAPY

2 Day Intensive ACT Training

EDMONTON | TUESDAY, NOVEMBER 27 & WEDNESDAY NOVEMBER 28, 2018 | 9AM – 4PM

Double Tree by Hilton West Edmonton | 16615 109th Ave NW

How often do you review your appointment calendar and start wondering how you're going to, finally, help a regular client who seems to progress for a while – and then regress?

Each time he/she arrives, you use the same tools and techniques you've used for so long – and mostly successfully – but this one client is testing your skills. Now, you can begin to integrate Acceptance and Commitment Therapy (ACT) into your practice – and see improved outcomes.

Researched and developed by world-renowned researcher, speaker and author Steven Hayes, PhD, ACT has fast become the treatment approach that gets to the heart of human suffering and what is needed to restore psychological health and wellness.

Join ACT experts, Drs. John & Jamie Forsyth for this workshop where you will develop highly practical, evidence-based skills, case conceptualization techniques, and powerful therapeutic strategies that will help you when working with a broad range of mental health concerns including:

- Anxiety Issues
- Post-Traumatic Stress Disorder
- Mood Disorders
- Substance Abuse
- Anger Management
- Trauma
- Personality Disorders
- And many more!

View this intensive, engaging and transformative workshop and start a new path for healing you can use with your most difficult clients. ☘

1. Cultivate fluid and flexible use of ACT in practice
2. ACT techniques for a broad range and severity of mental health disorders
3. An interactive workshop including experiential exercises, demonstrations, clinical worksheets and practical tools
4. Transformative for you and your clients!

WORKSHOP AGENDA – KEY TOPICS COVERED

ACT Model and Case Conceptualization

- » Centering Exercise
- » Why It's Hard Being Human
- » Pervasiveness of Human Suffering
- » The Light and Dark Side of Language & Cognition
- » ACT Case Conceptualization

Use Creative Hopelessness to Weaken the Control Agenda

- » Why Creative Hopeless in ACT?
- » Exploring Workability
- » Establishing Creative Hopelessness
- » Exercise and Role Play:
Tug of War with Anxiety Monster

Do Effective Values Work in ACT

- » The Nature of Values in ACT
- » Distinguishing Values from Goals
- » Connecting with Values

Cultivate Mindful Acceptance & Defusion

- » Opening Up:
The Nature of Mindful Acceptance in ACT
- » Exercise: Getting in Contact with the Present
- » Exercise: Take Your Mind for a Walk
- » Exercise: Acceptance of Thoughts & Feelings
- » Self as Context vs. the Conceptualized Self

Nurture Self-Compassion, Willingness, and Value-Guided Action

- » Self-Compassion and Kindness – Powerful Antidotes to Suffering
- » Exercise: Loving Kindness Walking Meditation
- » Exercise to Nurture Self-Compassion:
Tonglen Practice
- » The Nature of Willingness
- » Exercise: Trying vs. Doing
- » Compassionate Exposure
in a Value-Guided Context

LEARNING OBJECTIVES

1. List of the three pillars of ACT
2. Define the ACT model of human suffering (six inflexahex processes)
3. Define the ACT model of psychological health (six inflexahex processes)
4. Explain a functional contextual approach to ACT case conceptualization



JOHN P. FORSYTH, PH.D.



CO-AUTHOR

Acceptance and Commitment Therapy for Anxiety Disorders

John P. Forsyth, Ph.D., is a clinical psychologist, professor, and directs the Anxiety Disorders Research Program at the University at Albany. He is an internationally renowned author, speaker, and trainer, and leads workshops worldwide on Acceptance and Commitment Therapy and mindfulness to cultivate psychological health and wellness. He is a Professor of Psychology at the university at Albany, State University of New York. Dr. Forsyth is the faculty director of the Anxiety Disorders Research Program.



JAMIE R. FORSYTH, PH.D.

Jamie R. Forsyth, Ph.D., is a clinical psychologist, a gifted clinician, clinical supervisor, and trainer, with expertise in the use of Acceptance and Commitment Therapy with severe forms of psychological suffering (e.g. schizophrenia, personality disorders) in both inpatient and outpatient settings. Her work, grounded in evidence-based know-how offers unique insights into the subtle nuances of ACT as it unfolds in life and mental health settings. She is a member of the teaching faculty at the Esalen Institute.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: November 13, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$439	GROUP: 15+	\$379
GROUP: 3-7	\$419	FT STUDENT	\$379
GROUP: 8-14	\$399		

2 DAY INTENSIVE TRAINING: DIALECTICAL BEHAVIOUR THERAPY

CALGARY | WEDNESDAY, NOVEMBER 28 & THURSDAY, NOVEMBER 29, 2018 | 9AM – 4PM

Executive Royal Inn Calgary | 2828 23rd Street NE

Dialectical Behaviour Therapy (DBT) is one of the most empirically-supported therapies available to address many clinical disorders, even beyond Borderline Personality Disorder. Some of the key symptoms that DBT skills addresses includes confusion about the self, interpersonal chaos, mood lability, and impulsive behaviours. Studies have demonstrated that participation in skills groups for a year which allows for two rounds of the skills series increases client's use of skills and decrease in dysfunctional coping behaviours and improved self-awareness. Teaching the DBT skills to clients easily dysregulated allows them to experience self-confidence and competence to manage their lives more effectively and develop sustaining relationships in many areas of life (e.g. marriage, work, school, etc.)

The skills modules of DBT provide a wonderful introduction into the comprehensive world of DBT treatment. Learning and teaching DBT skills in either an individual or group format will equip your clients to build a solid foundation for a meaningful life. This course will provide you with the philosophy and format to teach all four standard DBT modules as well as two extra supplemental modules that can deepen you and your client's respective skills toolkits.

Validation is a primary intervention to:

- Reduce acute emotionality
- Provide gentle exposure to emotions
- Provide a corrective validating environment (and new learning)
- Create a bridge to learning self-validation
- Open the client up to change interventions

Mindfulness (non-judgment and acceptance) is taught to:

- Reduce amplifying emotions
- Reduce escape and avoidance of emotions
- Create qualitatively different and effective experience of emotions

Distress Tolerance is taught to:

- Provide healthy ways of coping with emotions when needed

Emotion regulation is taught to:

- Understand how emotion happen
- Reduce vulnerability to intense emotions
- Increase opportunities for positive emotions
- Assist in stepping out of ineffective mood-congruent behaviours

WORKSHOP AGENDA – KEY TOPICS COVERED

Neurobiological Building Blocks

- » Why DBT skills?
- » Trauma and Development
- » The benefit of top-down and bottom-up process learning

Creating the Learning Container

- » Importance of skills as a form of self-advocacy and consultation
- » Setting up a group
- » Establishing safety
- » Making the environment conducive for learning

The Foundational Skills: Mindfulness & Dialectics

- » Dialectical skills framework
- » States of Mind
- » WHAT skills
- » HOW skills

Naming to Tame: Emotion Regulation

- » How emotions work in the body
- » 10 Universal emotions

- » Emotion action decision tree
- » Opposite action
- » Caring for the body
- » Resourcing the body with positive experiences and building mastery

Thriving in a Crisis: Distress Tolerance & Self-Compassion

- » Grounding: Self-Soothe
- » Skillful Distractions: ACCEPTS
- » Crisis Integration: IMPROVE
- » Pros and Cons
- » Radical Acceptance

Connection in Community: Interpersonal Effectiveness

- » Wired for connection
- » FAST skills
- » GIVE skills
- » Validation (Self & Others)
- » Prioritizing Self and Others



EBONI WEBB, PSY.D.



OWNER

*The Village of Kairos.
Offering services to families
in crisis.*

Dr. Webb opened the private practice Kairos in Middle Tennessee in July 2010. Kairos, now The Village of Kairos, offers diverse DBT specializations including DBT for trauma-based disorders and co-occurring disorders. The Village of Kairos has expanded therapy programs, better known as Restorative Services, to include individual and group therapy sessions for adolescents, parents, families, and adults including in-the-moment coaching for patients. Dr. Webb earned her doctorate of Clinical Psychology from the Minnesota school of Professional Psychology.



EARLY BIRD | SAVE \$20!

Early Bird Deadline: November 14, 2018

EARLY BIRD REGISTRATION FEES

INDIVIDUAL	\$409	GROUP: 15+	\$349
GROUP: 3-7	\$389	FT STUDENT	\$349
GROUP: 8-14	\$369		

LEARNING OBJECTIVES

1. Learn each standard DBT skills module and two supplemental modules.
2. Learn creative and innovative techniques to keep client's engaged in today's technology-centered world.
3. Explore the different modes of skills groups to set up the most effective program for your practice.
4. Set up skills group treatment expectations and behavioural contracts.

“Eboni is a dynamic and knowledgeable presenter. She was able to maintain our interest through the use of information and personal stories. I learned a lot and I am intrigued to learn more.”

“Dr. Webb is amazing. Great examples and excellent presenter.”

STEP 1 – CONTACT INFO

Name

PositionSchool / Organization

Address

CityProvincePostal Code

Work Phone []Work Fax []

Email

STEP 2 – SELECT WORKSHOP

- ☐ **Managing Anxiety at Home and at School** - Lynn Lyons | Calgary, October 30 & 31, 2018
- ☐ **The Neuropsychology of Learning Disabilities** - Steven Feifer | Calgary, November 1 & 2, 2018
- ☐ **Compassion Fatigue & Burnout** - Eric Gentry | Edmonton, November 5, 2018
- ☐ **Trauma Competency Training** - Eric Gentry | Edmonton, November 6 & 7, 2018
- ☐ **Attend Both Eric Gentry Workshops in Edmonton** - Eric Gentry | Edmonton, November 5–7, 2018
- ☐ **2 Day Advanced Mindfulness Training** - Donald Altman | Calgary, November 8 & 9, 2018
- ☐ **Acceptance & Commitment Therapy** - John & Jamie Forsyth | Edmonton, November 27 & 28, 2018
- ☐ **2 Day Intensive Training: DBT** - Eboni Webb | Calgary, November 28 & 29, 2018

STEP 3 – WORKSHOP FEE | FIND FEES LISTED ON EACH PAGE

☐ Individual

☐ Group 3–7

☐ Group 8–14

☐ Group 15+

☐ Student

Fee	
Non Early Bird	+ \$20
Add 5% Tax	+
TOTAL	\$

• 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 4 – 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: SAVE10AB
registration.jackhirose.com



EARLY BIRD DISCOUNT
Deadline: See Workshop Page 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.

CALGARY

EXECUTIVE ROYAL INN CALGARY: 2828 - 23rd St NE - 888.388.3932

EDMONTON

EXECUTIVE ROYAL INN EDMONTON: 10010-178th St - 780.484.6000
DOUBLE TREE BY HILTON: 16615 109th Ave NW - 780.484.0821

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 for any workshop, intensive, or conference must be submitted by email at registration@jackhirose.com. Non-attendance at an event will not be grounds for any or partial refund /credit **under any circumstances**. We are sorry, exceptions to this will not be granted.

REFUND OPTIONS:

- 14 business days or more prior to the event: refund, minus a \$40 administration fee
- Less than 14 business days prior to the event: workshop credit, minus a \$40 administration fee
- Less than one full business day prior to the event: no refund or credit under any circumstances will be available.

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**.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



jack hirose & ASSOCIATES INC.
— JACKHIROSE.COM —

Complete & Return with Payment:

Jack Hirose & Associates Inc.
208-197 Forester Street
North Vancouver, BC, Canada
V7H 0A6

T 604 924 0296 F 604 924 0239
TF 1 800 456 5424
E registration@jackhirose.com