

Christine Dargon, Ph.D., having worked in clinical practice for over 20 years, now focuses her time on speaking and education. Her areas of clinical expertise include 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 also specialized in the treatment of eating disorders, anxiety disorders and mood disorders.



CHRISTINE DARGON, PH.D.

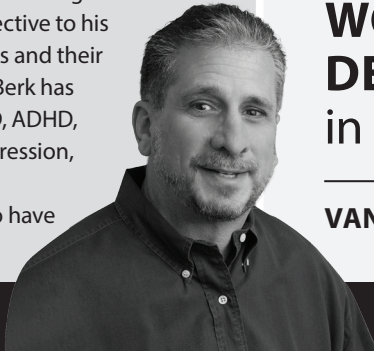
1 Day Child & Youth Focused Workshop

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

VANCOUVER | OCTOBER 19, 2018

! BC PROFESSIONAL
DEVELOPMENT DAY

Jay Berk, Ph.D., is a licensed clinical psychologist and an internationally recognized expert in the child/adolescent behavioural field who brings both a clinical and education perspective to his work with children, adolescents and their families. For over 25 years, Dr. Berk has been treating clients with ODD, ADHD, autism, anxiety and stress, depression, learning disabilities, Tourette's Syndrome and individuals who have Autism Spectrum Disorder.



JAY BERK, PH.D.

1 Day Child & Youth Focused Workshop

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES in Children & Adolescents

VANCOUVER | OCTOBER 19, 2018

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Leah Kuypers, OTR/L, M.A.Ed., earned a Bachelor of Science degree in Occupational Therapy from the University of Wisconsin-Madison, a Graduate Certificate in Autism, and a Master of Arts in Education from Hamline University in St. Paul, MN. She has practiced as an OT and specialist in school and clinical settings, specializing in self-regulation and social learning, and has worked with students of all ages and challenges, including anxiety, ADHD, and ASD.



LEAH KUYPERS, OTR/L

1 Day Child & Youth Focused Workshop

THE ZONES OF REGULATION A Concept to Foster Self-Regulation & Emotional Control

VANCOUVER | NOVEMBER 15, 2018



WEBINARS

With Specialists on Cutting Edge Topics

FOR MORE INFORMATION & REGISTRATION: **JACKHIROSE.COM**

TREATING ANXIETY DISORDERS IN CHILDREN & ADOLESCENTS

VANCOUVER | FRIDAY, OCTOBER 19, 2018 | 9AM – 4PM

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

This workshop is on a BC PROFESSIONAL DEVELOPMENT DAY

The increasing rate of stress and trauma to children, which includes divorce, family breakdown, violence in society, the media, and a failing school system, has produced a “shell shocked” generation suffering from anxiety in many cases. The challenge for educators and clinicians is to recognize anxiety in children and help them cope. Dr. Christine Dargon will teach you how and why anxiety develops in children and adolescents. She will present practical treatment strategies that can be applied immediately.

The seven key anxiety disorders along with case examples to be addressed include:

- Separation Anxiety Disorder
- Overanxious Disorder
- Social Anxiety Disorder
- Post-Traumatic Stress Disorder
- Panic Disorder
- Obsessive-Compulsive Disorder
- Phobias

Other co-occurring disorders (e.g. behaviour problems, medical conditions, depression, ADHD, learning disabilities, selective mutism) will also be discussed. Emphasis will be on creative interventions involving insight-oriented, cognitive-behavioural, biological, mindfulness, expressive arts and family systems approaches.☎

LEARNING OBJECTIVES

1. Demonstrate how to apply the “Three Ingredients” template for understanding how, why and when anxiety develops in children
2. Describe how to recognize and modify the sources of stress in children and adolescents
3. Explain the anxiety management skills to use with young clients and students
4. Identify effective treatment strategies for each of the seven key anxiety disorders
5. Identify steps that schools can take to reduce student anxiety

WORKSHOP AGENDA – KEY TOPICS COVERED

Nature and Causes of Anxiety

- » How anxiety develops in children
- » Three ingredients in all anxiety disorders
- » The “anxiety personality” – assets and liabilities
- » Seven Key Anxiety Disorders

Separation Anxiety Disorder

- » Panic disorder
- » Overanxious disorder
- » Obsessive-compulsive disorder
- » Social anxiety disorder
- » Phobias
- » Post-traumatic stress disorder

Co-Occurring Disorders

- » Depression
- » ADHD
- » Learning Disabilities
- » Selective mutism

Therapeutic Approaches

- » Cognitive-behavioural
- » Biological
- » Mindfulness
- » Expressive Arts
- » Family Systems Approaches

Interventions and Self-Regulation Strategies

- » The Floating Technique for panic anxiety
- » Exposure and Response Prevention (ERP) for OCD
- » Mindfulness for worry
- » Solution Focused Intervention for worry
- » Group therapy guidelines for social anxiety
- » Visualization Desensitization for separation anxiety
- » Three Questions Technique for parents struggling with child separation anxiety
- » Three Step Technique for managing children's stress
- » Yoga games and breathing techniques for relaxation training
- » Life Skills Program for generalized anxiety
- » Virtual Reality approach for phobias
- » Baby Buddhas meditations for anxious preschoolers

“Christine is very engaging! By far the best workshop I’ve ever attended. She focuses on practical concepts and not boring theories!”

WORKING WITH OPPOSITIONAL, DEFIANT & ANGER ISSUES

in Children and Adolescents

VANCOUVER | FRIDAY, OCTOBER 19, 2018 | 9AM – 4PM

Norman Rothstein Theatre, Jewish Community Centre | 950 West 41st Ave

This workshop is on a BC PROFESSIONAL DEVELOPMENT DAY

Children diagnosed with Oppositional Defiant Disorder (ODD) can present a monumental challenge to therapists, teachers, parents and siblings. ODD and other conduct problems are the single greatest reasons for referrals to outpatient and inpatient mental health settings for children, accounting for at least half of all referrals. Complicating the success of therapeutic interventions is the high rate of comorbidity with anxiety and depressive disorders or ADHD.

Current research also correlates a variety of cognitive skill deficits including executive function, emotional regulation, language processing, and social processing. These complicating comorbidities and correlations mean that ODD often requires multidisciplinary assessment and components of mental health care, case management, and educational intervention for students and clients to improve.

This dynamic workshop will address a full range of behavioural disturbances, from mild to severe, in order to identify the therapeutic techniques that have proven effective. Participants will review and discuss strategies which can be immediately applied across a variety of settings including home, community, social groups, classrooms, or therapeutic.

Participants will examine the intersection of ODD with a variety of issues such as trauma, ADD, learning disabilities, bipolar disorder, and depression and discuss how these affect and alter treatment decisions. Participants will leave this workshop with a much improved diagnostic and treatment approach to ODD and other behavioural disorders.

Benefits to Attending

- Beyond behaviour charts – Truly intervene with difficult behaviours
- Disruptive Mood Dysregulation Disorder & important DSM-5 updates
- The #1 reason families inadvertently fuel defiant behaviours
- How educators and clinicians may be fuelling exactly what they are trying to stop
- Why child/adolescent “terrorist behaviours” work
- Technology and behaviours... video games, electronic bullying, learning styles
- Case studies & experiences

LEARNING OBJECTIVES

1. Identify oppositional behaviour and causes.
2. Implement strategies with the child/adolescent who refuses to talk.
3. Describe why “regular” strategies (rewards, punishments) don’t work and ways to improve.
4. Differentiate oppositional behaviours caused by ASD and ADHD.
5. Design and implement intervention strategies to reduce passive aggressive, disruptive and violent behaviours.
6. Write and implement effective behaviour plans for the classroom.
7. Reduce the disruptive impact and risk to other children or adolescents in the classroom, family or group.

WORKSHOP AGENDA – KEY TOPICS COVERED

- » Today’s Impact on Behaviour in Children/Adolescents
- » The Impact of Medications
- » Why Children Become Oppositional & Defiant
- » Intervention Strategies to Reduce Passive Aggressive, Disruptive & Violent Behaviours
- » The Diagnosis of Oppositional Defiant Disorder
- » Intervention Strategies That Do Not Work & How to Fix Them
- » Related Issues/Disorders that Impact Oppositional Behaviours
- » Strategies to Work with Parents & Staff Members

“Jay was inspiring! He shared his high energy and vast knowledge with us with humor and interspersed activities that brought the concepts to us multi-dimensionally”

THE ZONES OF REGULATION

A Concept to Foster Self-Regulation & Emotional Control

VANCOUVER | THURSDAY, NOVEMBER 15, 2018 | 9AM – 4PM

Norman Rothstein Theatre, Jewish Community Centre | 950 West 41st Ave

Self-Regulation is a skill everyone needs to manage the daily trials and tribulations. Sometimes we become incapacitated to cope, and with all the pressures on our children and youth, all too often we are seeing more self-regulation needs in this general population. Managing emotions and monitoring behaviours is a particular challenge for some. Self-regulation skills need to be taught and learned so that our children and youth have the capacity to manage everyday conflicts, persevere under stress and maintain a mentally healthy state of being.

The Zones of Regulation (2011) curriculum, comprised of lessons and activities designed by Leah Kuypers, M.A.Ed., OTR/L to help students gain skills in the area of self-regulation. The lessons and learning activities are designed to help students recognize when they are in different Zones (states of alertness/moods) as well as learn how to use strategies to regulate the Zone they are in. In addition to addressing self-regulation, students will gain an increased vocabulary of emotional terms, skills in reading facial expressions, perspective on how others see and react to their behaviour, insight on events that trigger their behaviour, calming and alerting strategies, and problem solving skills.

Zones trainings provide strategies to teach students to become more aware of and independent to control their emotions and impulses, manage their sensory needs and improve their ability to problem solve conflicts. Practical ideas are provided that can easily be incorporated into the classroom or home.☎

LEARNING OBJECTIVES

Learner will demonstrate knowledge of self-regulation, including:

1. Identify the sensory systems that impact regulation
2. Describe sensory integration and its impact on modulation and regulation
3. Outline executive functions that frequently impact self-regulation
4. Define emotional regulation to include social cognition’s role in emotional expression
5. Reflect on the importance of using individual strategies to self-regulate
6. Demonstrate insight into the Zones of Regulation’s systematic way to teach students to self-regulate by:

• Citing strategies to identify level of alertness in self and others

• Describing how social and contextual cues are used to decipher expected display of emotions

• Describe strategies to adjust level of alertness/emotional display to match the demands of the environment
7. Identify ways to integrate the Zones into practice and generalize skills across settings

WORKSHOP AGENDA – KEY TOPICS COVERED

Introduction to Self-Regulation

- » What is self-regulation?
- » Development of self-regulation
- » Components of self-regulation

• Sensory and think, pair, share on their sensory lifestyle
- Executive Functioning
- Emotional Regulation
- Social Cognition

How We View Behaviour

- » Assessment and Data Collection

The Zones of Regulation Framework

- » Integrating theories and approaches
- » Defining the four Zones
- » Introducing the Zones to students

Zones Curriculum

- » Identifying the Zones in self and others
- » Identifying triggers
- » Zones and perspective taking
- » Exploration of tools for the Zones

• Sensory supports

• Calming techniques

• Thinking strategies
- » Reflection on personal Toolbox
- » When and how to use tools
- » Stop, Opt and Go problem solving

Implementing the Zones

- » Adapting to different population and settings
- » Using with other approaches

REGISTRATION FORM

British Columbia Workshops | Fall 2018

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 †
Treating Anxiety Disorders in Children & Adolescents - Christine Dargon Vancouver, Oct 19, 2018					
Early Bird (Before October 5)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
Working with Oppositional, Defiant & Anger Issues - Jay Berk Vancouver, October 19, 2018					
Early Bird (Before October 5)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
The Zones of Regulation - Leah Kuypers Vancouver, November 15, 2018					
Early Bird (Before November 1)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199

• 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 #	

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.

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: BCSAVE10
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.

GRANVILLE ISLAND HOTEL
1253 Johnston St - 604.683.7373

HOLIDAY INN VANCOUVER
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 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 registration.jackhirose.com/certificates. 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



Complete & Return with Payment:

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