

Lynn Lyons, MSW, RSW, is an internationally recognized psychotherapist, author, and speaker with a special interest in interrupting the generational patterns of anxiety in families. Her skill-based approach to anxiety focuses on the need to teach families about HOW anxiety works and what families can do to pull members out of the powerful "anxiety cult" that demands obedience to its need for certainty and comfort. Lynn's approach uses humor, playful connection, and a constant focus on DOING.



LYNN LYONS, MSW, RSW

2 Day Child & Youth Focused Workshop

MANAGING ANXIETY AT HOME & AT SCHOOL

SASKATOON | NOVEMBER 29 & 30, 2018

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. He conducts 15 social skills/mental health groups for children and adolescents and works daily with school and community professionals, families and parents. Dr. Berk continually consults for several school districts. In his private practice, in Beachwood, Ohio, he provides therapy for children, adolescents, families, testing and evaluation, school consultation as well as designed and facilitates alternative educational program.



"Dr. Berk is an exceptional presenter. This is the first workshop that I have attended and felt like the presenter has lived and worked with the material! Fantastic presenter and workshop!!"

JAY BERK, PH.D.

1 Day Child & Youth Focused Workshop

MENTAL HEALTH ISSUES IN THE CLASSROOM

Practical Strategies for Helping
Children & Adolescents Succeed

SASKATOON | NOVEMBER 1, 2018



1 Day Child & Youth Focused Workshop

HIGH FUNCTIONING AUTISM

Proven & Practical Interventions

SASKATOON | NOVEMBER 2, 2018



WEBINARS

With Specialists on Cutting Edge Topics

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

MANAGING ANXIETY AT HOME & AT SCHOOL

SASKATOON | THURSDAY, NOVEMBER 29 & FRIDAY, NOVEMBER 30, 2018 | 9AM – 4PM
Hilton Garden Inn Saskatoon Downtown | 90-22nd Street E

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.🕸

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

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - NOVEMBER 29

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 - NOVEMBER 30

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

“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.”

MENTAL HEALTH ISSUES IN THE CLASSROOM

Practical Strategies for Helping Children & Adolescents Succeed

SASKATOON | THURSDAY, NOVEMBER 1, 2018 | 9AM – 4PM

TCU Place | 35-22nd Street East

ATTEND BOTH JAY BERK WORKSHOPS & SAVE!

Join child/adolescent behavioural expert, Jay Berk, PhD, and learn how to best manage the students at your school diagnosed with Oppositional Defiant Disorder (ODD), Attention Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), mood disorders, anxiety and depression.

You will walk away with concrete, yet practical, strategies to successfully intervene with their serious behavioural issues, such as:

Anger & Outbursts • Meltdowns & Tantrums • Cutting & Self-Injury • Obsessive Compulsive Defiance • Truancy • Impulsivity • Rigidity • Sensory issues • Electronic addiction

Through case studies, video clips and dynamic class discussion you will learn:

- 30 second teacher strategies to manage challenging and disruptive behaviours
- New ways to reduce the costs of out-of-district placements
- How to engage students in class, increase productivity and reduce truancy
- Behavioural assessments and strategies for the IEP team
- Side-effects of common psychotropic medications
- How skill deficits from mental health conditions create behavioural difficulties
- Characteristics of at-risk students’ mental health problems
- Strategies to gain collaboration with clinicians

Leave the day with the “magic dust” you have been looking for to expedite rapid and effective changes in these children and adolescents!

LEARNING OBJECTIVES

1. Differentiate behavioural choices and mental health-driven behaviours.
2. Explain the effective uses of medications and potential side effects that can appear as misbehaviours.
3. Describe how to implement various school-based strategies, used in collaboration with community clinicians, to intervene when behavioural issues arise from mental health conditions.
4. Discuss how the multidisciplinary team can successfully discipline the special needs child using positive behaviour support.
5. Describe how IDEA relates to mental health issues and discipline.
6. List communication techniques that create a climate for success inside and outside the classroom.

WORKSHOP AGENDA – KEY TOPICS COVERED

Students with Mental Health Issues

- » Characteristics of at-risk students’ mental health problems
- » Mental health issues vs. intentionally disruptive behaviours

Strategies for ODD and Conduct Disorder Behaviours

- » Choices everyone can live with
- » What adults should never say, but usually do

Strategies for ADHD

- » Decrease impulsive behaviours with what YOU do
- » Drawing out the behaviours you want

Strategies for ASD

- » It’s all about social skills growth
- » Sensory solutions
- » Self-regulation techniques for ASD

Strategies for Anxiety

- » What to do about separation anxiety
- » Help their panic attack pass quickly

Strategies for Depression

- » School-wide program to promote compassions and a supportive culture
- » Getting them past their sense of helplessness

Strategies for Other Challenging Behaviours

- » Cutting and self-injury: What you really need to know to effectively intervene
- » Electronic addiction: Which kids are most susceptible and why

Disciplining the Special Needs Child/Adolescent

- » How IDEA relates to discipline
- » Rules for disciplining special education students
- » Techniques for positive behaviour support

HIGH FUNCTIONING AUTISM

Proven & Practical Interventions

SASKATOON | FRIDAY, NOVEMBER 2, 2018 | 9AM – 4PM

TCU Place | 35-22nd Street East

ATTEND BOTH JAY BERK WORKSHOPS & SAVE!

This intensive, full-day workshop provides proven intervention strategies, essential treatment tools, and behavioural techniques to help you analyze behaviours and actions, identify consequences for behaviours, and teach new skills to children, adolescents and young adults with high-functioning autism (HFA). Walk away with practical intervention techniques for social success, behaviour changes and overcoming challenging co-occurring behaviours that deliver success through adulthood.

The challenging co-occurring issues to be addressed include:

Social Skills • Communication • Sensory • Anxiety/Rigidity • Depression • Meltdowns & Tantrums
ADHD • OCD • Psychotropic Medications • Non-Compliance

Gain valuable insight into common psychotropic medications, including both the helpful effects and potentially problematic side effects, that these individuals are prescribed. We will explore HFA and the new DSM-5° diagnosis of Social-Pragmatic Communication Disorder. You will receive the necessary tools to gain effective collaboration between clinicians, educators and parents. Don’t just manage these individuals; provide interventions that lead to successful independence into their adult years!

LEARNING OBJECTIVES

1. Utilize several social skill interventions to improve long-term success for children/adolescents with HFA
2. Employ specific coping and calming techniques for children/adolescents with HFA
3. Identify medication side effects that can mimic behavioural issues and may even cause behavioural issues
4. Design effective strategies for successful transitions for children/adolescents with HFA
5. Select specific behavioural interventions that target the most difficult behaviours in children/adolescents with HFA
6. Summarize the DSM-5° diagnosis of Social-Pragmatic Communication disorder and design treatment interventions for each

WORKSHOP AGENDA – KEY TOPICS COVERED

DSM-5° and ICD-10 Updates

- » Social-Pragmatic Communication Disorder
- » Impact on service delivery (school/community)
- » Successfully link home, school and therapy
- » Co-morbid disorders: Why the difference is important

Social Skills Interventions

- » Improve social skill deficits
- » “Kid Cop” behaviours and why other kids get angry
- » How to get peers to recognize them in positive ways
- » Group activities that have a proven track record

Communication Interventions

- » Conflict resolutions that are effective in multiple settings
- » Help peers, siblings and parents relate
- » Verbal interventions that overload processing
- » Pragmatic language and other abstract issues

Sensory Interventions

- » Self-stimulation (appropriate & inappropriate)
- » Sensory strategies to avoid
- » Coping/calming techniques that reduce meltdowns

Anxiety Interventions

- » Anxiety reducing activities
- » How anxiety impacts rigidity
- » Help them “self-regulate”
- » Successful transitions

ADHD Interventions

- » ADHD vs. hyper-focus
- » How medications are often prescribed wrong
- » Specific triggers and what fuels the rage
- » Reduce aggressive and disruptive behaviours
- » Mistakes that escalate defiant behaviours
- » Overcome refusals to comply with even simple requests

Depression Interventions

- » Low mood vs. irritability in youth
- » Impact on flexibility and change
- » Therapy that works for people with HFA
- » Emergence in adolescence
- » Solitude vs. loneliness

REGISTRATION FORM

Saskatchewan 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 †
Managing Anxiety at Home & at School - Lynn Lyons Saskatoon, November 29 & 30, 2018					
Early Bird (Before November 15)	☐ \$409	☐ \$389	☐ \$369	☐ \$349	\$349
Regular	☐ \$429	☐ \$409	☐ \$389	☐ \$369	\$369
Mental Health Issues in the Classroom - Jay Berk Saskatoon, November 1, 2018					
Early Bird (Before October 18)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
High Functioning Autism - Jay Berk Saskatoon, November 2, 2018					
Early Bird (Before October 18)	☐ \$229	☐ \$214	☐ \$199	☐ \$179	\$179
Regular	☐ \$249	☐ \$234	☐ \$219	☐ \$199	\$199
2 Day Option Attend Both Jay Berk Workshops Saskatoon, November 1 & 2, 2018					
Early Bird (Before October 18)	☐ \$409	☐ \$389	☐ \$369	☐ \$349	\$349
Regular	☐ \$429	☐ \$409	☐ \$389	☐ \$369	\$369

* 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: SKSAVE10
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.

HILTON GARDEN INN SASKATOON DOWNTOWN

90-22nd Street E
306.244.2311

HOLIDAY INN SASKATOON DOWNTOWN

101 Pacific Avenue
306.986.5000

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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