



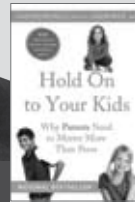
2 Day Child & Youth Focused Workshop

MAKING SENSE OF ANXIETY

SASKATOON, SK
MAY 16 & 17, 2016



GORDON NEUFELD
PH.D.



P.2 & 3

1 Day Child & Youth Focused Workshop

WORKING WITH STUCK KIDS

SASKATOON, SK
MAY 18, 2016

3 Day Child & Youth Focused Workshop

3 DAY INTENSIVE DEALING WITH ANXIETY DISORDERS

with School Age Children and Adolescents

CALGARY, AB
JULY 11-13, 2016



LYNN MILLER
PH.D., R.PSYCH.

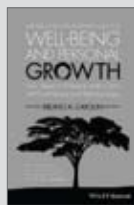
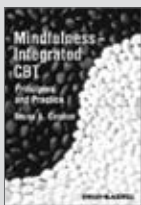
P.5

2 Day Clinical Focused Workshop

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

SASKATOON, SK
APRIL 25 & 26, 2016



BRUNO CAYOUN
D.PSYCH.

P.4

4 Day Clinical Focused Intensive

HIGH-SPEED TREATMENT OF DEPRESSION & ANXIETY DISORDERS

4 Day T.E.A.M. / Advanced CBT Intensive

RICHMOND, BC
JULY 6-9, 2016



DAVID D. BURNS
M.D.

P.6

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines



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.

MAKING SENSE OF ANXIETY

Child & Youth Focused
12 CEUs

SASKATOON, SK | MONDAY, MAY 16 & TUESDAY, MAY 17, 2016 | 9:00 AM – 4:00 PM

TCU Place | 35-22nd Street East

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 course 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.

Nearly a century ago, Sigmund Freud pinpointed the problem of anxiety as pivotal to making sense of ourselves. He wrote "... there is no question that the problem of anxiety is a nodal point at which the most various and important questions converge, a riddle whose solution would be bound to throw a flood of light on our whole mental existence" (Introductory Lectures on Psychoanalysis, 1917, page 393)

The time has finally come to be able to answer the problem of anxiety. What makes it possible now is that we currently have enough pieces of the puzzle to

create a coherent picture: a mastery of attachment theory, an understanding of human vulnerability, a working knowledge of attention, and the discoveries of neuroscience. Possessing the pieces are not enough however. It takes a theorist's mind to put the pieces together and a seasoned therapist's wisdom to test this model against human experience.

Neufeld has been uniquely positioned, not only to answer this question but also to understand the implications for our children. The picture that emerges from his integrative synthesis resonates with current research as well as natural intuition. The resulting solutions are surprising, not in that they are counter intuitive but rather that they run counter to the prevailing practice.

The focus of this course is the anxiety of our children and what we can do about this, both as a society and as the adults responsible for them. The dynamics and insights however apply to all ages.☺

WORKSHOP AGENDA – KEY TOPICS COVERED

The course is divided into two parts: theory and application. The first three sessions are dedicated to unfolding a model of anxiety that has universal application. Given that anxiety is such an enigma, shedding light on its roots is absolutely essential to addressing the problem.

The theory part of the course revolves around three conceptual keys that unlock the necessary insights. These keys come from three diverse scientific fields of knowledge: neurobiology, attachment and vulnerability. Only in bringing all these insights together does anxiety reveal its secrets.

Session I - Neuroscience of Anxiety

The focus of session one is the neuroscience of anxiety. The key discovery here is of a complex and comprehensive human alarm system. The anatomy of the alarm system is described along with how the alarm system is meant to work.

Session II - 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. A comprehensive understanding of attachment provides the insights required to make sense of what is happening on the neurobiological level. The third and final key to the puzzle however, it provided by vulnerability theory, as we realize that facing separation can be a vulnerability too much to bear.

Session III - Working Model of Anxiety

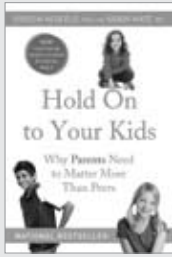
In this session, the insights are combined to create a working model of anxiety. The severity of defendedness gives rise to three kinds of alarm problems: anxiety-based, agitation-based, and adrenalin-based, with a whole spectrum of manifestations. The primary focus of this session however is understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties.

Session IV - Addressing Anxiety

In this final session, six surprising solutions are described for reducing the anxiety in our children. These solutions are not surprising once anxiety is understood, but they are surprising in that they run counter to most prevailing ways of dealing with anxiety.

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » How anxiety-based problems are related to agitation-based and attention problems and adrenalin-seeking behaviour
- » Appropriate and inappropriate ways we alarm our children
- » The role of the prefrontal cortex in anxiety
- » The role of attachment in anxiety
- » Why some children cannot see their dragons and treasures simultaneously
- » The three natural outcomes of alarm and how to foster them
- » Seven common themes in our obsessions and compulsions
- » Why we tend to feel anxious instead of alarmed
- » Why what alarms us can also blind us to the source of alarm



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 & 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.

WORKING WITH STUCK KIDS

Child & Youth Focused
6 CEUs

SASKATOON, SK | WEDNESDAY, MAY 18, 2016 | 9:00 AM – 4:00 PM

TCU Place | 35-22nd Street East

THERE IS MUCH FOCUS TODAY ON CHILDREN’S EMOTIONS. CONSTRUCTS LIKE EMOTIONAL INTELLIGENCE, EMOTIONAL SELF-REGULATION, EMOTIONAL well-being and emotional social learning are being bandied about like never before. 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 working with children and families. In this course, 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 helping professionals.

This material is absolutely foundational to an understanding of human nature. New revelations about the nature of emotion have shed fresh light on

the pivotal role of feelings in play, brain development, discipline problems, attention problems, mental health issues and much more.

In this course, Dr. Neufeld distils the current scientific knowledge on emotion to three basic laws and discusses the implications of each of these laws for parenting and teaching as well as the treatment of children. Neufeld also outlines five basic steps to emotional health and development so adults can foster emotional well-being and get to the root of such problems as alarm, anxiety, agitation, aggression, impulsiveness, lack of empathy, bullying, and so on. This course is powerful in the insight it provides as well as the changes it inspires.☺

WORKSHOP AGENDA – KEY TOPICS COVERED

Session I – Expression of Emotion

The first law of emotion is that emotion seeks expression. All emotions have a purpose that becomes thwarted when expression is denied or distorted. The two over-arching tasks of emotion are to bind us together and to grow us up. Although expression is spontaneous, impediments can be encountered.

Session II – Thwarted Expression

The adverse consequences of thwarted expression is discussed under five main topics: emotional dysfunction where emotion cannot do its work, distorted or displaced expression, depression as in flattened affect, failure to adapt to life circumstances, and troubling eruptions of emotion. The first challenge in dealing with problems rooted in emotion is to facilitate the expression of emotion without repercussion to a child’s working attachments.

Session III – Feelings and Hurts

The second law of emotion is that emotion seeks consciousness. Feeling is the conscious tip of emotion. Major impediments to feeling include lack of emotional expression, lack of heart language, and emotional defendedness resulting from hurt feelings. Unfortunately many children lose their feelings with dire consequences for their functioning and development. Our challenge for such children is to help them get their feelings back.

Session IV – Balance and Self-Control

The third law of emotion is that emotion seeks equilibrium, resulting in balance, stability and self-control. The mixing of emotions can only happen if emotion is first expressed and felt. The role of the prefrontal cortex is discussed as well as impediments to this spontaneous developmental process.

Session V – 5 Steps to Emotional Health & Maturity

The five stages in emotional development are outlined, with the challenges for children and adults in each stage. The primary pitfall of well-meaning adults is to focus on the developmental outcome rather than the process by which children get there. When it comes to emotion, rewarding or focusing on the desired end result will actually backfire, often resulting in deeper emotional problems.

Session VI – Viewing and treating troubling behaviours as emotional problems

Emotion has been eclipsed by such constructs as learning, discipline, disorder and even disease. Emotion has also been eclipsed by our focus on behaviour, reason and self-regulation. Only when we begin to reframe problems in the language of emotion can we find a way through. Various problems are looked at to illustrate the issues involved, including attention problems, anxiety problems, bullying and aggression.

LEARNING OBJECTIVES

- » Cultivate an appreciation of the pivotal role of emotion in development, perception and behaviour
- » Develop a language of emotion that can be used to reframe problems, lead to solutions, and provide access to intuition
- » Understand how emotional development unfolds, so as not to get caught in a battle against symptoms or sabotage the process by pushing for results
- » Be aware of the overall purpose of emotion as well as the purpose of individual emotions
- » Build a working model of emotion that can be applied across situations
- » Outline the five stages of emotional development so healthy maturation can be fostered
- » Be able recognize and address the emotional roots of behaviour problems

**3 DAY OPTION
ATTEND BOTH & SAVE**
SEE DISCOUNTED RATES ON THE BACK
AND ONLINE AT JACKHIROSE.COM

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

SASKATOON, SK | MONDAY, APRIL 25 & TUESDAY, APRIL 26, 2016 | 9:00 AM – 5:00 PM

TCU Place | 35-22nd Street East

MINDFULNESS INVOLVES PAYING ATTENTION TO WHAT IS BEING EXPERIENCED IN THE present moment, with a non-judgmental and non-reactive attitude.

Over a decade of careful research has led to the recognition among CBT researchers and clinicians that integrating mindfulness training with cognitive and behavioural interventions is a potent contribution to the treatment of a wide range of disorders. There is also evidence that the practice of mindfulness by therapists decreases their mental fatigue and the frequency of burnout and increases therapist effectiveness.

Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) is an evidence-based sophisticated integration of mindfulness core principles and traditional CBT. MiCBT consists of a four-stage treatment model applicable for a wide range of conditions and ages. It is based on the combination of traditional establishment of

mindfulness (Burmese Vipassana tradition) with solid and well-established principles of cognitive and behavioural traditions in the West.

The aim of this workshop is to introduce the integration of mindfulness training with core principles of Cognitive Behaviour Therapy to improve our way of addressing chronic conditions, crisis and prevent relapse in a wide range of psychological disorders. It will describe the important theoretical framework underlying MiCBT and introduce participants to the use of these skills across a wide range of chronic and acute conditions.

This workshop will expand our common understanding of operant conditioning and provide a strong neuro-behavioural basis for integrating mindfulness training with traditional CBT. It is also an opportunity to learn from the principal developer of MiCBT. No prior knowledge of mindfulness is assumed, but basic skills in cognitive and behavioural techniques are an advantage. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MONDAY, APRIL 25, 2016

Morning Session I

- » Brief overview of the MiCBT 4-stage program
- » Rationale for the inclusion of mindfulness in therapy: the co-emergence model of reinforcement

Morning Session II

- » Introduction to Stage 1: Mindfulness with breathing
- » Dynamics of intrusive thoughts

Afternoon Session I

- » Mindfulness of breath
- » Delivering the rationale for mindfulness to clients. Rapid distress reduction. Engaging clients in the treatment plan

Afternoon Session II

- » Introduction to Stage 2 of MiCBT: The Exposure Stage
- » Footage: Demonstration of Stage 2 delivery with client

End of Day

- » Homework for the week: Mindfulness of Breath – differences in approaches, posture, structural interference instruction mantras and visualization. Acceptability of homework

• DAY 2 - TUESDAY, APRIL 26, 2016

Morning Session I

- » Unilateral (“part-by-part”) body scanning
- » Neural substrates of mindfulness and neuroplasticity

Morning Session II

- » Introduction to Stage 3 of MiCBT: The interpersonal stage

Afternoon Session I

- » Case conceptualization and treatment planning with MiCBT

Afternoon Session II

- » Introduction to Stage 4 of MiCBT: Preventing relapse
- » Fill in learning outcome questionnaire

TEACHING APPROACH:

This workshop will involve learning material through various modalities, including:

- » *Lecture sections with PowerPoint*
- » *Guided practice of mindfulness meditation*
- » *Role-play*
- » *Group discussions*
- » *Video demonstration of MiCBT skills with clients during real-life therapy sessions*



BRUNO CAYOUN, D.PSYCH.

Bruno Cayoun, D.Psych. is Director of the MiCBT Institute, a registered training organization which trains accredits and supports MiCBT practitioners. He is a Clinical Psychologist in private practice and the principal developer of Mindfulness-integrated Cognitive Behaviour Therapy (MiCBT) and has been teaching this approach to mental health professionals in Australia, New Zealand, Hong Kong, Singapore, Canada and Ireland since 2003. He has practiced mindfulness meditation and undergone intensive training in mindfulness centers in France, Nepal, India, and Australia since 1989. Dr. Cayoun is also an Honorary Research Associate at the University of Tasmania and supervises mindfulness research in collaboration with several universities in Australia and New Zealand. He is the author of *Mindfulness-Integrated CBT: Principles and Practice*.



AUTHOR

Mindfulness Integrated CBT
Mindfulness-Integrated CBT for Well-Being and Personal Growth

LEARNING OBJECTIVES

- » Principles and skills in mindfulness practice
- » Theoretical fundamentals of mindfulness training
- » The use of mindfulness meditation to neutralise operant conditioning and improve therapeutic efficacy
- » How to engage the client in the treatment plan
- » What are the four stages of MiCBT
- » The use of mindfulness-based exposure skills
- » The use of mindfulness-based interpersonal skills
- » The use of mindfulness-based relapse prevention strategies

3 DAY INTENSIVE

DEALING WITH ANXIETY DISORDERS

with School Age Children and Adolescents

CALGARY, AB | MONDAY, JULY 11 to WEDNESDAY, JULY 13, 2016 | 9:00 AM – 4:00 PM

Executive Royal Hotel Calgary | 2828 23rd Street NE

AN ANXIETY DISORDER IS A LEVEL OF ANXIETY OR WORRY THAT INTERFERES WITH DAILY

functioning, either with peer relationships, academic performance, or in family routines. Interference can range from reluctance to go to school, to withdrawing from sports and extra curricular activities, to being completely home bound. Youth with anxiety disorders are shy, inhibited, and avoidant; helping personnel are typically very good at identifying anxiety in children but may not use the most effective interventions to support children and youth. Anxiety disorders are highly responsive to psychological intervention, allowing children and youth to learn skills to manage their lives. Unfortunately, the most effective therapeutic intervention skills are not used or taught, leading to more distress. The stresses in children's lives continue to mount, including bullying, excessive time spent on homework, increased gaming, premature sexuality, substance issues, family financial stress, and pressure of all sorts, leading to more anxiety.

The workshop provides the most current, evidence informed model for how anxiety develops in children and adolescents, and how therapists, health care providers and education professionals can engage kids and families in learning to manage anxiety. Practical diagnostic and treatment strategies can be applied immediately, using DSM-5 classification of anxiety. Emphasis will be placed on diagnosis and effective interventions for each anxiety disorder subtype. The following anxiety disorders will be addressed from a developmental approach: separation anxiety disorder (with school refusal), panic disorder with agoraphobia, generalized anxiety disorder (with perfectionism), obsessive-compulsive disorders including trichotillomania (hair pulling) and excoriation (skin picking), social anxiety disorder (including selective mutism), specific phobias, and post-traumatic stress disorders. Participants will have opportunities to present their own cases for feedback and treatment suggestions. ☎

DEAR WORKSHOP ATTENDEE,

Thank you for considering attending the "3 Day Intensive – Dealing with Anxiety Disorders with School Age Children and Adolescents" workshop. I love being able to work with educators and therapists over a 3-day period, having the time to go in-depth and practice skills and techniques focused on anxiety disordered behaviour in kids. One of the common complaints after a one-day workshop is that the information is useful but does not allow the depth of discussion, opportunity to practice skills and receive feedback, or understand applications of skills to differing presentations depending on a child's developmental level. Further, scientifically proven approaches working with children and teenagers using cognitive behavioural therapeutic (CBT) activities can feel cumbersome and dull. This workshop will teach fundamental techniques to implement immediately with children and their families in fun, interesting, and engaging ways. Due to my research background, the techniques and skills will be supported by the latest research studies in ways that are easy to comprehend. It can be daunting to keep up with the research and to read books on theoretical approaches; sometimes learning is more practical in an in-depth workshop! This 3-day workshop allows plenty of time for practice, reflection, and questions. You will be able to think about clients and working with typical problems and process the skills immediately. The 5 elements of CBT will be reviewed and applied to real clinical problems, beginning with accurate identification of anxiety disorders in school-aged children, to case formulation, to homework compliance, and relapse prevention.

Another concern I hear is that often speakers do not have an understanding of the unique challenges of the school system, the pressure on therapists due to other family issues, or the lack of resources available in our communities. I have worked in schools for all of my professional life, and I feel strongly that this environment is the best place to effect change with children who are struggling.

Finally, I understand that committing 3 days to professional development can feel like a huge sacrifice; I believe, however, that investing in this workshop in this format will have significant payoff in your ability to recognize and work effectively with the most commonly occurring mental health problem in children and adolescents – anxiety disorders.

- Lynn Miller, Ph.D.



LYNN MILLER, PH.D.

Lynn Miller, Ph. D., Licensed Psychologist (Colorado), Certified Cognitive Behaviour Therapist, and is an Associate Professor Emeritus in the Education and Counseling Psychology and Special Education department at the University of British Columbia. She started her career as a classroom teacher, and then worked as a school counselor K-12. She has over 30 years of clinical experience in a variety of settings including hospitals, community mental health centers, schools, and private practice. Her research team modified the evidence-based anxiety prevention curriculum (FRIENDS program). This modified protocol is now in use across Canada, and endorsed by the World Health Organization.



ASSOCIATE PROFESSOR EMERITUS
Education and Counseling
Psychology and Special
Education Department

LEARNING OBJECTIVES

- » Learn components of cognitive behavioural interventions and how to use immediately with children and youth
- » Understand how to support children and youth with various anxiety concerns in several environments including home, school and community
- » Practice techniques that are useful to implement immediately with an individual, small group, or large groups of children/youth
- » Become aware of resources in the community

WORKSHOP AGENDA

- DAY 1** **Morning:** Nature and Causes of Anxiety
Afternoon: Anxiety Disorder Subtypes and Skill Building
- DAY 2** **Morning:** Anxiety Disorder Subtypes and Skill Building Continued
Afternoon: Anxiety Disorder Subtypes, Assessment and Medication
- DAY 3** **Morning:** Medications and Research
Afternoon: Putting it all together

HIGH-SPEED TREATMENT OF DEPRESSION & ANXIETY DISORDERS

A Four-Day T.E.A.M. / Advanced CBT Intensive

RICHMOND, BC | WEDNESDAY – SATURDAY, JULY 6–9, 2016 | 8:30 AM – 4:30 PM

Kwantlen Polytechnic University - The Melville Centre For Dialogue Theatre | 8771 Lansdowne Rd



FREE COPY OF DAVID BURNS' - SCARED STIFF DVD
\$187+TAX VALUE | 9 HRS | 5 Discs

THIS ENTIRELY NEW INTENSIVE WILL TRANSFORM YOUR CLINICAL WORK AND ENLIGHTEN YOU

both personally and professionally. In the past several years, I have developed a new approach to psychotherapy called T.E.A.M. that can greatly accelerate recovery from depression and anxiety disorders. In fact, in many cases you will often see a dramatic or complete elimination of a client's symptoms in a single session, without medications. If you have ever dreamed of bringing extremely rapid healing to your patients, this is a workshop you won't want to miss.

T.E.A.M. is not just another new school of therapy, but a flexible, research-based, data-driven system for working with patients. **T.E.A.M. stands for Testing, Empathy, Agenda Setting and Methods -**

these are the effective ingredients of all successful psychotherapy, regardless of which school of therapy the therapist uses.

Teaching methods will include lecture, large and small group exercises, dramatic and inspiring video excerpts from actual therapy sessions, live demonstrations with audience volunteers, and opportunities to do your own personal healing as well. This intensive is intended to provide practical, hands-on experience, as well as a working knowledge of techniques you will be able to use right away in your clinical work. You will leave with fresh, new insights and powerful techniques that can revolutionize your practice. The intensives are the most rewarding learning opportunities that I have created. I hope you can join us! 🌟

GOALS

You and a select number of highly motivated healthcare professionals will receive at least 24 hours of training from one of America's most highly acclaimed teachers. Lectures, videos and live demonstrations by a master therapist will leave you with a richer appreciation of the practice of psychotherapy, and you will have opportunities to practice and master a variety of powerful, innovative tools you'll be able to use immediately in your clinical work. You will also have the chance to work on your own feelings of inadequacy so you will experience greater joy and satisfaction in your personal life as well as your clinical work.

FEEDBACK FROM PAST PARTICIPANTS

“This was an excellent workshop. This is the most practical application workshop I have ever been to. I'm excited to go back and start using the TEAM Model. Thank you, Dr. Burns is an inspiration to us all!”

– Patti Dekowny,
Social Worker, Saskatoon, SK

“Wonderful skills for both professional and personal growth. I wish this was taught at university. I experienced so many emotions and grew my knowledge tremendously. This is the most human approach to human issues. Thank you!”

– Angela Massiah,
Social Worker, Saskatoon, SK

“I am so grateful to have had your training session at the beginning of my counseling career. I feel hopeful and more prepared to provide effective therapy using your approach.”

– Diane Howe, Edmonton, AB



DAVID D. BURNS, M.D.

David D. Burns, M.D. is an Adjunct Clinical Professor Emeritus 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 *The 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. Dr. Burns was a pioneer in the development of cognitive-behavior therapy (CBT) in the 1970s, and his *Feeling Good* was instrumental in putting cognitive therapy on the map throughout the world. Now he has developed an even more powerful approach called T.E.A.M. that builds on CBT, but addresses some of the deficiencies in CBT as well as most other current forms of psychotherapy.



BEST SELLING AUTHOR

Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

LEARNING OBJECTIVES

- » Describe how T.E.A.M. therapy can trigger extraordinarily rapid, complete and lasting recovery from depression and anxiety
- » Master a wide variety of specific and highly effective clinical interventions in the treatment of depression and anxiety
- » Modify deeply held beliefs and schemas
- » Diagnose and reverse the most common types of therapeutic resistance
- » Utilize the “Acceptance Paradox” to trigger profound change in your patients and in yourself
- » Prevent future relapses and deepen therapeutic change

Webinar Course | 6 Week Training | 12 CEUs

EMOTIONALLY FOCUSED COUPLE THERAPY (EFT)

On Target Therapy - Numerous Positive Outcome Studies

PRESENTED BY PROFESSOR, RESEARCHER & CLINICAL PSYCHOLOGIST

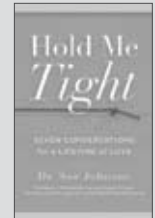
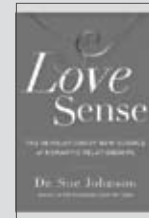
DR. SUE JOHNSON, ED.D.



**BEGINS
APRIL 5
2016**

AUTHOR

Love Sense & Hold Me Tight



FOR MORE INFORMATION AND REGISTRATION: JACKHIROSE.COM

..... THE MANITOBA

CBT+DBT CLINICAL SKILLS

..... CONFERENCE

JUNE 1-3, 2016

3 Days | Wed-Fri | 8:30AM – 4:00PM

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**EARN UP TO
18 CEUs
FOR 3 DAY
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OFF**

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**LEARN CLINICAL SKILLS FOR COGNITIVE BEHAVIOURAL THERAPY
& DIALECTICAL BEHAVIOURAL THERAPY
FROM SIX OF NORTH AMERICA'S LEADING EXPERTS**

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DEADLINE: MAY 18, 2016**

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► **STEP 1 – CONTACT INFO**

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.

► **STEP 2 – SELECT WORKSHOP & APPLICABLE FEE**

Making Sense of Anxiety - Gordon Neufeld | Saskatoon, SK | May 16 & 17, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 2, 2016)	<input type="checkbox"/> \$399 + 5% GST	\$384 + 5% GST	\$369 + 5% GST	\$324 + 5% GST
Regular	<input type="checkbox"/> \$419 + 5% GST	\$404 + 5% GST	\$389 + 5% GST	\$344 + 5% GST

Working With Stuck Kids- Gordon Neufeld | Saskatoon, SK | May 18, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 2, 2016)	<input type="checkbox"/> \$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST	\$179 + 5% GST
Regular	<input type="checkbox"/> \$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST	\$199 + 5% GST

3 Day Option: Attend Both Dr. Neufeld Workshops | Saskatoon, SK | May 16-18, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 2, 2016)	<input type="checkbox"/> \$599 + 5% GST	\$584 + 5% GST	\$569 + 5% GST	\$499 + 5% GST
Regular	<input type="checkbox"/> \$619 + 5% GST	\$604 + 5% GST	\$589 + 5% GST	\$519 + 5% GST

Mindfulness Integrated Cognitive Behaviour... - Bruno Cayoun | Saskatoon, SK | April 25 & 26, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 11, 2016)	<input type="checkbox"/> \$399 + 5% GST	\$384 + 5% GST	\$369 + 5% GST	\$324 + 5% GST
Regular	<input type="checkbox"/> \$419 + 5% GST	\$404 + 5% GST	\$389 + 5% GST	\$344 + 5% GST

3 Day Intensive, Dealing with Anxiety Disorders - Lynn Miller | Calgary, AB | July 11-13, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: June 27, 2016)	<input type="checkbox"/> \$599 + 5% GST	\$584 + 5% GST	\$569 + 5% GST	\$499 + 5% GST
Regular	<input type="checkbox"/> \$619 + 5% GST	\$604 + 5% GST	\$589 + 5% GST	\$519 + 5% GST

High-Speed Treatment of Depression & Anxiety Disorders - David Burns | Richmond, BC | July 6-9, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: June 22, 2016)	<input type="checkbox"/> \$795 + 5% GST	\$749 + 5% GST	\$695 + 5% GST	\$649 + 5% GST
Regular	<input type="checkbox"/> \$815 + 5% GST	\$769 + 5% GST	\$715 + 5% GST	\$669 + 5% GST

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.**

GROUP REGISTRATION

Groups do not have to work in the same school or agency. Group registration must be completed online at: www.registration.jackhirose.com.

► **STEP 3 – PAYMENT**

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person
8+ Registrants	\$20 off / person	\$30 off / person
15+ Registrants	\$50 off / person	\$75 off / person

All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **SKSAVE10** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

To receive the early bird rate, all workshop fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early-bird rate.

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop, \$190 on a two-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.

SASKATOON:

HILTON GARDN INN HOLIDAY INN SASKATOON
90-22nd St E | 306-244-2311 101 Pacific Ave | 306-986-5000

CALGARY: EXECUTIVE ROYAL HOTEL CALGARY

2828-23rd Street NE | 1-888-388-3932

RICHMOND: RAMADA VANCOUVER AIRPORT HOTEL

7188 Westminster Hwy | 604-207-9000

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. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

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

Automatically sent by email when participants register and pay online. 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

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



jack hirose
& ASSOCIATES INC.
— JACKHIROSE.COM —

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