



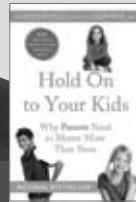
2 Day Child & Youth Focused Workshop

## MAKING SENSE OF ANXIETY

VANCOUVER, BC  
FEBRUARY 29 & MARCH 1, 2016



**GORDON NEUFELD**  
PH.D.



**\*NEW\***  
Suitable  
for Adult  
Focused  
Clinicians

P.2

1 Day Educators & Clinicians Focused Workshop

## MAKING SENSE OF EMOTIONS

VANCOUVER, BC  
MARCH 2, 2016

1 Day Child & Youth Focused Workshop

## WORRIES & WOES

*Dealing with Anxiety Disorders  
in School Age Children*

KELOWNA, BC  
APRIL 21, 2016

ABBOTSFORD, BC  
APRIL 22, 2016



**LYNN MILLER**  
PH.D., R.PSYCH.

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2 Day Intensive - Advanced Training

## UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

*Collaborative & Proactive Solutions*

LANGLEY, BC  
APRIL 27 & 28, 2016



**ROSS W. GREENE**  
PH.D.

P.4

2 Day Clinical Focused Workshop

## SHAME & SELF LOATHING IN THE TREATMENT OF TRAUMA

VANCOUVER, BC  
MAY 19 & 20, 2016



**JANINA FISHER**  
PH.D.

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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.

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**EARLY BIRD DISCOUNT - SAVE \$20!**

*See Registration Page for Deadlines*

# MAKING SENSE OF ANXIETY

VANCOUVER, BC | MONDAY, FEBRUARY 29 & TUESDAY, MARCH 1, 2016 | 9:00 AM – 4:00 PM  
Norman Rothstein Theatre | 950 West 41<sup>st</sup> Avenue

**THE ESCALATING LEVEL OF ANXIETY IN OUR CHILDREN BEGS FOR AN EXPLANATION AS WELL AS** a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety. The time has finally come to be able to answer the problem of 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
- » Why anxiety is increasing in our children
- » Addressing anxiety without relying on medication

## WORKSHOP AGENDA

- » Session 1 - Neuroscience of Anxiety
- » Session 2 - Anxiety, Attachment & Vulnerability
- » Session 3 - Working Model of Anxiety
- » Session 4 - Addressing Anxiety

**3 DAY OPTION  
ATTEND BOTH & SAVE  
SEE RATES ONLINE AT JACKHIROSE.COM**

# MAKING SENSE OF EMOTIONS

VANCOUVER, BC | WEDNESDAY, MARCH 2, 2016 | 9:00 AM – 4:00 PM  
Norman Rothstein Theatre | 950 West 41<sup>st</sup> Avenue

**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 workshop, Dr. Neufeld distills 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 children, adolescents and adults can foster emotional well-being and get to the root of emotional problems. 🌱

## LEARNING OBJECTIVES

- » 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

## WORKSHOP AGENDA

- » Session 1 - Expression of Emotion
- » Session 2 - Thwarted Expression
- » Session 3 - Feelings and Hurts
- » Session 4 - Balance and Self-Control
- » Session 5 - 5 Steps to Emotional Health & Maturity
- » Session 6 - Viewing & Treating Troubling Behaviours as Emotional Problems



**GORDON NEUFELD, PH.D.**

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

## 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 child, adolescent and adult clients 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.



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

# WORRIES AND WOES

*Dealing with Anxiety Disorders in School Age Children*

## KELOWNA, BC

THURSDAY, APRIL 21, 2016 | 9AM - 4PM

Kelowna Ramada Hotel | 2170 Harvey St

## ABBOTSFORD, BC

FRIDAY, APRIL 22, 2016 | 9AM - 4PM

Ramada Plaza Hotel | 36035 North Parallel Rd

### ANXIETY DISORDERS ARE THE MOST COMMON FORM OF PSYCHOLOGICAL DISTRESS REPORTED

by children and adolescents, and can interfere significantly in the lives of children. 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 homework, premature sexuality, family financial stress, and competition 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.

Participants will learn the fundamentals of CBT in fun and effective ways, leaving with practical skills to use with children, teens and families. Learn how to discriminate anxiety disorders from other mental health problems, and apply useful tools and techniques in a variety of settings. A workshop packet will include handouts for clients,

parents and teachers, recommended further reading, internet resources and reminders of all therapeutic techniques demonstrated in the workshop.

Learning activities will consist of lecture, PowerPoint presentation, demonstrations, video clips, experiential exercises, and discussion. ☁

*“Dr. Miller was engaging, highly knowledgeable, and professional. This workshop will enable me to better support my students and the parents I work with. Dr. Miller’s passion has inspired me to go ahead and pursue graduate studies in psychology.”*

– Ivy Waite, from Calgary

## WORKSHOP AGENDA – KEY TOPICS COVERED

### MORNING

#### Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » How anxiety develops in children and teens: Aetiology
- » Treatment: Cognitive-behavioral therapy (CBT) and its application to anxiety
- » Assessment
- » Medications and Research

### AFTERNOON

#### Anxiety Disorder (AD) Subtypes and CBT-Relevant Skill

- » AD: Specific Phobia
- » AD: Separation / School Refusal
- » AD: Obsessive Compulsive Disorder
- » AD: Social Phobia
- » AD: Panic Disorder
- » AD: Generalized Anxiety Disorder
- » AD: Post-Traumatic Stress Disorder
- » Differential Diagnosis
- » Engaging Parents
- » Summary and Q &A



**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. She completed her term as President of the Anxiety Disorders Assoc. of Canada. Dr. Miller is known for her knowledge and clarity, sense of humor, compassion, and engaging speaking style.



ASSOCIATE PROFESSOR EMERITUS  
Education and Counseling  
Psychology and Special  
Education Department

## LEARNING OBJECTIVES

- » Learn fundamentals of cognitive behavioural interventions (CBT) 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
- » Learn 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

# ADVANCED TRAINING – 2 DAY INTENSIVE UNDERSTANDING & HELPING BEHAVIOURALLY CHALLENGING KIDS

*Collaborative & Proactive Solutions*

LANGLEY, BC | WEDNESDAY, APRIL 27 & THURSDAY APRIL 28, 2016 | 9:00 AM – 4:00 PM  
Coast Hotel & Convention Centre Langley City | 20393 Fraser Highway

**THE 2 DAY INTENSIVE TRAINING PROVIDES PARTICIPANTS WITH THE OPPORTUNITY TO STUDY KEY** facets of solving problems collaboratively, including coverage and practice in specific areas of implementation in school and clinical settings. Because exposure to this model may vary amongst participants, some time will be devoted to reviewing and ensuring familiarity with the basic elements of the model but the training is conducted in a manner that provides maximum opportunities for questions, interactions, practice and discussion.

**Dear Prospective Participant,**

*I was thrilled when Jack Hirose offered me the opportunity to do a two day intensive training session in Langley in April 2016. The 2 Day Intensive is such a great way for educators and mental health professionals to get greater exposure to and practice in my approach to understanding and helping behaviourally challenging kids. My model has evolved and been refined over the past five years, so this advanced training offers a great way to stay abreast of the updates as well. The intensive format provides lots of opportunity for discussion, questions, and really exploring the more nuanced aspects of the model. The trainings makes extensive use of videotaped examples of key facets of Solving Problems Collaboratively, and are conducted in a manner that provides maximum opportunities for questions, practice, interaction, and discussion.*

*If you have been using the model – whether in your school, facility, or clinical practice – I do hope you'll join me in April. I'll do everything I can to make this an informative and enriching learning opportunity.*

*I look forward to seeing you!*

*- Ross W. Greene, Ph.D.*



**ROSS W. GREENE, PH.D.**

Ross W. Greene, Ph.D., is the originator of the *Collaborative Problem Solving* approach (now known as **Collaborative & Proactive Solutions**), as described in his influential books *The Explosive Child* (now in a completely updated fifth edition) and *Lost at School* (now in a revised second edition). He is also the Founding Director of the non-profit *Lives in the Balance* ([livesinthebalance.org](http://livesinthebalance.org)), which provides a vast array of free, web-based resources on his model and advocates on behalf of behaviourally challenging kids and their parents, teachers, and other caregivers. Dr. Greene served on the teaching faculty at Harvard Medical School for over 20 years (1992 to 2014), and is currently adjunct associate professor in the Department of Psychology at Virginia Tech. He lectures and consults widely throughout the world, and has authored articles, chapters, and research papers.

## LEARNING OBJECTIVES

- » Identification of lagging skills and unsolved Problems using the ALSUP
- » Providing a case formulation
- » Prioritizing unsolved problems
- » Use of the Plans framework Skilled “drilling for info” to clarify concerns
- » Dealing with roadblocks commonly encountered in implementation
- » What to do with kids who “won’t talk”
- » Strategies for “getting people on board” and “getting over the hump”
- » The sequence and process of change

## WORKSHOP AGENDA

**DAY 1**

- » Segment 1: Overview of Key Themes and Assessment of Lagging Skills and Unsolved Problems (ALSUP)
- » Segment 2: Video of ALSUP Being Used
- » Segment 3: Practice and Feedback on Using the ALSUP
- » Segment 4: The Plans and Plan B

**DAY 2**

- » Segment 1-3: Video of Plan B and Discussion
- » Segment 4: Video and Discussion of Plan B with Special Populations

## WHO SHOULD ATTEND

- K–12 Classroom Teachers
- School Counsellors/Psychologists
- Learning Assistance/Resource Teachers
- School Administrators
- School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers
- All other professionals who support students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

## FEEDBACK FROM PAST PARTICIPANTS

“ Ross Greene is a phenomenal speaker. I could attend everything he would be presenting. He is amazing in content, presentation and interaction with the class. This subject will change my life with my wife and son.”  
– Ross L, Edmonton, AB

“ Ross’s work is so excellent and so helpful. He always helps me to be a better psychologist for people with unsolved problems.”  
– Dr. Allan, Oakville, ON

**AUTHOR**  
*The Explosive Child*  
(5<sup>th</sup> Edition)  
*Lost at School*  
(2<sup>nd</sup> Edition)

# SHAME & SELF LOATHING IN THE TREATMENT OF TRAUMA

VANCOUVER, BC | THURSDAY, MAY 19 & FRIDAY, MAY 20, 2016 | 9:00 AM – 4:00 PM

Norman Rothstein Theatre | 950 West 41<sup>st</sup> Avenue

## SHAME OFTEN PREVENTS YOUR TRAUMATIZED CLIENTS' RECOVERY AND HAMPERS THEIR

ability to find relief and perspective despite effective treatment. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness.

Don't miss this rare opportunity to learn effective experiential exercises drawn from Sensorimotor Psychotherapy, from internationally renowned trauma expert Janina Fisher, Ph.D. Dr. Fisher will show you how to help clients relate to their symptoms with mindful dual awareness and curiosity rather than automatic acceptance. If you are frustrated with the lack of treatment success in your traumatized clients, this dvd will provide the solutions for long-term healing.

Despite your best efforts, unshakeable feelings of shame and self-hatred often undermine treatment: your clients repeatedly take two steps forward, then one step back. In this one of a kind workshop you will understand shame from a neurobiological perspective—as a survival strategy driving somatic responses of automatic obedience and total submission—enforced by the client's punitive introspection.

Complete this workshop and learn to integrate traditional psychodynamic and cognitive-behavioural techniques with Sensorimotor interventions that emphasize posture, movement and gesture. With these new techniques, issues of shame can become an avenue to transformation rather than a source of stuckness. Why does shame stick like glue for decades after trauma? 🐛

## WORKSHOP AGENDA – KEY TOPICS COVERED

### The Neurobiology of Shame

- » The role of shame in traumatic experience
- » Shame as an animal defense survival response
- » Effects of shame on autonomic arousal
- » Why shame is so treatment-resistant

### Shame and Attachment: It's Evolutionary Purpose

- » Shame and the attachment system
- » Rupture and repair in attachment formation
- » What happens to shame without interpersonal repair

### The Meaning of Shame in the Treatment of Trauma

- » Disgust, degradation, and humiliation interpreted as "who I am"
- » Cognitive schemas that exacerbate shame
- » Internal working models predict the future and determine our actions

### Treating Shame: Working from the "Bottom Up"

- » Sensorimotor Psychotherapy: Physiological state as the entry point for treatment
- » Regulating shame states with somatic interventions
- » Using mindfulness-based techniques to inhibit self-judgment

### Healing Shame: Acceptance and Compassion

- » Re-contextualizing shame as a younger self or part
- » Dual awareness of who we are now and who we were then
- » Getting to know our "selves"
- » Bringing our adult capacity to our childhood vulnerability

## FEEDBACK FROM PAST PARTICIPANTS

“What an amazing two days! I got more, on every level, than I hoped for. Many take away skills and Janina's sharing was so helpful. Her normalizing of the therapists' experiences was invaluable to me. Thank you!”

– Nicole Tarasiuk, Burnaby, BC

“Excellent workshop by an excellent presenter. Janina's skill, knowledge, and facilitation skills are superb. Her warmth and ability helped me to learn a lot.”

– Maija Wiik, M.A., Burnaby, BC



**JANINA FISHER, PH.D.**

Janina Fisher, Ph.D. is a Licensed Clinical Psychologist who specializes in the treatment of Complex Trauma and Dissociative Identity Disorder. In addition to her own private practice, she is a Consultant Psychologist at the Trauma Centre, an outpatient clinic and research center founded by Bessel van der Kolk. Known for her expertise as both a clinician and consultant, she is also past president of the New England Society for the Treatment of Trauma and Dissociation, an Approved EMDR Consultant with EMDR International (EMDRIA), a faculty member of the Sensorimotor Psychotherapy Institute and a former Instructor at Harvard Medical School. She is the author of numerous articles on the Treatment of Trauma and lectures nationally and internationally on topics related to the integration of Neurobiological Research and newer Trauma Treatment Paradigms into traditional therapeutic modalities.



**CO-AUTHOR**  
*Sensorimotor  
Psychotherapy*

## LEARNING OBJECTIVES

- » Describe the role of shame and self-loathing as symptoms of trauma
- » Identify the neurobiological effects of shame
- » Describe the role of negative cognitive schemas in perpetuating shame
- » Assess the physiological and cognitive contributors to shame
- » Apply somatic interventions drawn from Sensorimotor Psychotherapy that decrease shame
- » Practice memory processing, cognitive-behavioural and ego state techniques

# 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

Note: Because this is a new intensive, the agenda below is approximate. The specifics will evolve during the workshop to meet the needs of the audience.

## WORKSHOP AGENDA – KEY TOPICS COVERED

### • DAY 1 - JULY 6, 2016

#### Registration

8:00am – 8:30am  
(Continental Breakfast)

#### Morning Session

8:30am – 12:00 noon  
(Break 10:15am – 10:30am)

- » *Is single-session treatment possible?*
- » *The psychologist who believed she was a bad mother*  
(video with audience exercises)

#### Lunch

12:00 noon – 1:00pm  
(lunch not provided)

#### Optional Lunch Presentation TBA

12:30pm – 1:00pm

#### Afternoon Session

1:00pm – 4:30pm  
(Break 2:15pm – 2:30pm)

- » *Advanced Empathy Training*
- » *Healing Yourself, Part 1*

### • DAY 2 - JULY 7, 2016

#### Morning Session

8:30am – 12:00 noon  
(Break 10:15am – 10:30am)

- » *Healing Yourself, Part 2—Live Demonstration with participant from workshop*

#### Lunch

12:00 noon – 1:00pm  
(lunch not provided)

#### Optional Lunch Presentation TBA

12:30pm – 1:00pm

#### Afternoon Session

1:00pm – 4:30 pm  
(Break 2:15pm – 2:30pm)

- » *Why Do Patients and Therapists Get Stuck?—Resistance Revisited*
- » *Pinpointing Depression and Anxiety Resistance*
- » *Getting Unstuck: Melting Away Therapeutic Resistance*

### • DAY 3 - JULY 8, 2016

#### Morning Session

8:30am – 12:00 noon  
(Break 10:15am – 10:30am)

- » *Uncovering Techniques*
- » *Truth-Based Techniques*
- » *Interpersonal Exposure Techniques*
- » *Hidden Emotion Technique*

#### Lunch

12:00 noon – 1:00pm  
(lunch not provided)

#### Optional Lunch Presentation TBA

12:30pm – 1:00pm

#### Afternoon Session

1:00pm – 4:30pm  
(Break 2:15pm – 2:30pm)

- » *Externalization of Voices, Paradoxical Double Standards, Feared Fantasy, Acceptance Paradox*

### • DAY 4 - JULY 9, 2016

#### Morning Session

8:30am – 12:00 noon  
(Break 10:15am – 10:30am)

- » *Single-Session Treatment for Depression and Anxiety—The Therapist who was afraid she'd be found out*  
(video with audience exercises)

#### Lunch

12:00 noon – 1:00pm  
(lunch not provided)

#### Afternoon Session

1:00pm – 3:30pm  
(Break 2:00pm – 2:15pm)

- » *Wrap-Up and Review*

“ Thank you Jack! Thank you David! I'm so glad that I took this awesome opportunity to challenge my preconceptions. I'm eager to challenge my self with my clients!”

– Laura Lee Siwec, Alberta Health Services

Registration Opens at 7:30am  
Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)

..... THE VANCOUVER .....

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VANCOUVER, BC

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See address below right

► **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** | Vancouver, BC | February 29 & March 1, 2016

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

**Making Sense of Emotions - Gordon Neufeld** | Vancouver, BC | March 2, 2016

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

**3 Day Option: Attend Both Dr. Neufeld Workshops** | Vancouver, BC | February 29 – March 2, 2016

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

**Worries & Woes - Lynn Miller** |  Kelowna, BC - April 21, 2016  Abbotsford, BC - April 22, 2016

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

**Understanding & Helping Behaviourally... - Ross Greene** | Langley, BC | April 27 & 28, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: April 13, 2016)	<input type="checkbox"/> <b>\$399</b> + 5% GST	<b>\$384</b> + 5% GST	<b>\$369</b> + 5% GST	<b>\$324</b> + 5% GST
Regular	<input type="checkbox"/> <b>\$419</b> + 5% GST	<b>\$404</b> + 5% GST	<b>\$389</b> + 5% GST	<b>\$344</b> + 5% GST

**Shame & Self Loathing in the Treatment of Trauma... - Janina Fisher** | Vancouver, BC | May 19 & 20, 2016

	INDIVIDUAL	GROUP: 3-7	GROUP: 8+	GROUP: 15+
Early Bird (Deadline: May 5, 2016)	<input type="checkbox"/> <b>\$399</b> + 5% GST	<b>\$384</b> + 5% GST	<b>\$369</b> + 5% GST	<b>\$324</b> + 5% GST
Regular	<input type="checkbox"/> <b>\$419</b> + 5% GST	<b>\$404</b> + 5% GST	<b>\$389</b> + 5% GST	<b>\$344</b> + 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"/> <b>\$795</b> + 5% GST	<b>\$749</b> + 5% GST	<b>\$695</b> + 5% GST	<b>\$649</b> + 5% GST
Regular	<input type="checkbox"/> <b>\$815</b> + 5% GST	<b>\$769</b> + 5% GST	<b>\$715</b> + 5% GST	<b>\$669</b> + 5% GST

**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](http://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	<b>\$10 off</b> / person	<b>\$15 off</b> / person
8+ Registrants	<b>\$20 off</b> / person	<b>\$30 off</b> / person
15+ Registrants	<b>\$50 off</b> / person	<b>\$75 off</b> / person

All groups must register online to receive the group discount. Register your group at: [registration.jackhirose.com](http://registration.jackhirose.com)

**ONLINE REGISTRATION DISCOUNT**

Save \$10 on registration fees for online registrations. Enter promo code **BCSAVE10** at [registration.jackhirose.com](http://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](mailto: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.

**LANGLEY:** COAST HOTEL & CONVENTION CENTRE LANGLEY CITY  
20393 Fraser Highway | 604-530-1500

**KELOWNA:** RAMADA HOTEL AND CONFERENCE CENTRE  
2170 Harvey Street | 250-860-9711

**ABBOTSFORD:** RAMADA PLAZA ABBOTSFORD HOTEL  
36035 North Parallel Road | 604-870-1050

**RICHMOND:** RAMADA VANCOUVER AIRPORT HOTEL  
7188 Westminster Hwy | 604-207-9000

**VANCOUVER:** HOLIDAY INN  
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 must be submitted by email at [registration@jackhirose.com](mailto: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](http://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](http://certificates.jackhirose.com).

**PLEASE REVIEW OUR PRIVACY POLICY: [WWW.JACKHIROSE.COM](http://WWW.JACKHIROSE.COM)**

**PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:**



**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  
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**jack hirose**  
& ASSOCIATES INC.  
— JACKHIROSE.COM —