

# REGISTRATION FORM

The Manitoba CBT + DBT Clinical Skills Conference

## STEP 1 – CONTACT INFO

Name \_\_\_\_\_

Position \_\_\_\_\_ School / Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Work Phone [ ] \_\_\_\_\_ Work Fax [ ] \_\_\_\_\_

Email \_\_\_\_\_

Yes, I want to stay informed of upcoming events, exclusive offers, and receive the quarterly e-newsletter.

## STEP 2 – SELECT ATTENDING DATE(S) | Please check all dates that apply

I will be attending:  DAY 1 - June 1  DAY 2 - June 2  DAY 3 - June 3

## STEP 3 – SELECT APPLICABLE FEE | Please check off applicable registration fee.

Individual	1 DAY	2 DAYS	3 DAYS
Early-bird Fee	<input type="checkbox"/> \$229 + 5% GST	<input type="checkbox"/> \$419 + 5% GST	<input type="checkbox"/> \$599 + 5% GST
Regular Fee	<input type="checkbox"/> \$249 + 5% GST	<input type="checkbox"/> \$439 + 5% GST	<input type="checkbox"/> \$619 + 5% GST
Groups	3-7	8-14	15 OR MORE
Early-bird Fee	<input type="checkbox"/> \$579 + 5% GST	<input type="checkbox"/> \$559 + 5% GST	<input type="checkbox"/> \$499 + 5% GST
Regular Fee	<input type="checkbox"/> \$599 + 5% GST	<input type="checkbox"/> \$579 + 5% GST	<input type="checkbox"/> \$519 + 5% GST

Early Bird Cutoff Date: **May 18, 2016** - Registration and payment must be received by this date.  
 Group Rate: Online registration only and individuals must attend all 3 days to be eligible for group discounts.  
 Fee includes: Reference notes, certificate of completion, coffee, muffins and refreshment breaks. Lunch not included.  
 Upon receipt of registration and payment, an emailed confirmation notice will be sent.

## STEP 4 – PAYMENT

Visa  MasterCard  Cheque

Credit Card # \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Cheque # \_\_\_\_\_

### 4 WAYS TO REGISTER

- ONLINE**  
registration.jackhirose.com
- EMAIL**  
registration@jackhirose.com
- PHONE OR FAX**  
See numbers below right
- MAIL**  
See address below right

### 3 WAYS TO SAVE

- \$10 OFF** ONLINE PROMO CODE: MBCBT10  
registration.jackhirose.com
- \$20 OFF** EARLY BIRD DISCOUNT  
Deadline: May 18, 2016
- UP TO \$100 OFF** GROUP DISCOUNTS (online only)  
See Step 3 for Savings & Fees.

## EXHIBITOR OPPORTUNITIES

As an exhibitor at this conference, you will receive an exclusive opportunity to network with our participants and educate them on your program. You will have space to display promotional materials and showcase your organization or business.

## DISCOUNTED CONFERENCE RATES

**ONLINE REGISTRATION DISCOUNT**  
 Save \$10 on registration fees for online registrations.  
 Enter promo code MBCBT10 at registration.jackhirose.com.

**GROUP DISCOUNTS**  
 Groups of 3-7: Save \$20 per person  
 Groups of 8-14: Save \$40 per person  
 Groups of 15+: Save \$100 per person

Individuals must attend all 3 days to be eligible for group discounts. All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

**CONFERENCE AIDE DISCOUNT**  
 Save \$290 on the conference registration fee. By working as an assistant to the conference director, conference aides will receive a discount. Conference aides must arrive by 7:00am on all days of the conference and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the conference. Please keep in mind that we can accommodate a maximum of 6 conference aides. To apply for the conference aides program, please email registration@jackhirose.com

**EARLY BIRD DISCOUNTS**  
 To receive the early bird rate, all conference 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. To receive the regular rate, all conference fees must be paid in full prior to the event date. Participants with a balance owing must pay at the door.

## 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).

## HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

**BEST WESTERN PLUS AIRPORT HOTEL**  
 1715 Wellington Ave | 204-775-9889

## TERMS & CONDITIONS

Our liability is limited to refunds for conference 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 conference, we will issue a full refund for conference 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 conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

## CANCELLATION POLICY

All cancellations must be submitted by email to registration@jackhirose.com. Non-attendance at a conference 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 14 days or more prior to the event. For cancellations less than 14 days prior to the event, credit minus a \$40 administration fee will be available. No refund or credit under any circumstances will be available for cancellations less than one full business day 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 contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. 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. Certificates are intended for continuing education credit purposes. 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. Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



jack hirose & ASSOCIATES INC.  
 JACKHIROSE.COM

## Complete & Return with Payment:

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

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

# THE MANITOBA CBT + DBT CLINICAL SKILLS CONFERENCE

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

**JUNE 1-3, 2016** | 3 Days | Wed-Fri | 8:30AM – 4:00PM

**WINNIPEG, MB** | Best Western Plus Airport Hotel

1, 2 & 3 DAY REGISTRATION OPTIONS AVAILABLE

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

DAY 1

Lynn Miller  
PH.D.

Sheri Van Dijk  
MSW, RSW

DAY 2

Randy Patterson  
PH.D.

Lane Pederson  
PSY.D.

DAY 3

Jeff Rigenbach  
PH.D.

Eboni Webb  
PSY.D.

### WHO SHOULD ATTEND

All Therapists, Addiction Counsellors, Clinical Counsellors, School Counsellors, Employee Assistance Professionals, Human Resource Professionals, Mental Health Workers, Psychologists, Occupational Therapists, Psychiatric Nurses, Physicians, Family Therapists, Social Workers, Rehabilitation/Vocational Counsellors and all other Mental Health Professionals.

### CONFERENCE VENUE

Best Western Plus Airport Hotel  
 1715 Wellington Ave, Winnipeg  
 Reserve a Room: 204-775-9889

### PRESENTED BY

jack hirose & ASSOCIATES INC.

### DISCOUNTS

Early bird and group registration discounts available.  
 See website for rates and details.

FOR MORE INFORMATION AND REGISTRATION: [REGISTRATION.JACKHIROSE.COM](http://REGISTRATION.JACKHIROSE.COM) | 1.800.456.5424

## DEAR COLLEAGUE

I am pleased to announce the **Manitoba CBT + DBT Clinical Skills Conference** will be hosted in Winnipeg, MB on June 1, 2 and 3, 2016. Jack Hirose and Associates would like to extend a warm welcome!

\$20  
OFF

**EARLY BIRD DISCOUNT**  
DEADLINE: MAY 18, 2016

\$10  
OFF

**ONLINE DISCOUNT AT JACKHIROSE.COM**  
ENTER PROMO CODE: MBCBT10

## PRESENTED BY



We value your feedback and have incorporated your ideas in order to assemble leading experts, who will provide practical and highly effective strategies and techniques.

In response to your requests, I am pleased to announce new group rates for groups of 15 or more. We are constantly striving to deliver quality workshops and conferences while offering our training at a reasonable price for our participants. These new group rates will help us deliver on that promise. For this conference, group discounts will be

available for up to \$100 off our conference fees. To be eligible for group discounts, participants do not have to work at the same agency.

It is my hope that this conference will allow you to catch up with your fellow clinicians, acquire new skills, learn new techniques and rejuvenate your passion for this field of work. I am confident that this conference will meet, or exceed, your high expectations. Please mark this event on your calendar, and I look forward to seeing you in Winnipeg.

Regards,

**Jack Hirose, MA**  
President & Owner



### DAY 1 | Wednesday, June 1, 2016

#### Lynn Miller, PH.D.

is a licensed psychologist, 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. Dr. Miller is known for her knowledge and clarity, humour, compassion, and engaging speaking style.



#### Sheri Van Dijk, MSW, RSW

is a Social Worker, registered with the Ontario College of Social Workers and Social Service Workers. She has been working in the mental health field since 2000, most of which she has spent both in private practice and at Southlake Regional Health Centre, working with clients with severe mental health problems. Sheri has had extensive training in mindfulness, DBT and CBT, and has been running DBT-informed groups since 2004.



#### 1<sup>ST</sup> KEYNOTE

8:30 AM – 10:15 AM

#### Advanced Skill Training in CBT: Enhancing Client Outcomes

The goal of evidence-supported practice is the best scientific research has to offer, combined with the best clinical expertise the clinician has to offer in terms of client-centered care. This approach, explicitly balancing behavioural and cognitive interventions, will lead to more effective, efficient and more compassionate care in treating individual clients. The role of clinical judgment, supported by flexible implementation, and therapist sensitivity will be addressed.

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Fun!damentals of CBT

Proven cognitive behavioural therapeutic activities can feel stiff and dull. This workshop will demonstrate innovative ways to implement CBT in interesting and engaging ways, with a focus on anxiety and depression treatment approaches. Practical approaches to a wide array of presenting issues, including "third wave" CBT as well as more traditional interventions will be reviewed. The 5 major elements of CBT will be enhanced with skill development, generalization strategies, homework compliance, and client tailored interventions.

#### 2<sup>ND</sup> KEYNOTE

10:30 AM – 12:00 NOON

#### Dialectical Behaviour Therapy Not Just For BPD!

Dialectical Behaviour Therapy is a treatment originally designed to treat borderline personality disorder (BPD), but it is increasingly being used for many other disorders because of its usefulness in helping clients to better manage their emotions. Participants will learn about the Biosocial Theory, one of the main theories underlying DBT, in order to develop an understanding of how DBT can be applied to disorders other than BPD. In addition, Sheri will discuss research on DBT and ways of adapting this model to treat other disorders, as well as to make it more accessible to a variety of disorders and treatment settings.

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Calming the Emotional Storm: Using DBT Skills to Help Clients Manage Their Emotions

Bringing her varied experience of working both in a community hospital and private practice setting, and with individuals as well as groups, Sheri will introduce the four DBT skills modules of Core Mindfulness, Distress Tolerance, Interpersonal Effectiveness, and Emotion Regulation. Participants will develop a better understanding of how some of these skills can be used to help clients manage emotions more effectively in the context of mood and anxiety disorders, self-esteem and anger.

### DAY 2 | Thursday, June 2, 2016

#### Randy Patterson, PH.D.

is a psychologist and author (*The Assertiveness Workbook, How to be Miserable, Private Practice Made Simple*) with 25 years experience training clinicians across Canada and internationally in psychotherapy process and the effective use of CBT-based strategies. He is the lead author of Canada's most widely used group treatment for depression (the Core Program) and Director of Changeways Clinic, a Vancouver-based psychotherapy service.



#### 1<sup>ST</sup> KEYNOTE

8:30 AM – 10:15 AM

#### Goal Setting and Behavioral Activation: 10 Essential Tips to Create Change in CBT

Therapy usually occupies only one of the 168 hours in a client's week – unless we use that hour to leverage change in the other 167. Goal setting is the primary tool for accomplishing this, and is at the core of much of CBT. Both clients and therapists routinely run into problems, resistance, self-sabotage, and forgetfulness with this most central element of therapy. In this keynote we discuss 10 concrete therapist behaviours that can enhance client understanding and progress across diverse client populations.

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Incorporating Mindfulness-Based Strategies in CBT

Mindfulness is all the rage, but what is it and how can it aid us in our quest for therapeutic change? In this workshop we discuss and experience mindfulness and how it fits within CBT concepts. We will examine how much of our lives is spent divorced from sensory experience, and unaware of the mental processes in which we engage. You will learn strategies for introducing an awareness of mindfulness to clients, and we will discuss recommendations for simple exercises that clients can practice to increase their experience of the only moment that actually exists: the present.

#### Lane Pederson, PSY.D.

is a DBT therapist, author, and trainer who understands the challenges and opportunities of implementing DBT in real-world settings. Trained in a local clinical scientist model and having learned DBT in the trenches, Dr. Pederson bridges research and practice, and he teaches therapists how to implement DBT consistent with best practices. He has authored the best-selling book, *The Expanded Dialectical Behavior Therapy Skills Training Manual*.



#### 2<sup>ND</sup> KEYNOTE

10:30 AM – 12:00 NOON

#### DBT Essentials for Eclectic and Integrative Therapists

Many therapists have heard that they must be "all in" with Dialectical Behavior Therapy (DBT) or avoid using any of its strategies or techniques. Fortunately, research shows this undialectical believe to be a myth, and practitioners can pick and choose from DBT based on the needs of clients and still be evidence-based. Join international trainer and author Dr. Lane Pederson as he highlights the future of DBT for eclectic and integrative therapists, outlining the most essential features of DBT to adopt and how to apply practice-based evidence to promote more robust practice (and silence the critics!).

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Dialectical Behavior Therapy for Dual Disorder Clients: The Science and the Practice

Dialectical Behavior Therapy (DBT) has evolved from the go-to treatment for borderline personality disorder to one of the most recognized and sought after therapies for difficult-to-treat problems, including co-occurring mental illness and chemical dependency. Keeping a dedicated focus on integrated treatment, this workshop covers up-to-date and accessible explanations of the theory, research, and practice of DBT for substance use disorders.

### DAY 3 | Friday, June 3, 2016

#### Jeff Rigenbach, PH.D.

is a licensed professional counselor in the state of Oklahoma. He is currently on staff at Brookhaven Psychiatric Hospital and Clinic in Tulsa where he serves as their Director of Outpatient Services. Dr Rigenbach coordinates Brookhaven's Borderline Personality Disorder Program as well as their Mood and Anxiety Disorders Treatment Programs. He trained at the Beck Institute of Cognitive Therapy and Research and lectures nationally and internationally



#### 1<sup>ST</sup> KEYNOTE

8:30 AM – 10:15 AM

#### Cognitive Behaviour Therapy: It's More Than What You Think

A lot of mental health professionals say they do "some CBT", but very few do conceptualization-based treatment. Attempting to do treatment without an accurate case conceptualization is like going hiking without a map. You don't know where you came from and you don't know where you are going. New trends in CBT are a far cry from the image many have of a confrontational therapist in your face. Participants will learn how to conceptualize cases, develop treatment plans based upon individual case conceptualizations, and engage clients in a meaningful way that will foster optimal therapeutic outcomes.

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Practical CBT Skills: 21 Strategies to Implement in Clinical Practice Immediately!

CBT skills trainings that demonstrate practical and effective strategies you can use with your clients that day are quite rare. Participants in this workshop will learn specific CBT models for treating depressed, anxious, and angry clients and acquire specific tools they can use to decrease target behaviours in each of these all too common areas clients often struggle with. Clinicians will learn evidence-based strategies for elevating dysphoric mood, decreasing anxious distress, tolerating dysregulated emotions, and managing anger related outbursts.

#### Eboni Webb, PSY.D.

earned her doctorate of clinical psychology from the Minnesota School of Professional Psychology (Argosy University) and is the owner of Kairos Mental Health Cooperative, LLC, offers diverse DBT programming to children and adults. She continues to serve as an advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA) and a continuing education Dialectical Behavior Therapy trainer for PESI, Inc.



#### 2<sup>ND</sup> KEYNOTE

10:30 AM – 12:00 NOON

#### Dialectical Behaviour Therapy for the Family System

DBT is a highly effective form of treatment for clients with Borderline Personality Disorder (BPD). Many of the features of BPD reflect early attachment issues, trauma, and sensitivities that render our clients more vulnerable in their adult lives. Dr. Webb has adapted the framework of DBT to address the family system as a whole, enabling healing the ancillary support system. She will discuss DBT and its relationship to attachment via the Biosocial model and the neurological impact of trauma on the developing brain. Also how the impact of early childhood parenting effects adult attachments.

#### AFTERNOON CONCURRENT SESSION

1:00 PM – 4:00 PM

#### Dialectical Behaviour Therapy for the Family System Continued

DBT is a well-documented evidence-based practice for clients that suffer from pervasive emotional dysregulation. Guided by evidence-based best practices, this workshop focuses on applying and adapting DBT to the family system. Topics to be covered: Understand how to craft a DBT family treatment plan in the context of the Biosocial Model and its impact on attachment within the family system. Learn how to frame and conceptualize treatment strategies for the family system. Choose recommended intervention methods integrating DBT into the family system.