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**LIVE IN-PERSON
& LIVE STREAM
CONFERENCE**

9

**CHILD & YOUTH
FOCUSED TOPICS**



THE CALGARY CONFERENCE ON

**Behavioural, Developmental
& Emotional Challenges
with Children & Adolescents**

November 13–15, 2024

Wednesday to Friday
8:00am to 3:30pm

Calgary, AB

Best Western Premier Calgary Plaza Hotel
1316 33rd Street NE

WHO SHOULD ATTEND

Education & Clinical Professionals: All education and mental health or healthcare professionals who work with children or youth including, but not limited to K-12 Classroom Teachers, School Counsellors, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers.

All other professionals who support 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.

LIVE IN-PERSON

- Complimentary tea, coffee and assorted pastries
- On-site exhibitors

Please note, in-person registration does not include access to the live stream or recorded footage.

LIVE STREAM FROM HOME

This conference will be live streaming from Calgary, AB to online participants on November 13-15, 2024 from 8:00am - 3:30pm MT

Recorded footage and all course content will be available until December 16, 2024. Please allow 3-5 business days after the conference has ended for recorded footage to become available.

Live stream registration:
www.webinars.jackhirose.com

Caroline Buzanko
Ph.D., R.Psych

Eva de Gosztonyi
M.A.

Varleisha D. (Gibbs) Lyons
Ph.D., OTD, OTR/L, ASDCS

Eboni Webb
Psy.D., HSP

Kathy Morris
M.Ed.



- ✓ **Inclusive Education: Strategies for Engaging Neurodiverse Learners**
- ✓ **Shielding the Vulnerable**
- ✓ **Optimizing our Understanding of ADHD & its Complex Nature**
- ✓ **Managing Behaviour Without Rewards**
- ✓ **Over 20 Proven and Effective Brief Interventions for Children & Adolescents who are Oppositional, Disruptive and Defiant**
- ✓ **Self-Regulation & Mindfulness for the Classroom**
- ✓ **From Chaos to Calm: Navigating Dysregulated Students to Calmer Emotional Waters**
- ✓ **After the Meltdown: Proven & Effective Self-Regulation and Executive Functions Strategies**
- ✓ **Connection before Direction: The Art of Fostering Healthy Teacher-Student Attachment**

AGENDA	Wednesday, November 13	Thursday, November 14	Friday, November 15
Morning Session 8:00 AM – 11:45 AM Break 10:00 AM – 10:15 AM Choose one morning workshop per day.	1. Inclusive Education: Strategies for Engaging Neurodiverse Learners - Caroline Buzanko, Ph.D., R. Psych 2. Shielding the Vulnerable: How to Protect their Heart and Minds - Eva de Gosztonyi, M.A.	5. Over 20 Proven and Effective Brief Interventions for Children & Adolescents who are Oppositional, Disruptive and Defiant - Caroline Buzanko, Ph.D., R. Psych 6. Self-Regulation & Mindfulness for the Classroom: Practical Strategies and Interventions - Varleisha D. (Gibbs) Lyons, Ph.D	9. From Chaos to Calm: Navigating Dysregulated Students to Calmer Emotional Waters - Eboni Webb, Psy.D., HSP 10. After the Meltdown: Proven & Effective Self-Regulation and Executive Functions Strategies - Kathy Morris, M.Ed.
Lunch Break 11:45 AM – 12:45 PM	Lunch Option Add-On: \$23 per person, per day (plus 19% gratuity and 5% GST = total, \$28.50.) <i>Go to JackHirose.com for menu items offered.</i>		
Afternoon Session 12:45 PM – 3:30 PM Break 2:15 PM – 2:30 PM Choose one afternoon workshop per day.	3. Optimizing our Understanding of ADHD & its Complex Nature - Caroline Buzanko, Ph.D., R. Psych 4. Managing Behaviour Without Rewards - Eva de Gosztonyi, M.A.	7. Over 20 Proven and Effective Brief Interventions for Children & Adolescents who are Oppositional, Disruptive and Defiant (CONTINUATION) - Caroline Buzanko, Ph.D., R. Psych 8. Self-Regulation & Mindfulness for the Classroom: Practical Strategies and Interventions (CONTINUATION) - Varleisha D. (Gibbs) Lyons, Ph.D	11. Connection before Direction: The Art of Fostering Healthy Teacher-Student Attachment - Eboni Webb, Psy.D., HSP 12. After the Meltdown: Proven & Effective Self-Regulation and Executive Functions Strategies (CONTINUATION) - Kathy Morris, M.Ed.

DAY 1 | Wednesday, November 13, 2024

WORKSHOP #1 - 8:00AM - 11:45AM

Inclusive Education: *Strategies for Engaging Neurodiverse Learners*

- Presented by Caroline Buzanko, Ph.D., R. Psych



Unlock the full potential of every student by embracing neurodiversity in your classroom. This dynamic workshop dives deep into the intricacies of neurodivergence, with a special focus on ADHD and autism, to unveil the unique strengths and challenges these learners bring to educational environments. Through a blend of engaging discussions, enlightening case studies, and practical exercises, you will learn how to create a classroom culture that recognizes and celebrates each student's distinct contributions. By the end of this training, you will have the tools to support all students effectively, enhancing educational outcomes across the board. Discover strategies to optimize learning and creating an inclusive space that encourages success for every learner.

WORKSHOP #3 - 12:45PM - 3:30PM

Optimizing our Understanding of ADHD & Its Complex Nature

- Presented by Caroline Buzanko, Ph.D., R. Psych



Attention deficit/hyperactivity disorder (ADHD) is a complex, heterogeneous disorder. When left unmanaged, ADHD is associated with long-term pervasive impairment across all areas of functioning. Recent models of ADHD have conceptualized ADHD as a disorder of behavioural inhibition, impairing executive functioning (EF), which lead to difficulties with self-regulation, organizing and planning behaviours, attention, and distractibility. Given the substantial risk for students with ADHD, conducting valid and collaborative assessments, as well as developing effective interventions to promote student success, are critical to mitigate associated impairments and long-term risks.

WORKSHOP #2 - 8:00AM - 11:45AM

Shielding the Vulnerable: *How to Protect their Heart and Minds*

- Presented by Eva de Gosztonyi, M.A.



For those who spend their days interacting with the young, be it in schools, group homes, daycares and in our own homes, we sometimes forget how vulnerable they are. Developing beings are entirely dependent on the care of the more mature. Yet so many common practices we use, especially when behaviour is challenging, increase feelings of vulnerability and inadvertently lead to other unanticipated problems, including mental health issues. This session will focus on creating a better understanding of what our children need from us and on analyzing the pitfalls of some of our most commonly used interventions and interactions, including the use of praise, rewards, consequences, time outs, democratic or child-led practices, and self-regulation.

WORKSHOP #4 - 12:45PM - 3:30PM

Managing Behaviour Without Rewards

- Presented by Eva de Gosztonyi, M.A.



When students have difficulty with their behaviours teachers are often advised to implement a reward system. However, developmental science and trauma research do not support these systems, warning of unwanted side-effects for children's development. These systems are known to lose their effectiveness over time, are complicated to implement, and rarely result in long-term change. Of concern is that they can significantly affect the all-important child-adult attachment relationship, can increase anxiety even among the "well-behaved", and can cause discouragement and a sense of shame for the student who cannot do better despite best intentions. This presentation will provide an analysis of what works and does not work, and why.

WORKSHOP #5 - 8:00AM - 11:45AM

Over 20 Proven and Effective Brief Interventions for Children & Adolescents who are Oppositional, Disruptive and Defiant

- Presented by Caroline Buzanko, Ph.D., R. Psych



In today's complex world, most children and adolescents experience ups and downs and engage in challenging behaviours from time to time. However, these behavioural become problematic when they occur frequently and begin to impair daily functioning. The prevalence of emotional and behavioural issues in young individuals has surged, often without adequate support, leading to potential long-term consequences for their well-being and development. Early intervention and treatment are crucial to support the social, emotional, and behavioural wellbeing of children and adolescents and reduce future risks. However, many are unsure how to provide effective help, particularly in the heat of the moment. Are you ready to make a profound difference in the lives of children and adolescents facing intense behavioural challenges?

WORKSHOP #7 - 12:45PM - 3:30PM

Over 20 Proven and Effective Brief Interventions for Children & Adolescents who are Oppositional, Disruptive and Defiant (*Continuation*)

- Presented by Caroline Buzanko, Ph.D., R. Psych

WORKSHOP #6 - 8:00AM - 11:45AM

Self-Regulation & Mindfulness for the Classroom: *Practical Strategies and Interventions*

- Presented by Varleisha D. (Gibbs) Lyons, Ph.D, OTD, OTR/L, ASDCS



Embark on an illuminating journey with sought-after occupational therapist Dr. Varleisha (Gibbs) Lyons, PhD, OTD, OTR/L, ASDCS, FAOTA, as she guides you through a transformative six-hour workshop experience. Dr. Lyons will delve into the foundations of selecting appropriate interventions for students exhibiting challenging behaviors, including hyperactivity, aggressiveness, self-stimulatory behaviors, and inattentiveness, among others. In this workshop, participants will be ignited by the revelations uncovered in Dr. Lyons' evidence-based presentation. Through a simplistic yet profound exploration, attendees will gain a deep understanding of the connection between neuroscience and classroom performance, particularly in terms of self-regulation and sensory processing. Additionally, participants will be introduced to the Classroom Self-Regulation and Mindfulness program, a cutting-edge approach designed to empower educators and therapists in fostering self-regulation skills among students.

WORKSHOP #8 - 12:45PM - 3:30PM

Self-Regulation & Mindfulness for the Classroom: *Practical Strategies and Interventions (Continuation)*

- Presented by Varleisha D. (Gibbs) Lyons, Ph.D, OTD, OTR/L, ASDCS

WORKSHOP #9 - 8:00AM - 11:45AM

From Chaos to Calm: *Navigating Dysregulated Students to Calmer Emotional Waters*

- Presented by Eboni Webb, Psy.D., HSP



This engaging and insightful session is designed for educators, school psychologists, counselors, and other professionals who encounter highly dysregulated students in educational settings. The course provides a deep dive into understanding emotional dysregulation in students, its underlying causes, and its impact on learning and behavior. Participants will explore evidence-based strategies and interventions to effectively support and manage dysregulated students, fostering a more inclusive and productive learning environment.

WORKSHOP #11 - 12:45PM - 3:30PM

Connection before Direction: *The Art of Fostering Healthy Teacher-Student Attachment*

- Presented by Eboni Webb, Psy.D., HSP



In this dynamic and interactive session, participants will explore the critical role of attachment in the educational setting and its impact on both student development and teacher well-being. This course delves into the psychological principles of attachment theory, emphasizing practical strategies for fostering healthy, secure attachments between teachers and students. Participants will engage in evidence-based discussions, case studies, and experiential learning activities designed to enhance their understanding and application of attachment principles in the classroom. Through this session, educators, counselors, and school administrators will gain insights into creating a supportive and nurturing learning environment.

WORKSHOP #10 - 8:00AM - 11:45AM

After the Meltdown: *Proven & Effective Self-Regulation and Executive Functions Strategies*

- Presented by Kathy Morris, M.Ed.



This 6-hour course offers comprehensive training for professionals and caregivers working with children or adolescents diagnosed with Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), or other developmental disorders. Participants will learn practical strategies to manage meltdowns, tantrums, and challenging behaviors resulting from sensory overload and emotional dysregulation. The course emphasizes fostering positive behavior, enhancing self-regulation skills, and improving overall quality of life for individuals with neurodevelopmental differences.

Learning Objectives

- Understand the functions of behavior during tantrums and meltdowns for effective intervention.
- Illustrate the connections between communication, social skills, and behaviors to facilitate interaction.
- Develop self-control and self-management skills using Breathe cards and Emotion charts.
- Design therapy and classroom structures to prevent overstimulation and sensory breakdowns.

WORKSHOP #12 - 12:45PM - 3:30PM

After the Meltdown: *Proven & Effective Self-Regulation and Executive Functions Strategies (Continuation)*

- Presented by Kathy Morris, M.Ed.

REGISTRATION FORM



The Calgary Conference on Behavioural, Developmental & Emotional Challenges with Children & Adolescents

November 13-15, 2024
Calgary, Alberta

► STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

► STEP 2 – SELECT ATTENDING DATE(S) & WORKSHOPS

I WILL BE ATTENDING:	<input type="checkbox"/> DAY 1 - NOV 13	<input type="checkbox"/> DAY 2 - NOV 14	<input type="checkbox"/> DAY 3 - NOV 15
Please choose one morning workshop for each day.	<input type="checkbox"/> Workshop #1 (AM)	<input type="checkbox"/> Workshop #5 (AM)	<input type="checkbox"/> Workshop #9 (AM)
	<input type="checkbox"/> Workshop #2 (AM)	<input type="checkbox"/> Workshop #6 (AM)	<input type="checkbox"/> Workshop #10 (AM)
Please choose one afternoon workshop for each day.	<input type="checkbox"/> Workshop #3 (PM)	<input type="checkbox"/> Workshop #7 (PM)	<input type="checkbox"/> Workshop #11 (PM)
	<input type="checkbox"/> Workshop #4 (PM)	<input type="checkbox"/> Workshop #8 (PM)	<input type="checkbox"/> Workshop #12 (PM)

► STEP 3 – SELECT APPLICABLE FEE

REGISTRATION	EARLY BIRD FEE	REGULAR FEE
Individual 1 Day	<input type="checkbox"/> \$289+tax	<input type="checkbox"/> \$309+tax
Individual 2 Day	<input type="checkbox"/> \$489+tax	<input type="checkbox"/> \$509+tax
Individual 3 Day	<input type="checkbox"/> \$699+tax	<input type="checkbox"/> \$719+tax
Group 3-7	<input type="checkbox"/> \$659+tax	<input type="checkbox"/> \$679+tax
Group 8-14	<input type="checkbox"/> \$639+tax	<input type="checkbox"/> \$659+tax
Group 15+	<input type="checkbox"/> \$619+tax	<input type="checkbox"/> \$639+tax
Full-Time Student	\$619+tax	\$639+tax

► STEP 4 - LUNCH ADD-ON

\$23 plus 19% gratuity and 5% GST/PST = **\$28.50**

NOV 13 NOV 14 NOV 15

Limited quantities are available. Must pre-buy during registration, not available at the door. Individuals with strict dietary needs or preferences can pre-order lunch off the menu through the hotel restaurant. Lunch buffets are non-refundable, no refund or credit will be granted under any circumstance.

Early Bird Cutoff Date: October 30, 2024
Registration and payment must be received by this date. **Full-Time Student Rate:** Please contact registration@jackhirore.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

► STEP 5 – PAYMENT | Fees do not include tax (5% GST).

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

2 WAYS TO SAVE

\$20 OFF

EARLY BIRD DISCOUNT
Deadline: October 30, 2024

UP TO \$80 OFF

GROUP DISCOUNTS
See Step 3 for Savings & Fees.

4 WAYS TO REGISTER



ONLINE

www.jackhirore.com



EMAIL

registration@jackhirore.com



PHONE

604-924-0296



MAIL

See address below right

RECOMMENDED ACCOMMODATION

Best Western Premier Calgary Plaza Hotel
1316 33rd Street NE

HOW TO BOOK:

To make a reservation, please call 403-248-8888.

Please state you would like to book under the "Jack Hirose & Associates Seminars" block when booking your room to receive our group room rate.

*Please note, room reservations are subject to availability. Please keep in mind when booking Jack Hirose and Associates corporate guest rooms, reservations booked for most hotels can be cancelled within 48 hours. If you are booking guest rooms through third party websites in many instances the reservations booked cannot not be cancelled.

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a \$10 manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. Please contact: registration@jackhirore.com for more info.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, coffee, muffins and refreshment breaks. Lunches are not included.

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).

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@jackhirore.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: PDF downloads of the certificate will be available after the event has ended. Please go to: <http://registration.jackhirore.com/certificates/>.

RECEIPTS: Sent by email once you're registration has been processed. Please be aware spam filters can block email receipts. Additional copies can be downloaded from certificates.jackhirore.com.

Jack Hirose and Associates Inc reserves the right to change the speaker lineup for any reason including, but not limited to: sudden illness, family emergencies, travel delays, or Acts of God including weather, pandemic, etc. If these changes are made prior to an event, registrants will be notified via confirmation email, reminder email, and alerts on the webpage. If these changes are made last minute, during the event, an announcement will be made.

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

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