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Presented by



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Live In-Person & Live Stream Conference

WHO SHOULD ATTEND

Clinical Professionals:

All mental health professionals including, but not limited to Clinical Counsellors, Psychologists, Psychotherapists, Social Workers, Nurses, Occupational Therapists, Hospice and Palliative Care Workers, Youth Workers, Mental Health Workers, Addiction Specialists, Marital & Family Therapists, Speech Language Pathologists, Vocational Rehabilitation Consultants, School Counsellors, Behaviour Specialists, Rehabilitation Consultants, Geriatric Specialists, and all professionals looking to enhance their therapeutic skills.

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 8:30am - 4:00pm 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

The Many Pathways to Healing Conference

Clinical Interventions in the Treatment of Trauma, Grief & Loss

November 13-15, 2024

Wednesday to Friday
8:30am to 4:00pm

Calgary, AB

Best Western Premier Calgary Plaza Hotel
1316 33rd Street NE

A Conference Tailored to Mental Health Professionals at All Levels and Any Profession that Applies Behavioural and Developmental Science to Practice

November 13

An Integrated Approach to Trauma Treatment

John Arden

Ph.D.



November 14

Normative and Prolonged Grief

Christina Zampitella

Psy.D., FT



November 15

Acceptance and Commitment Therapy

Jennifer Patterson

Psy.D., LCPC



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WORKSHOP #1 - 8:30AM - 4:00PM

An Integrated Approach to Trauma Treatment: Synthesizing Neuroscience, Attachment Theory and Evidence-Based Modalities

- Presented by John Arden, Ph.D.



This important workshop, facilitated by Dr John Arden, a world-renowned psychologist, teacher and author, will offer a wealth of knowledge and practical strategies that use a synthesized model of neuroscience, attachment theory and evidence-based treatment to more effectively treat clients who have experienced complex trauma.

You will learn about the latest research in neuroscience, epigenetics, immunology and endocrinology, and how these discoveries can be synthesized with evidence-based trauma treatments, psychotherapy research and attachment theory into a hybrid therapeutic model. This model will help you identify which elements of psychotherapeutic schools are effective and which may be counter-therapeutic in the trauma treatment context. You will be challenged and supported to move beyond any specific theoretical paradigms towards a common factors approach.

Engaging with real life examples, you will gain a deeper understanding of how addressing nervous system functioning is a fundamental therapeutic process in improving mood and behaviour and achieving a reduction in symptoms. Special attention will be given to addressing the neurodynamics of PTSD and the crucial role of memory.

At the end of this workshop, you will come away with many powerful tools, understandings and confidence to better assist your traumatised clients on their path to recovery and to live a fuller life.

Learning Objectives

- Explore the Synthesized Model: Delve into the synthesized model of neuroscience, attachment theory, and evidence-based treatment, understanding how these components inform trauma treatment strategies.
- Understand Neuroscientific Foundations: Gain insights into the latest research in neuroscience, epigenetics, immunology, and endocrinology, and learn how to apply this knowledge to enhance therapeutic interventions.
- Identify Effective Psychotherapeutic Elements: Learn to discern effective psychotherapeutic elements and their applicability in trauma treatment, while recognizing potential counter-therapeutic approaches.
- Adopt a Common Factors Approach: Challenge and embrace a common factors approach, moving beyond specific theoretical paradigms to leverage universal therapeutic factors for trauma recovery.
- Address Nervous System Functioning: Explore the fundamental role of nervous system functioning in mood regulation and behavior modification, and learn practical techniques to optimize nervous system health in clients.
- Navigate Neurodynamics of PTSD: Gain specialized knowledge in addressing the neurodynamics of PTSD, including memory processing and its impact on symptomatology.

John Arden, Ph.D. is the author of 14 books, including Brain2Brain: Enacting Client Change Through the Persuasive Power of Neuroscience, The Brain Bible: How to Stay Vital, Productive, and Happy for a Lifetime, Rewire Your Brain: Think Your Way to a Better Life, Brain-Based Therapy with Adults: Evidence-Based Treatment for Everyday Practice and Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice (with Lloyd Linford). Dr. Arden serves as Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees the training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden also provides individual, group and family therapy and chemical dependency counselling through Kaiser Permanente. He presents workshops on brain-based therapy internationally and in the United States.

WORKSHOP #2 - 8:30AM - 4:00PM

Normative and Prolonged Grief: Proven and Effective Clinical Interventions to Help Your Clients Process Grief and Loss

- Presented by Christina Zampitella, Psy.D., FT



Mental health and healthcare professionals are faced with the often misunderstood and misdiagnosed symptoms of normative and prolonged grief. Formal education rarely, if ever, provides extensive enough training to accurately identify and treat those who are grieving. Unfortunately, grieving clients are diagnosed incorrectly because symptoms can mimic normative or prolonged grief. The grieving process is often pathologized, or misdiagnosed, resulting in potential exacerbation of the presenting issues because inappropriate interventions are utilized. As a result, those who are grieving are often inadvertently disenfranchised by providers, which can make the professional support they sought to reconstruct their previously shattered identities and worldviews ineffective, and even, at times, exacerbate other mental health difficulties. It is essential to be versed in identifying grief related constructs that may underlie, or even cause, mental health and behavior associated problems.

This presentation aims to provide current, research based information on the grieving process, clarify misconceptions of outdated theories, and differentiate between normative and prolonged grief. It also examines the changes in conceptualization, differential diagnosing, and effective, clinically proven interventions that may be utilized with grieving individuals and families. Attendees will leave with an improved clinical skill set they can immediately apply to identify and treat their clients.

Learning Objectives

- Define and differentiate both “normative” and “prolonged” bereavement
- Identify and work effectively with individuals who experience disenfranchised losses
- Describe why the stage model of the grieving process is no longer utilized to inform treatment planning or develop interventions, while introducing modern theories of bereavement processes
- Discuss and describe changes to the DSM-5-TR as it relates to normative and prolonged bereavement
- Learn how to make effective and accurate differential diagnoses to inform appropriate interventions
- Learn and utilize multiple creative, clinically proven effective interventions to support both those with normative and prolonged grief

Christina Zampitella Psy.D., FT is a licensed clinical psychologist, Fellow of Thanatology, founder and owner of The Center for Grief and Trauma Therapy, co-owner and Director of Clinical Services of Integrative Psychology Group. She often works as an adjunct professor and professional speaker, and especially enjoys training emerging mental health professionals. Dr. Zampitella is the host of her podcast, Phoenix Rising with Dr. Z. She focuses her clinical practice, research, course development, and teaching on bereavement studies, spirituality, nature-based therapy, and integrative psychology. She served as the chair for the Continuing Education Committee for several professional institutions and is an advisory board member of the Tragedy Assistance Program for Survivors (TAPS). She is the former resident psychologist for Fox 5 News in San Diego, and often appeared on NBC News. She has been featured in Elle Magazine, BuzzFeed, The Huffington Post, New York Post, and several Delaware Magazines and newspapers. Dr. Zampitella happily lives with her husband, three-bonus sons, three cats, and her dog in Delaware.

WORKSHOP #3 - 8:30AM - 4:00PM

Acceptance and Commitment Therapy: Transcending Traditional Approaches

- Presented by Jennifer Patterson, Psy.D., LCPC



In this foundational course, participants will embark on a transformative journey into Acceptance and Commitment Therapy (ACT). ACT is a third-wave cognitive-behavioral therapy that transcends traditional approaches by seamlessly weaving together the processes of acceptance, mindfulness, and behavior change principles. Through experiential learning and evidence-based techniques, participants will cultivate a profound understanding of ACT and its practical applications.

Join ACT expert and International trainer Jennifer Patterson, Psy.D., LCPC, for this workshop, where you will develop efficient, evidence-based skills, case conceptualization techniques, and powerful strategies that will improve outcomes for the following:

Anxiety Issues • Post-Traumatic Stress Disorder • Mood Disorders • Substance Abuse Anger Management • Eating Disorders • Trauma • Personality Disorders

Outline

The ACT Model

- The nature of human suffering
- “Healthy normality” is a myth
- Language: The double-edged sword
- Undermine unhelpful thoughts

Limitations of the Research and Potential Risks

- Children and adolescents
- Acute, florid hallucinations
- Catatonic depression

Acceptance

- Strengthening a willingness to have emotions
- The opposite of acceptance is experiential avoidance
- Experiential avoidance throughout the lifespan

Defusion

- Look at thoughts rather than from thoughts
- Coping with automatic thoughts
- The power of words
- The problem with cognitive fusion

Perspective-Taking

- Understand the “Self” in ACT
- Self-as-content, self-as-perspective, self-as-context
- Observer self-exercise

Mindfulness

- Contacting the present moment
- Why being in the here-and-now is critical for mental health
- Relationship between mindlessness and psychopathology

Values Work

- The positive side of language
- Identifying core values
- Differentiate values and goals
- Writing values-based treatment goals

Committed Action

- Define “commitment” objectively
- Integrate evidence-based therapy with ACT
- Develop ACT-based behavior therapy treatment plans
- Improve behavioral activation with ACT

Jennifer Patterson, Psy.D., LCPC, has a mission to offer evidence based psychotherapy to help others live full and abundant lives. She is the clinical director of the MidAmerican Psychological Institute (MPI) in Joliet, Illinois, and established MPI’s Clinic for Compulsive Behaviors which aims to use evidenced-based treatment for behaviors like hoarding, self-injury and emotional eating. At MPI she supervises pre-doctoral candidates using ACT, Dialectical Behavior Therapy (DBT) and Functional Analytic Psychotherapy (FAP). Dr. Patterson also provides consultation for rehabilitation and pain patients at Silver Cross Hospital. Dr. Patterson received both her Master’s and Doctoral degrees from the Illinois School of Professional Psychology and is an expert in Acceptance and Commitment Therapy (ACT) and empirically supported treatments. She is an ACT trainer who leads workshops across the country and served as the vice-president of the Chicago Chapter for the Association for Contextual Behavioral Sciences.

REGISTRATION FORM

THE MANY PATHWAYS TO HEALING CONFERENCE:
Clinical Interventions in the Treatment of Trauma, Grief & Loss

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

DAY 1 – NOVEMBER 13	DAY 2 – NOVEMBER 14	DAY 3 – NOVEMBER 15
An Integrated Approach to Trauma Treatment: Synthesizing Neuroscience, Attachment Theory and Evidence-Based Modalities - John Arden, Ph.D.	Normative and Prolonged Grief: Proven and Effective Clinical Interventions to Help Your Clients Process Grief and Loss - Christina Zampitella, Psy.D.	Acceptance and Commitment Therapy: Transcending Traditional Approaches - Jennifer Patterson, Psy.D.

► 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

\$27.75 plus 18% gratuity and 11% GST/PST = **\$35.79**

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@jackhirose.com for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

► STEP 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.jackhirose.com



EMAIL

registration@jackhirose.com



PHONE

604-924-0296



MAIL

See address below right

RECOMMENDED ACCOMMODATION

Best Western Premier Calgary Plaza Hotel
1316 33rd Street NE

Select King Room: \$139.00 plus tax
Select 2 Queen Room: \$139.00 plus tax

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