



MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

**EDMONTON, AB
MAY 4 & 5, 2015**



Clinical Focused Workshop

BRUNO CAYOUN
D.PSYCH.



P.2

MAKING SENSE OF ANXIETY

**EDMONTON, AB
MAY 25 & 26, 2015**

MAKING SENSE OF ATTENTION PROBLEMS

**EDMONTON, AB
MAY 27, 2015**



Child & Youth Focused Workshop

GORDON NEUFELD
PH.D.



P.3

WORRIES AND WOES

*Working with Anxiety Disorders
in Children and Adolescents*

**CALGARY, AB
MAY 4 & 5, 2015**



Child & Youth Focused Workshop

LYNN MILLER
PH.D., R.PSYCH.



P.4

MINDFULNESS INSIDE & OUTSIDE THE THERAPY HOUR

3 Day Intensive Training

**BANFF, AB
JULY 15-17, 2015**



Clinical Focused Workshop

RON SIEGEL
PSY.D.



P.5

ADVANCED APPLICATIONS IN COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive Training

**RED DEER, AB
JULY 8-11, 2015**



Clinical Focused Workshop

DAVID D. BURNS
M.D.



P.6

EARLY BIRD DISCOUNT - SAVE \$20!

See Registration Page for Deadlines

MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

EDMONTON, AB | MONDAY, MAY 4 & TUESDAY, MAY 5, 2015 | 9:00 AM – 5:00 PM

Four Points by Sheraton Edmonton South | 7230 Argyll Road

MINDFULNESS INVOLVES PAYING ATTENTION TO WHAT IS BEING EXPERIENCED IN THE

present moment, with a non-judgmental and non-reactive attitude.

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

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

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

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

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

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MONDAY, MAY 4, 2015

Morning Session I

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

Morning Session II

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

Afternoon Session I

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

Afternoon Session II

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

End of Day

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

• DAY 2 - TUESDAY, MAY 5, 2015

Morning Session I

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

Morning Session II

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

Afternoon Session I

- » Case conceptualization and treatment planning with MiCBT

Afternoon Session II

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

TEACHING APPROACH:

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

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



BRUNO CAYOUN, D.PSYCH.

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



AUTHOR

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

LEARNING OBJECTIVES

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

MAKING SENSE OF ANXIETY

EDMONTON, AB | MAY 25 & 26, 2015
Executive Royal Hotel Edmonton | 10010-178th St

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
- » Why current discipline methods are alarming our children
- » The relationship of courage and anxiety
- » Addressing anxiety without relying on medication
- » What parents and teachers can do to help their anxious children

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

Session 2 - Anxiety, Attachment & Vulnerability

- » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat

Session 3 - Working Model of Anxiety

- » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

Session 4 - Addressing Anxiety

- » Six surprising solutions are described for reducing the anxiety in our children

MAKING SENSE OF ATTENTION PROBLEMS

EDMONTON, AB | MAY 27, 2015
Executive Royal Hotel Edmonton | 10010-178th St

THE ATTENTION DEFICIT DISORDER LABEL HAS BROUGHT CONCERNS REGARDING ATTENTION to the fore of public consciousness but unfortunately without the foundational knowledge that enables parents and teachers to find their way through a glut of confusing and often conflicting information. The professionals in charge of diagnosing are often experts at describing the symptoms but tend to come up short when it is time for explanations. This workshop brings all the pieces of the puzzle together, bringing fresh insight to this problem and providing clear suggestions for how to deal with it.

LEARNING OBJECTIVES

- » Provide a basis of understanding from which to assess the nature of an attention problem
- » Equip participants with strategies to address the roots of the attention problems where possible
- » Provide a natural approach to treatment that has greater promise for effecting a lasting difference than a symptom management approach
- » Provide an appreciation of the maturational factors in attention and how to address these
- » Equip participants to differentiate between attention problems rooted in developmental arrest, attention problems rooted in defensive blindness, and attention problems rooted in neurological dysfunction

WORKSHOP AGENDA

Session 1 - The Anatomy of Attention

- » An overview of the structure of attention and how it is meant to develop

Session 2 - Two Types of Attention Problems

- » An overview of attention problems rooted in hypersensitivity and attention problems rooted in defensive blindness

Session 3 - A Natural Explanation of ADD

- » An overview of the 'agitation without apprehension' syndrome and how it manifests as ADD

Session 4 - Helping Children Grow Out of Attention Problems

- » An overview of how to help children mature out of their attention problems regardless of the cause



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.



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

WHO SHOULD ATTEND

- » K-12 Classroom Teachers
- » School Counsellors/Psychologists
- » Learning Assistance/Resource Teachers
- » School Administrators
- » School Paraprofessionals including Special Education Assistants, Classroom Assistants 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, Nurses, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

WORRIES AND WOES

Working with Anxiety Disorders in Children and Adolescents

CALGARY, AB | MONDAY, MAY 4 & TUESDAY, MAY 5, 2015 | 9:00 AM – 4:00 PM

Executive Royal Hotel Calgary | 2828 23rd Street NE

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, violent gaming, 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 classifications 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 severe 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 readings, internet resources and reminders of all therapeutic techniques demonstrated in the workshop.



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

Lynn Miller, Ph. D., R. Psych., is an Associate Professor in the Education and Counseling Psychology and Special Education department at UBC. She started her career as a classroom teacher, and then worked as a school counselor K-12. She has several research grants, including a Canadian Institutes of Health Research (CIHR) grant, examining the effects of empirically supported approaches to child anxiety in the public school system. She is a consultant to the FRIENDS program, an evidence-based curriculum based on cognitive behaviour principles, targeting anxiety available to all grade 4-5 students in BC. She has conducted research on other models of anxiety prevention programs in schools. She is President of the Anxiety Disorders Assoc. of Canada, 2010-2013, and recently completed her term serving as the President of the International Association of Marriage and Family Counselors (2004-2006).



ASSOCIATE PROFESSOR
Educational and Counselling Psychology, and Special Education Department

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MONDAY, MAY 4, 2015

Morning Session

Nature and Causes of Anxiety

- » Introduction to workshop and handouts
- » The Silent Epidemic: Anxiety Disorders (subtypes)
- » How anxiety develops in children and teens: aetiology
- » Treatment: Cognitive-behavioral therapy (CBT) and its application to anxiety
- » Initial interview: Tips for success
- » Sleep issues

Afternoon Session

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Specific Phobia
- » AD: Separation/School refusal
- » Skill development: Developing fear hierarchies
- » AD: Obsessive Compulsive Disorder
- » Skill development: Exposure and Response Prevention (ERP)

• DAY 2 - TUESDAY, MAY 5, 2015

Morning Session

Anxiety Disorder (AD) Subtypes and Skill Building

- » AD: Social Phobia
- » Skill: Social phobia interventions and treatment planning
- » AD: Panic Disorder and Interoceptive exposure
- » AD: Generalized Anxiety Disorder
- » Skill: PD / GAD: Tx Planning

Afternoon Session

Anxiety Disorder (AD) Subtypes, Assessment and Medication

- » AD: Post-Traumatic Stress Disorder
- » Skill: PTSD Tx Strategies: In-vivo, virtual and prolonged exposure
- » Differential diagnosis
- » Comorbidity: What to treat first
- » Assessment, Medications and Research
- » Engaging parents
- » Summary & Final Q & A

LEARNING OBJECTIVES

- » Components 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
- » Practice techniques that are useful to implement immediately with an individual, small group, or large groups of children/youth
- » Become aware of resources in the community

MINDFULNESS INSIDE & OUTSIDE THE THERAPY HOUR

3 Day Intensive Training

BANFF, AB | WEDNESDAY – FRIDAY, JULY 15–17, 2015 | 9:00 AM – 4:00 PM

Banff Park Lodge Resort Hotel & Conference Centre | 222 Lynx Street

CLINICIANS ARE ENTHUSIASTICALLY DISCOVERING THAT MINDFULNESS PRACTICES can enlighten and enliven their lives, both inside and outside the therapy hour. These techniques hold great promise for personal development and as a powerful method to enhance virtually all forms of psychotherapy.

To incorporate mindfulness into our work and personal lives, we need an intellectual as well as an intuitive, visceral understanding of the practice. In this intensive training, you will develop a solid theoretical understanding of mindfulness from both the Buddhist and western scientific perspectives. You will also receive instruction in mindfulness meditation and be given the opportunity for sustained personal practice in a relaxed and supportive atmosphere.

Through lecture, demonstration, experiential exercise, and small group discussion, we will examine how mindfulness practice can enhance therapeutic presence and transform our understanding of the causes of psychological suffering across the diagnostic spectrum. You will learn when and how to introduce various mindfulness techniques to your clients or patients; how to tailor practices to people of different ages, cultural backgrounds, and personality organization; how to utilize special techniques for treating anxiety, depression, chronic pain, stress-related medical disorders, and interpersonal conflicts; and how to creatively work with obstacles to mindfulness practice.

While this course is suitable for seasoned mindfulness practitioners, no prior experience with meditation is required.☸

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - WEDNESDAY, JULY 15, 2015

Mindfulness for Personal and Interpersonal Development

Understanding and Practicing Mindfulness

- » Life is Difficult, for Everyone
- » Mindfulness: What Is It, And Why Should I Care?
- » Cultivating Mindfulness: Formal & Informal Practice

Key Insights from Mindfulness Practice

- » Working with Restlessness, Doubt, and the Self-Critical Mind
- » Narcissism: Not Just a Character Disorder
- » Mindfulness as an Antidote to Loneliness and Alienation

Mindfulness and Intimacy

- » Tracking the Flow of Connection and Disconnection with Others
- » Developing Empathy for Annoying People without Becoming a Saint
- » All Part of the Same System: Using Mindfulness to Enhance Intimate Relationships

Mindfulness and the Science of Happiness

- » Using Mindfulness to Tolerate Not Knowing
- » The Problem with the Pleasure Principle
- » How to Be Happy: Lessons from Science and Buddhist Psychology

• DAY 2 - THURSDAY, JULY 16, 2015

Intensive Skills Training

Mindfulness and Compassion Retreat

- » Focused Attention Practice

- » Open Monitoring Practice
- » Acceptance Practices including Loving-kindness, Compassion, and Equanimity
- » Walking Meditation & Eating Meditation
- » Differential Effects of Different Objects of Awareness
- » Lunch-time Eating Meditation

• DAY 3 - FRIDAY, JULY 17, 2015

Clinical Applications

Fitting the Practice to the Person

- » Common Elements of Mindfulness Practices
- » Tailoring Mindfulness Techniques to Particular Individuals
- » Empirically Tested Mindfulness-Based Treatments

Practices for Specific Populations & Disorders

- » Mindfulness for Parents and their Children
- » Working with Depression: Entering the Dark Places Together
- » Moving Toward Experience to Wake Up and Come Alive

Working with Fear

- » Overcoming Anxiety by Befriending Fear
- » CBT on Steroids: The Wisdom of Insecurity
- » Why Zebras Don't Get Ulcers: Our Evolutionary Design Flaw

Mindfulness and Mind-Body Disorders

- » Beyond Pain Management: Mindfulness in the Treatment of Chronic Pain
- » Using Mindfulness to Treat Stress-Related Problems
- » Psychophysiological Disorders as Doors to Personal Development



RON SIEGEL, PSY.D.

Ronald Siegel, Psy.D. is an Assistant Clinical Professor of Psychology at Harvard Medical School, where he has taught for over 30 years. He is a long time student of mindfulness meditation and serves on the Board of Directors and faculty of the Institute for Meditation and Psychotherapy. He teaches internationally about the application of mindfulness practice in psychotherapy and other fields, and maintains a private clinical practice in Lincoln, Massachusetts. Dr. Siegel is coauthor of the self-treatment guide *Back Sense: A Revolutionary Approach to Halting the Cycle of Chronic Back Pain*, coeditor of the critically acclaimed text, *Mindfulness and Psychotherapy*, author *The Mindfulness Solution: Everyday Practices for Everyday Problems* and coauthor of *Sitting Together: Essential Skills for Mindfulness-based Psychotherapy*. Dr. Siegel is known as a down to earth, engaging, and entertaining presenter whose workshops receive rave reviews.



AUTHOR
The Mindfulness Solution
CO-EDITOR
Mindfulness and Psychotherapy

LEARNING OBJECTIVES

- » Describe the three core components of mindfulness practice
- » Understand mindfulness practices experientially by learning to practice them
- » Specify how a therapist can best choose which mindfulness exercises are most appropriate for which patients
- » Explain how the “self” is understood differently in western and Buddhist psychology, and how this can inform a systemic perspective
- » Understand how mindfulness practices can enhance therapeutic, family & intimate relationships
- » Describe the core attitude toward experience found in depression and how mindfulness practice can help to transform it

ADVANCED APPLICATIONS IN COGNITIVE BEHAVIOUR THERAPY

4 Day Intensive Training

RED DEER, AB | WEDNESDAY – SATURDAY, JULY 8–11, 2015 | 8:30 AM – 4:30 PM

iHotel 67 Street | 6500 67 St, Red Deer, AB



FREE COPY OF DAVID BURNS' - SCARED STIFF DVD

\$187+TAX VALUE | 9 HRS | 5 Discs

Jack Hirose and Associates has proudly sponsored many of Dr. David Burns' two-day workshops over the past 10 years and during the past 5 years 1,200 therapists have attended Dr. Burns four-day intensives in Canada. The intensives will allow time for practice, individual attention, and exploring relevant personal and professional issues. He can describe it better than we can, so here's his personal invitation to you...

I have loved doing workshops throughout the United States and Canada over the past 15 years, and am grateful to the many thousands of mental health professionals who have attended and participated in them. However, I have concerns that although a two-day program may inspire the participants, it may not provide the hands-on training, supervision, and practice that are necessary to use these techniques effectively in real-world settings. That's why I was thrilled when Jack Hirose offered me the opportunity to do the four-day intensive workshop in Red Deer in the summer of 2015.

The 4-Day Intensive Training in Cognitive Behavioral Therapy will differ from my one-day or two-day workshops in several ways. First, the number of participants will be smaller than my usual workshops, leading to a much more intimate learning environment. You will get the chance to interact with me and with your colleagues in a friendly learning environment.

Second, after I describe and illustrate a technique, such as the Interpersonal Downward Arrow, the Five Secrets of Effective Communication, Paradoxical Agenda Setting, Relationship Journal, or Externalization of Voices and Acceptance Paradox, you will have the opportunity to break off into dyads and triads to actually practice and master each technique.

Third, you will have the chance to work on some of your own issues as part of the learning process if you choose to do so. We're all human, and we all have the tendency to feel anxious, frustrated, ashamed, inadequate, or demoralized in the course of our work, which is inherently stressful and challenging. Although this will not be a therapy

group, but a training workshop, the personal "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

Working on so-called "counter-transference" feelings has always been an important part of the psychotherapeutic tradition. It also has a spiritual basis: "Physician, heal thyself." I will not be looking for deep, personal issues you might be reluctant to share in a public setting, but rather the kinds of

problems we all encounter on a daily basis in our clinical work with clients who are angry, mistrustful, or profoundly depressed.

Fourth, we will cover a broad range of topics, including how to deal with: Depression and

Low Self-esteem; Anxiety Disorders; Relationship Problems & Addictions

This is important because patients rarely come to us with one specific problem, like "Panic Disorder." They nearly always suffer in many different ways, so we need a broad range of tools to be effective if we are to treat the whole person, and not just an isolated symptom.

Finally, we will work much harder, from early morning until late in the afternoon, giving the word "intensive" real meaning.

I have only had the chance to do about a dozen intensives in the past. They have been the most vibrant and inspirational teaching experiences I have ever had. There is no comparison, really, with one of my large, two-day workshops. I warmly invite you to attend the Intensive in Red Deer, Alberta if you possibly can. It promises to be one of the best learning opportunities of your career.

– David Burns, M.D.

“I can't imagine anyone being more caring about our learning, or more effective as a teacher.”

– Mary-Ann Gibson,
Battlefords Tribal Council Health



DAVID D. BURNS, M.D.

David D. Burns, M.D. is an Adjunct Clinical Professor 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 *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. His latest books, *When Panic Attacks* and *Feeling Good Together*, illustrate new approaches to the treatment of anxiety disorders and interpersonal conflict. Dr. Burns has won many awards for his research and teaching. The graduating residents at the Stanford Medical School have named him 'Teacher of the Year' on three occasions.



BEST SELLING AUTHOR
Feeling Good
Ten Days to Self-Esteem
When Panic Attacks

WHO SHOULD ATTEND & DISCOUNTS

All mental health professionals, including psychologists, psychiatrists, family physicians, social workers, psychiatric nurses, therapists, alcohol & drug counsellors, employee assistance counsellors, school counsellors, youth workers, sexual abuse counsellors, vocational rehabilitation consultants, social service coordinators, street workers, and crisis counsellors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

Discounts for individuals who previously attended the 4 day intensives with Dr. Burns and wish to further develop their therapeutic skills. (individuals must have enrolled in intensives organized with Jack Hirose and Associates)

Group rebates are not available for this workshop.

WORKSHOP SCHEDULE

• DAY 1 - JULY 8, 2015 Registration 7:30am – 8:30am <i>(Continental Breakfast)</i> Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i> Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i> Bonus Lunch Hour Session 12:30pm – 1:00pm Afternoon Session 1:00pm – 4:30pm <i>(Break 2:15pm – 2:30pm)</i> Required Evening Session 6:00pm – 8:00pm	• DAY 2 - JULY 9, 2015 Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i> Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i> Bonus Lunch Hour Session 12:30pm – 1:00pm Afternoon Session 1:00pm – 4:30 pm <i>(Break 2:15pm – 2:30pm)</i>	• DAY 3 - JULY 10, 2015 Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i> Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i> Bonus Lunch Hour Session 12:30pm – 1:00pm Afternoon Session 1:00pm – 4:30pm <i>(Break 2:15pm – 2:30pm)</i> Required Evening Session 6:00pm – 8:00pm	• DAY 4 - JULY 11, 2015 Morning Session 8:30am – 12:00 noon <i>(Break 10:15am – 10:30am)</i> Lunch 12:00 noon – 1:00pm <i>(lunch not provided)</i> Afternoon Session 1:00pm – 3:30pm <i>(Break 2:00pm – 2:15pm)</i> ADJOURN 3:00pm <i>(Pick Up Certificates)</i>
<div style="border: 1px solid black; padding: 5px; margin: 0 auto; width: 80%;"> <p style="margin: 0;"><i>Registration Opens at 7:30am</i></p> <p style="margin: 0;"><i>Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)</i></p> </div>			

KEY TOPICS COVERED

• DAY 1 - JULY 8, 2015	• DAY 2 - JULY 9, 2015	• DAY 3 - JULY 10, 2015	• DAY 4 - JULY 11, 2015
<ul style="list-style-type: none"> » Countertransference from a cognitive perspective » T = Testing » How to take a world-class clinical history » Quick, easy, accurate diagnostic techniques » How to use the EASY Diagnostic System » How to assess therapeutic empathy and helpfulness » How to assess suicidal urges » E = Empathy » The Five Secrets of Effective Communication » How to transform therapeutic failure into success 	<ul style="list-style-type: none"> A = Agenda Setting » The five steps in Agenda Setting » Becoming the voice of the patient's resistance » How to diagnose and overcome the 8 types of therapeutic resistance » M = Methods » How to develop a Daily Mood Log » Common therapeutic errors, and how to avoid them » The Recovery Circle » Failing as Fast as You Can » Why manualized therapy will never be effective » How to individualize the treatment » How to select the most effective techniques for each patient » Diagnosing and Reversing Therapeutic Failure » The Therapist's Report Card 	<ul style="list-style-type: none"> » Mastering Specific Techniques » The Individual Downward Arrow » The Interpersonal Downward Arrow » The Hidden Emotion Technique » Motivational Techniques » The Cost-Benefit Analyses » Straightforward CBA » Paradoxical CBA » The Decision-Making Form » The Devil's Advocate Technique » The Anti-Procrastination Sheet » The Double-Standard Technique » The Externalization of Voices » Truth-Based Techniques » The Experimental Technique » The Survey Technique » Humor-Based Techniques » Shame-Attacking Exercises » Relapse Prevention Techniques 	<ul style="list-style-type: none"> » Cognitive Interpersonal Therapy: "And It's All Your Fault!" » Individual vs. Interpersonal Therapy » Why CBT Won't Work for Relationship Problems » How to develop an agenda for patients with interpersonal problems » The most common therapeutic error of all—and how to stop making it! » Ten GOOD Reasons to Maintain Conflict and Resist Intimacy » The Relationship CBA » The Relationship Journal » The Five Secrets Revisited » Role-Playing and Experiential Techniques » The Intimacy Exercise

“ I had the good fortune of attending the summer intensive with Dr. David Burns in Edmonton 09'. It was simply the best seminar I have ever attended. The information and training are proving invaluable and I also have fond memories of wonder and positive experiences. Jack Hirose and Dr. Burns successfully set up an atmosphere of friendship, respect and relaxed professionalism. Many thanks and I wish you continued success.”

– Ashif Kassam, Lumina Counselling

“ 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

4 WAYS TO REGISTER | Save \$10 – Use Online Promo Code **ABSAVE10**



ONLINE

registration.jackhirose.com



EMAIL

registration@jackhirose.com



PHONE+FAX

See numbers below right



MAIL

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**

Mindfulness-Integrated Cognitive Behaviour...

Edmonton, AB | May 4 & 5, 2015 | Bruno Cayoun



Individual



Group: 3-7



Group: 8+

Early Bird Fee (Deadline: April 15, 2015)	<input type="checkbox"/> \$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Making Sense of Anxiety

Edmonton, AB | May 25 & 26, 2015 | Gordon Neufeld



Individual



Group: 3-7



Group: 8+

Early Bird Fee (Deadline: May 11, 2015)	<input type="checkbox"/> \$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Making Sense of Attention Problems

Edmonton, AB | May 27, 2015 | Gordon Neufeld



Individual



Group: 3-7



Group: 8+

Early Bird Fee (Deadline: May 13, 2015)	<input type="checkbox"/> \$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST
Regular Fee	<input type="checkbox"/> \$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST

Worries and Woes

Calgary, AB | May 4 & 5, 2015 | Lynn Miller



Individual



Group: 3-7



Group: 8+

Early Bird Fee (Deadline: April 20, 2015)	<input type="checkbox"/> \$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Mindfulness Inside & Outside The Therapy Hour

Banff, AB | July 15–17, 2015 | Ron Siegel



Individual



Group: 3-7



Group: 8+

Early Bird Fee (Deadline: July 1, 2015)	<input type="checkbox"/> \$595 + 5% GST	\$575 + 5% GST	\$555 + 5% GST
Regular Fee	<input type="checkbox"/> \$615 + 5% GST	\$595 + 5% GST	\$575 + 5% GST

Advanced Applications in Cognitive Behaviour...

Red Deer, AB | July 8–11, 2015 | David D. Burns



Individual



Previous 4 Day Attendee

Early Bird Fee (Deadline: June 24, 2015)	<input type="checkbox"/> \$795 + 5% GST	<input type="checkbox"/> \$595 + 5% GST
Regular Fee	<input type="checkbox"/> \$815 + 5% GST	<input type="checkbox"/> \$615 + 5% GST

*Group registration must be completed online at registration.jackhirose.com

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, an emailed confirmation notice will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. *Please note lunches are not included.*

► **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 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person	\$20 off / person
8+ Registrants	\$20 off / person	\$30 off / person	\$40 off / person

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

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **ABSAVE10** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

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

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop, \$190 on a two-day workshop, \$290 on a three-day workshop, and \$400 on a four-day workshop or conference. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA). *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.

EDMONTON: FOUR POINTS BY SHERATON EDMONTON SOUTH
7230 Argyll Rd | 780-465-7931

EDMONTON: EXECUTIVE ROYAL HOTEL WEST EDMONTON
10010-178th Street | 780-484-6000

BANFF: BANFF PARK LODGE RESORT HOTEL & CONFERENCE CENTRE
222 Lynx Street | 403-762-4433

RED DEER: iHOTEL 67 ST **CALGARY:** EXECUTIVE ROYAL HOTEL CALGARY
6500 67th Street 2828 23rd Street NE
1-800-661-4961 888-388-3932

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY

All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a \$40 administration fee** for cancellations made five business days or more prior to the event. **No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES

Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS

Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



Jack Hirose & Associates Inc.
363 Lynn Ave, North Vancouver
BC, Canada V7J 2C4

T 604 924 0296
F 604 924 0239
TF 1 800 456 5424

E registration@jackhirose.com

jack hirose
& ASSOCIATES INC.
— JACKHIROSE.COM —