



MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

WINNIPEG, MB
MAY 11 & 12, 2015



Clinical Focused Workshop

BRUNO CAYOUN
D. PSYCH.

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THE MANITOBA CONFERENCE ON CHILDREN & ADOLESCENTS

Overcoming Behavioural, Emotional & Learning Challenges

WINNIPEG, MB
JUNE 4 & 5, 2015



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TRAUMA TREATMENT: A 3 DAY INTENSIVE HEAL YOURSELF AND YOUR CLIENTS

New, High-Speed T.E.A.M Therapy Techniques

WINNIPEG, MB
JULY 13-15, 2015

Clinical Focused Workshop



DAVID D. BURNS
M.D.

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MINDFULNESS-INTEGRATED COGNITIVE BEHAVIOUR THERAPY TRAINING

For Crisis Intervention & Relapse Prevention

WINNIPEG, MB | MONDAY, MAY 11 & TUESDAY, MAY 12, 2015 | 9:00 AM – 5:00 PM

Centro Caboto Centre | 1055 Wilkes Avenue

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 11, 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 12, 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 neutralize 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



Robert Brooks
PH.D.



Peg Dawson
ED.D., NCSP



Michael Leeds
PH.D.



Lynn Lyons
MSW



Jane Middleton-Moz
M.S.



Margaret Wehrenberg
PSY.D.

THE MANITOBA CONFERENCE ON

Children & Adolescents

OVERCOMING BEHAVIOURAL, EMOTIONAL & LEARNING CHALLENGES

WINNIPEG

DAY 1 - Thursday, June 4, 2015 | **DAY 2** - Friday, June 5, 2015
Best Western Plus Winnipeg Airport Hotel - 1715 Wellington Ave
1 & 2 Day Options Available

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AGENDA	DAY 1 - Thursday, June 4, 2015			DAY 2 - Friday, June 5, 2015		
KEYNOTE 8:30 AM - 9:45 AM	Stressed Out to Stress Hardy: Can We Take Care of Our Students if We Don't Take Care of Ourselves? - Robert Brooks, PH.D.			The Changing Adolescent Brain: Opportunities for Repair and Growth - Margaret Wehrenberg, PSY.D.		
9:45 AM - 10:00 AM	Morning Break					
KEYNOTE 10:00 AM - 11:00 AM	Executive Skills and Brain Development - Peg Dawson, ED.D., NCSP			Anxious Kids, Anxious Families - Lynn Lyons, MSW		
KEYNOTE 11:00 AM - 12:00 PM	BULLIES: From the Playground to the Board Room, Strategies for Survival - Jane Middleton-Moz, M.S.			Working with High-Risk and Behaviourally Challenging Youth - Michael Leeds, PH.D.		
12:00 PM - 1:00 PM	Lunch Break					
CONCURRENT AFTERNOON WORKSHOPS 1:00 PM - 4:00 PM	The Power of Mindsets: Strategies for the Educator and Clinician to Nurture Motivation and Resilience in Children and Teens - Robert Brooks, PH.D.	Strengthening Executive Skills in Children & Adolescents - Peg Dawson, ED.D., NCSP	The Circle of Life: The Importance of Trauma-Informed Schools - Jane Middleton-Moz, M.S.	Managing Depression in Children and Adolescents - Margaret Wehrenberg, PSY.D.	Anxious Kids, Anxious Families - Continued - Lynn Lyons, MSW	Practical Interventions: Working with High-Risk and Behaviourally Challenging Youth - Michael Leeds, PH.D.

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.

Robert Brooks, PH.D.



is one of today's leading speakers and authors on the themes of resilience, motivation, school climate, a positive work environment, and family relationships. Dr. Brooks has presented nationally and internationally to thousands of parents, educators, mental health professionals, and business people. His talks are filled with practical, realistic suggestions, anecdotes, insights and humour. He is on the faculty of Harvard Medical School.



CO-AUTHOR

Raising Resilient Children with Autism Spectrum Disorders

Peg Dawson, ED.D., NCSP



received her doctorate in school/child clinical psychology from the University of Virginia. She was a school psychologist for 16 years in Maine and New Hampshire, and, for the past 18 years has worked at the Center for Learning and Attention Disorders in Portsmouth, New Hampshire, where she specializes in the assessment of children and adults with learning and attention disorders. She has authored several books with Dr. Richard Guare, including *Smart But Scattered*.



CO-AUTHOR

Executive Skills in Children and Adolescents

Jane Middleton-Moz, M.S.



is the Director of the Middleton-Moz Institute in Liberty Lake, Washington. She has been on the advisory board of the National Association Children of Alcoholics. She has a Masters Degree in Clinical Psychology and over thirty-five years experience in the treatment of mental health and substance abuse problems. She has become well known for her work in the areas of Adult Children of Alcoholics, Multi-Generational Grief in individuals and families and Children of Trauma.



CO-AUTHOR

Bullies: From the Playground to the Boardroom

1ST KEYNOTE
8:30 AM – 9:45 AM

Stressed Out to Stress Hardy: Can We Take Care of Our Students if We Don't Take Care of Ourselves?

Stress, disillusionment, and burnout among educators and clinicians who work in schools are major problems, impacting on effective teaching and classroom management, and retention of staff. In his keynote Dr. Brooks will describe a framework with specific techniques for developing "stress hardiness" and lessening burnout in school professionals. A basic premise of Dr. Brooks' keynote is that the more we can take care of ourselves, the more we can meet the educational needs of students and create a positive school climate in which learning, motivation, and purpose are nurtured.

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

The Power of Mindsets: Strategies for the Educator & Clinician to Nurture Motivation & Resilience in Children & Teens

In this workshop Dr. Brooks will highlight the concept of "mindsets," including the assumptions and expectations that guide the practices of educators and clinicians. He will describe the mindset and accompanying practices of professionals who are effective in reaching youth at all ages. He will cover such topics as: (a) the importance of applying a strength-based approach in which each child or adolescent's "islands of competence" are identified and reinforced, (b) a framework for understanding the key components of intrinsic motivation, and (c) specific strategies for reinforcing motivation, responsibility, hope, and resilience in youth. Many case examples will be provided.

2ND KEYNOTE
10:00 AM – 11:00 AM

Executive Skills & Brain Development

Thanks to recent brain research, educators and mental health practitioners are becoming increasingly aware of the important role executive skills play in school success and overall adjustment. This keynote will summarize key findings of brain-research and highlight the implications.

This keynote will help participants to:

- » Define executive skills
- » Identify how executive skills impact school performance and daily living
- » Use assessment tools to identify executive dysfunction

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

Strengthening Executive Skills in Children & Adolescents

Teachers, mental health practitioners, and parents have three options when working to strengthen executive skills in children and adolescents. This workshop will describe each of these strategies, providing case examples and practical suggestions to enable the participant to translate the ideas presented into their own practice.

This workshop will help participants to:

- » Access a repertoire of strategies to improve executive skills in children and adolescents
- » Design your own intervention strategies tailored to the needs of individual children and adolescents
- » Utilize classroom-wide interventions to improve executive skills

3RD KEYNOTE
11:00 AM – 12:00 NOON

BULLIES: From the Playground to the Board Room, Strategies for Survival

Research shows that individuals that begin bullying behaviour in elementary school continue their behaviour in adulthood and that early bullying behaviour is strongly associated with emotional and sometimes physical abuse in adult relationships and in the workplace. Most bullies don't stop their behaviour without intervention and treatment; they just become better at it. Jane Middleton-Moz will present the results of her interviews with twenty-five men and women who bullied on the playground. In relationships and in the workplace, their early family dynamics, the link between depression and bullying behaviour, how they picked their victims, the art of intimidation, atmospheres that allowed their bullying behaviour to flourish, and the components of their successful intervention and treatment.

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

The Circle of Life: The Importance of Trauma-Informed Schools

Schools are filled with children and youth who are affected by grief and trauma. These children carry more than their books to school each day. They carry with them backpacks filled with sadness, fear, abuse, violence, neglect and grief. When children and youth are impacted by trauma and severe loss they can't concentrate, remember, pay attention, think clearly, regulate their emotions, control their behavior or attend to what their teachers are saying. In this workshop, Jane will discuss the importance of trauma-informed schools and caregivers. When school personnel and caregiving systems are trauma-informed, children and youth can be intervened with in order to learn and achieve their academic and social potential.

Margaret Wehrenberg, PSY.D.

is the Curriculum Development Director for Candeo's online Depression and Anxiety Program. Her clinical practice is in Naperville, IL. She is the author of *The Anxious Brain*, *The 10 Best-Ever Anxiety Management Techniques*, *The 10 Best-Ever Depression Management Techniques*, and *The 10 Best-Ever Anxiety Management Techniques Workbook*. She is a contributor to the award-winning *Psychotherapy Networker* magazine and she speaks internationally on topics of clinical psychotherapy.



AUTHOR

Anxiety + Depression: Effective Treatment of the Big Two Co-Occurring Disorders

Lynn Lyons, MSW

is a clinical social worker and psychotherapist specializing in the treatment of anxious children and their parents, with a special interest in interrupting the generational patterns of anxiety in families. Lynn presents internationally to professional organizations and schools, offering workshops to mental health and medical providers, teachers, school nurses and parents. She is known for her focus on providing concrete skills and integration of humour and clinical hypnosis.



CO-AUTHOR

Anxious Kids, Anxious Parents

Michael Leeds, PH.D.

is a community mental health trainer and consultant. He has designed and implemented strength-based community mental health treatment programs, in residential treatment and out-patient settings, addressing substance abuse, violence and aggression, domestic violence, post traumatic stress syndrome, and gang prevention. As a Master Trainer for the National Institute on Drug Abuse he has designed and delivered educational and professional development training.



DIRECTOR

Emerald City Mindfulness Center

1ST KEYNOTE
8:30 AM – 9:45 AM

The Changing Adolescent Brain: Opportunities for Repair & Growth

There is no time more opportune for healing early life trauma or changing thought and behavior patterns than the early adolescent years. This brief review of the dramatic changes occurring to adolescents' brain structure and function will clarify why this window of opportunity is so important and what interventions are most powerful for change and repair.

“Margaret's information today was fantastic! I can see using it in my professional life and also my family life. Very practical, step-by-step ideas we can all use.”

– Tammie Comstock, Preschool Teacher & Mother

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

Managing Depression in Children and Adolescents

Young people suffering from depression are often misdiagnosed with learning problems or behavioral problems but their underlying depression may be missed. Since depression can be a cause or an outcome of other, more obvious, problems, it is necessary to spot it and respond to it because it will limit development in academic, social and emotional life. This session will offer practical interventions into depression for anyone working with children and teens in school or clinical settings.

“Thank you Margaret. You have a very positive and practical approach that is deeply connected to research. I can't wait for the next session!”

– Amy, Crowther Memorial Junior High

2ND KEYNOTE
10:00 AM – 11:00 AM

Anxious Kids, Anxious Families

Anxiety disorders are the most common mental disorder found in Canadian children, with an estimated prevalence rate of 6.4 percent (Statistics Canada 2009). Anxiety impairs daily functioning and hinders the overall development of children and youth. From excessive shyness and reassurance seeking, to panic attacks, school phobia, test anxiety, obsessive or compulsive behavior, anxiety can manifest itself in a myriad of ways. These symptoms impact children and adolescents at home and school, while putting palpable strain on the adults trying to help. The research is clear: much of what parents and other adults do to decrease the anxiety actually strengthens it by unintentionally reinforcing avoidance and rigidity.

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

Anxious Kids, Anxious Families - Continued

- This workshop will help participants to:**
- » Identify the patterns and risk factors that increase anxiety in children and teens
 - » List the seven key anxiety-busting strategies for families
 - » Describe the primary parenting patterns that need to change
 - » Help children and adolescents create a courageous plan to move forward rather than avoid
 - » Coach parents to take effective action using exercises and homework assignments
 - » Remove common crutches that support anxiety in families and schools
 - » Stay out of the “content trap”
 - » Differentiate between “bad” behaviour and anxious behaviour

3RD KEYNOTE
11:00 AM – 12:00 NOON

Working with High-Risk & Behaviourally Challenging Youth

Goal: To explore clinically significant strategies for successful intervention with Challenging Youth.

This keynote will help participants to:

- » Understand the nature of rapport building with youth
- » Clarify personal communication patterns
- » Identify typically arousing behaviors
- » Describe characteristics of uncivil behaviour
- » Introduce both healthy and unhealthy anger cycles
- » Introduce seven steps for communicating for compliance

CONCURRENT AFTERNOON WORKSHOP
1:00 PM – 4:00 PM

Practical Interventions: Working with High-Risk & Behaviourally Challenging Youth

Goal: To develop and enhance specific skills relating to successful interventions with youth.

This workshop will help participants to:

- » Identify six levels of truth telling
- » Clarify steps of inference
- » Discuss process and function of successful interventions
- » Identify five builders and five barriers to effective communication
- » Discuss giving and receiving feedback
- » Experience two “proofs” of mindfulness

TRAUMA TREATMENT: A 3 DAY INTENSIVE HEAL YOURSELF AND YOUR CLIENTS

New, High-Speed T.E.A.M Therapy Techniques

WINNIPEG, MB | MONDAY – WEDNESDAY, JULY 13–15, 2015 | 8:00 AM – 4:30 PM

Viscount Gort Hotel | 1670 Portage Avenue

TRAUMA HAS BECOME ONE OF THE MOST CRITICAL MEDICAL / PSYCHOLOGICAL PROBLEMS

in the US and around the world. The symptoms can be crippling and their devastation reaches beyond the traumatized individual to families and communities as well. The lifetime prevalence of full-blown, classic PTSD has been estimated at 8% in the US, but nearly all of us will experience the impact one or more traumatic experiences sooner or later during our lives.

Clients with a history of trauma present with a wide range of emotional and interpersonal difficulties. Symptoms often include depression and low self-esteem, troubled relationships, sexual dysfunction, personality disorders, and addictions, along with the intense anxiety, intrusive memories, avoidance, and other behavioral problems. Clinicians must be able to treat the person, and not just the disorder, using a comprehensive, individualized strategy that includes the full range of clinical skills and interventions.

In this workshop, Dr. Burns will describe a powerful, new approach called T.E.A.M. Therapy that can be especially beneficial for trauma clients. T.E.A.M. is not

a new school of therapy, but a flexible, systematic, and compassionate approach that is based on research on how psychotherapy actually works. T.E.A.M. includes many cognitive behavior therapy (CBT) techniques, but goes far beyond traditional CBT. The result is a powerful, deeply personal experience with rapid, lasting clinical change.

The focus of the workshop will be practical, with methods you can use right away in your clinical work. Although the focus of the workshop will be on the treatment of trauma, you will find that the techniques in this workshop will dramatically improve your effectiveness with all of your clients.

Our clients are not the only ones who experience the horrific impact of trauma. Surveys indicate that 30% of therapists have reported some form of childhood trauma, and if you include the painful events we also experience as adults, that number jumps much higher. Dr. Burns will include segments on personal healing that will deepen your understanding of T.E.A.M. therapy and help you experience greater self-esteem, confidence, and joy in your clinical work and in your personal life as well. 🙏

ELEMENTS OF THE T.E.A.M. MODEL

T= Testing. You will learn fast, accurate techniques for the initial evaluation and diagnosis of trauma clients and for assessing clients; progress along with their feelings of trust and understanding in subsequent sessions.

E= Empathy. Dr. Burns will emphasize the unique challenges of empathizing with trauma clients and will demonstrate challenging empathy training methods that can quickly and dramatically improve your empathy skills with trauma clients as well as family, friends, and colleagues.

A=(Paradoxical) Agenda Setting. Dr. Burns will pinpoint the eight most common forms of therapeutic resistance in trauma clients and illustrate 15 innovative ways to melt away resistance before trying to “help” the client.

M=Methods. You will learn large numbers of specific techniques to boost self-esteem, eliminate numbing, reduce anxiety, and enhance feelings of warmth, trust, and intimacy in trauma clients. The goal is to bring about a rapid, dramatic, and complete elimination of symptoms.

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MON, JULY 13, 2015

(8:00am – 4:30pm)

- » T = Testing
- » E = Therapeutic Empathy

Evening Session

(6:00pm – 8:45pm)

- » Healing Yourself: Live demonstration with audience volunteer

• DAY 2 - TUES, JULY 14, 2015

(8:00am – 4:30pm)

- » A = (Paradoxical) Agenda Setting (PAS) with Trauma Clients
- » M = Methods

Evening Session

6:00pm – 9:00pm

- » Live therapy group exercise

• DAY 3 - WED, JULY 15, 2015

(8:00am – 3:00pm)

- » M = Methods (cont’d)
- » Healing Yourself: Externalization of Voices and Acceptance Paradox
- » The Hidden Emotion Model
- » Relapse Prevention for Trauma Clients



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

LEARNING OBJECTIVES

- » Describe the three components of an “abuse contract”
- » Discuss the political controversies surrounding the cognitive model of trauma
- » Assess new trauma clients using the EASY Diagnostic System for DSM5
- » Describe the most common cause of therapeutic failure in treating trauma patients
- » Identify the most common forms of resistance in trauma clients
- » Use 15 techniques to melt away therapeutic resistance
- » Individualize the treatment, using a wide variety of treatment techniques
- » Heal yourself and boost self-esteem
- » Utilize powerful relapse prevention techniques

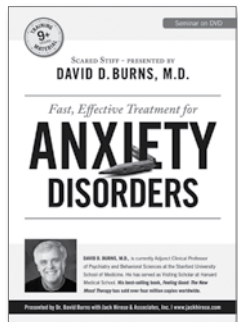
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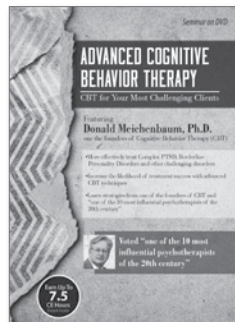
CLINICAL FOCUSED DVD'S – BEST SELLERS

Scared Stiff: Fast, Effective Treatment for Anxiety Disorders



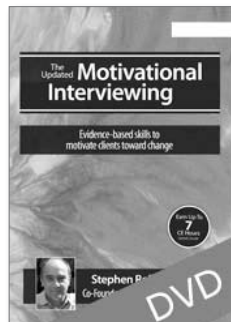
David Burns, M.D.
5 DVDs | 9 hrs
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Don Meichenbaum, PH.D.
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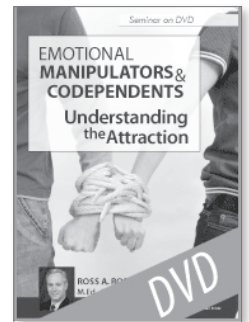
Stephen Rollnick, PH.D.
3 DVDs | 5.5 hrs
\$186.99 + TAX

Trauma, Attachment & Neuroscience



Bessel van der Kolk, M.D.
3 DVDs | 4 hrs
\$109.99 + TAX

Emotional Manipulators & Codependents



Ross Rosenberg, M.ED.
4 DVDs | 6 hrs
\$98.99 + TAX

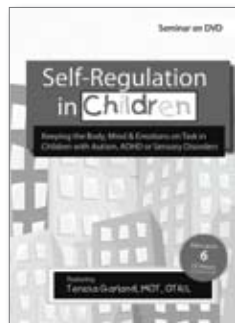
CHILD & YOUTH FOCUSED DVD'S – BEST SELLERS

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Teresa Garland, MOT, OTR/L
4 DVDs | 6 hrs
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Play Therapy



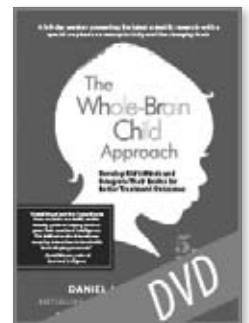
Christine Dargon, PH.D.
4 DVDs | 5.75 hrs
\$186.99 + TAX

Smart But Scattered: Executive Dysfunction at Home and at School



Peg Dawson, ED.D., NCSP
5 DVDs | 5.5 hrs
\$186.99 + TAX

The Whole-Brain Child Approach



Daniel J. Siegel, M.D.
4 DVDs | 5.75 hrs
\$186.99 + TAX



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► **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...

Winnipeg, MB | May 11 & 12, 2015 | Bruno Cayoun

Individual Group: 3-7 Group: 8+

Early Bird Fee (Deadline: April 27, 2015)	<input type="checkbox"/> \$369 + 5% GST	<input type="checkbox"/> \$354 + 5% GST	<input type="checkbox"/> \$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	<input type="checkbox"/> \$374 + 5% GST	<input type="checkbox"/> \$359 + 5% GST

Trauma Treatment: 3 Day Intensive – Heal Yourself...

Winnipeg, MB | July 13–15, 2015 | David D. Burns

Individual Group: 3-7 Group: 8+

Early Bird Fee (Deadline: June 30, 2015)	<input type="checkbox"/> \$595 + 5% GST	<input type="checkbox"/> \$570 + 5% GST	<input type="checkbox"/> \$565 + 5% GST
Regular Fee	<input type="checkbox"/> \$615 + 5% GST	<input type="checkbox"/> \$590 + 5% GST	<input type="checkbox"/> \$585 + 5% GST

The Manitoba Conference on Children & Adolescents – Winnipeg, MB | June 4 & 5, 2015

Individual	2 Days - June 4-5	1 Day - June 4	1 Day - June 5
Early Bird Fee (Deadline: May 21, 2015)	<input type="checkbox"/> \$429 + 5% GST	<input type="checkbox"/> \$249 + 5% GST	<input type="checkbox"/> \$249 + 5% GST
Regular Fee	<input type="checkbox"/> \$449 + 5% GST	<input type="checkbox"/> \$269 + 5% GST	<input type="checkbox"/> \$269 + 5% GST
Group: 3-7	2 Days - June 4-5	Group: 8+	2 Days - June 4-5
Earlybird Fee (Deadline: May 21, 2015)	<input type="checkbox"/> \$409 + 5% GST	Earlybird Fee (Deadline: May 21, 2015)	<input type="checkbox"/> \$389 + 5% GST
Regular Fee	<input type="checkbox"/> \$429 + 5% GST	Regular Fee	<input type="checkbox"/> \$409 + 5% GST

*Group registration must be completed online at registration.jackhirore.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	\$25 off / person
8+ Registrants	\$20 off / person	\$30 off / person	\$30 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.jackhirore.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **MBSAVE10** at registration.jackhirore.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@jackhirore.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.

WINNIPEG

VISCOUNT GORT HOTEL
1670 Portage Avenue | 204-775-0451

MANITOBA CONFERENCE ON CHILDREN & ADOLESCENTS

BEST WESTERN PLUS WINNIPEG AIRPORT HOTEL
1715 Wellington Avenue | 204-775-9889

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@jackhirore.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.jackhirore.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.jackhirore.com.

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIRORE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



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F 604 924 0239
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