

WORKSHOP #23 | 12:45PM - 4:00PM

TRAUMA-FOCUSED DBT (CONTINUATION)

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Attend this workshop and you will discover how critical complex interventions are for the complexity of treating trauma and attachment disorders. Join Dr. Eboni Webb, former advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association, and Advanced Certified Practitioner of Sensorimotor Psychotherapy and take home evidence-based strategies from both modalities to use with clients who come from hard places.

Course Objectives

- Defining Trauma and Attachment
 - Biosocial Model
 - Effects of inadequate validation in early emotional development
 - Symptoms of a pervasive emotional dysregulation disorder
 - Developmental vs. attachment trauma
 - Single-incident trauma
 - Common sources of trauma
 - Parenting Styles
 - Attachment Styles
- Trauma and Brain Development
 - Biphasic arousal model
 - Core organizers of experience

Through case studies, interactive discussions, role-plays, and reproducible handouts, you will take away practical CBT strategies to use immediately with any client. Leave this conference armed with tools you can use in your very next session!

Course Objectives

- Develop core competencies in CBT, including the therapeutic alliance, collaborative agenda setting, fostering behavioural and cognitive change, and giving client feedback.
- Understand the role of cognitive distortions in information processing and the unique processing present in specific symptom sets.
- Learn evidence based strategies for treating clinical conditions including depression, anxiety disorders, anger management, and personality disorders
- Utilize techniques from traditional CBT, meta-cognitive, and schema based approaches
- Demonstrate how case conceptualization drives effective treatment planning & improves therapy outcomes.
- Discuss case studies to increase understanding of specific cognitive models of depression, anxiety and anger and effective treatment strategies for each.

WORKSHOP #25 | 12:45PM - 4:00PM

RESILIENCE & THE STRESS RESPONSE

Addressing Emotional Stuckness & Trauma

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

New understandings reveal that there is much wisdom to the stress response. Rather than focusing on dysfunction,

we should begin by appreciating how our brains are brilliantly programmed to not only summon the strength required to deal with distressing situations, but to also serve as an emotional first-aid response. The problem is not with the stress response per se, but when the stress response is not followed in a timely fashion by its partner, the resilience response. We will be much more effective in our interaction with distressed children, youth and students if we first come alongside how their brains are trying to take care of them, and from this stance, proceed to help the stress response become unstuck.

Course Objectives

- Updating an understanding of the stress response through the lenses of attachment and emotion
- The ability to differentiate between the two kinds of strength that is often associated with resilience
- An appreciation of what has to bounce back for emotional health and well-being
- An understanding of the wisdom of the stress response and how to come alongside it

WORKSHOP #24 | 12:45PM - 4:00PM

MASTERING THE CORE SKILLS & COMPETENCIES OF CBT

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

Cognitive Behavioural Therapy is the most empirically supported therapeutic approach for multiple psychiatric disorders,

and is widely considered the “gold standard” treatment for a variety of issues. Most mental health professionals claim to do “some CBT,” but many clinicians in the trenches resort to a more “eclectic” approach and treatment often loses direction. Leave this 3-hour afternoon session with international CBT expert Dr. Jeff Rigenbach with core competencies, transformed clinical skills, and an improved understanding of conceptualization based treatment that will ensure you never get stuck in therapy again.

You will be able to utilize concrete strategies for helping your clients who suffer from:

- Bipolar and depressive related disorders
- Anger
- Anxiety disorders
- Personality Disorders

WORKSHOP #26 | 12:45PM - 4:00PM

20 EMPIRICALLY-BASED ART, MUSIC, MOVEMENT & THINKING SKILLS ACTIVITIES TO IMPROVE BEHAVIOUR & LEARNING IN CHILDREN & ADOLESCENTS (CONTINUATION)

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

THIS IS A CONTINUATION OF THE MORNING SESSION

Develop skills to:

- Use art activities that involve fine motor skills and hand-eye coordination, which contribute to the development of spatial awareness and cognitive abilities.
- Apply active play and movement activities to stimulate brain development by improving neuroplasticity, neural connectivity, and cognitive flexibility.
- Teach precursor skills to reading, math and spelling including visual-spatial skills, patterning, sequencing, visual-tracking and vestibular strength.

Be ready to implement:

- Dance and rhythmic movements that have been shown to improve executive function and cognitive skills, such as attention, working memory, and inhibitory control.
- Attention, memory and self-regulation songs for students in grades K-4.
- Paradoxes, Cognitap Spots and Rhythmic Movement Phrases to engage cognition and self-regulation in students in grades 5-12.

Movement and cognition

- Physical activity and exercise have been linked to enhanced cognitive functions, including attention, memory, and academic achievement (Hillman et al., 2014; Tomporowski et al., 2011).
- Cognitive-motor activity combines rhythmic physical activity with cognitive-visual and auditory stimuli. This simultaneously activates distinct regions in the brain.

EXHIBITORS WELCOME

At the conference, exhibitor tables will be provided to allow your organization the opportunity to display and circulate informational packages to conference attendees who may require the services of your respective organization or business. The conference is an excellent opportunity for exhibitors to gather attendee information – collect business cards to enter a draw, scan badges to participate in your activity and interact with mental health and education professionals throughout the country.

Exhibitor booth, all 3 days, fee: \$3,000. and \$2,500 for non-profit organizations.

To secure an exhibitor booth, please contact our office at 604-924-0296 or email: registration@jackhirose.com

NOVEMBER 27-29, 2023

Monday-Wednesday
8:30am to 4:00pm

OAKVILLE, ON

Oakville Conference Centre
2515 Wycroft Road

FEATURED SPEAKERS



Gordon Neufeld
Ph.D.



Eboni Webb
Psy.D.



Jeff Rigenbach
Ph.D.



Daphne Fatter
Ph.D.



Lynne Kenney
Psy.D.



Carissa Muth
Psy.D.

SPONSORS

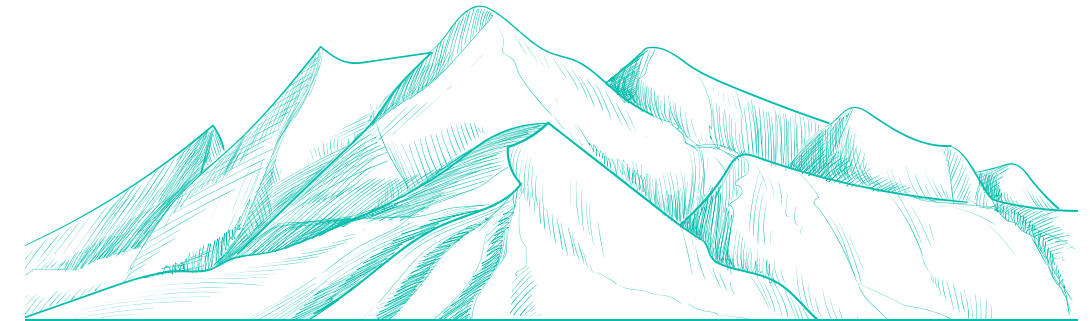


Group rates and student discounts are available. Visit our website for more information. Eligible for certification with the Hirose institute and qualifying CEU Boards.

LIVE IN-PERSON & LIVE STREAM CONFERENCE

THE ONTARIO MENTAL HEALTH SUMMIT

A Conference Tailored for Mental Health and Education Professionals at All Levels and Any Professional that Applies Behavioural Science to Practice



CHOOSE FROM 26 WORKSHOP SESSIONS

TOPICS FOR: All Professionals, Counselling Focused & School-Focused

- Addressing the Emotional Roots of Anxiety & Agitation
- Trauma & Attachment
- Disarming High Conflict Students in the Classroom
- Traumatic Memory & Best Practices for EMDR
- Why Our Children’s Mental Health is Deteriorating & What Can Be Done About It
- Working with the Highly Dysregulated Child
- Using IFS-Informed EMDR for Complex Trauma
- Healing the Healer
- Internal Family Systems Therapy for Trauma Treatment
- CBT Strategies that Really Work with Students in the Classroom
- Strengthen Executive Function, Attention, Memory, Response Inhibition & Self-Regulation in Children & Adolescents
- Navigating Addictions
- Polyvagal Theory and Trauma-Informed Stabilization Tools
- Trauma-Focused DBT
- The Personality Disorder Toolbox
- Neufeld’s Traffic Circle of Frustration: A Revolutionary Approach to Aggression, Depression & Suicide
- 20 Empirically-Based Art, Music, Movement & Thinking Skills Activities to Improve Behaviour & Learning in Children & Adolescents
- Mastering the Core Skills & Competencies of CBT
- Resilience & the Stress Response

WHO SHOULD ATTEND

A Conference Tailored for Mental Health and Education Professionals at All Levels & Any Professional that Applies Behavioural Science to Practice

MENTAL HEALTH 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 and all other mental health professionals looking to enhance their therapeutic skills.

EDUCATION PROFESSIONALS:

All education professionals who work with children or youth including, but not limited to K-12 Classroom Teachers, School Counsellors, Learning Assistance/Resource Teachers, School Administrators, School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers and all other professionals who support behavioural challenges and complex learning needs.

REGISTRATION FEES

Registration Type	Early Bird	Regular
Individual 1 Day	\$279	\$299
Individual 2 Day	\$499	\$519
Individual 3 Day	\$699	\$719
Group: 3-7	\$679	\$699
Group: 8-14	\$659	\$679
Group: 15+	\$639	\$659
Full-Time Student	\$639	\$659

All fees are in Canadian Dollars (\$CAD). Fees do not include applicable taxes (13% HST).

Early bird cutoff date: November 13, 2023

RECOMMENDED ACCOMMODATION

Holiday Inn Oakville at Bronte
2525 Wycroft Rd

Phone: 905.847.1000

Rate is \$154.00 plus tax per night for single/double occupancy.

Please reference "Jack Hirose & Associates Inc." and "Group Code: HIR" when making a reservation.

A MESSAGE FROM JACK HIROSE

Dear Colleagues,

The past few years have changed the landscape for how we learn and attend events. Zoom has been an invaluable tool for all of us, but the time has come to get back to the method that revitalizes the passion for our professions. Conferences allow for in person benefits such as, the chance to meet fellow clinicians and educators, exhibitors, on-site bookstore, group work and refreshments. We've removed the keynote but added even more presenters and a flexible format to create a custom learning experience of the highest calibre.

This year a total of 26 workshop sessions will be offered and will address a host of topics relevant to mental health, education, and any professional who applies behavioural science to practice. We invited 6 accomplished guest presenters who will share their knowledge and insights on a host of valuable mental health topics. Every session offered will focus on effective intervention strategies, recent advances and timely topics that will provide all professionals with the necessary knowledge and skills to better serve their clients and/or students.

Attendees have the option to attend either full-day or half-day sessions that will cover a diverse and broad range of important topics. For those who prefer to learn at home we will be streaming portions of the conference online. **The Ontario Mental Health Summit will be held in Oakville on November 27-29, 2023.** Once again we are pleased to work closely and collaborate with our co-sponsors CTV, Sunshine Coast Health Centre and Georgia Strait Women's Clinic. We hope to see you at our conference which promises to be another exceptional opportunity to not only enhance one's knowledge and competencies, but to network with our colleagues.

Sincerely,

Jack Hirose
CEO & President
Jack Hirose and Associates



A MESSAGE FROM MELANIE ALSAGER



Dear Fellow Conference Attendees,

On behalf of the entire team at Sunshine Coast Health Centre and Georgia Strait Women's Clinic, we do hope you join us for the The Ontario Mental Health Summit being held from the 27th to the 29th of November, 2023. We are once again pleased to be co-sponsoring an event with Jack Hirose & Associates, Canada's premier psychotherapy conference organizer. The pandemic has been difficult for all of us but Jack's hosting of this live event is a positive sign that the worst of the pandemic is solidly behind us.

We have missed the intimacy of live events but are excited to see all of the events/conferences planned for the Fall of 2023. Jack and colleagues will also be offering plenty of virtual events with the same world-class expert lineup you have come to expect over the years. We like to think of this hybrid approach as offering the best of both worlds.

I also want to acknowledge Jack Hirose & Associates for reaching an important milestone, having trained over 100,000 mental health professionals over the past 25 years. One cannot overestimate the spinoff benefits to communities across the country in which clients and their loved ones have benefited from working with skilled practitioners.

Melanie Alsager, MBA
Chief Executive Officer
Sunshine Coast Health Centre
& Georgia Strait Women's Clinic



DAY 3

WEDNESDAY, NOV 29, 2023

WORKSHOP #19 | 8:30AM - 11:45AM

TRAUMA-FOCUSED DBT

- EBONI WEBB, PSY.D., HSP



Live-Stream Option Available

Working with emotionally dysregulated and traumatized clients/students in your practice can be overwhelming and exhausting. You probably feel the pull of being the "savior" for their constant state of dysregulation. Learn how to develop the skills needed to be more effective in treatment, avoid burnout and achieve positive outcomes through developing an integrative lens to treat trauma and attachment more effectively across the lifespan through integrating Dialectical Behavior Therapy and Sensorimotor Psychotherapy techniques and interventions. Dr. Webb will give you the training you need through case stories, neuroscience research, and experiential activities. Learn to work together with clients/students and all relevant support systems to increase compassion through seeing the function of their behaviors through the lens of trauma, reestablish structure, and create a validating environment. Leave with the knowledge and skills to confidently teach clients/students and all critical care providers how to implement a safe structure that enables clients/students to learn and master these skills throughout all the pertinent areas of their lives.

Attend this workshop and you will discover how critical complex interventions are for the complexity of treating trauma and attachment disorders. Join Dr. Eboni Webb, former advisor to the Dialectical Behavior Therapy National Certification and Accreditation Association, and Advanced Certified Practitioner of Sensorimotor Psychotherapy and take home evidence-based strategies from both modalities to use with clients who come from hard places.

WORKSHOP #20 | 8:30AM - 11:45AM

THE PERSONALITY DISORDER TOOLBOX

- JEFF RIGGENBACH, PH.D.



Live-Stream Option Available

Individuals with personality disorders have long been considered the most challenging clients presenting in the clinical setting. Many patients lack motivation, most begin with poor insight, and some have such deeply engrained dysfunctional beliefs, unhealthy coping skills, and destructive

behavioural patterns that continue to frustrate providers, family members, and consumers alike. Many professionals even continue to view them as untreatable.

However, there is hope. Emerging research suggests this is simply not the case. DBT, CBT, and Schema Therapy have paved the way in pioneering new attitudes and outcomes related to treating these conditions

Join leading expert in the field of personality dysfunction Dr. Jeff Rigenbach for this enjoyable training chock full of the latest research, techniques, and practical strategies. This powerful workshop will give you a new ability to help struggling individuals deal with issues related to self-injurious behaviours, multiple suicide attempts, frequently hurt feelings, intense and unpredictable mood swings, substance use, angry outbursts, toxic relationships and other problems that impair their ability to function in society. Leave this day long training with an integrated DBT/CBT/Schema Informed approach to treating these cases and giving clients with even the most complex needs a life worth living.

WORKSHOP #21 | 8:30AM - 11:45AM

NEUFELD'S TRAFFIC CIRCLE OF FRUSTRATION

A Revolutionary Approach to Aggression, Depression & Suicide

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

We all get frustrated, as this primal emotion is automatically evoked when something - anything for that matter - doesn't work. There are several indicators that the groundswell of frustration is rising. This powerful emotion can be experienced in many ways and have a myriad of outcomes. Included in the array of emotional outcomes are compulsions regarding change, attacking impulses, suicidal impulses, aggression, and even frustration-based depression. Frustration can also result in healthy change and inner transformation. Dr. Neufeld will help us walk through the traffic circle of frustration in a way that benefits all. Given the critical importance of developing a healthy relationship with frustration, we should all be ready to serve as traffic directors when needed.

Course Objectives

- Understanding the underlying roots of aggression and depression
- Appreciating the key role that frustration is meant to play in our lives
- Recognizing when pivotal feelings are missing that need restoring
- Knowing the symptoms, signs and challenges when frustration gets stuck
- Making sense of why some of our current behaviour management approaches backfire
- Knowing how to direct traffic when frustration needs to find an outlet

WORKSHOP #22 | 8:30AM - 11:45AM

20 EMPIRICALLY-BASED ART, MUSIC, MOVEMENT & THINKING SKILLS ACTIVITIES TO IMPROVE BEHAVIOUR & LEARNING IN CHILDREN & ADOLESCENTS

- LYNNE KENNEY, PSY.D.



Live-Stream Option Available

Music, art, and movement have been recognized as important elements in children's cognitive development (Dumont et al., 2017; Americans for the Arts, 2023). Music, art, and movement provide various benefits that enhance cognitive abilities, including attention, language skills, spatial awareness, problem-solving, creativity, and social interaction.

Musical training has been linked to improved cognitive skills, such as enhanced verbal memory, mathematical abilities, and spatial-temporal skills (Forgeard et al., 2008; Miendlarzewska & Trost, 2018; Schellenberg, 2004).

Learning to play an instrument has shown positive effects on executive functions, including attention, self-regulation, and working memory (Moreno et al., 2011). Children who undergo musical training have better verbal memory, second language pronunciation accuracy, reading ability and executive functions (Miendlarzewska & Trost, 2018).

Music engages multiple brain regions, stimulating neural connections and promoting neuroplasticity, which is crucial for cognitive development (Zatorre et al., 2007; Lippolis et al., 2023).

Dance and rhythmic movements have been shown to improve executive functions and cognitive skills, such as attention, working memory, and inhibitory control (Kattenstroth et al., 2013; Buderath et al., 2008).

Course Objectives

- The relationships between art, cognition, learning and academic achievement.
- How art education has been associated with improved academic performance, including higher achievement in reading and math.
- How engaging in visual arts encourages creativity and divergent thinking to foster problem-solving skills and the ability to think outside the box.
- How foundational cognitive skills such as self-regulation, attention and memory support higher-order skills including problem-solving, imagination and creativity.
- Apply Musical Thinking to engage your students in learning self-regulation, motor pacing, previewing, planning, tempo, timing and rhythm.
- Use proprietary musical activities including "Watermelon, Unicorn and Tiger" to teach children how to transition from one activity to another and experience the "felt-sense" of slowing down.
- Use Procreate to improve your students imagination and creativity skills.