

MAY 6-8, 2024

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

EDMONTON, AB

DoubleTree by Hilton West Edmonton
16615 109th Ave NW

FEATURED SPEAKERS



Patti Ashley
Ph.D., LPC



Caroline Buzanko
Ph.D., R.Psych



Leanne Campbell
Ph.D., R. Psych.



Daphne Fatter
Ph.D.



Robert T. Muller
Ph.D., C. Psych.



Carissa Muth
Psy.D., CCC, R.Psych



Gordon Neufeld
Ph.D.



Jeff Riggenbach
Ph.D.



Sheri Van Dijk
MSW, RSW

SPONSORED BY



Georgia Strait | WOMENS CLINIC



**Live In-Person
& Live Stream
Conference**



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PLEASE POST

The Western Canada Trauma Conference HEALING & TREATING TRAUMATIC WOUNDS

CHOOSE FROM 18 WORKSHOP SESSIONS

Counselling Focused Topics Include:

- The Complexities of Complex PTSD: From Identification to Treatment
- Treating Personality Disorders: Evidence-Based Strategies & Breaking Destructive Behaviours
- Trauma and the Struggle to Open Up
- Trauma and Addiction: CBT Strategies and Techniques That Work!
- Stress and Trauma: An Attachment-Based Developmental Perspective
- Echoes of Trauma: Emotion-Focused Interpersonal Therapy for Individuals with Trauma
- Navigating Trauma & Addictions: Treatment & Assessment Interventions
- Internal Family Systems Therapy for Trauma Treatment
- Conquering Anxiety: Concrete Strategies for Helping Your Anxious Adult Clients
- Healing the Wounded Self
- Polyvagal Theory and Trauma-Informed Stabilization Tools

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

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WHO SHOULD ATTEND

CLINICAL PROFESSIONALS:

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

REGISTRATION FEES

Registration Type	Early Bird	Regular
Individual 1 Day	\$289	\$309
Individual 2 Day	\$489	\$509
Individual 3 Day	\$699	\$719
Group: 3-7	\$659	\$679
Group: 8-14	\$639	\$659
Group: 15+	\$619	\$639
Full-Time Student	\$619	\$639

All fees are in Canadian Dollars (\$CAD).
Fees do not include applicable taxes (5% GST).

Early bird cutoff date: April 22, 2024

RECOMMENDED ACCOMMODATION

DoubleTree by Hilton West Edmonton
16615 109th Ave NW

Our rates:

To make a reservation over the phone, please call 780.484.0821 or 1.800.661.9804

Deluxe 2 Queen:
\$169.00 per night plus tax

1 King Suite:
\$194.00 per night plus tax

please note, room reservations are subject to availability

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

When booking hotel rooms, ask for the Jack Hirose and Associates corporate rate. To receive our corporate rate, rooms must be booked one month prior to the workshop date. Please keep in mind hotel rates may fluctuate.

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 18 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 9 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.

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 Western Canada Trauma Conference will be held in Edmonton, AB on May 6 – 8, 2024. 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 Georgia Strait Women's Clinic and Sunshine Coast Health Centre, we hope that you and your colleagues are able to join us for the Western Canada Trauma Conference scheduled May 6 to 8, 2024. Not only will this event coincide with our 20th anniversary of providing residential mental health and addictions treatment, it will also be held in my hometown of Edmonton! We cannot think of a better way to celebrate than to partner with Jack Hirose & Associates, Canada's premier psychotherapy conference organizer.

An added bonus this Spring will be having one of our own, Clinical Director Dr. Carissa Muth, in Jack's lineup. Carissa has an extensive background in occupational trauma and addictions based on her work in both Calgary and many years of experience at our residential mental health facility. Carissa is a gifted, engaging presenter so you will not want to miss her presentation on Day 2 of the Edmonton event!

We are happy to see that Jack will be offering both live and virtual training opportunities in 2024. We understand that today's mental health professional needs the flexibility and convenience of virtual while still offering the opportunity to network with peers for those who can attend in person. Now, more than ever, we who work in mental health are being called upon to help our clients navigate a complex world, full of uncertainty and suffering. We look forward to seeing you in Edmonton or at one of the many other Jack Hirose & Associates events this coming Spring!

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



Georgia Strait WOMEN'S CLINIC

AGENDA	DAY 1 Monday, May 6	DAY 2 Tuesday, May 7	DAY 3 Wednesday, May 8
<p>Morning Session 8:30 AM – 11:45 AM</p> <p>Break 10:30 AM – 10:45 AM</p> <p>Choose one morning workshop per day.</p>	<ol style="list-style-type: none"> The Complexities of Complex PTSD, Part 1: From Identification to Treatment - Sheri Van Dijk, MSW, RSW <i>Live-Stream Option Available</i> Treating Personality Disorders: Evidence-Based Strategies & Breaking Life-long Destructive Behaviours - Jeff Riggenbach, Ph.D. <i>Live-Stream Option Available</i> Trauma and the Struggle to Open Up, Part 1: Relational Strategies to Treat Challenging Trauma Clients, - Robert T. Muller, Ph.D., C. Psych. <i>Live-Stream Option Available</i> 	<ol style="list-style-type: none"> Stress and Trauma, Part 1: An Attachment-Based Developmental Perspective - Gordon Neufeld, Ph.D. <i>Live-Stream Option Available</i> Echoes of Trauma, Part 1: Emotion-Focused Interpersonal Therapy for Individuals with Trauma - Leanne Campbell, Ph.D., R. Psych <i>Live-Stream Option Available</i> Navigating Trauma & Addictions, Part 1: Treatment & Assessment Interventions - Carissa Muth, Psy.D., CCC, R.Psych <i>Live-Stream Option Available</i> 	<ol style="list-style-type: none"> Internal Family Systems Therapy for Trauma Treatment - Daphne Fatter, Ph.D. <i>Live-Stream Option Available</i> Conquering Anxiety, Part 1: Concrete Strategies for Helping Your Anxious Adult Clients - Caroline Buzanko, Ph.D., R. Psych <i>Live-Stream Option Available</i> Healing the Wounded Self, Part 1 - Patti Ashley, Ph.D., LPC <i>Live-Stream Option Available</i>
<p>Lunch Break 11:45 AM – 12:45 PM</p>	<p>Lunch Option Add-On \$31.50 per person, per day. Price includes tax and gratuity. <i>Menu: Salad Bar, Soup, 3 main entrees, Potatoes and Vegetables, 1 Special of the day, Dessert Bar</i> <i>Menu changes daily</i></p>		
<p>Afternoon Session 12:45 PM – 4:00 PM</p> <p>Break 2:15 PM – 2:30 PM</p> <p>Choose one afternoon workshop per day.</p>	<ol style="list-style-type: none"> The Complexities of Complex PTSD, Part 2: From Identification to Treatment (CONTINUATION) - Sheri Van Dijk, MSW, RSW <i>Live-Stream Option Available</i> Trauma and Addiction: CBT Strategies and Techniques That Work! - Jeff Riggenbach, Ph.D. <i>Live-Stream Option Available</i> Trauma and the Struggle to Open Up, Part 2: Relational Strategies to Treat Challenging Trauma Clients, (CONTINUATION) - Robert T. Muller, Ph.D., C. Psych. <i>Live-Stream Option Available</i> 	<ol style="list-style-type: none"> Stress and Trauma, Part 2: An Attachment-Based Developmental Perspective (CONTINUATION) - Gordon Neufeld, Ph.D. <i>Live-Stream Option Available</i> Echoes of Trauma, Part 2: Emotion-Focused Interpersonal Therapy for Individuals with Trauma (CONTINUATION) - Leanne Campbell, Ph.D., R. Psych <i>Live-Stream Option Available</i> Navigating Trauma & Addictions, Part 2: Treatment & Assessment Interventions (CONTINUATION) - Carissa Muth, Psy.D., CCC, R.Psych <i>Live-Stream Option Available</i> 	<ol style="list-style-type: none"> Polyvagal Theory and Trauma-Informed Stabilization Tools - Daphne Fatter, Ph.D. <i>Live-Stream Option Available</i> Conquering Anxiety, Part 2: Concrete Strategies for Helping Your Anxious Adult Clients (CONTINUATION) - Caroline Buzanko, Ph.D., R. Psych <i>Live-Stream Option Available</i> Healing the Wounded Self, Part 2 (CONTINUATION) - Patti Ashley, Ph.D., LPC <i>Live-Stream Option Available</i>

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. plus tax (For-profit organization)
\$2,500.00 plus tax (Non-profit organization)

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

LIVE STREAM FROM HOME

This conference will be live streaming from Edmonton, AB to online participants on May 6 – 8, 2024 from 8:30am – 4:00pm MT

Recorded footage and all course content will be available until June 10, 2024. Please allow 3 – 5 business days after the conference has ended for recorded footage to become available. Please note, in-person registration does not include access to the live stream or recorded footage.

More information & live stream registration:
[LINK TBA](#)

DAY 1

MONDAY,
MAY 6, 2024

WORKSHOP #1 | 8:30AM - 11:45AM

THE COMPLEXITIES OF COMPLEX PTSD, PART 1

From Identification to Treatment

- SHERI VAN DIJK, MSW, RSW



The term *trauma* is used to describe the challenging emotional consequences experienced by someone who has lived through a distressing event.

But what happens when the trauma occurs early in life, and/or involves on-going or repetitive exposure to traumatic events? In these cases, individuals will often experience Complex Post-Traumatic Stress Disorder (C-PTSD), and/or dissociative disorders. As our understanding of trauma continues to evolve, so does our understanding of how to treat it. In this workshop, Sheri Van Dijk will define C-PTSD and introduce the Triphasic Model of treating complex trauma; and will then focus on Stage One of treating C-PTSD, involving skills to help stabilize clients using skills and strategies from several treatment modalities.

WORKSHOP #2 | 8:30AM - 11:45AM

TREATING PERSONALITY DISORDERS Evidence-Based Strategies & Breaking Life-long Destructive Behaviours

- JEFF RIGGENBACH, PH.D.



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.

WORKSHOP #3 | 8:30AM - 11:45AM

TRAUMA & THE STRUGGLE TO OPEN UP, PART 1 Relational Strategies to Treat Challenging Trauma Clients

- ROBERT T. MULLER, PH.D., C. PSYCH.



This practical workshop, led by Dr. Robert T. Muller, author of psychotherapy bestseller: *Trauma and the Avoidant Client*, builds our understanding of the

therapeutic relationship with challenging trauma clients.

As therapists, we try to maintain a strong therapeutic relationship, but this can be easier said than done. Drawing on attachment theory and research, and using a relational, integrative approach, Dr. Muller follows the ups and downs of the therapy relationship in trauma work. He points to choices therapists make in navigating the process, examining how they affect outcome

Specifically, we look at relationship patterns in trauma work, and how these can lead to troubling therapist-client enactments. When left unchecked, such patterns lead to ruptures in the relationship. In trauma work, how do we repair a ruptured alliance? And how can we help clients grow from the experience? This workshop looks at such issues in detail.

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

THE COMPLEXITIES OF COMPLEX PTSD, PART 2 (CONTINUATION)

- SHERI VAN DIJK, MSW, RSW



Clients with a history of complex trauma are often mis-diagnosed, have an array of presenting problems (some of which may be life-threatening, such as

suicidality, self-harm, and disordered eating behaviors), and a history of unsuccessful attempts at psychotherapy as well as medication trials. In this workshop, Sheri Van Dijk will discuss the phenomenon of dissociation as an explanation for many of these issues and will help deepen your understanding of this complex defence mechanism through the lens of the Theory of Structural Dissociation of the Personality. You'll receive an introduction to Ego State Theory to help conceptualize your clients from this perspective, before learning some strategies to increase understanding of your client's internal self-system, and skills to help clients understand and heal themselves.

Learning Objectives

- Explain what dissociation is and describe the different dissociative phenomenon
- Introduce Ego-State Theory to increase understanding of how to use Parts-based treatment models
- Teach specific skills to help clients heal from complex trauma

WORKSHOP #5 | 12:45PM - 4:00PM

TRAUMA & ADDICTION CBT Strategies and Techniques That Work!

- JEFF RIGGENBACH, PH.D.



The relationship between trauma and addiction is well-established in the literature. This is no surprise, as clinicians know all too well that people with unresolved trauma

and emotional wounds often turn to substances as a way to self-medicate; people with addictions may drive while impaired, gravitate towards toxic relationships, go to dangerous places to get their substance of choice or engage in many other behaviours that increase their risk of being traumatized.

The good news is, there is hope! Evidence shows increasing incidence of recovery for people struggling in the areas of trauma and addiction. While neuroscience has taught us much about this phenomenon in recent years, evidence-based CBT treatments, which to this day appear to still be at least as effective as many "newer" approaches, seem to have almost gotten lost in the shuffle.

Want to reground yourself in foundational clinical concepts for effectively treating this population? This breakthrough workshop led by internationally recognized CBT expert Dr. Jeff Rigenbach will enhance your treatment approach, advance your clinical skills, and arm you with proven tools and techniques that you can implement with your clients the very next day in your practice. Participate in this 3 hour training and leave a more trauma-informed clinician with a practical, evidence-based approach that will equip your clients struggling with trauma and addiction to reclaim their lives and be well on their road to recovery.

WORKSHOP #6 | 12:45PM - 4:00PM

TRAUMA & THE STRUGGLE TO OPEN UP, PART 2 (CONTINUATION)

- ROBERT T. MULLER, PH.D., C. PSYCH.



Theory is complemented by case examples and therapy segments. We draw from Dr. Muller's new book, *Trauma and the Struggle to Open Up*, winner of the 2019

ISSTD award for the year's best written work on trauma.

Learning Objectives

- Strategies to Bring a Sense of Safety to the Therapeutic Relationship
- Naming client traumatic experiences
 - Validating client traumatic experiences
 - Honesty in the therapeutic relationship: Easier said than done
 - Negotiating change from the start helps bring containment and hopefulness

Navigating and Using Conflict in the Therapeutic Relationship

- The relationship can easily go off the rails: When enactments bring ruptures
- How to repair a ruptured alliance

DAY 2

TUESDAY,
MAY 7, 2024

WORKSHOP #7 | 8:30AM - 11:45AM

STRESS & TRAUMA, PART 1 An Attachment-Based Developmental Perspective

- GORDON NEUFELD, PH.D.



Fresh insights from the sciences of development, emotion and attachment shed light on the hidden wisdom of the stress response, the essence of trauma, and the pivotal

role of both attachment and emotion in etiology and recovery. What is also revealed in putting the pieces together is a common denominator that cuts across syndromes and diagnoses and informs intervention. While the material is presented with clinicians in mind, this model of stress and trauma applies across all ages and venues, including private practice, treatment programs, as well as personal healing and recovery. This model also has significant implications for the prevention, recognition and treatment of distressed children and youth, whether via the school, the family, special programs or direct treatment.

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

ECHOES OF TRAUMA, PART 1 Emotion-Focused Interpersonal Therapy for Individuals with Trauma

- LEANNE CAMPBELL, PH.D., R. PSYCH



Emotionally Focused Therapy (EFT; S. Johnson) is best known as a potent couple intervention but has always, from its inception, been used in clinical practice with

individuals. This workshop focuses on Emotionally Focused Individual Therapy (EFIT) as it applies to working with individuals struggling with the echoes of trauma. Attachment science and an Experiential Humanistic approach offer a map that simplifies how we view and frame clients' problems, and how we intervene across the three-stage therapy process. The 'experiential assessment' tunes the therapist into clients' strengths and vulnerabilities to chart clients' therapeutic journey toward a felt sense of security with self and others - the pathway to symptom resolution and the antidote to trauma.

You'll discover:

- The key elements of the attachment perspective and its significance for understanding personality and the impacts of trauma
- An on-target map for the creation of transformative moments where vulnerabilities are encountered with balance and competence

WORKSHOP #9 | 8:30AM - 11:45AM

NAVIGATING TRAUMA & ADDICTIONS, PART 1

Treatment & Assessment Interventions

- CARISSA MUTH, PSY.D., CCC, R.PSYCH



In this workshop, you will be provided with tools to understand the complexity involved in the development of substance use disorder when co-morbid with a trauma related diagnosis. Attendees will leave the workshop equipped with practical techniques for treating those struggling with addictions and comorbid trauma including basics of assessments, working with families, and providing post-treatment care. Additionally, various intervention methods will be overviewed including CBT and narrative therapy in order to provide the client with techniques to implement with a variety of client presentations.

Learning Objectives

- Develop an understanding of the impact of trauma in the development and treatment of addictions.
- Formulate treatment plans based on a robust understand of various components contributing to the development of addictions.
- Competently navigate the addiction and trauma field through a basic understanding of various perspectives and current areas of research.
- Demonstrate an ability to provide general assessments of addictions and trauma as well as provide specific treatment recommendations.

WORKSHOP #10 | 12:45PM - 4:00PM

STRESS & TRAUMA, PART 2 (CONTINUATION)

- GORDON NEUFELD, PH.D.



Learning Objectives

- To appreciate the true purpose and wisdom of the stress response
- To understand trauma as a stuck stress response
- To correctly identify the primary indicators of a stuck stress response
- To appreciate the necessary and sufficient conditions for the stress response to be resolved
- To identify natural and intuitive interventions that can be universally applied
- To distill to the essence the help that is needed to reverse a stuck stress response
- To understand the role of emotional playgrounds in the recovery of the resilience response

WORKSHOP #11 | 12:45PM - 4:00PM

ECHOES OF TRAUMA, PART 2 (CONTINUATION)

LEANNE CAMPBELL, PH.D., R. PSYCH



Learning Objectives

- Describe the key elements of the attachment perspective and its significance for understanding personality, the impact of trauma and clinical intervention
- Summarize and demonstrate how to conduct an experiential assessment and the associated C.A.R.E. model to chart the course for therapy
- Explain and begin to use the power of emotion in transforming trauma
- Define how to work with the body as the 'gateway to emotion' - the target and agent of change in EFIT
- Give examples of how to implement the 5 moves of the EFT Tango to shape corrective emotional experience
- Apply the Tango - a proven sequence for creating key change events
- Apply the EFIT model and begin to implement some of the micro-interventions used by the EFIT therapist to gradually move clients into transformative moments where vulnerabilities are encountered in the presence of another, fostering trauma resolution and a stronger sense of balance, coherence, and competence
- Describe the three stages of therapy that clients move through as barriers to growth are removed and the seeds of secure attachment are sown

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

NAVIGATING TRAUMA & ADDICTIONS, PART 2 (CONTINUATION)

- CARISSA MUTH, PSY.D., CCC, R.PSYCH



Learning Objectives

- Develop the ability to guide clients and their families through the addiction recovery process.
- Integrate a focus on the client's relationship with substances into trauma treatment.
- Obtain a roadmap for comorbid addictions and trauma recovery and tools to increase client success at various stages.
- Gain an understanding of various treatment interventions for addictions and trauma and how to implement them directly with clients.

DAY 3

WEDNESDAY,
MAY 8, 2024

WORKSHOP #13 | 8:30AM - 11:45AM

INTERNAL FAMILY SYSTEMS THERAPY FOR TRAUMA TREATMENT

- DAPHNE FATTER, PH.D.



Developed by Richard Schwartz, Ph.D. forty years ago, Internal Family Systems (IFS) is becoming one of the fastest growing therapy models. The evidenced-based approach is non-pathologizing and attends to the complex impact of traumatic stress, making it effective for working with PTSD and Complex Trauma. Dr. Fatter will review the basic model of IFS, including theoretical assumptions, goals for treatment, and steps of using the IFS model. Dr. Fatter will apply an IFS framework common clinical presentations including how to conceptualize PTSD. This presentation will include case examples to describe the process of applying IFS to trauma treatment in individual therapy with adults. Dr. Fatter will guide an experiential exercise to demonstrate the model and invite clinicians to have increased awareness of their own parts. This presentation will also include ways IFS can be used to help clinicians cope with countertransference reactions and vicarious trauma that often occurs among clinicians when providing trauma treatment.

WORKSHOP #14 | 8:30AM - 11:45AM

CONQUERING ANXIETY, PART 1 Concrete Strategies for Helping Your Anxious Adult Clients

- CAROLINE BUZANKO, PH.D., R. PSYCH



Think you've mastered everything you need to know about anxiety management? Think again - you might be surprised!

When it comes to treating anxiety, even the most experienced professionals can unknowingly perpetuate ineffective methods. For instance, are you relying on reducing anxious feelings to gauge the success of your interventions? Do you use fear hierarchies? Do you advocate deep breathing or relaxation techniques as anxiety-busting strategies? If so, you may be unknowingly contributing to your clients' cycle of anxiety.

If you're committed to elevating your understanding of emotional health and improving outcomes for anxious clients, this workshop is indispensable. It is essential to revolutionize your approach to anxiety and emotional well-being.

WORKSHOP #15 | 8:30AM - 11:45AM

HEALING THE WOUNDED SELF, PART 1

- PATTI ASHLEY, PH.D., LPC



Treating trauma in clinical practice is an integral part of effective treatment outcomes. Sometimes clinicians feel stuck and unable to recognize what is keeping a client from moving forward. Often underneath trauma lies a sense of shame or self-loathing. According to trauma experts such as Peter Levin, Bessel van der Kolk, and Gabor Mate' *trauma isn't something that happens to you, it is what happens inside you*. Challenging trauma clients often harbor feelings of not being good-enough, a deep fear of judgement, and have difficulty being vulnerable in treatment and other relationships. These feelings usually begin with poor attachment and early childhood influences, which then lead to an inability to self-regulate and/or find emotional safety throughout life. Trauma changes the brain and nervous system resulting in depression, anxiety, fear, shame, rage, addiction, eating disorders, relationship difficulties, and other clinical problems. So much of what trauma clients experience hides in the subconscious until excavated and transformed into post-traumatic growth.

WORKSHOP #16 | 12:45PM - 4:00PM

POLYVAGAL THEORY & TRAUMA- INFORMED STABILIZATION TOOLS

- DAPHNE FATTER, PH.D.



Polyvagal Theory has become a common go-to resource in trauma treatment. However, clinicians often have difficulty understanding what Polyvagal Theory is and how to incorporate it into effective trauma treatment. Dr. Fatter will discuss Polyvagal Theory in the context of treating PTSD and complex trauma, including how it fits in to a traditional three phase model for trauma recovery. As such, the importance of creating a treatment plan around arousal regulation will be examined. Dr. Fatter will explain in detail symptoms of hyper-arousal, hypo-arousal and calm states of the autonomic nervous system based on Polyvagal Theory. This will help clinicians better identify signs of what state clients are in and help clinicians be able to educate clients about their nervous system. Specific trauma-informed stabilization tools will be discussed that support Polyvagal Theory. There will be opportunities for participants to experience and practice these tools themselves. This presentation will be interactive and experiential!

Course Objectives

- Understand Polyvagal theory and how it applies to effective trauma treatment.
- Identify several signs of when clients are in a state of hyper-arousal or hypo-arousal.

WORKSHOP #17 | 12:45PM - 4:00PM

CONQUERING ANXIETY, PART 2 (CONTINUATION)

- CAROLINE BUZANKO, PH.D., R. PSYCH



Go beyond the surface to explore the intricacies of anxiety and emotion regulation. Seamlessly blending the latest research with practical techniques, this workshop equips you with actionable insights that can be applied to real-world cases immediately.

Why Attend?

- Unlock a robust toolbox of effective interventions backed by cutting-edge research.
- Gain a deep, nuanced understanding of anxiety, going beyond traditional methods that may inadvertently perpetuate anxiety.
- Every principle is illuminated with real-life case studies, ensuring the knowledge you acquire is directly applied in your practice.
- Walk away with a fresh perspective about anxiety and an arsenal of strategies that actually make a difference.

Course Objectives

Strategies to Distance and Enhance

- Defusion
- Cognitive flexibility
- Problem-solving
- Paradox & humour

WORKSHOP #18 | 12:45PM - 4:00PM

HEALING THE WOUNDED SELF, PART 2 (CONTINUATION)

- PATTI ASHLEY, PH.D., LPC



Dr. Patti Ashley combines decades of evidenced based work, neuroscience, polyvagal theory, attachment research, and various treatment modalities to help clients break free from trauma and find ways to access emotional safety and authenticity.

This one-day training will provide clinicians with a deeper understanding of the impact of explicit trauma and the correlating implicit shame in clinical practice. Tools and techniques for effective treatment including person-centered empathy, rescripting, right-brain psychotherapy, creative arts, mindfulness, self-compassion, and much more will be explored.

Course Objectives

- Practice acute right-brain relational attunement with clients.
- Learn somatic and relational tools that foster compassion & empathy.
- Discover evidence-based tools and techniques to treat shame and trauma.
- Utilize mindfulness and meditation to calm nervous system responses.
- Excavate old narratives and rescript more authentic safety stories.

SPEAKER BIOS



PATTI ASHLEY, PH.D., LPC

International workshop presenter, author, and psychotherapist Patti Ashley, Ph.D, LPC, has integrated 40 years of experience in

special education, child development, and psychology into her wholehearted work as a psychotherapist, author, international speaker, and authenticity architect coach. She brings unique insights into the identification and treatment of shame, trauma, grief, and dysfunctional family patterns. Dr. Ashley owns and operates Authenticity Architects in Boulder, Colorado. Her inimitable Authenticity Architects model facilitates long-term changes in the brain and nervous system, helping clients break through unconscious barriers and rediscover a sense of self-love, belonging, and connection. Patti has counselled a myriad of individuals, couples, families and groups in mental health agencies, psychiatric hospitals, and private practice settings.



DAPHNE FATTER, PH.D.

is a licensed psychologist, clinical trainer, author, and international speaker. She is certified in IFS, EMDR, and as an ancestral

healing practitioner under Dr. Daniel Foor's Ancestral Medicine model. She is also a Certified IFS Clinical Consultant and an EMDR International Association (EMDRIA)-Approved Consultant-In-Training. Dr. Fatter received a Master of Arts in Transpersonal Counseling Psychology from Naropa University. She was then awarded a doctorate in Counseling Psychology from Pennsylvania State University before completing a postdoctoral fellowship in Clinical Psychology at The Trauma Center under the direct supervision of Dr. Bessel van der Kolk, MD. Her varied clinical experience and mastery of multiple trauma processing models allow her to approach both clients and fellow therapists innovatively, meeting them exactly where they are.



GORDON NEUFELD, PH.D.

is a Vancouver-based developmental psychologist with over 50 years of experience with children and youth and

those responsible for them. A foremost authority on child development, Dr. Neufeld is an international speaker, a bestselling author (Hold On To Your Kids) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he now devotes his time to teaching and training others, including educators and helping professionals.

"I have no words to express my appreciation to Gordon Neufeld and to Hirose for bringing this valuable, life-changing information. The material taught resonates professionally and personally too. Thank you!"



CAROLINE BUZANKO, PH.D.

is a Psychologist. Mother. International Speaker. Yoda of Anxiety. Neurodivergent Superhero. Changer of Lives. She

is a dynamic force in the field of psychology, dedicating nearly three decades to transforming the lives of children, teens, and their families. With a dedicated commitment to fostering deep connections, instilling unwavering confidence, igniting motivation, and building resilience in the face of challenges, Dr. Buzanko's mission is clear: to ensure that every child and teenager receive the understanding and support they deserve.

"The presenter was very knowledgeable in her area of expertise. She provided several personal and work-related examples; this was extremely helpful. This webinar will definitely help me in my work as a school psychologist. Thank you Caroline!"



ROBERT T. MULLER, PH.D.

is on faculty as a Full Professor of Clinical Psychology at York University, is a Fellow of the International Society for the Study

of Trauma & Dissociation (ISSTD); and both of his books have won ISSTD's award for the best written work of the year on trauma. He has over thirty years of clinical experience in the field, and maintains an active private practice in downtown Toronto. Throughout his professional career, Dr. Muller has been practicing, teaching, and supervising in the areas of trauma, attachment, and psychotherapy. He is the author of the award-winning psychotherapy bestseller, *Trauma and the Avoidant Client: Attachment-Based Strategies for Healing*.

"I really appreciate Dr. M's presentation style. He speaks clearly and presents the material well. I appreciate his interactions with the participants. He was welcoming and kind in his responses."



JEFF RIGGENBACH, PH.D.

is a best-selling and award winning author who has earned a reputation as an international expert in CBT and personality

disorders. Over the past 20 years he has developed and overseen CBT-based treatment programs for Mood disorders, anxiety disorders, addictive behaviour disorders and Personality Disorders at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia, is a Diplomat of the Academy of Cognitive Therapy and a certified cognitive therapist.

"Overall enjoyed Jeff's perspectives and relaxed nature! Spoke clearly and effectively, and delivered content in an easy and approachable way."



LEANNE CAMPBELL, PH.D.

is co-director of the Vancouver Island Centre for EFT (Emotionally Focused Therapy) and Campbell &

Fairweather Psychology Group. Trained by Dr. Sue Johnson in the early 1990s, she has continued to work in the EFT model since that time, and has provided psychotherapy services to hundreds of individuals, couples, and families over the past about three decades. By request, Dr. Campbell also provides personalized results-driven 'intensives' (i.e., 'boot camps') for couples motivated to improve their relationship and/or address 'attachment injuries' related to infidelity, other significant life events and/or transitions (e.g., loss or trauma). Known for her expertise in trauma, Dr. Campbell has provided hundreds of psychological assessment reports for forensic/legal and personal injury matters being considered before various levels of Court.



CARISSA MUTH, PSY.D., CCC

is a registered psychologist in Alberta and the Clinical Director at the Sunshine Coast Health Centre and Georgia Strait

Women's Clinic. She holds Doctorate of Psychology, Master of Arts in Counselling, and Bachelor of Social Work degrees and ran a private practice in Alberta for the last eight years. Her research to date has focused on attachment theory, systems theory, and family involvement in addictions. With almost a decade of experience in inpatient and outpatient settings, Dr. Muth has provided psychological assessments, therapeutic treatments and conducted research in the field of substance addictions and comorbid psychological disorders. With a passion for learning, she has developed an eclectic understanding of the etiology and treatment of mental health and psychological disorders.



SHERI VAN DIJK, MSW, RSW

is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience

in a hospital as well as a community setting, Sheri now sees clients in private practice and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behaviour therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010 Sheri was the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.

"She was very insightful and relatable. Her examples were real and easy to relate back to the material. Overall, the workshop was very enjoyable and I would definitely attend another if offered"

REGISTRATION

Western Canada Trauma Conference | Edmonton 2024

► STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

Work Phone [] _____ Work Fax [] _____

Email _____

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

I WILL BE ATTENDING:	<input type="checkbox"/> DAY 1 - May 6	<input type="checkbox"/> DAY 2 - May 7	<input type="checkbox"/> DAY 3 - May 8
<i>Please choose one morning workshop for each day.</i>	<input type="checkbox"/> Workshop #1 (AM)	<input type="checkbox"/> Workshop #7 (AM)	<input type="checkbox"/> Workshop #13 (AM)
	<input type="checkbox"/> Workshop #2 (AM)	<input type="checkbox"/> Workshop #8 (AM)	<input type="checkbox"/> Workshop #14 (AM)
	<input type="checkbox"/> Workshop #3 (AM)	<input type="checkbox"/> Workshop #9 (AM)	<input type="checkbox"/> Workshop #15 (AM)
<i>Please choose one afternoon workshop for each day.</i>	<input type="checkbox"/> Workshop #4 (PM)	<input type="checkbox"/> Workshop #10 (PM)	<input type="checkbox"/> Workshop #16 (PM)
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	<input type="checkbox"/> Workshop #6 (PM)	<input type="checkbox"/> Workshop #12 (PM)	<input type="checkbox"/> Workshop #18 (PM)

► STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

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

Early Bird Cutoff Date: April 22, 2024
Registration and payment must be received by this date.

Group Rate: Online registration only and individuals must attend all 3 days to be eligible for group discounts.

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Please Note: Multi-day registrations can NOT be shared. All registration fees are per person. Different individuals cannot be sent on different days under one registration fee. Name badges will be checked at the door.

► STEP 4 – PAYMENT | Fees do not include tax (5% GST).

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HOTEL & ACCOMMODATIONS

DoubleTree by Hilton West Edmonton
16615 109th Ave NW

RATES:
Deluxe 2 Queen: \$169.00 per night plus tax
1 King Suite: \$194.00 per night plus tax

HOW TO BOOK:
To make a reservation over the phone, please call 780.484.0821 or 1.800.661.9804

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

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EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

REGISTRATION FEE INCLUDES

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

CONTINUING EDUCATION CREDITS

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

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CANCELLATION POLICY: All cancellations must be submitted by email to registration@jackhirore.com. Non-attendance at a conference will not be grounds for any or partial refund/credit under any circumstances. **Refunds** will be available **minus a \$40 administration fee** for cancellations made 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a \$40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day prior to the event.** *Exceptions to this will not be granted.* If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

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