



LIVE IN-PERSON & LIVE STREAM CONFERENCE

**MAY 24-26, 2023**

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

**CALGARY, ALBERTA**

Best Western Premier Calgary Plaza  
Hotel & Conference Centre  
1316 - 33 Street NE

**TOPICS FOR**

- All Professionals
- Counselling Focused
- School-Based Focused

**FEATURED SPEAKERS**



Alexia Rothman  
Ph.D.



Ray Baker  
MD



Jonah Paquette  
Ph.D.



Eboni Webb  
Psy.D.



Jeff Rigenbach  
MD



Lillian Gibson  
Ph.D.



Deborah MacNamara  
Ph.D.

PLUS MANY  
MORE  
FEATURED  
INSIDE

**SPONSORS**



Sunshine Coast  
Health Centre  
A Non-12 Step Mental Health Program

Georgia Strait | WOMENS  
CLINIC

# THE WESTERN CANADA MENTAL HEALTH SUMMIT

## Improving Skills & Competencies for Mental Health & Education Professionals



### CHOOSE FROM 30 WORKSHOP SESSIONS



#### ALL PROFESSIONALS

- Healing Strategies & Interventions for BIPOC Communities
- Fostering Well-Being: A Strength-Based Approach to Change
- Recovery Coaching: Key Competencies to Facilitate Pathways of Recovery
- Compassion Skills Training for Mental Health & Education Professionals
- Healing the Healer: Self Care as an Act of Resilience
- The “Wow” Effect: How Awe & Wonder Make Us Happier, Healthier, & More Connected
- Family Impact of Substance Use Disorder

#### FREE LUNCH BUFFET

Groups of 15 or more are eligible to receive 30+ free lunches tickets (lunch for all group members on both days), \$750.00 value, limited quantity available.



#### SCHOOL-BASED FOCUSED

- Roots of Resilience & Resourcefulness
- Supporting the Anxious Mind with Children & Adolescents
- Managing Emotional & Behaviour Problems
- High-Conflict Students in the Classroom
- Making Sense of Resistance & Opposition in Kids
- Power of Connections with Kids



#### COUNSELLING FOCUSED

- Trauma- Focused DBT: An Integrative Lens
- IFS and Polyvagal Theory
- Mastering the Core Skills & Competencies of CBT
- The Personality Disorder Toolbox
- Psychotherapy Treatments for Adult & Adolescent Depression
- Relational Strategies to Treat Challenging Trauma Clients

**JACKHIROSE.COM | 1.800.456.5424**

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

## WHO SHOULD ATTEND

### 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.

## 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, participation in group work, and access to exhibitors, an on-site bookstore, 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 30 workshop sessions will be offered to address a host of topics relevant to both mental health and education professionals. Every session offered will focus on effective intervention strategies, recent advances, and timely topics that will provide educators and mental health 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. We have also planned two, one-hour early morning Qigong Meditation Exercise sessions and two, one-hour evening sessions. For those who prefer to learn at home, we will be streaming portions of the conference online. New this year is the option to add a lunch buffet to days one and two, with live music by Heather Blush and the Uppercuts on day two. Groups of 15 or more will receive complimentary lunch on both days.

**Western Canada Mental Health Summit Conference: Improving Skills & Competencies for Mental Health & Education Professionals** will be held in Calgary on May 24-26, 2023. Once again we are pleased to work closely and collaborate with our co-sponsors CTV, Sunshine Coast Health Centre and Georgia Straight Women's Clinic. We hope to see you at our flagship conference of the year 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



## REGISTRATION FEES

Registration Type	Early Bird	Regular
Individual 1 Day	\$259	\$279
Individual 2 Day	\$469	\$489
Individual 3 Day	\$659	\$679
Group: 3-7	\$639	\$659
Group: 8-14	\$619	\$639
Group: 15+	\$599	\$619
Full-Time Student	\$599	\$619

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

**Early bird cutoff date: May 10, 2023**

## RECOMMENDED ACCOMMODATION

### Best Western Premier Calgary Plaza Hotel & Conference Centre

1316 33 Street NE

Phone: 403.248.8888 | 1.800.661.1464

Email: [res@calgaryplaza.com](mailto:res@calgaryplaza.com)

Website: [www.calgaryplaza.com](http://www.calgaryplaza.com)

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. \*Please note, room reservations are subject to availability.

## A MESSAGE FROM MELANIE ALSAGER



Dear Fellow Conference Attendees,

On behalf of the entire team at Sunshine Coast Health Centre and Georgia Straight Women's Clinic, we do hope you join us for the Canadian Mental Health Summit being held from the 24th to the 26th of May, 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 that there will not only be the Summit but an additional 15 live and in-person workshops planned for the Spring 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 Straight Women's Clinic



Georgia Strait WOMEN'S CLINIC

AGENDA	DAY 1 Wednesday, May 24	DAY 2 Thursday, May 25	DAY 3 Friday, May 26
<b>Bonus Morning Session</b> 7:00 AM – 8:00 AM		<b>Qigong Meditation Exercises</b> - Munira Jiwa, BScPT (physical therapy)	<b>Qigong Meditation Exercises</b> - Munira Jiwa, BScPT (physical therapy)
<b>Morning Session</b> 8:30 AM – 12:00 PM  <b>Choose one morning workshop per day.</b>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Internal Family Systems Therapy</b> - Alexia Rothman, Ph.D.</li> <li><b>Psychotherapy Treatments for Adult &amp; Adolescent Depression</b> - Lillian Gibson, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>Recovery Coaching</b> - Ray Baker, M.D., FCFP, FASAM</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Disarming High-Conflict Students in the Classroom</b> - Jeff Rigenbach, Ph.D.</li> <li><b>The Roots of Resilience &amp; Resourcefulness</b> - Deborah MacNamara, Ph.D.</li> </ol>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Trauma-Focused DBT: Attachment &amp; Brain Development</b> - Eboni Webb, Psy.D., HSP</li> <li><b>The Personality Disorder Toolbox</b> - Jeff Rigenbach, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>Self-Compassion Skills Training for Mental Health &amp; Education Professionals</b> - Tim Desmond, LMFT</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Supporting the Anxious Child: Anxiety Regulation Skills</b> - Christine Dargon, Ph.D.</li> <li><b>Working with Emotional &amp; Behaviour Problems with Children and Adolescents</b> - Caroline Buzanko, Ph.D., R. Psych</li> </ol>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Trauma &amp; the Struggle to Open Up</b> - Robert T. Muller, Ph.D., C. Psych.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>The “Wow” Effect</b> - Jonah Paquette, Psy.D.</li> <li><b>Healing the Healer</b> - Eboni Webb, Psy.D., HSP</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Play Therapy: Specific Techniques &amp; Novel Approaches</b> - Christine Dargon, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>The Intersection of Inner Consent &amp; Personal Responsibility When Working with Addictions</b> - Sara Klinkhamer MA, RCC</li> </ol>
<b>Lunch Break</b> 12:00 PM – 1:00 PM	<b>Lunch Buffet</b> \$25 per person (includes taxes & gratuity)	<b>Lunch Buffet &amp; Live Music</b> \$25 per person (includes taxes & gratuity) - Heather Blush & The Uppercuts	
<b>Afternoon Session</b> 1:00 AM – 4:00 PM  <b>Choose one afternoon workshop per day.</b>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Polyvagal Theory</b> - Alexia Rothman, Ph.D.</li> <li><b>Healing Strategies &amp; Interventions for BIPOC Communities</b> (Black, Indigenous, People of Colour) - Lillian Gibson, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>Recovery Coaching</b> (Continuation) - Ray Baker, M.D., FCFP, FASAM</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>CBT Strategies that Really Work With Students in the Classroom</b> - Jeff Rigenbach, Ph.D.</li> <li><b>Making Sense of Resistance &amp; Opposition in Kids</b> - Deborah MacNamara, Ph.D.</li> </ol>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Trauma-Focused DBT: Common Survival Resources &amp; Critical Interventions</b> - Eboni Webb, Psy.D., HSP</li> <li><b>Mastering the Core Skills &amp; Competencies of CBT</b> - Jeff Rigenbach, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>Mindfulness: From Affect Tolerance to Fearlessness &amp; Equanimity</b> - Tim Desmond, LMFT</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Supporting the Anxious Child: School Recommendations &amp; Interventions</b> - Christine Dargon, Ph.D.</li> <li><b>The Power of Connections</b> - Caroline Buzanko, Ph.D., R. Psych</li> </ol>	<p><b>🧠 COUNSELLING FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Trauma &amp; the Struggle to Open Up</b> (Continuation) - Robert T. Muller, Ph.D., C. Psych.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>Fostering Well-Being</b> - Jonah Paquette, Psy.D.</li> <li><b>Healing the Healer</b> (REPEAT SESSION) - Eboni Webb, Psy.D., HSP</li> </ol> <p><b>🎓 SCHOOL-BASED FOCUSED</b></p> <ol style="list-style-type: none"> <li><b>Play Therapy: Directive &amp; Non-Directive Techniques</b> - Christine Dargon, Ph.D.</li> </ol> <p><b>👤 ALL PROFESSIONALS</b></p> <ol style="list-style-type: none"> <li><b>The Family Impact on Substance Use Disorder Treatment</b> - Carissa Muth, BSW, MA, CCC</li> </ol>
<b>Evening Session</b> 6:30 PM – 7:30 PM	<b>Achieving Better Outcomes with Recovery Coaching</b> - Ray Baker, M.D., FCFP, FASAM	<b>The Family &amp; Addictions</b> - Carissa Muth, BSW, MA, CCC, R.Psych - Sara Klinkhamer, MA, RCC	

**Evening Session Admission** - Admission to the evening session is included in conference attendee registration.  
 \$10 Admission Fee for the General Public. All proceeds are donated to the Calgary Food Bank.



## GROUP RATES AVAILABLE, SAVE \$60 PER PERSON

Groups of 15 or more are eligible to receive **30+ free lunches tickets** (lunch for all group members on both days), **\$750.00 value, limited quantity available.** Visit our website for more information. [www.jackhirose.com](http://www.jackhirose.com)

## EXHIBITORS WELCOME

To inquire please contact us by email: [admin@jackhirose.com](mailto:admin@jackhirose.com)



All Professionals



Counselling Focused



School-Based Focused

DAY 1

WEDNESDAY,  
MAY 24, 2023

WORKSHOP #1 | 8:30AM TO 12:00PM

## INTERNAL FAMILY SYSTEMS THERAPY

Healing Through Compassionate Connection  
(Counselling Focused)

- ALEXIA ROTHMAN, PH.D.



After decades of clinical innovation and recent scientific research, the empirically validated Internal Family Systems (IFS) model has been shown to be effective at improving

clients' general functioning and well-being. This effective model provides clinicians with procedures for helping clients with the most challenging mental health profiles to heal the wounded, burdened, and traumatized parts of their systems.

WORKSHOP #2 | 8:30AM TO 12:00PM

## PSYCHOTHERAPY TREATMENTS FOR ADULT & ADOLESCENT DEPRESSION

Clinical Considerations for Interpersonal Psychotherapy, ACT & CBT  
(Counselling Focused)

- LILLIAN GIBSON, PH.D.



Millions of adults and adolescents are impacted by depression each year. There are several factors that trigger depressive symptoms due to one's biological history,

psychosocial stressors, and/or relationship dynamics. This 3 hour session will focus on comparing and contrasting IPT for Depression, ACT for Depression, and CBT for Depression allowing clinicians an opportunity to select the best method to treat adult and adolescent depression based on the presenting problem.

WORKSHOP #3 | 8:30AM TO 12:00PM

## RECOVERY COACHING

Key Competencies to Facilitate Pathways of Recovery (All Professionals)

- RAY BAKER, M.D., FCFP, FASAM



This workshop will review the roles and competencies of recovery coaches, distinguishing them from the distinct and complementary roles of treatment providers,

therapists, system navigators and mutual support group peer mentors or sponsors. We explore the unique characteristics of clients with substance use disorders, some suffering from the effects of trauma or marginalization and

techniques to create the conditions necessary for them to establish sustained recovery. We explore the concept of Recovery Capital, its measurement using simple instruments, and its many uses for clinicians, coaches and clients. Finally, we examine essential boundary skills, rules and regulations and ethical considerations for recovery coaches and those who employ their services.

WORKSHOP #4 | 8:30AM TO 12:00PM

## DISARMING HIGH-CONFLICT STUDENTS IN THE CLASSROOM

Dealing with the 8 Most Difficult Students in Educational Settings  
(School-Based Focused)

- JEFF RIGGENBACH, PH.D.



Difficult people are everywhere. And sometimes it seems like this is especially true in our school systems. They are our fellow

educators, our administrators, and certainly our students. Sometimes they are even in our families! But they don't have to push our buttons. Whether you are having difficulty managing the classroom in general, dealing with a particular challenging student, interacting with a fellow teacher, or dealing with an administrator - There are patterns to human behavior. And once we understand where someone is coming from we can equip ourselves with specialized tools to speak their language and deal with them in more effective ways.

WORKSHOP #5 | 8:30AM TO 12:00PM

## THE ROOTS OF RESILIENCE & RESOURCEFULNESS

(School-Based Focused)

- DEBORAH MACNAMARA, PH.D.



One of the most challenging and crucial questions of our time is why some bounce back from adversity, seemingly unscathed, while others fall apart and become emotionally

distraught and dysfunctional. What has become apparent is that it is not what happens to us - good or bad - that explains how we are ultimately affected, but rather something about ourselves that sets the stage for the story that unfolds. But what is this something? Do some have this prerequisite 'something' and others not? Or does everyone possess this 'something' but it somehow needs to be activated for the potential to be realized? The pieces of the puzzle are finally coming together and the answer is in this remarkable human attribute called 'resilience' or the ability to bounce back. Resilience is the ultimate good news story - that stress in itself is not the enemy and that we need not be brought down by the circumstances in our lives. After years of mistaken focus on the stress part of the equation, the focus is now on uncovering the keys that can unlock the amazing human potential to grow through adversity, to thrive under duress, and to bounce back from trauma.

WORKSHOP #6 | 1:00PM - 4:00PM

## POLYVAGAL THEORY

Healing Through Compassionate Connection (Counselling Focused)

- ALEXIA ROTHMAN, PH.D.



Despite the diversity of content that brings clients to therapy, difficulty regulating their emotional experience is at the heart of their struggles. Clients can feel hijacked

by extreme emotional states, uncomfortable in their own skin, or think or behave in ways they wish they wouldn't. Polyvagal Theory (PVT) helps us understand what is happening on a biological level when our clients are emotionally dysregulated or stuck in adaptive survival states, such as fight, flight, freeze, or numb.

WORKSHOP #7 | 1:00PM - 4:00PM

## HEALING STRATEGIES & INTERVENTIONS FOR BIPOC COMMUNITIES

Black, Indigenous, People of Colour (All Professionals)

- LILLIAN GIBSON, PH.D.



Dealing with race-based stressors are not only frightening for individuals who experience first-hand stressors, but they are also concerning for self-identified

allies and professionals who support BIPOC communities (black, indigenous, and people of color). The workshop will provide attendees a safe space to understand and explore the multi-faceted complexities of racial trauma and minority stress in addition to appropriate, culture welcoming treatment options.

WORKSHOP #8 | 1:00PM - 4:00PM

## RECOVERY COACHING (CONTINUATION)

Key Competencies to Facilitate Pathways of Recovery (All Professionals)

- RAY BAKER, M.D., FCFP, FASAM



This workshop includes essential elements from his recovery coach training curriculum and critical information for therapists, clinicians, counsellors or people interested in learning more about recovery coaching.

### Course Objectives

- Describe the unique cognitive, emotional and behavioural traits of clients with substance use disorders that may require a modified coaching approach
- Define and describe recovery as an objective outcome
- Explore the stages and tasks of long-term recovery from substance use disorders and addiction
- Explain the meaning of the acronyms CHIME, PERMA, and OARS

WORKSHOP #9 | 1:00PM - 4:00PM

## CBT STRATEGIES THAT REALLY WORK WITH STUDENTS IN THE CLASSROOM *(School-Based Focused)*

- JEFF RIGGENBACH, PH.D.



Cognitive - Behavioural Therapy is considered the "gold standard" therapeutic approach for many psychological conditions most commonly seen in school-based settings with children and adolescents. Despite its strong evidence base, many school counsellors and educators have gone a more "integrative" route and surprisingly few have developed the advanced expertise needed to deliver the effective CBT strategies on a regular basis to students that often remain "stuck." Join international CBT trainer and expert Dr. Jeff Rigenbach, for this breakthrough course that will help you hone your skills, equip yourself to confidently deal with even your most challenging cases.

WORKSHOP #10 | 1:00PM - 4:00PM

## MAKING SENSE OF RESISTANCE & OPPOSITION IN KIDS *(School-Based Focused)*

- DEBORAH MACNAMARA, PH.D.



Counterwill is a name for the instinctive reaction of a child to resist being controlled. This resistance can take many forms: opposition, negativism, laziness, noncompliance, disrespect, lack of motivation, belligerence, incorrigibility and even antisocial attitudes and actions. It can also express itself in resistance to learning. Despite the multitude of manifestations, the underlying dynamic is deceptively simple - a defensive reaction to perceived control or coercion. Counterwill is undoubtedly the most misunderstood and misinterpreted dynamic in adult-child relations. The simplicity of the dynamic is in sharp contrast to the trouble it creates - for parents, for teachers, and for anyone dealing with children.

EVENING SESSION | 6:30PM - 7:30PM

## ACHIEVING BETTER OUTCOMES WITH RECOVERY COACHING *(All Professionals)*

- RAY BAKER, M.D., FCFP, FASAM



This session will provide an overview of how trained Recovery Coaches complement the services of counsellors, therapists and treatment providers helping them achieve even better outcomes with their clients/students. We review the competencies of effective coaches and explain when and how to engage the services of a coach.

- Describe the unique roles and competencies of Recovery Coaches
- List the gaps in the addiction and mental health systems of care and how Recovery Coaches may fill them
- Outline the theory and science of Recovery Coaching

## DAY 2 THURSDAY, MAY 25, 2023

BONUS MORNING SESSION | 7:00AM - 8:00AM

## QIGONG MEDITATION EXERCISES *(All Professionals)*

- MUNIRA JIWA, BSCPT (Physical Therapy)



Qigong is a powerful and ancient form of meditation exercises dating back more than 4000 years that helps you create an internal environment of peace and healing.

Learn how you can use Qigong elements of energy breathing, visualization, gentle movements and sound to experience your optimal health, peak performance, and inner peace. Munira is a "Spreader of Qi-Joy". Munira experienced a profound transformation from chronic pain, fatigue, and other health challenges when she was introduced to Spring Forest Qigong more than 17 years ago.

WORKSHOP #11 | 8:30AM - 12:00PM

## TRAUMA-FOCUSED DBT Trauma, Attachment & Brain Development *(Counselling Focused)*

- EBONI WEBB, PSY.D., HSP



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.

WORKSHOP #12 | 8:30AM TO 12:00PM

## THE PERSONALITY DISORDER TOOLBOX Practical Strategies for Meeting the Challenges of Your Most Difficult Cases *(Counselling Focused)*

- 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.

WORKSHOP #13 | 8:30AM TO 12:00PM

## SELF-COMPASSION SKILLS TRAINING FOR MENTAL HEALTH & EDUCATION PROFESSIONALS *(All Professionals)*

- TIM DESMOND, LMFT



When our clients/students are overwhelmed by anxiety, adrift in depression, or hobbled by trauma, a lack of self-compassion is often at the heart of their difficulty.

Thankfully, research has shown us that if practiced regularly, self-compassion can regulate emotions, transform negative core beliefs, and heal trauma. This experiential workshop will help you integrate self-compassion training into your work.

WORKSHOP #14 | 8:30AM TO 12:00PM

## SUPPORTING THE ANXIOUS MIND AT SCHOOL & AT HOME Sources of Anxiety, Stress Management and Anxiety-Regulation Skills *(School-Based Focused)*

- CHRISTINE DARGON, PH.D.



Divorce, family breakdown, violence in society and the media, has produced a "shell shocked" generation of kids suffering from anxiety! Join anxiety expert, Dr. Christine Dargon, who will demonstrate how you can "connect" with anxious children and inspire them to practice new self-regulation skills. You will learn how to help parents ("bulldozers," "helicopters" and "snowplows") and schools gain confidence, gratification and success in helping their most anxious kids.

WORKSHOP #15 | 8:30AM TO 12:00PM

## WORKING WITH EMOTIONAL & BEHAVIOUR PROBLEMS WITH CHILDREN & ADOLESCENTS

(School-Based Focused)

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



Every child and teen experiences emotional ups and downs and engages in challenging behaviours from time to time. Though frustrating, these reactions are an

important part of development for all kids. However, these outbursts become a problem when they happen frequently, when they are excessive, and when they begin to impair a child or youth's functioning. Emotional and behavioural challenges have increased drastically among children and adolescents over the years with alarmingly high prevalence rates.

WORKSHOP #16 | 1:00PM - 4:00PM

## TRAUMA-FOCUSED DBT

### Common Survival Resources & Critical Interventions (Counselling Focused)

- EBONI WEBB, PSY.D., HSP



Working with emotionally dysregulated and traumatized clients 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 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.

WORKSHOP #17 | 1:00PM - 4:00PM

## MASTERING THE CORE SKILLS AND COMPETENCIES OF CBT

(Counselling Focused)

- JEFF RIGGENBACH, PH.D.



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 #18 | 1:00PM - 4:00PM

## MINDFULNESS

### From Affect Tolerance to Fearlessness & Equanimity (All Professionals)

- TIM DESMOND, LMFT



In the 20 years I spent studying under Zen Master Thich Nhat Hanh, I learned his approach to facing stress, challenging relationships, burnout, and how to be a force for good in the world. In this experiential session, I will share the highlights of Nhat Hanh's teachings on how we can apply mindfulness to transform our lives. We will learn:

- Concrete practices for cultivating joy and gratitude.
- How to embrace our fear, anger and grief with compassion.
- How to develop openness and equanimity in the face of uncertainty and division.

Many clients and students aren't interested in learning mindfulness practices for their own sake, so we will also discuss how to present mindfulness in a way that supports the intrinsic motivational factors in the people we're helping.

WORKSHOP #19 | 1:00PM - 4:00PM

## SUPPORTING THE ANXIOUS MIND AT SCHOOL & AT HOME

### School Recommendations, Medication, Interventions for Separation Anxiety Disorder, Generalized Anxiety & Panic Disorder (School-Based Focused)

- CHRISTINE DARGON, PH.D.



Divorce, family breakdown, violence in society and the media, has produced a "shell shocked" generation of kids suffering from anxiety! Join anxiety expert, dr.

Christine dargon, who will demonstrate how you can "connect" with anxious children and inspire them to practice new self-regulation skills. You will learn how to help parents ("bulldozers," "helicopters" and "snowplows") and schools gain confidence, gratification and success in helping their most anxious kids.

#### Course Objectives

- Recommendations for schools
- Pros and cons of medication
- Nature's remedies

- Herbal treatments
- Homeopathy
- DSM-5® anxiety disorders: current updates
- Separation anxiety
- Normal separation process
- Therapeutic exposure

WORKSHOP #20 | 1:00PM - 4:00PM

## THE POWER OF CONNECTIONS

(School-Based Focused)

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



All humans have an inherent need to belong, and our greatest fear is not belonging. However, we never doubt whether we belong when we have strong connections.

Connection is the most important factor in everyone's lives – and especially for kids. Connection is the number one protective factor for children and teen's social, emotional, and even physical well-being. Connection is critical for learning and strengthening prosocial emotions like pride, gratitude, and compassion. Connection is essential to move through stress and trauma. Connection is also crucial for optimizing lifelong success through perseverance, confidence, and resilience. Although a substantial number of children are feeling disconnected, there are effective ways to get them feeling connected and engaged at home, at school, and with friends. In this workshop, participants will learn about connection, why connection is important to healthy development, and the power connections have in a child's overall well-being. Participants will also learn what gets in the way of establishing connections, the common traps that disrupt connection, and what to do to promote strong connection across contexts.

EVENING SESSION | 6:30PM - 7:30PM

## THE FAMILY & ADDICTIONS

(All Professionals)

- CARISSA MUTH, BSW, MA, CCC, R.PSYCH

- SARA KLINKHAMER MA, RCC



Given that SUD is considered a disorder of not just the individual, but of the family system,

addressing family members' concerns is an essential part of the recovery process. Out of their own desperation and panic, family members can present in erratic and controlling ways when advocating for their loved one's treatment. This can place mental health professionals in a precarious position as they navigate maintaining ethical standards while also providing help to the family. This session will address the complications and necessity of working with family members as part of the SUD recovery process. Techniques and tools will be provided based on 20 years of psychotherapy experience in the SUD recovery field as well as the latest research on family interventions in SUD treatment.

DAY 3

FRIDAY,  
MAY 26, 2023

BONUS MORNING SESSION | 7:00AM - 8:00AM

## QIGONG MEDITATION EXERCISES (All Professionals)

- MUNIRA JIWA, BSCPT (Physical Therapy)



Qigong is a powerful and ancient form of meditation exercises dating back more than 4000 years that helps you create an internal environment of peace and healing.

Learn how you can use Qigong elements of energy breathing, visualization, gentle movements and sound to experience your optimal health, peak performance, and inner peace. Munira is a "Spreader of Qi-Joy". Munira experienced a profound transformation from chronic pain, fatigue, and other health challenges when she was introduced to Spring Forest Qigong more than 17 years ago.

Munira loves to empower individuals with the self-healing practice of Qigong so that they can connect to calm and live a life with more vitality and joy. She is a sought-after speaker and presenter at Wellness Retreats, Conferences and teaches private and group Qigong classes in-person and online.

WORKSHOP #21 | 8:30AM - 12:00PM

## TRAUMA & THE STRUGGLE TO OPEN UP Relational Strategies to Treat Challenging Trauma Clients (Counselling Focused)

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



This practical full day 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 #22 | 8:30AM TO 12:00PM

## THE "WOW" EFFECT

How Awe and Wonder Make Us Happier,  
Healthier, and More Connected  
(All Professionals)

- JONAH PAQUETTE, PSY.D.



What do you feel when you gaze up at the Milky Way, see a beautiful rainbow, or stand before a mountain that seems impossibly high? This feeling – often complete

with goosebumps and a shiver down our spine – is known as awe. And as it turns out, this under appreciated and often misunderstood emotion holds an important key to a happy, meaningful, and healthy life. This interactive workshop will explore the exciting new science of awe, and how the moments that make us go "wow!" impact our immune system, brain functioning, social connection, physical health, stress levels, and much more.

### Course Objectives

- Describe and define the experience of awe in concrete terms
- Explain the effect of awe on social relationships and connection
- Describe the link between awe and compassion

WORKSHOP #23 | 8:30AM TO 12:00PM

## HEALING THE HEALER

Self-Care as an Act of Resilience  
(All Professionals)

- EBONI WEBB, PSY.D., HSP



This is an experiential session, please wear comfortable clothing.

All professionals who work with traumatized clients and or students may experience

one or several negative and harmful effects including: burnout, secondary traumatic stress, vicarious traumatization, compassion fatigue or caregiver stress. Oftentimes, self-care goes out the window for professionals as they take on greater workloads and put the needs of their clients/students ahead of their own. Ignoring the early warning signs often leads to a wide array of debilitating consequences including: distress, hopelessness, work/life dissatisfaction and serious physical and mental health problems. In this experiential workshop, Dr. Webb will teach a vast array of tools to heal the traumatized self along with possible ways to integrate and apply the skills to help you and your clients/students improve their lives. Eboni will introduce the concept of resilience and self-care as an act of resilience. She will demonstrate how to restore and process stress and emotions through the body and effectively address traumatic cycles.

### Course Objectives

- Identify the key emotional language of the stressed body.
- Define stressors and the impact of stress on the traumatized body.

WORKSHOP #24 | 8:30AM TO 12:00PM

## PLAY THERAPY TOOLBOX

How to Use It! Specific Techniques and Novel  
Approaches (School-Based Focused)

- CHRISTINE DARGON, PH.D.



This workshop will teach attendees how to use Play Therapy as an incredible method of communication and diagnostics. It will teach you how to interpret the ways in which children and adolescents play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional. You will learn how to understand and determine what the individual is struggling with and causes for presenting behaviours and emotions.

Play Therapy allows for the clinician to be creative, adapt techniques to fit any given individual or setting and is fun! This workshop will teach attendees a wide variety of such tools but will also do so in a hands on manner so that attendees can immediately return to work and implement these tools into their day to day work.

### Course Objectives

- Play Therapy – How to use it!
- Specific Techniques and novel approaches
- Assessment and Diagnostic
- Therapeutic Benefits
- Non-Directive versus Directive/Soft and Hard Mediums

WORKSHOP #25 | 8:30AM TO 12:00PM

## THE INTERSECTION OF INNER CONSENT & PERSONAL RESPONSIBILITY WHEN WORKING WITH ADDICTIONS (All Professionals)

- SARA KLINKHAMER MA, RCC



Traditional 'treatment' for addiction has mainly come out of the Disease Model and therefore focuses on the 'powerlessness' of the individual.

Existential psychology, with its focus on personal responsibility, assumes that addiction arises in the individual as a response to an existential vacuum. It is existentially impossible to feel fulfillment and have personal meaning without taking responsibility for oneself. Inner consent is the concept used to describe one's "inner felt-yes," and it is a way to make authentic and congruent decisions. In this presentation, Sara will explore the intersection of inner consent and personal responsibility during addiction treatment and how it can improve treatment outcomes.

### Course Objectives

- Understand what is meant by the term inner consent and how to illicit this experientially.
- Understand how personal responsibility relates to a subjective feeling of fulfillment in life.
- Understand how both inner consent and personal responsibility can be harnessed in the treatment of addiction.

WORKSHOP #26 | 1:00PM - 4:00PM

## TRAUMA & THE STRUGGLE TO OPEN UP (CONTINUATION)

### Relational Strategies to Treat Challenging Trauma Clients (Counselling Focused)

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



This practical full day 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. 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.

#### Course Objectives

- Use an attachment theory framework in relational trauma work
- Recognize therapist-client relationship patterns in trauma treatment
- Consider their own (therapist's) feelings in the therapeutic process (e.g. the wish to rush into trauma work, or the wish to avoid it)
- Notice problematic relational enactments
- Navigate conflicts and relational ruptures to get treatment back on track
- Use conflicts and relational ruptures to bring about posttraumatic growth

WORKSHOP #27 | 8:30AM TO 12:00PM

## FOSTERING WELL-BEING

### A Strength-Based Approach to Change (All Professionals)

- JONAH PAQUETTE, PSY.D.



While most mental health approaches focus on addressing deficits and treating psychopathology, recent research has begun to shed light on the core

principles for well-being, and how we can harness these skills towards lasting positive change. Combining neuroscience and positive psychology, participants in this workshop will learn about some of the key brain systems linked to well-being, and how to strengthen these through positive self-directed neuroplasticity. In addition, we will explore how specific skills such as compassion, gratitude, savouring, and self-compassion can improve our physical health, social connections, and overall functioning. We'll also explore some of the common myths related to happiness, and discuss factors that help explain why happiness can feel so hard to come by.

#### Course Objectives

- Identify the key benefits of happiness to our physical health, emotional well-being, and interpersonal relationships
- Articulate the concept of the brain's negativity bias and its importance
- Administer specific practices to cultivate self-compassion, create flow states, identify and utilize strengths

WORKSHOP #28 | 8:30AM TO 12:00PM

## HEALING THE HEALER (REPEAT SESSION)

### Self-Care as an Act of Resilience (All Professionals)

- EBONI WEBB, PSY.D., HSP



This is an experiential session, please wear comfortable clothing.

This is a repeat of the morning session.

All professionals who work with traumatized clients and or students may experience one or several negative and harmful effects including: burnout, secondary traumatic stress, vicarious traumatization, compassion fatigue or caregiver stress. Oftentimes, self-care goes out the window for professionals as they take on greater workloads and put the needs of their clients/students ahead of their own. Ignoring the early warning signs often leads to a wide array of debilitating consequences including: distress, hopefulness, work/life dissatisfaction and serious physical and mental health problems. In this experiential workshop, Dr. Webb will teach a vast array of tools to heal the traumatized self along with possible ways to integrate and apply the skills to help you and your clients/students improve their lives. Eboni will introduce the concept of resilience and self-care as an act of resilience. She will demonstrate how to restore and process stress and emotions through the body and effectively address traumatic cycles.

#### Course Objectives

- Identify the key emotional language of the stressed body.
- Define stressors and the impact of stress on the traumatized body.
- Describe three strategies to process stress and trauma through the body.
- Incorporate the tools and practices offered in this program in ways beneficial to clients or students.

WORKSHOP #29 | 8:30AM TO 12:00PM

## PLAY THERAPY TOOLBOX WITH CHILDREN & ADOLESCENTS

### Hands on Directive & Non-Directive Techniques (School-Based Focused)

- CHRISTINE DARGON, PH.D.



This session builds on content that is discussed in the morning session "Play Therapy Toolbox: How to Use It! Specific Techniques and Novel Approaches" This workshop will

teach attendees how to use Play Therapy as an incredible method of communication and diagnostics. It will teach you how to interpret the ways in which children and adolescents play, the importance of what they play with/what they create, and how to interpret their interactions with us as the professional. You will learn how to understand and determine what the individual is struggling with and causes for presenting behaviours and emotions.

Play Therapy allows for the clinician to be creative, adapt techniques to fit any given individual or setting and is fun! This workshop will teach attendees a wide variety of such tools but will also do so in a hands on manner so that attendees can immediately return to work and implement these tools into their day to day work.

#### Course Objectives

What techniques are best for what disorders:

- Anger (OCD)
- Anxiety
- ADHD
- Depression and self-esteem issues
- Trauma/PTSD
- Abuse
- Fears

WORKSHOP #30 | 8:30AM TO 12:00PM

## THE FAMILY IMPACT ON SUBSTANCE USE DISORDER TREATMENT (All Professionals)

- CARISSA MUTH, BSW, MA, CCC, R.PSYCH



Effectively working with the families of individuals with substance use disorder (SUD) can have a direct impact on the SUD recovery process. The importance of social

support for recovery has been extensively stated in research, but limited studies have explored the mechanisms of change. This presentation will provide the findings of a systematic literature review considering the last 6 years of research exploring how families impact SUD treatment. These findings will expand the ability of therapists to effectively develop and implement family programming and interventions to increase motivation for treatment and decrease relapse rates posttreatment.

#### Course Objectives

- Gain awareness of the mechanisms of change for families with loved ones in SUD recovery
- Develop an understanding of effective interventions for increasing positive family impact
- Acquire skills to guide families toward optimally supporting their loved ones in recovery

## 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: \$2,500.

To secure an exhibitor booth, please contact our office at 604-924-0296 or email: [admin@jackhirose.com](mailto:admin@jackhirose.com)