

# Spring Series | 2015

The Gold Standard in  
Mental Health Training

**LEADING  
EDGE  
SEMINARS  
INC.**

## John Briere Trauma and Pain

Colleen Carney  
CBT for Insomnia

Kathy Johnson  
Helping Kids with ADD

## Sheri Van Dijk Dialectical Behaviour Therapy

Jim Thomas and Michael Barnett  
with Sue Johnson  
EFT for Addictions

Nicola Wright  
Recovery-Oriented Psychosis Treatment

Shari Geller  
Keys to Therapeutic Presence

## Linda Graham Resilience, Neuroscience, and Mindfulness

Sophia Dziegielewska  
Psychopharmacology, *DSM-5*

## Barry McCarthy Dealing with Affairs and Sex in Couples Therapy

Eleanor Silverberg  
Caregiver Support

Carol Soares  
Essentials for Building Your Private  
Practice

EarlyBird  
registration ends  
April 9, 2015  
— register today!

**Four-Day CBT Certification:**  
Martin Antony/Peter Bieling:  
CBT for Depression and Anxiety

Register online at [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

Seminar Code: **GEL-S10**

## Transforming Your Clinical Practice

The Art and Science of Therapeutic Presence



**Shari M. Geller, PhD, CPsych**, is an author, a clinical psychologist, and the creator of the Therapeutic Rhythm and Mindfulness Program (TRM™). With

over 20 years of experience weaving psychology and mindfulness, Shari co-authored the book *Therapeutic Presence: A Mindful Approach to Effective Therapy*. A training video from the American Psychological Association features Shari demonstrating TP and supports her foundational training program. Shari is currently working on a practical guide to cultivating TP. She serves on the teaching faculty in Health Psychology at York University, is adjunct faculty for the Music and Research Health Collaboratory at the University of Toronto, and teaches for the Applied Mindfulness Meditation Program, also at U of T. Please see [www.sharigeller.ca](http://www.sharigeller.ca) for more information.

Led by **Shari M. Geller, PhD, CPsych**  
**Friday, April 24, 2015 • 9:00 am to 4:30 pm**  
**YWCA Elm Centre (87 Elm Street, Toronto)**

**\$219 up to Apr. 9**  
**\$229 after Apr. 9**

Therapeutic Presence (TP) is the foundation for positive therapeutic relationships and effective therapy. Sometimes called Mindful Presence, TP is an activation of the whole self so that you can be both fully engaged and receptively attuned in the moment, with and for your client. TP facilitates an experience of safety and security that allows your client to feel heard, understood, seen, and felt. It helps both client and therapist enter a neuro-physiological state that supports the optimal conditions for growth and change.

Based on 20 years of research, this workshop explores an empirically validated model of TP that will help you reliably access and deepen your presence with clients. Shari

Geller will examine TP through the lens of the Polyvagal Theory to demonstrate how to enhance the neurophysiological and bidirectional flow between clients and therapists that can optimize the potential for change. A training video in TP will be utilized and the workshop will cover various methods to heighten access to this powerful state. Dr. Geller will incorporate evidence-based practices such as mindfulness, musical rhythm, imagery, and reflection from her book in progress, *A Practical Guide to Cultivating TP*. She will also discuss challenges to TP and how to stay open and engaged when working with challenging clients.

### In this experiential workshop, you will learn —

- About an empirically validated model of therapeutic presence
- About the neurophysiological benefits of therapeutic presence
- How therapeutic presence promotes effective therapy
- Skills to deepen your therapeutic presence
- Take-home practices for clients, students, trainees, and therapists

Seminar Code: **VAN-S20**

## Calming the Emotional Storm

Using DBT to Help Your Clients Manage Their Emotions

Led by **Sheri Van Dijk, MSW, RSW**  
**Monday, April 27 – Tuesday, April 28, 2015 • 9:00 am to 4:30 pm**  
**YWCA Elm Centre (87 Elm Street, Toronto)**

**\$399 up to Apr. 9**  
**\$429 after Apr. 9**

Dialectical behaviour therapy (DBT) is a treatment originally designed for clients with borderline personality disorder, but it is increasingly being used for many other disorders because of its usefulness with clients who are unable to self-regulate. DBT can provide these clients with skills to better manage their emotions.

Following an introduction to DBT theory and examination of how it differs from traditional therapies such as CBT, Sheri Van Dijk will discuss how DBT can be applied to working with clients facing a broad range of conditions (including depression, anxiety, and bipolar disorder) in which emotional regulation plays a key role.

Through lecture and experiential exercises, you will explore the four modules of skills taught in DBT (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients. You will also learn how to format DBT sessions to provide the structure your dysregulated clients need.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout.

### You will learn —

- How to teach your clients the four sets of DBT skills to help them get through crisis situations without making the situation worse, to manage their emotions more effectively, and to develop and maintain healthier relationships
- How to apply DBT skills to a range of problems and psychiatric illnesses
- Dialectical strategies to address clients who are "stuck" in therapy, resulting in inertia or unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing
- Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of burnout



**Sheri Van Dijk, MSW, RSW**, is author of *Calming the Emotional Storm*, *DBT Made Simple*, *The Dialectical Behavior Therapy Skills Workbook for Bipolar*

*Disorder*, and *Don't Let Your Emotions Run Your Life for Teens*, and co-author of *The Bipolar Disorder Workbook for Teens* and *Relationship Skills 101 for Teens*. She is the 2010 recipient of the Canadian Psychiatric Association's R.O. Jones Award for her research using DBT with bipolar disorder, published in the *Journal of Affective Disorders*. While maintaining a private practice with a specialization in DBT and mindfulness practice, she has begun to lecture extensively in the United States. For more information, please visit [www.sherivandijk.com](http://www.sherivandijk.com).

Seminar Code: **WRI-S11**

## The Road to Recovery

Strengths-Focused CBT for Psychosis

Led by Nicola Wright, PhD

Monday, May 4, 2015 • 9:00 am to 4:30 pm

YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9

\$229 after Apr. 9

Register for both seminars and save! See page 11 for multiple-registration discounts.

While traditional treatments for psychosis have emphasized medication-based strategies, research now suggests that individuals affected by psychosis can greatly benefit from CBT for psychosis (CBTP).

This workshop explores a compassionate, de-stigmatizing, and empowering therapeutic style that is rooted in theory and research and that places the values and goals of clients at the centre of the recovery process so they can lead fuller and more meaningful lives.

This workshop will cover how to complete a CBT assessment for psychosis and how to defuse the stigma that so often accompanies the diagnosis of psychosis. You will learn techniques to help your clients develop cognitive, behavioural, and emotional skills to move toward their goals and cope with distressing delusions and hallucinations. The workshop will also address the often-neglected area of trauma history in psychosis and the trauma associated with the experience of psychosis. Group CBT interventions will be highlighted as a way to reduce clients' isolation and provide mentorship. You will also learn how to customize your approach to address special considerations in therapy.

This workshop is relevant for those working with a variety of mental health problems, including schizophrenia-spectrum disorders, severe depression, bipolar disorder, personality disorders, anxiety, and PTSD.

### You will learn —

- How to complete a cognitive-behavioural assessment for psychosis
- How to conceptualize psychosis using a normalizing and meaning-making CBT approach
- Ways to engage clients who experience psychosis to cope with distressing symptoms that are barriers to recovery
- CBT strategies and tools for clients who experience troubling delusions and hallucinations to decrease distress and enhance recovery
- How to address trauma history and trauma associated with psychosis
- About modifications and approaches for implementing CBTP in a group therapy format
- How to address individual differences and special considerations in therapy with those who experience psychosis



**Nicola Wright, PhD**, has worked with people affected by psychosis for over 25 years. She is a clinical psychologist in the Schizophrenia Program of the Royal Ottawa Health Care Group (ROHCG), and a clinical professor at the University of Ottawa's School of Psychology. She has led workshops on CBTP internationally, and is a staff supervisor with the Beck Institute of Cognitive Behavior Therapy. She is the previous Chief of Psychology and Director of Psychology Training at the ROHCG and a founding member of the Canadian Association of Cognitive Behavioural Therapy. Dr. Wright recently co-authored *Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy and Mindfulness Approaches within the Cognitive Behavioural Therapy Tradition*.

Seminar Code: **WRI-S12**

## Treating Psychosis

Integrating Acceptance, Compassion, and Mindfulness-Based Approaches in Recovery-Oriented CBT for Psychosis

Led by Nicola Wright, PhD

Tuesday, May 5, 2015 • 9:00 am to 4:30 pm

YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9

\$229 after Apr. 9

Working from her recent book, *Treating Psychosis*, Nicola Wright presents a manualized, step-by-step, recovery-oriented approach that is based on cutting-edge theory, research, and clinical experience. "Third-wave" CBT for Psychosis (CBTP) approaches such as Acceptance and Commitment Therapy, Compassion-Focused Therapy, and mindfulness-based strategies are increasingly yielding significant results for clients living with serious mental illnesses.

This workshop will be skills-oriented, experientially driven, and interactive. Case examples and video clips will illustrate the integration of third-wave approaches as well as therapeutic responses and approaches to challenging presentations. Participants will have the chance to take part in live demonstrations and experiential exercises such as role-play and a mock therapy group. In addition, clinical strategies that enhance emotion regulation and emotional resilience skills will be explored.

Participants will receive a user-friendly package of worksheets and handouts for clinical intervention purposes that includes therapeutic material from *Treating Psychosis*.

This workshop complements and builds on the May 4th Road to Recovery workshop. Material and skills from the Road to Recovery workshop will serve as a foundation for this workshop's step-by-step clinical approach to treatment. However, those who have some experience with CBT and working with psychosis can register for this workshop on its own.

### You will learn —

- About a theoretical model and therapeutic intervention that integrates third-wave approaches in CBTP
- How to implement intervention strategies in a step-by-step treatment approach integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and mindfulness in CBTP
- How to help those affected by psychosis to develop emotion regulation and emotional resilience skills
- Tips and approaches to individualize treatment and overcome challenges in therapeutic work with those who experience psychosis
- How to use CBTP third-wave strategies for psychosis in a group setting.

# Four-Day CBT Certification in the Treatment of Anxiety and Depression

Seminar Code: **CBT-CL1**

## Evidence-Based Treatment of Anxiety and Related Disorders

(Four-Day CBT Certification in the Treatment of Anxiety and Depression — Part 1)



**Martin M. Antony, PhD**, is Professor and Chair in the Department of Psychology at Ryerson University in Toronto. He is also a past president of the

Canadian Psychological Association, a fellow of the Royal Society of Canada, and Director of Research at the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton, Ontario. He has published 29 books, including *Mastering Your Fears and Phobias*, *The Practitioner's Guide to Empirically Based Measures of Anxiety*, and *The Anti-Anxiety Workbook*. Dr. Antony has trained and supervised numerous students in psychology, psychiatry, social work, and other disciplines, and is widely recognized as a top trainer in the area of CBT for anxiety disorders. He has given more than 300 workshops and presentations to professionals from across North America and internationally.

Led by **Martin M. Antony, PhD**

**Monday, May 11 – Tuesday, May 12, 2015 • 9:00 am to 4:30 pm**  
**YWCA Elm Centre (87 Elm Street, Toronto)**

**\$399 up to Apr. 9**  
**\$429 after Apr. 9**

The first two days of the Four-Day CBT Certification in the Treatment of Anxiety and Depression provides training in evidence-based strategies for treating a range of anxiety and related disorders in adults and children. Dr. Antony will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including OCD, panic disorder, PTSD, social anxiety disorder, generalized anxiety disorder, specific phobias, health anxiety, and related problems.

You will learn about effective cognitive-behavioural methods, including cognitive strategies, exposure-based techniques, and relaxation-based treatments, as well as new and emerging psychological approaches (e.g.,

mindfulness and acceptance-based strategies). Use of medication will also be reviewed, with an emphasis on how it can be combined with psychological treatments. Options for dealing with treatment resistance (such as Motivational Interviewing) will be discussed, as will strategies for dealing with complex cases and comorbidity. Techniques will be illustrated using video-recorded therapy sessions, and participants will receive a detailed handout.

### You will learn —

- Effective cognitive approaches for managing anxiety and related disorders
- Exposure-based techniques
- About mindfulness and acceptance-based treatments for anxiety
- Strategies for managing noncompliance
- How to adapt treatment for particular anxiety presentations

Register for both seminars and save! See page 11 for multiple-registration discounts.

Seminar Code: **CBT-CL2**

## CBT and Mindfulness-Based Cognitive Therapy (MBCT) for Depression

(Four-Day CBT Certification in the Treatment of Anxiety and Depression — Part 2)

Led by **Peter Bieling, PhD**

**Thursday, June 11 – Friday, June 12, 2015 • 9:00 am to 4:30 pm**  
**YWCA Elm Centre (87 Elm Street, Toronto)**

**\$399 up to Apr. 9**  
**\$429 after Apr. 9**

Depression and symptoms of depression are the “common cold” of mental health, with both prevalence and incidence continuing to rise. The scope of the problem is enormous, and the breadth of clinical presentations of depression, just as troubling for many clinicians. Over two days, you will learn about two well-studied strategies for managing depression: CBT and mindfulness-and-acceptance approaches. To match the many presentations and severities of depression, a variety of approaches will be discussed, ranging from simple self-monitoring and bibliotherapy to behavioural approaches, to full treatment protocols for acute depression, as well as maintenance of gains and relapse prevention. Video and case vignettes will be used to demonstrate techniques throughout the workshop.

### You will learn —

- How to use a simple approach to assess severity and chronicity of depression in order to determine the best intervention
- About behavioural activation strategies
- How to teach cognitive monitoring and thought disputation
- About core belief work
- Mindfulness- and acceptance-based strategies for depression



**Peter Bieling, PhD**, is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University,

and a director in the Mental Health and Addiction Program at St. Joseph's Healthcare in Hamilton Ontario. Dr. Bieling's work is concentrated in the area of CBT and MBCT for mood disorders, the effectiveness of cognitive therapy, emerging treatments and treatment models, and quality of mental health services delivery. He is co-author of *Ending the Depression Cycle*, *Cognitive-Behaviour Therapy in Groups*, and *Depression and Your Thyroid*.

Seminar Code: **CAR-S10**

## CBT for Insomnia

Improving Anxiety, Depression, Chronic Pain, and Trauma Treatments Through Sleep Management

Led by Colleen Carney, PhD, CPsych  
Friday, May 22, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9  
\$229 after Apr. 9

Have you treated insomnia and other sleep disorders as a way in to other problems that have brought people to your door? Featured in the *New York Times*, Colleen Carney's pivotal research shows that the success rate in curing depression doubles when sleep issues are resolved. Insomnia is the single most commonly reported health problem in adults, and it frequently concurs with not only depression but also pain, anxiety, and trauma disorders. However, clinicians frequently lack the training in how to assess, diagnose, and treat insomnia.

This workshop will begin with an overview of insomnia and its causes, followed by a detailed presentation of how sleep problems can be effectively assessed outside of the sleep laboratory setting. Attendees will receive a brief, easy-to-understand background in sleep regulation in order to effectively troubleshoot problems.

You will learn how to implement CBT for insomnia in those with depression, pain, or anxiety disorders. In addition to hands-on training in the basics of CBT for insomnia, this workshop will cover whether adjustments to CBT may be necessary in the context of these concurrent disorders.

Attendees will be provided case vignettes and examples from sleep logs, and will be encouraged to discuss their own cases.

Attendees will also receive a comprehensive handout, including copies of slides and a complete list of recommended readings.

### You will learn —

- How to do a sleep assessment in a non-sleep-specialty setting
- How to identify and modify behaviours that interfere with the buildup of deep sleep drive
- How to teach clients to calculate their optimal time-in-bed prescription and determine their optimal "sleep window"
- Fatigue management strategies
- How to design behavioural experiments that challenge sleep beliefs
- About combining Stimulus Control and Sleep Restriction Therapy in a single session
- How to troubleshoot issues relating to comorbid conditions such as anxiety, depression, trauma, and pain



**Colleen E. Carney, PhD, CPsych**, is on faculty in the Department of Psychology at Ryerson University, where she is Director of the Sleep and Depression

Laboratory. She is one of Canada's leading experts in psychological treatments for insomnia, particularly in the context of concurrent mental health issues. She frequently trains students and mental health providers in CBT for insomnia at invited workshops throughout North America and at international conferences. Dr. Carney is a passionate advocate for improving the availability of treatment for those with insomnia and other health problems. For more information, please visit [www.drcolleencarney.com](http://www.drcolleencarney.com).

Seminar Code: **GRA-S20**

## Bouncing Back

Rewiring the Brain for Resilience and Well-Being



**Linda Graham, MFT**, is an experienced psychotherapist working in the San Francisco Bay Area. She integrates modern neuroscience, mindfulness practices, and relational psychology in her nationwide workshops. She is the author of *Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being*, winner of the 2013 Books for a Better Life Award and the 2014 Better Books for a Better World Award. She publishes a monthly e-newsletter, *Healing and Awakening into Aliveness and Wholeness*. Please see [www.lindagraham-mft.net](http://www.lindagraham-mft.net) for more information.

Led by Linda Graham, MFT  
Tuesday, May 19 – Wednesday, May 20, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$399 up to Apr. 9  
\$429 after Apr. 9

In his foreword to *Bouncing Back*, Rick Hanson exclaims that "Linda Graham has distilled a lifetime of clinical practice and deep reflection into an eminently useful guide ... a groundbreaking integration of ancient contemplative wisdom, relational psychology, and modern neuroscience."

In this, her first Toronto appearance, Linda will explore how to help clients develop flexible and adaptive strategies for coping with everyday disappointments and extraordinary disasters. This workshop will teach you how to harness the brain's own mechanisms of change to help your clients "rewire" coping strategies

that are defensive or dysfunctional and that inhibit growth. You will learn techniques that help your clients encode new, more flexible patterns of response.

You will learn tools and techniques of brain change to help clients use their own self-directed neuroplasticity to do the

following: reverse the impact of stress and trauma; regulate the emotions that arise from anxiety, depression, grief, loneliness, guilt, and shame; deepen self-compassion; overcome resistance and strengthen the resonant relationships that foster resilience; and shift their perspectives through mindful awareness and reflection to discern options and make wise choices.

### You will learn —

- About three mechanisms of brain change to install new, more resilient patterns of behaviour into implicit memory
- About body-based tools to regulate automatic survival responses and return the body-brain to its natural physiological baseline equilibrium
- How to use memory deconsolidation-reconsolidation to heal toxic shame and retire the inner critic
- How to cultivate positive emotions to create the "left shift" that counterbalances the brain's negativity bias and primes the brain for learning and growth
- How to use empathy and attunement to strengthen executive functioning to build resilience
- Skills of relational intelligence
- How to harness the mental play space of the default network to allow insights to break through

Seminar Code: **MCC-S11**

## A New Model of Assessment, Treatment, and Relapse Prevention for Extra-Marital Affairs

Led by Barry McCarthy, PhD, ABPP  
Monday, May 25, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9  
\$229 after Apr. 9

The extra-marital affair (EMA) is one of the most controversial and value-laden issues in the mental health field. Traditionally, an EMA was understood as a symptom of a marital problem that would either lead to divorce or require prolonged therapy. New empirical and clinical data illustrate that the EMA is multi-causal and multi-dimensional, with large differences in individuals, couples, cultures, and values as well as a range of outcomes.

This workshop introduces the newest concepts, data, assessment protocols, and intervention strategies and techniques to help individuals and couples deal with the EMA from the perspectives of the involved partner and injured partner, and its meaning to the marriage and the couple's sexuality.

process, i.e., "do not follow your gut"; (2) making meaning of the EMA that is acceptable to both spouses; (3) making "wise" decision to either rebound the marriage or move toward a "good divorce"; (4) sexual recovery from the EMA and development of a new couples sexual style; and (5) an individualized relapse prevention plan.

### You will learn —

- A clinical assessment protocol to evaluate the role and meaning of the EMA
- About new data on the types of EMAs and the effect of gender and cultural attitudes and values
- How to help the injured spouse and involved spouse create a genuine, meaningful narrative about the EMA
- Therapeutic interventions to address intimacy, trust, and sexual issues
- How to help the injured spouse deal with the PTSD response
- How to facilitate making a "wise" decision of whether to rebound the marriage or move to a "good divorce"
- How to help develop a new couples sexual style that focuses on desire/pleasure/eroticism/satisfaction
- How to design a relapse prevention plan for traditional couples as well as for non-traditional couples



**Barry McCarthy, PhD, ABPP**, is a board-certified clinical psychologist, a certified sex and couples therapist, and a professor of psychology at American University. He has published 107 professional articles, 28 book chapters, and 14 books, including *Sex Made Simple*, *Rekindling Desire*, *Sexual Awareness*, *Therapy with Men after Sixty*, and *Discovering Your Couple Sexual Style*. In addition, he has presented over 350 professional workshops on topics of sexuality and relationships in the U.S. and internationally. His blog can be found at [www.psychologytoday.com](http://www.psychologytoday.com).

Rather than assuming, therapists must conduct a comprehensive assessment, especially an individual psychological/relational/sexual history with a focus on the causes, dimensions, and meanings of the EMA for the injured and involved spouses. You will learn a time-limited focused approach with five components: (1) slowing down the

Seminar Code: **MCC-S12**

## Complex Issues in Sex and Couples Therapy

A Master Class with Barry McCarthy

Led by Barry McCarthy, PhD, ABPP  
Tuesday, May 26, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9  
\$229 after Apr. 9

Couples therapy is a particularly challenging therapeutic modality, and couples sex therapy is even more so. In essence, there are five clients: the two partners, their relationship, their sexual relationship, and — the most difficult client — their history as an intimate sexual couple. This clinically focused workshop will explore the following common clinical dilemmas: dealing with chronically, severely, demoralized couples; when one partner has a hidden relational or sexual agenda; when sexual trauma is present in one or both partners; managing conflict over the goal of a satisfying, secure, and sexual marriage; how to deal with couples' power struggles; therapy with gay, bisexual, or "kinky" individuals or couples; and a new approach for couples who have changed and then relapsed.

Barry will examine how the professional and personal values of the clinician can determine which clients and problems are likely to be successfully treated and which would be better referred, to ensure the couple are in "good hands". He will also explore cases of "fatally flawed" marriages.

This workshop will be case-focused rather than theoretical. Attendees are urged to bring their most challenging cases,

including failure cases and those in which the therapy is "stuck". Barry will discuss his particularly challenging cases, as well as failure cases.

### You will learn how to —

- Apply the psychobiosocial model of assessment and treatment
- Motivate demoralized, alienated couples
- Blend individual, medical, couples, and sexual interventions to promote the change process
- Determine which problems are changeable and which need to be accepted
- Be empathic and respectful in confronting hidden psychological, relational, or sexual agendas
- Refer couples to a clinician with whom they will be in "good hands"
- Identify "fatally flawed" marriages and promote a "good divorce"
- Create an individualized relapse prevention plan to maintain therapeutic gains and grow the couple's sexual relationship

Seminar Code: **BRI-S20**

## The Pain Paradox

Mindfulness, Compassion, and a New Paradigm for Trauma Therapy

Led by **John Briere, PhD**

Thursday, May 28 – Friday, May 29, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$399 up to Apr. 9  
\$429 after Apr. 9

In the real world of clinical practice, clinicians increasingly confront the limitations of current cognitive-behavioural and psychodynamic techniques in work with survivors of severe and/or complex trauma. In an exciting turn of events, new research and practice increasingly supports the use of empirically based mindfulness and compassion approaches that extend beyond classic medical-model attempts to “fix” post-traumatic distress.

Based on his recent work, including the 2014 edition of *Principles of Trauma Therapy* and his co-editorship of the new book *Mindfulness-Oriented Interventions for Trauma*, John Briere presents this workshop offering a comprehensive exploration of the Pain Paradox, a hybrid East-West theory of trauma-related suffering. John suggests that the “solution” to unwanted states is not to avoid, suppress, or intellectualize, but rather to carefully engage, accept, and even use painful material in the context of a compassionate therapeutic environment.

John Briere is one of our most compelling presenters. His seminars consistently offer new insight in the treatment of trauma, and frequently attract repeat attendees.

**You will learn how to —**

- Implement mindfulness and compassion approaches to integrate the painful effects of trauma into healing
- Reduce self-identification with post-traumatic thoughts and feelings
- Use “urge surfing” and “trigger work” to alter identification with internal states and processes
- Use Buddhist concepts like “dependent arising” to inform compassion and facilitate the processing of anger
- Apply mindfulness-based breathing techniques
- Use your own compassion to help activate the client’s positive attachment neuro-circuitry and reprocess early relational schema



**John Briere, PhD**, has written and/or edited 12 books, over 100 articles and book chapters, and 9 trauma-related psychological tests. He is Associate Professor of Psychiatry and Psychology at the University of Southern California, Keck School of Medicine, and Director of the USC Adolescent Trauma Training Center. A past president of the International Society for Traumatic Stress Studies, he is a recipient of the Award for Outstanding Contributions to the Science of Trauma Psychology from the American Psychological Association. He teaches internationally on trauma, therapy, and mindfulness practices. His website is [johnbriere.com](http://johnbriere.com).

Seminar Code: **BTH-S20**

## EFT, Addictions, and Couples Therapy

with  
Sue Johnson, EdD



**Michael Barnett, MA, EdS, LPC**, has over 25 years of clinical experience. He is a Registered Certified EFT couples therapist, supervisor, and trainer, and is the founder and director of the Atlanta Center for EFT.



**Jim Thomas, LMFT**, is Executive Director of the Colorado Center for Emotionally Focused Therapy. Awarded and recognized as a top International Centre of Excellence in Emotionally Focused Therapy (ICEEFT) Trainer, Jim has trained thousands of therapists and continues to hone his own skills in his outpatient private practice in Lakewood, Colorado.

Led by **Michael Barnett, MA, EdS, LPC, and Jim Thomas, LMFT**  
Thursday, June 4 – Friday, June 5, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$399 up to Apr. 9  
\$429 after Apr. 9

Developments in neuroscience and sociology confirm that attachment exists as both a primary orienting system and a deep, biologically based need in all humans. Addictions are often attempts to fulfill this need. They serve to soothe and distract a person from the pain at a great cost to the individual and their relationships: they foster insecure attachments and isolation. Emotionally Focused Therapy (EFT) provides the insight and tools to reframe the systemic processes of addictive behaviour within the context of couples therapy.

This workshop offers you tools and inspiration to work with couples dealing with active addiction or its aftermath wherever possible.

Through lecture, video, discussion, and experiential activities, EFT trainers Michael Barnett and Jim Thomas will apply an attachment-based focus to all stages of addiction treatment. They will use EFT tools to manage pre-contemplation (in which addicts and families live on the merry-go-round of addiction, denial, and blame), contemplation,

and the process of actually reducing use while re-engaging with loved ones.

The re-engagement with partners and family creates new-found security, which in turn lessens the chances of relapse. A new positive cycle can be created in couples and families to support sobriety, growth, and healing.

Dr. Sue Johnson will be joining the presenters on Day 2 for a short panel discussion about addictions, attachment, and EFT. Sue writes, "I am excited to see Michael and Jim's presentation and to share my own thoughts about working with couples and addiction with EFT."

This presentation assumes a basic understanding of Emotionally Focused Therapy. Formal EFT training is not required.

**You will learn —**

- How to address addiction and increase attachment security with EFT
- Tools and techniques to explore the stages of addiction treatment in EFT couples therapy
- How to apply EFT Stage One work to address both current and past substance use
- How to integrate the neuroscience of addiction, emotions, and attachment

Seminar Code: **KJH-S10**

## Discovering the Pyramid of Potential

Exploring the Three Key Developmental Issues and Gaining New Tools for Working with Children with ADD



**Kathy Johnson, MS Ed**, developed the Pyramid of Potential system for overcoming symptoms related to school struggles. She has been working with clients from age 6 to 70 for 14 years. She created and directed a small private school in which children received training and treatment while completing academic requirements. Currently, Kathy trains parents and professionals throughout the U.S., maintains a practice in Saratoga Springs, NY, and creates tools and apps for professionals and parents. See [www.pyramidofpotential.com](http://www.pyramidofpotential.com) for more information.

Led by **Kathy Johnson, MS Ed**

**Monday, June 1, 2015 • 9:00 am to 4:30 pm**

**Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)**

**\$219 up to Apr. 9  
\$229 after Apr. 9**

After helping her children and many clients overcome learning disabilities, Kathy Johnson developed the Pyramid of Potential model to address the challenges that are related to Attention Deficit Disorder (with or without Hyperactivity) and that arise in school and life. Questioning the often blind faith in the usefulness of medication, she has created many tools that can assist teachers, parents, and helping professionals work more successfully with children with ADD/ADHD.

If ADD/ADHD is viewed as a brain disorder, other avenues of

treatment and new hope for recovery become possible because the brain is plastic. Neuroplasticity allows our brains to improve at any age, and directed work can easily and quickly change the brain, and thus, behaviour.

Kathy Johnson will pull from her years of experience to teach you the developmental roots of ADD/ADHD and how to make

neurological changes in order to improve the symptoms. She will use her Pyramid of Potential model to explore how to adjust diet, stress, neuro-development (the primitive reflexes), auditory processing, and visual processing in order to improve cognitive development.

This will be a hands-on learning experience, and all participants will leave with knowledge of and experience in how to improve the brain's capacity for attention, as well as how to implement a comprehensive plan.

**You will learn —**

- About the developmental deficits of ADD/ADHD and strategies to replicate missed stages of neuro-development
- How diet changes can affect ADD/ADHD
- Strategies to accommodate and remediate auditory problems and hypersensitivity
- Ways to work with visual attention and distractability
- When sustained and divided attention is needed and how to accommodate and remediate it
- How a poor working memory affects attention, and how to improve it with exercises
- How to put together a plan for success

Seminar Code: **SIL-S10**

## Working with Caregivers of the Chronically Ill

Using the 3-A Approach to Enhance Family Resiliency

Led by **Eleanor Silverberg, BA Psych, MSW, RSW**

**Tuesday, June 2, 2015 • 9:00 am to 4:30 pm**

**Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)**

**\$219 up to Apr. 9  
\$229 after Apr. 9**

Caring for chronically ill loved ones can be a necessary but overwhelming reality. It is challenging for professionals to meet the care needs of patients with conditions such as Parkinson's disease, MS, stroke, cancer, chronic depression, schizophrenia, and Alzheimer's disease. When a spouse, adult child, or parent is providing the care, the challenges and emotional impact increase exponentially.

This workshop will give you practical strategies for preventing burnout by addressing the loss and grief experienced by family caregivers. Although often set aside in favour of other heavy care demands, loss and grief greatly impact caregiver behaviour and well-being and the care that is provided.

You will learn how to enhance the resilience of caregivers based on the dynamics of the grief reaction. Grief is a common response to all losses. In caring for the chronically ill, these losses may include the loss of future plans, and the loss of who the person was or what they could do before they fell ill. Validating these losses is an important part of working with caregivers.

The 3-A Approach addresses disenfranchised grief through *Acknowledgement, Assessment, and Assistance*. You will learn to create a context to assist your clients through *acknowledgement* of the losses brought on by chronic illness and *assessment* of

the impact — and help them in moving forward with enhanced resiliency and well-being. The 3-A Approach offers an important tool for professionals supporting those on the front lines of elder care and chronic illness.

**You will learn —**

- The guiding principles for applying the 3-A Approach components: *Acknowledge, Assess, Assist*
- How to integrate grief processing, responsible care provision, and self-care to form a strength-building regimen for family caregivers
- How to apply the 3-A Approach in challenging situations that involve resistance and guilt
- How to combine the 3-A Approach with other intervention models such as Cognitive Reframing, Victor Frankl's Search for Meaning, and Motivational Interviewing
- About the fourth "A" which unlocks the barrier to pursuing self-care for family and professional caregivers



**Eleanor Silverberg, BA Psych, MSW, RSW**, has a private practice as a self-development coach, offering training programs for care providers of the chronically ill based on her book, *Caregiving with Strength*. The 3-A Approach has been presented at several conferences in North America and Israel. Kenneth J. Doka, in his foreword, referred to the book as a "gift to the caregiving community". For more information, visit [www.eleanorsilverberg.com](http://www.eleanorsilverberg.com).

A copy of *Caregiving with Strength* is included with your registration fee

Seminar Code: **DZI-S11**

## DSM-5 in Action

Application, Assessment, and Treatment Strategy

Led by Sophia F. Dziegielewski, PhD, LCSW  
Monday, June 15, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9  
\$229 after Apr. 9

Register for both seminars and save!  
See page 11 for multiple-registration discounts.

When the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* came out in 2013, it re-ignited a debate over what constitutes “normal behaviour” and the allocation of research and health care dollars. That debate continues today. This workshop will help you identify and assess how the *DSM-5* impacts your clients and your practice.

Sophia Dziegielewski (pronounced jingle-les-key) is one of North America’s leading experts in this field. A perennially popular presenter, Dr. Dziegielewski will bring you up to date on the changes brought in by the *DSM-5* and how they impact assessment, treatment approaches, and your selection of evidence-based strategies.

Particular emphasis will be placed on the common practices and expectations that arose during the tenure of the *DSM-IV/DSM-IV-TR* and how these relate to the *DSM-5*. Dr. Dziegielewski will walk you through the changes, their rationale, and how they relate to diagnostic coding. She will discuss the implications that these changes can have on developing best practices, treatment planning, and overall treatment strategy.

She will also give an overview of selected diagnostic categories utilized in adults, stressing the diagnostic

assessment and how it is linked to behaviour-based practice strategy. Selected disorders across the lifespan that will be covered include neurodevelopmental disorders such as ADHD and ASD, the addictive disorders, the schizophrenia spectrum and the psychotic disorders, the anxiety and depressive disorders, and the personality disorders.

### You will learn —

- The differences between the *DSM-IV-TR* and *DSM-5*, and the rationale behind these changes
- How to identify major diagnostic categories
- The criteria for proper diagnostic assessments and evaluations
- How to use the Dimensional Assessment Strategy as outlined in the *DSM-5*
- About the structure, format, and diagnostic recording requirements



**Sophia F. Dziegielewski, PhD, LCSW**, is a professor in the School of Social Work at the University of Central Florida (UCF).

Throughout her academic, administrative, and practice career, she has been active in social work education, clinical practice, and research, as well as serving as an expert witness in the courts. Dr. Dziegielewski is the recipient of numerous awards, and supports her research and practice with over 130 publications, including 8 textbooks, 85 articles, and numerous book chapters. Over the years, she has become a prominent workshop presenter, much in demand. She is author of *DSM-IV-TR in Action* and *DSM-5 in Action*.

Seminar Code: **DZI-S12**

## Psychopharmacology in Mental Health Practice for the Non-Medically Trained

Led by Sophia F. Dziegielewski, PhD, LCSW  
Tuesday, June 16, 2015 • 9:00 am to 4:30 pm  
YWCA Elm Centre (87 Elm Street, Toronto)

\$219 up to Apr. 9  
\$229 after Apr. 9

Non-medically trained mental health professionals often see clients who are on medication and/or herbal or botanical supplements that can influence their behaviour, their response to interventions, and their ability to succeed in therapy. In this one-day workshop, Dr. Dziegielewski (pronounced jingle-les-key) will give you the medication basics: the therapeutic effects, strengths, and possible problems that can result from the use of medications, official health warnings you need to know, and highlights of the kinds of drugs most often prescribed for different mental health categories. Mental health conditions covered include mood and anxiety disorders and ADHD.

You will learn about the myths associated with the use of “tested” medications and their impact on mental health, as well as how to develop realistic expectations when treating a client who is on medication. You will receive an overview of issues related to the benefits and problems that can occur with clients taking selected psychotropic medications. You will also learn strategies to best assist your client when choosing whether to use medication or not.

### You will learn —

- What you need to know about the most popularly prescribed medications in three mental health categories (mood disorders, psychotic disorders, and disruptive behaviour disorders)
- How medications affect the brain in terms of thoughts, feelings, and actions
- How to monitor patient compliance
- The medical vocabulary necessary to help you assist your clients
- How to best work collaboratively with medical professionals
- Strategies for treatment involving herbal or botanical supplements to either complement or circumvent the use of medications

Seminar Code: **SOA-S10**

## Purposefull Practice

What It Takes to Create and Grow Your Purpose-Driven Profitable Practice

Led by Carol Soares, RSW

Friday, May 1, 2015 • 9:00 am to 4:30 pm

Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

\$269 up to Apr. 9

\$279 after Apr. 9

Whether you are just about to start a private practice, have already begun, are experiencing difficulties, or simply want to amplify results, this workshop will guide you to live your vision, improve your service delivery, and enjoy the income that you deserve.

Based on her new book, *Purposefull Practice*, Carol Soares presents this strategy-based workshop, which is designed to optimize your state of mind for success, creative capacity, and goal attainment. You will learn how to incorporate specific narrative practice-building tools to direct your marketing activities, and how to develop a practical, step-by-step blueprint for success by integrating evidence-based and new media strategies.

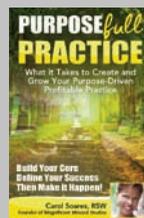
Four 1-hour monthly teleconferences/webcasts as well as a copy of Carol's book are included in the registration of this full-day workshop to further develop the core course content and address any questions or challenges you might encounter as you implement your business blueprint.

### You will learn —

- Ways to develop an authentic presence that is consistent with the vision, values, and activities of your unique service business
- How to manage time and energy to support resilience and performance in your practice
- Techniques to develop and maintain a mindset that will enhance entrepreneurial success
- About strategic online and offline activities that will increase public awareness of what you have to offer
- How the landscape of private practice is changing and how to build creative, diversified service-delivery models unique to your strengths and passions
- About the 10 essential business elements and how to apply them to your practice
- How to integrate profit magnification



**Carol Soares, RSW**, is a clinician, author, speaker, host, mind-health collaborator, and business magnification expert. She has been an entrepreneur for more than 15 years, and has worked for 19 years as a social worker, counselling and inspiring a diverse range of individuals. Carol's third book, *Purposefull Practice: How to Create and Grow Your Purpose-Driven Practice*, guides helping professionals to build a practice that allows them to live their vision, improve their service delivery, and enjoy the income that they deserve. For more information, please visit [www.MagnificentMinded.com](http://www.MagnificentMinded.com).



Register for this workshop and receive a copy of *Purposefull Practice* as well as four 1-hour monthly interactive teleconference/webcast sessions with Carol to support your practice.

## Workshop Information

### Workshop Locations

Always check our website for your workshop **location, directions, and parking** details.

Visit [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org).

### All workshops except Soares, Silverberg, and Kathy Johnson:

YWCA Elm Centre  
87 Elm Street  
Toronto ON M5G 0A8

### Soares, Silverberg, and Kathy Johnson workshops only:

Koffler House / Multi-Faith Centre  
at the University of Toronto  
569 Spadina Avenue  
Toronto ON M5S 2J7

### Refreshments

Coffee, tea, and light refreshments are provided to start the day. Lunch (75 minutes) is on your own at approximately noon (exact time to be determined by presenter).

### Accommodation

DoubleTree by Hilton, Toronto Downtown  
108 Chestnut Street  
Toronto ON M5G 1R3  
(a few minutes' walk from the YWCA venue)

This hotel offers a preferred rate for those attending our workshops throughout 2015, subject to availability. Rates start at \$159/night. For full details on rates, please see the "Hotels" page on our website at [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org).

We recommend booking at least 30 days in advance.

To book by phone: call 416-599-0555 (1-800-668-6600 outside Toronto) and ask for the "Leading Edge Seminars rate", or cite "Corporate ID number 560036471".

### Workshop Cancellation Policy

When cancellations are made more than 14 days prior to the workshop date, you have a choice: receive a refund (less a \$50 administration fee) or a credit (less a \$25 administration fee) toward a future Leading Edge Seminars workshop.

If cancellation is received fewer than 14 days prior to the workshop date you will receive a credit (less the \$50 administration fee) toward a future LES workshop.

For cancellation on the day of the workshop, please contact us within one week to obtain a 50% credit. Alternatively, a colleague may attend in your place at no extra cost. Please notify us in advance of the name of the person attending.



Be an EarlyBird — register by April 9, 2015, and save!

Discount for multiples: Attend two or more workshops, or bring a friend!

**4 easy ways to register!**

- **Phone**  
416-964-1133 (Toronto area)  
1-888-291-1133 (elsewhere)
- **Fax**  
1-888-859-9021
- **Mail**  
50 Charles Street East  
PO Box 626, TORONTO F  
Toronto ON M4Y 2L8
- **Online** at  
[www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

	Single Workshop Fee		Multiple Fees (2-7 registrations)	
	EarlyBird (up to April 9)	Regular	EarlyBird (up to April 9)	Regular
<b>1-day workshops</b>	<b>\$219</b>	<b>\$229</b>	<b>\$209</b>	<b>\$219</b>
<b>2-day workshops</b>	<b>\$399</b>	<b>\$429</b>	<b>\$379</b>	<b>\$399</b>
<b>Soares workshop</b>	<b>\$269</b>	<b>\$279</b>	<b>\$259</b>	<b>\$269</b>

Please add 13% HST to all fees.

**Discount Packages:**

- 6-Seminar Package: \$1,200 + HST to attend any six Spring 1- or 2-day workshops
- Season Pass: \$2,000 + HST to attend all Spring 1- or 2-day workshops

For complete information, visit [www.leadingedgeseminars.org](http://www.leadingedgeseminars.org)

8 or more registrations? Please call 416-964-1133 for special rates.

## Registration Form

Name(s) \_\_\_\_\_

Organization (if associated with address below) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov/State \_\_\_\_\_ Postal Code \_\_\_\_\_

Work Phone (    ) \_\_\_\_\_ Home Phone (    ) \_\_\_\_\_

Email (for confirmation and receipt) \_\_\_\_\_

Seminar Code OR Seminar Title	Person attending (if different from above or registering more than one)	Price

<b>Subtotal:</b>	\$	
<b>add HST (13%):</b>	\$	
<b>Total</b>	\$	

Full-time university students may receive a 15% discount (based on single fee, before HST). Cannot be combined with multiple discount. Proof of full-time student status required.

VISA     Mastercard     Cheque    Registrations postmarked after April 9, 2015, will be processed at regular rates.

Name on card (if different from above) \_\_\_\_\_

Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_    Expiry date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Please make cheques payable to "Leading Edge Seminars Inc." and mail to 50 Charles St. E., PO Box 626, TORONTO F, Toronto ON M4Y 2L8

GST Registration Number 87303 2114 RT

## Cuba, March 2015

(Limited space is still available)

This is our 13th year exploring Cuba beyond the beaches. Our exclusive trips, led by Michael Kerman and two Cubans (a leading environmentalist and a specialist in women's issues), will offer an insider's view into this warm, hospitable country. You will be introduced to artists, service providers, theatre/dance companies, restaurateurs, economists, musicians, politicians, and organic farmers... and experience places of incredible beauty.

February 28–March 7: **Havana Insider's Tour**

March 7–14: **Heart of Cuba**

- provincial capitals, hidden beaches, Bay of Pigs, and more

Join us for one or both weeks.

See [www.experiencerealcuba.com](http://www.experiencerealcuba.com) for full details.

All profits are donated to Cuban women's and cultural organizations.

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INC.**

**Register  
today  
for Spring 2015  
workshops**

### Continuing Education Credits

Every workshop participant will receive a Certificate of Participation for clinical workshops. Certificates may be used to qualify for eligibility for Continuing Education Credits from licensing boards and professional colleges that are not listed below. Please contact your own college or association to confirm its requirements.

#### Canadian Addiction Counsellors Certification Federation (CACCF)

All clinical workshops may be eligible for 6 or 12 "core" credits.

#### Canadian Counselling and Psychotherapy Association (CCPA)

All workshops are approved for 6.5 CEUs per day.

#### General Practice Psychotherapy Association (GPPA)

These workshops are approved for 5.5 hours of GPPA Group-CE credits per day *except* SOA-S10 and DZI-S12.

#### Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists (OACCPP)

Certified members may submit evidence of workshops and seminars they have attended and the Certification Committee will assign CEUs on an individual basis.

#### Ontario Association of Child and Youth Counsellors (OACYC)

All workshops are approved.

#### Ontario Expressive Arts Therapy Association (OEATA)

Workshops are eligible for 6.5 continuing education credits per day.

#### Ontario Society of Psychotherapists (OSP)

All workshops are approved.

**Psychologists (CPA)** All clinical workshops have been approved for CEUs from the Canadian Psychological Association (6 units for one-day workshops and 12 for two-day workshops).

**Social Workers and Social Service Workers** Members of the Ontario College of Social Workers and Social Service Workers (OCSWSSW) are expected to remain current with knowledge relevant to their area of professional practice under OCSWSSW's Continuing Competence Program.

