

Spring Series | 2016

Exceptional presenters
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**LEADING
EDGE
SEMINARS
INC**



Sue Johnson
• EFT Couples Therapy

Bonnie Badenoch
• The Heart of Trauma

Sheri Van Dijk
• DBT

Aureen Wagner
• Helping Anxious Kids

Scott Miller
• Tools for Effective Therapy

Valerie Mason-John
• New Approaches to Addictions

Janina Fisher
• Attuning to Your Clients

Robert A. Neimeyer
• Techniques of Grief Therapy

Carrie Clark, Catherine Classen, Anne Fourt
• Trauma-Informed Care

Joe Kort
• LGBTQ and Questioning Clients

Margaret Wehrenberg
• Anxiety and Depression

Ed Hamlin
• Introduction to Neurofeedback

Robert Intveld
• EAP Critical Incident Response

Three-Day Intensive Seminar:
Ronald D. Siegel
Wisdom and Compassion in Psychotherapy

Seminar Code: **JOH-S11**

Using "Love Sense" and Science to Shape Megawatt Couples Interventions

Led by Sue Johnson, EdD

Thursday, April 7, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

Fee: \$235

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

Leading Edge Seminars is pleased to offer you the chance to once again learn about Emotionally Focused Couple Therapy (EFT) from its leading proponent and one of its main creators, Sue Johnson. EFT offers a unique perspective on how to use the power of emotion and the science of adult attachment to create significant, lasting change in couples relationships. EFT demonstrates excellent outcomes with many different kinds of couples, including those facing trauma and depression. This workshop will cover the key elements of EFT practice. You will

learn how to work with key change events and specific interventions designed to undo the vicious cycle of toxic dynamics in couples.

Interventions will be illustrated with video and transcripts. Exercises will be offered for play and practice.

Within the EFT model, attachment theory will help you tune into the "neural duet", the life-and-death

drama that defines a distressed relationship, and help you restructure pivotal moments so that partners can move from isolation and frustration into a felt sense of security and lasting satisfaction. Issues such as forgiveness after attachment injuries such as affairs will also be addressed.

This presentation will combine cutting-edge theory, research, and clinical data into a 21st-century vision of couples therapy and education.

You will learn —

- To explore the phenomenon of marital distress in an attachment context
- The basics of EFT practice and the steps of change
- EFT interventions to help partners break out of gridlocked behavioural patterns caused by insecure attachment
- How to adapt EFT for different kinds of partners and relationships
- About the process of forgiveness in EFT



Sue Johnson, EdD, is Director of the International Center for Excellence in Emotionally Focused Therapy, and Distinguished Research

Professor at Alliant University in San Diego, California, as well as Professor of Clinical Psychology at the University of Ottawa, Canada. She has received numerous honours for her work, including the Outstanding Contribution to the Field of Couple and Family Therapy Award from the American Association for Marriage and Family Therapy, and the Research in Family Therapy Award from the American Family Therapy Academy. She is a Fellow of the American Psychological Association.

Dr. Johnson's best known professional books include *The Practice of Emotionally Focused Couple Therapy* and *Emotionally Focused Couple Therapy with Trauma Survivors*. Her most recent book is *Love Sense: The Revolutionary New Science of Romantic Relationships*. She is also author of *Hold Me Tight* and *The Emotionally Focused Training Set*, which provides a hands-on, case-study approach. Sue trains counsellors in EFT worldwide, and acts as a consultant to Veterans Affairs, the U.S. and Canadian military, and the New York City Fire Department. For more information, please visit www.dr.suejohnson.com.

to skillfully introduce and implement enactments, and how to troubleshoot when an enactment threatens to melt down and feed into existing demon dialogues. We now know, in theory, what a secure, satisfying partnership looks like and how to help couples get there. But in practice, the road to lasting and felt connection in couples therapy is rarely smooth.

Key EFT developer, master clinician, and EFT trainer Sue Johnson will explore the obstacles to creating a secure

Critical acclaim for Sue Johnson's latest book, *Love Sense*, from *The New York Times Sunday Book Review*:

"Attachment lives deep in primordial pathways in the brain. And Johnson's impressive work at commandeering this brain system to rehabilitate failing partnerships is an important contribution to those lost in the thicket of unhappy pair-bonding."
— Dr. Helen Fisher

Seminar Code: **JOH-S12**

Addressing Stuck Places in EFT Couples Therapy

A Master Class with Sue Johnson

Led by Sue Johnson, EdD

Friday, April 8, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

Fee: \$235

If you are already familiar with EFT, this workshop will take you to the next level. It will offer specific interventions on overcoming the pitfalls encountered by all therapists who work with distressed couples and find themselves repeatedly caught up in the surface-level bickering and hostilities. You will receive practical feedback on how to use EFT, how

alliance, problems in de-escalating negative interactions, resistance to forgiveness and the renewal of trust, how to work with extreme numbing or lack of emotional response, and what to do with difficulties in creating momentum in enactments. All couples therapists encounter these roadblocks. EFT offers ways through these blocks and towards creating a more secure bond.

You will learn —

- About the major obstacles in the creation of change in couples therapy
- Ways of identifying and effectively working with each of these obstacles
- Specific interventions to dissolve stumbling blocks as they occur in session
- Ways to create momentum in enactments
- How to de-escalate negative interactions

Seminar Code: **BDN-S20**

The Heart of Trauma

Healing the Embodied Brain in the Context of Relationships

Led by **Bonnie Badenoch, PhD, LMFT**

Thursday, May 5, and Friday, May 6, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

Interpersonal neurobiology (IPNB) is pointing the way toward a broader, kinder understanding of the roots of trauma, and then providing guidance as to how we as clinicians can best support healing — for others and for ourselves. By exploring our own experiences we become more able to be with our clients.

In this workshop we will begin with what researchers are learning about the roots of trauma — that it is much less about *what* happens to us than about *who* is truly with us before, during, and after any event. We will explore and practise cultivating our nonjudgemental presence as the foundation of healing. Deepening our understanding of how traumatic experiences become embedded in our bodies — muscles and joints, the brains in our bellies and hearts, and the autonomic nervous system — will provide a solid foundation for clarity about the effects of painful experiences. All of these streams become part of implicit memory, the kind of remembering that is most troubling, and we will explore how the felt sense of these memories can change.

Through both teachings and experiences, we will cultivate the kind of whole-brain learning that supports integrating these perspectives in daily life as well as in professional practice. By the end of this workshop, we may have developed greater

clarity and fuller compassion for the suffering that we have offered to hold.

You will learn —

- How to distinguish between potential and embedded traumas
- About the importance of nonjudgemental presence and how to cultivate that state
- How the effects of embedded trauma manifest at different developmental stages
- About the three branches of the autonomic nervous system and how they respond to painful and frightening experience
- How the brains in the belly and the heart continue to hold the effects of embedded traumas
- How to facilitate changes in the felt sense of implicit memory
- How current culture influences how we practise, and how this awareness can help us deepen presence with our clients



Bonnie Badenoch, PhD, LMFT, is a marriage and family therapist, a supervisor, a teacher, and an author who delights in integrating the discoveries of

relational neuroscience into the art of therapy. She offers immersion training experiences dedicated to supporting the ongoing mental health of fellow therapists while helping them internalize the principles of interpersonal neurobiology. Bonnie currently teaches at Portland State University, and speaks internationally about applying IPNB principles both personally and professionally. She is the author of *Being a Brain-Wise Therapist* and *The Brain-Savvy Therapist's Workbook*. Please see www.nurturingtheheart.com for more information.

Seminar Code: **VAN-S20**

Calming the Emotional Storm

Using DBT to Help Your Clients Manage Their Emotions



Sheri Van Dijk, MSW, RSW, is author of several DBT books that aim to help clients learn skills to help manage their emotions more effectively,

including *Calming the Emotional Storm*, *Don't Let Your Emotions Run Your Life (for Teens)*, and *Surviving The Emotional Rollercoaster (for Teens)*, as well as *DBT Made Simple*, which helps clinicians learn to use DBT to help their clients with emotional difficulties. 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 across North America. For more information, please visit www.sherivandijk.com.

Led by **Sheri Van Dijk, MSW, RSW**

Monday, May 2, and Tuesday, May 3, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

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

Seminar Code: **CLA-S10**

Trauma-Informed Care for Clinical and Community Settings



Carrie Clark, PsyD, CPsych, **Catherine C. Classen**, PhD, CPsych, and **Anne Fourt**, OT, work in the Trauma Therapy Program at Women's College Hospital in Toronto.



Along with Maithili Shetty, MD, the three presenters co-authored *Treating the Trauma Survivor: An Essential Guide to Trauma-Informed Care*. This book provides a comprehensive guide to trauma-informed care for mental health, healthcare, and social service providers. The authors are passionate about changing the way all healthcare and social services are delivered in order to support the needs of survivors.



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Led by **Carrie Clark**, PsyD, CPsych, **Catherine C. Classen**, PhD, CPsych, and **Anne Fourt**, OT
Friday, April 15, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$235 up to Apr. 13
\$249 after Apr. 13

Many, if not most, mental health and healthcare or social service providers either know that a client has a trauma history or have a sense that he or she does. However, mental health training often does not include much, if any, information on trauma, its sequelae, or how to work effectively with a trauma survivor. Even though trauma can affect a person's mental, physical, social, and spiritual well-being, the impact of trauma is often hidden or unacknowledged. Trauma survivors are left at risk of not receiving the care they need, even with a clinician's best intentions.

This workshop will help you learn the basics, recognize the impact of trauma, and better equip you to address these issues. Trauma-informed care is a framework that

incorporates the impact of trauma into your understanding of the individual, and guides you to engage sensitively so that survivors receive care that is appropriate and responsive to their needs and is delivered in a manner that facilitates acceptance of the care being offered.

You will learn about the prevalence of trauma, how it presents, and the risks of re-traumatization in mental health and social service settings. Clinical examples, demonstrations of techniques and strategies for working with trauma survivors, and self-reflective exercises will be used to assist you in learning how to incorporate this approach into clinical practice.

You will learn —

- About the prevalence of trauma and how to identify it
- How to apply five guiding principles for trauma-informed care
- About the common pitfalls and how to avoid re-traumatization during clinical interactions
- About practical tools to enhance collaboration with survivors and promote a safer helping environment
- Specific strategies for working with clients who have a history of psychological trauma

Seminar Code: **HAM-S10**

Minding the Brain

An Introduction to Neurofeedback

Led by **Ed Hamlin**, PhD, BCN
Friday, May 27, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$235 up to Apr. 13
\$249 after Apr. 13

We are in an era in which neuroscience is informing theories and research in the field of mental health. The implications of this union have been slow to filter into clinical practice, but this is beginning to change. The public is progressively more aware of the central nervous system's role in their experience and functioning, and they are seeking and embracing approaches aimed at improving the brain. Neurofeedback (or EEG biofeedback) represents the best empirically validated approaches to altering how brains operate.

This workshop will present an overview of the emerging EEG biofeedback (neurofeedback) modality and is intended for clinical psychologists, neuropsychologists, educators, educational therapists, clinical social workers, rehabilitation specialists, academic researchers in neurophysiology, and biofeedback practitioners who have little to no background or experience with neurofeedback. The workshop will also be a good refresher course for current neurofeedback practitioners. Dr. Hamlin's four-day advanced training will be offered in the Fall.

Computerized instrumentation will be introduced and demonstrated. The workshop will also discuss how to evaluate clients with respect to specific applications, and introduce the range of EEG biofeedback protocols that may be applied for different purposes.

You will learn —

- How the EEG biofeedback process relates to mental and emotional functioning
- How individuals can learn to alter their EEG patterns — and thus behaviour and psychoemotional patterns
- To identify four different disordered arousal states and the clinical issues associated with each state
- How to incorporate neurofeedback with other therapeutic techniques
- About the range of EEG biofeedback protocols available
- About computerized instruments and equipment and how they are used



Ed Hamlin, PhD, BCN, is the founder and clinical director of the Center for the Advancement of Human Potential. Currently on the faculty for Evidence Based

Neurotherapy of the Society for the Advancement of Brain Analysis, he has worked and taught extensively in a variety of settings, including Duke University, general medical facilities, university-based teaching hospitals, and psychiatric hospitals. He specializes in applied neuroscience techniques to help address issues such as attention problems, cognitive disorders, depression, anxiety, trauma, and acquired brain injuries. He frequently presents at conferences such as those of the International Society for Neurofeedback and Research, the International Society for the Study of Traumatic Stress, and the American Psychiatric Association. For more information, please see www.ian-ashville.com.

Attuning to Your Clients

A Clinician's Guide to Choosing the Right Approach

Led by Janina Fisher, PhD

Tuesday, May 10, and Wednesday, May 11, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

These days, therapists are inundated with new approaches and methods: EMDR, Sensorimotor Psychotherapy, AEDP, Internal Family Systems, Somatic Experiencing, TRE, ACT, Motivational Interviewing. Each treatment model insists that it is *the* model, will work for everyone, and is a necessity for full resolution. Each clearly offers advantages or is an advance on previous methods, yet none seems to “work” for all. How do therapists choose among them? How can therapists tell which treatment is right for a particular client?

In this workshop, Janina Fisher will focus on the therapeutic relationship as the “container” that supports both therapist and client as they do the work, and on attunement as the “glue” that binds them together. For any approach to work requires the therapist to make treatment decisions that resonate with clients, that result in feelings of success, that activate the unresolved issues without overwhelming clients’ resources, and that convey meaning and hope. Choosing the right approach is not an intellectual decision; it is the outcome of attunement to a therapist’s sense of what’s “right”, and to the client’s need to feel met, helped, and understood.

You will learn —

- About the implicit and explicit effects of traumatic experience
- How to differentiate “pathogenic kernels” that continue to exert a negative effect on the client
- Ways to evaluate client readiness for particular approaches
- How to identify indicators that convey attunement to traumatized clients
- How to discriminate between triggering aspects of different approaches
- About methods to evaluate success of each approach for client symptoms and client satisfaction

See
back cover for
Janina Fisher webinar



Janina Fisher, PhD, is a licensed clinical psychologist and an instructor at the Trauma Center, an outpatient clinic and research centre

founded by Bessel van der Kolk. She is also past president of the New England Society for the Treatment of Trauma and Dissociation, a faculty member of the Sensorimotor Psychotherapy Institute, and a former instructor at Harvard Medical School. Dr. Fisher has been an invited speaker at the Cape Cod Institute, the EMDR International Association Annual Conference, the Psychotraumatology Institute of Europe, and the Esalen Institute. Dr. Fisher lectures and teaches internationally on topics related to the integration of neurobiological research and newer trauma treatment paradigms into traditional therapeutic modalities. For more information, please visit www.janinafisher.com.

Seminar Code: KOR-S20

LGBTQ and Questioning Clients

Clinical Issues for the Therapist, Straight or Gay



Joe Kort, PhD, LMSW, is a clinical sexologist and relationship therapist, is the founder of the Center for Relationship and Sexual Health, and has been practising

psychotherapy for over 30 years. He is an international speaker on the subject of LGBTQ counselling and specializes in sex therapy, sexual and gender identity issues, and sexually compulsive behaviours. Dr. Kort is a blogger for the *Huffington Post* and *Psychology Today* on issues of sexuality. He is author of several books, including, *Gay Affirmative Therapy for the Straight Clinician*, *10 Smart Things Gay Men Can Do To Improve Their Lives*, *10 Smart Things Gay Men Can Do To Find Real Love*, and *Is My Husband Gay, Straight or Bisexual?* For more information, please visit www.JoeKort.com.

Led by Joe Kort, PhD, LMSW

Monday, June 6, and Tuesday, June 7, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

Being a gay-friendly therapist is not enough; you need to be gay-informed. In this workshop, you will acquire more cultural competence with your LGBTQ clients around issues of sex, coming out, gender fluidity, mixed-orientation relationships, suicidality amongst adolescents, and more. Beyond learning to avoid red-flag terminology that may cause offense and negative transference without you even knowing, you will attain a more nuanced understanding of the unique challenges faced by LGBTQ clients so that you can provide more effective therapy.

You will learn how to address the trauma associated with growing up in the closet, developing identity,

and internalized homophobia, and to affirmatively frame non-heteronormative sexual behaviours and practices. Dr. Joe Kort will help you avoid the common mistakes of treating LGBTQ couples the same as their heterosexual counterparts.

He will address the unique relationship dynamics of same-gendered couples.

You will also be guided toward the most current understanding of the issues facing LGBTQ couples and individuals around sex, including open relationships, coming-out stage discrepancy, various sexual styles, as well as kinks and fetishes. LGBTQ clients increasingly ask for therapists who can establish an effective treatment plan based on a cultural competence of their sex lives and relationships. This workshop will help you become one of those therapists.

You will learn —

- How to assess psychological trauma of growing up LGBTQ and questioning
- About the indicators of the specific and most common stages of coming out in order to effectively assist your client
- How to differentiate common misdiagnosed mental health disorders and assessments
- Specific interventions and assessment tools for LGBTQ clients and gay-affirmative therapy
- How to distinguish between interventions that work and those that don't work for different generations
- How to formulate strategies for couples on compatibility, incompatibility, frequency, and satisfaction

Seminar Code: **MAS-S20**

Mindfulness and "Kindfulness"

Tools to Keep Your Clients on Their Path of Recovery



Valerie Mason-John, MA, is the author of eight books, including the award-winning *Eight Step Recovery* and *Detox Your Heart*. One of the leading practitioners of African descent in the field of addictions and mindfulness, she brings her life experiences, creativity, deep insights, and the possibility of change to her workshops. Valerie co-designed the Mindfulness Based Addiction Recovery (MBAR) course and the "Train the Trainer" MBAR course. She is the co-founder of Healing and Insight online and also works as a trainer in conflict resolution. Visit www.valeriemason-john.com.

Led by **Valerie Mason-John, MA**

Monday, May 30, and Tuesday, May 31, 2016 • 9:00 am to 4:40 pm
Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

"Valerie Mason-John is a human in deep recovery, Buddhist teacher, writer, performance artist ... the lasting impression is that of striking presence, a genuine person with joyful wisdom extracted from profound suffering." — Gabor Maté

Valerie Mason-John notes: "Most people with addictions spend their time wanting to get out of their body, getting high, having out-of-body experiences, getting wrecked and being numb to what is going on in their lives." So how do we teach people with addictions to do the exact opposite of their ingrained habitual behaviour?

Mindfulness and Kindfulness, we can begin to enable our clients with skills that will help in times of high-risk situations or boredom.

Through self-reflection, interactive exercises, storytelling, and small-group discussions, you will deepen your understanding of addictions and learn skills to further your practice. Regardless of your setting, whether you work with individuals and/or with groups, be prepared to meet a compelling teacher and enter into a unique, engaging learning experience.

You will learn —

- About the nuances of how to apply mindfulness, kindness, and awareness to recovery from addictions and relapse prevention
- How to teach clients to be compassionate with their direct experiences
- How to help clients see that their thoughts are not facts
- How to teach clients to understand their internal Barometer and Feeling Tone
- About the mapping of the vicious cycle of addictions
- The Five-Breath Practice – Creating a three-minute breathing space

Mindfulness is the practice of coming back to the body, feelings, and thoughts. "Kindfulness" is the salve that begins to awaken recovery. The vicious cycles of addiction often lead to shame, frustration, and hopelessness. With the tools of

Seminar Code: **SIE-F30**

Wisdom and Compassion in Psychotherapy

Deepening Mindfulness in Clinical Practice

Led by **Ronald D. Siegel, PsyD**

Monday, April 25 to Wednesday, April 27, 2016 • 9:00 am to 4:40 pm
Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

\$725 up to Apr. 13
\$750 after Apr. 13

While mindfulness practices can be useful to enhance virtually any form of psychotherapy, their greatest potential lies in their ability to transform our attitude toward experience and help us transcend our conventional sense of self. When should the goal of treatment be symptom resolution, and when might it include the cultivation of wisdom and compassion traditionally called "awakening", "liberation", or "enlightenment"? How might we help patients or clients with different disorders, cultural backgrounds, and personality organizations use mindfulness practices toward this end? What does mindfulness-oriented treatment actually look like in a session, and how might we integrate it with more traditional psychodynamic, cognitive behavioural, and systemic psychotherapies?

Dr. Siegel has been practising mindfulness for over 40 years and is one of the pioneering writers and teachers to explore the use of mindfulness in psychotherapy. In this workshop, he draws on his extensive personal and clinical experience, scholarship, and exposure to a broad client population to explore cutting-edge issues in the field.

Through lecture, demonstrations, participatory exercises, and small group discussion, you'll learn how to address the many challenges of integrating mindfulness practices into your psychotherapeutic work. You'll look deeply at the clinical implications of their phenomenological and neurobiological

effects while enjoying ample opportunities to discuss clinical cases and explore possible interventions.

You will learn —

- What mindfulness-oriented psychotherapy actually looks like in practice
- How mindfulness-induced insights into the nature of the self and causes of suffering can enrich and enliven any psychotherapy
- About the three core components of mindfulness practices and how to adapt them to the needs of individual clients
- About seven clinical choices therapists should consider in tailoring mindfulness practices to the needs of particular individuals
- How to decide when to introduce mindfulness practices for symptom reduction versus more radical personality transformation
- Ways to adapt mindfulness practices to meet the needs of special populations, such as children, trauma survivors, and members of diverse cultures
- When and how to explicitly cultivate compassion and self-compassion in treatment



Ronald D. Siegel, PsyD, is a faculty member of Harvard Medical School and the Institute for Meditation and Psychotherapy. He is the author of *The Mindfulness Solution*, co-editor of *Mindfulness and Psychotherapy* and *Wisdom and Compassion in Psychotherapy*, co-author of *Sitting Together: Essential Skills for Mindfulness-Based Psychotherapy*, and professor for *The Science of Mindfulness*, produced by The Great Courses. He is known as an engaging and entertaining presenter whose workshops regularly receive rave reviews. For more information, please visit www.mindfulness-solution.org.

**A 3-day
intensive
workshop**

Seminar Code: MIL-S11

Feedback-Informed Treatment (FIT)

Improving the Quality and Outcome of Behavioural Health Services One Person at a Time

Led by Scott Miller, PhD

Thursday, June 2, 2016 • 9:00 am to 4:40 pm

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

\$235 up to Apr. 13

\$249 after Apr. 13

It's not a pretty picture: Available evidence indicates that the effectiveness of psychotherapy has not improved in spite of 100 years of theorizing and research. What would help? Not learning a new model of therapy, nor the "latest" treatment approach. And no, not attending another CEU event or sorting through that stack of research journals by your desk.

This workshop will show you how to create a simple and reliable ongoing feedback mechanism in your practice to help you maximize the effectiveness of your treatment and fine-tune your approach to individual client needs and characteristics.

Research from multiple randomized clinical trials indicates that this simple, trans-theoretical approach as much as doubles the effectiveness of treatment while simultaneously reducing costs, drop-out rates, and deterioration.

You will learn —

- About the research-based factors responsible for client change in treatment, regardless of professional discipline or preferred treatment model
- Systematic ways to assess your clients' perceptions of progress and satisfaction so that therapy may be empirically tailored to clients' needs and characteristics
- About simple and reliable methods for evaluating process and outcome in treatment
- Three ways for therapists to use the information about session-by-session impact to enhance the services they are delivering to clients

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

Seminar Code: MIL-S12

REACH

Pushing Your Clinical Skills and Effectiveness to the Next Level

Led by Scott Miller, PhD

Friday, June 3, 2016 • 9:00 am to 4:40 pm

YWCA Elm Centre (87 Elm Street, Toronto)

\$235 up to Apr. 13

\$249 after Apr. 13

How can professionals in the fields of mental health and substance abuse enhance their performance? Available evidence shows that attending a typical continuing education workshop, specializing in the treatment of a particular problem, or learning a new treatment model is not enough.

Based on tracking the outcomes of thousands of clinicians around the world for a decade, Scott Miller and the International Center for Clinical Excellence have identified specific practices that separate highly effective clinicians from average ones. These top performers usually achieve 50 percent better outcomes than their equally trained and credentialed peers. They also have much lower dropout rates and deliver better and more consistent outcomes across a range of client diagnoses, presenting complaints, and motivational levels.

In this workshop, you will learn three specific strategies that separate good therapists from great ones. You will learn a simple method to determine your effectiveness by developing a profile of your most and least effective practices. Step-by-step, evidence-based instructions will be given for using the profile to identify and eliminate weak spots while enhancing your effectiveness and efficiency.

Each principle and practice will be illustrated with videos from interviews with highly effective therapists. Additionally, video examples of real-life clinical work in public sector settings with the most challenging clinical encounters (people who are mandated into care, considered chronic, severely, and persistently mentally ill, or dually diagnosed) will be used to help you immediately apply what you learn in the workshop to your work.

You will learn —

- Three specific, evidence-based practices employed by highly effective therapists
- About an empirically sound, yet clinician-friendly method for determining the effectiveness of your clinical work compared to that of your peers and national norms
- How to identify cases most at risk for dropping out of treatment or experiencing a negative or null outcome with you
- How to develop a profile of your most and least effective practices
- About an evidence-based method for pushing your performance to the next level of effectiveness and efficiency



Scott D. Miller, PhD, is a co-founder of the International Center for Clinical Excellence, an international consortium of clinicians, researchers,

and educators dedicated to promoting excellence in behavioural health. He has helped hundreds of agencies and organizations to achieve superior results and is noted for his engaging presentation style. His work has been featured at the prestigious Evolution of Psychotherapy Conference. He has published extensively and is the author of numerous books including *The ICCE Feedback Informed Treatment and Training Manuals* and the forthcoming *REACH: Pushing Your Clinical Effectiveness to the Next Level*. For more information, please visit www.scottdmiller.com.

Seminar Code: **WAG-S20**

Up and Down the Worry Hill®

Child-Friendly CBT for Anxiety and OCD in Children and Teens



Aureen Pinto Wagner, PhD, is a clinical psychologist and an anxiety treatment expert, and is a sought-after international speaker. She

developed the Worry Hill® approach to make CBT accessible to children and adolescents. Dr. Wagner's highly acclaimed books include *Worried No More: Help and Hope for Anxious Children*, *Up and Down the Worry Hill*, *What To Do When Your Child Has Obsessive-Compulsive Disorder*, and *Treatment of OCD in Children and Adolescents: Professional's Kit*. For more information, please visit www.anxietywellness.com.

Led by Aureen Wagner, PhD

Thursday, May 12, and Friday, May 13, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$425 up to Apr. 13
\$445 after Apr. 13

Anxiety is the most common mental health problem faced by children and teenagers. CBT, the gold standard of treatment, can help as many as 80 percent of these youngsters successfully overcome anxiety.

In this practical workshop, top-rated presenter Aureen Wagner combines highly effective strategies with clinical pearls — tips that can be quickly put to use in clinical, school, and group settings. You will learn about the innovative and child-friendly Worry Hill® CBT approach, which is designed to optimize motivation

and compliance in youngsters facing issues such as separation, social and performance/test anxiety, worry, perfectionism, refusal to go to school, phobias, panic, obsessions, compulsions, sleep problems, and tics.

Known for her clarity, compassion, and engaging style, Dr. Wagner will present the seven steps of child-friendly CBT that empower youngsters with tools to conquer anxiety. She will discuss the nuts and bolts of cultivating treatment-readiness, collaborating with parents, managing anxiety at school, complex presentations, treatment reluctance, and relapse prevention. The richness and depth of real-life case examples and video clips will illustrate the nuances and provide new insights that will enhance and fine-tune your skills in working with anxious youngsters and their parents.

You will learn —

- What fuels anxiety — the Anxiety Triad, the Vicious Cycle of Avoidance, and parenting traps
- How to spot the red flags for anxiety and OCD at school and home
- Why treatment readiness is crucial, and four steps to cultivate it
- Seven steps in child-friendly CBT for anxiety in youngsters
- How to apply the Worry Hill® approach to hard-to-treat forms of anxiety and OCD
- About practical, ready-to-use child management and parenting tools

Seminar Code: **INT-S10**

EAP Critical Incident Response

A Multi-Systemic Resiliency Approach

Led by Robert Intveld, LCSW

Thursday, May 26, 2016 • 9:00 am to 4:40 pm
YWCA Elm Centre (87 Elm Street, Toronto)

\$235 up to Apr. 13
\$249 after Apr. 13

Healing does not wait for Employee Assistance Programs (EAPs) to be developed. The natural, upward trajectory of resiliency begins before EAP counsellors are contacted to go on-site and provide crisis intervention. This natural process should be influencing our approach in how to respond to organizations and their employees. It should be designed to capture this forward momentum and build interventions to complement progress.

This workshop teaches the core clinical components of EAP Critical Incident Response and their application within a crisis intervention format and within an EAP context. You will learn about the best practices of EAP, developed solutions to controversies within the field, and how to integrate the latest research on resiliency into operational interventions.

In today's response landscape, there are several response agencies that provide crisis intervention. Each agency has adapted the tenets of crisis intervention and psychological first aid to its mission and the population it serves. These agencies have created unique training programs designed specifically to achieve their missions. EAPs have a mission too. EAPs have unique employee and member populations as well as the organizational client. This workshop will

customize the Critical Incident Response to meet the operational demands of your EAP.

You will learn —

- How to integrate core clinical concepts of stress response, bereavement, and resiliency into practical EAP on-site response
- How to expand the EAP consultation process to include employee and organizational impact, restoring safety, and fostering resiliency
- About complementary interventions that can be provided for ongoing resilient processes
- About a new group process designed to enhance individual safety, organizational cohesiveness, and overall resiliency
- How to accelerate the growth of resiliency by effectively coordinating multiple systems

This workshop will be relevant to EAP staff as well as those who want to enter this field.



Robert Intveld, LCSW, is the developer of the Multi-Systemic Resiliency Approach for EAPs and owner of Robert Douglas and Associates, located in

New Jersey. Robert has over 27 years of EAP and response experience. He has been cited for his response work to both attacks on the World Trade Center on 9/11; the shootings at Columbine and Newton, CT; Hurricanes Sandy and Katrina; and the Gulf oil spill. His trainings have reached professionals in countries around the world, including China, Iraq, Malaysia, Germany, and New Zealand. For more information, please visit www.eap-rda.com.

Seminar Code: **WEH-S11**

The 10 Best-Ever Anxiety Management Techniques

Led by Margaret Wehrenberg, PsyD

Thursday, April 28, 2016 • 9:00 am to 4:40 pm

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

\$235 up to Apr. 13

\$249 after Apr. 13

Anxiety is a normal human emotion, but it can run out of control and become ruminative worry that ruins the capacity for joy. Panic can fill people with terror and put them on the alert to avert any possible chance of an attack. Social fears keep people from fulfilling their potential and from fully participating in life. These three major categories of anxiety are life changing — and they can be changed! People can learn to control their symptoms to become free from their debilitating effects. By using the brain to change an anxious brain, your clients can modify the causes of anxiety and even eliminate them for full recovery.

In this workshop, participants will learn 10 methods that will help clients calm their minds and diminish physical, cognitive, and behavioural symptoms of anxiety. Dr. Wehrenberg will present methods proven to eliminate panic, generalized anxiety, and social anxiety disorder. She will show you how to help your clients take control of their anxiety. Participants will leave this workshop ready to apply effective methods to provide prompt, effective relief of their clients' symptoms.

You will learn —

- About the distinctions of anxiety evident in children and adults with ADHD or mild autism spectrum disorder symptoms

- How to recognize and be able to resolve features of sleep, guilt, and anger that are specific to anxiety disorders
- How to identify panic triggers and desensitize your clients to them to avert panic attacks
- Specific powerful techniques to stop the rumination of the worried brain that marks generalized anxiety disorder
- Effective ways to deal with the perfectionism and excessive activity that hallmark generalized anxiety disorder in highly active people
- How to apply principles of defeating fear and making positive change for people with social anxiety disorder

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



Margaret Wehrenberg, PsyD, is a licensed clinical psychologist with a clinical practice in Naperville, Illinois. She is the author of *The Anxious Brain*, *The 10*

Best-Ever Anxiety Management Techniques and its accompanying workbook, *The 10 Best-Ever Depression Management Techniques, Anxiety and Depression: Effective Treatment of the Big Two Co-occurring Disorders*, and *The 10 Best Anxiety Busters*. She is a frequent contributor to the award-winning *Psychotherapy Networker* magazine. She blogs for *Psychology Today Online* and speaks internationally on topics of clinical psychotherapy. She is noted for her down-to-earth, pragmatic teaching style. For more information, please visit www.margaretwehrenberg.com.

Seminar Code: **WEH-S12**

The 10 Best-Ever Depression Management Techniques

Led by Margaret Wehrenberg, PsyD

Friday, April 29, 2016 • 9:00 am to 4:40 pm

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

\$235 up to Apr. 13

\$249 after Apr. 13

All depressions are not created equal. Understanding the origin of your clients' depressions and the impact on treatment can make a big difference to your success in therapy, and help clients move from management of their symptoms to recovery (without medication) from this insidious disorder. Dr. Wehrenberg will describe her view of four common origins of depression and their impact on recovery.

In a day filled with experiential techniques and discussion, you will learn 10 methods that you can immediately apply to diminish symptoms in clients suffering from depression. The workshop will highlight aspects of brain function that underlie depression, and focus on treatment methods that will counteract depressive symptoms. The pragmatic focus of this seminar will be on exploring psychotherapy methods that can improve the physiology, cognition, and behaviour of depressed clients.

You will learn —

- About practical methods to enhance motivation and mobilize the client with lethargy and low sense of reward
- How to change the negative cognitions, with attention to changing the impact of the brain's neural networking on negative memories
- Techniques to build the brain circuitry for joy and positive emotions
- How to stop the damage of chronic stress (a major cause of depression!) and end the isolation of workaholism and burnout
- Interventions to stop the plunge to despair common to the depression of trauma survivors and how to interrupt self-destructive coping styles
- How to reset the default mode of the hopeless/helpless pessimistic style of depressed thinking so familiar to those who have suffered depression for much of their lives

Seminar Code: **NEI-S20**

Techniques of Grief Therapy

Creative Practices for Counselling the Bereaved

Led by **Robert A. Neimeyer, PhD**

Monday, May 16, and Tuesday, May 17, 2016 • 9:00 am to 4:40 pm

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

\$425 up to Apr. 13

\$445 after Apr. 13

Contemporary models of bereavement have become more nuanced and empirically informed and have yielded new practices in grief work. This two-day workshop offers in-depth training in several of these techniques within the context of the therapy relationship and current theories and research.

The workshop begins with a discussion of the power of presence as a fundamental dimension of the therapeutic “holding environment”. You will learn ways to quickly assess your clients’ needs and foster a safe relational “container” for healing. You will gain a clearer appreciation of the challenge to meaning and spirituality associated with bereavement of a violent death, and an expanded tool box for using metaphor, body work, and a variety of narrative procedures for helping clients make sense of the loss and their response to it.

Drawing on attachment-informed and two-track models of bereavement, Dr. Neimeyer will then consider grieving as a process of reconstructing rather than relinquishing our bonds with those who have died, and the circumstances that can interfere with this natural process. Participants will leave with several tools for assessing “pro-symptom positions” that complicate grieving, and be able to help clients appreciate the role of the loved one in their construction of their own identities, and re-access, and revise frozen dialogues with the deceased that hamper post-loss adaptation.

Making extensive use of actual clinical videos alongside how-to instruction, you will explore and practise several methods for helping clients integrate the reality of loss into the ongoing story of their lives while reconstructing their continuing bond with their loved one.

You will learn —

- About empirical risk factors associated with complicated grief reactions
- About dimensions of insecure attachment that complicate adaptation to death
- The difference between healthy and unhealthy features of continuing bonds with the deceased
- Two procedures to detect barriers to accommodating loss due to invisible loyalties to the loved one
- Techniques, methods, and interventions that will help your clients reconstruct their bonds with their loved one as they move on in a changed future
- Creative and experiential ways to reaffirm love and resolve residual conflict and disappointments



Robert A. Neimeyer, PhD, is Professor in the Department of Psychology, University of Memphis, where he also maintains an active clinical practice. He has published 30 books, including *Grief and Bereavement in Contemporary Society: Bridging Research and Practice*, *Techniques of Grief Therapy: Creative Practices for Counseling the Bereaved*, and *Grief and the Expressive Arts: Practices for Creating Meaning*, and serves as Editor of the journal *Death Studies*. In recognition of his scholarly contributions, he has been granted the Eminent Faculty Award by the University of Memphis, made a Fellow of the Clinical Psychology Division of the American Psychological Association, given the Association for Death Education and Counseling’s Research Recognition, Clinical Practice, and Lifetime Contribution Awards, and designated an Honored Associate of the Viktor Frankl Association for his career contributions to the study of human meaning.

Our website is changing. We will continually update to provide you with expanded information about our speakers and programs. For videos, articles, and more, visit www.leadingedgeseminars.org.

Workshop Information

Workshop Locations

Please check your confirmation letter or our website to find out *which* of the locations below your workshop will be held at. Visit [leadingedgeseminars.org](http://www.leadingedgeseminars.org) for **directions** and **parking** details.

Location 1:

YWCA Elm Centre

87 Elm Street

Toronto ON M5G 0A8

Location 2:

Multi-Faith Centre / Koffler House

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 12:15 pm (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 2016, 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.

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 13, 2016, and save!

3 easy ways to register!

- **Phone**
416-964-1133 (Toronto area)
1-888-291-1133 (elsewhere)
- **Mail**
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Toronto ON M4Y 2L8
- **Online**
www.leadingedgeseminars.org

	Single Workshop Fee		Multiple Fees (2-7 registrations)	
	EarlyBird (up to April 13)	Regular	EarlyBird (up to April 13)	Regular
1-day workshops	\$235	\$249	\$219	\$235
2-day workshops	\$425	\$445	\$409	\$425
Siegel Intensive	\$725	\$750	\$695	\$725

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

Season pass, 6-seminar discount package, and large groups (8 or more registrations): please call 416-964-1133 for special rates.

Registration Form

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Subtotal:	\$
add HST (13%):	\$
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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 13, 2016, will be processed at regular rates.

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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

Working with the Neurobiological Legacy of Trauma

Led by Janina Fisher, PhD (see page 5 for bio)

A Remote-Learning Webinar on Complex Trauma and Dissociation

- This webinar program (monthly sessions over 10 months) is for mental health professionals interested in developing greater expertise in working with complex trauma and dissociation while staying abreast of recent trauma-related research and treatment advances.
- A webinar requires only a computer with internet access and a sound system or a phone (toll-free number). On your computer screen, you can see the presentation and send in questions, while you hear the audio via either computer speakers or your phone.
- Each webinar session is recorded and accessible online at your convenience for the duration of the webinar series and beyond.

Tuition: \$475 for 10-seminar series

Dates to be announced. For full information, please visit www.leadingedgeseminars.org.

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 (CEUs) 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 "core" credits per day.

Canadian Counselling and Psychotherapy Association (CCPA)

Workshops may be approved for 6.0 CEUs per day.

General Practice Psychotherapy Association (GPPA)

These workshops (except EAP Critical Incident Response) are approved for 6 hours of GPPA Group-CE credits per day.

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 Care (OACYC)

All workshops are approved.

Ontario Association for Marriage & Family Therapy (OAMFT)

Workshops are approved for 6 CEUs per day.

Ontario Expressive Arts Therapy Association (OEATA)

Workshops are eligible for 6 continuing education credits per day.

Ontario Society of Psychotherapists (OSP)

All workshops are approved.

Canadian Psychological Association (CPA)

All clinical workshops have been approved (6 CEUs per day).

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.

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