Autumn Series | 2016

Exceptional Presenters • Transformative Learning • Since 1993

Gabor Maté
• Compassionate Inquiry

Mona Fishbane
• Neurobiology and Couple Therapy
• Transforming Family Relationships

Colleen Carney
• CBT for Insomnia

Wendy T. Behary
• Disarming the Narcissist

John B. Arden
• Brain-Based Therapy and Trauma

Kim Barthel
• Complex Behaviour in Children and Youth

John Briere
• The Pain Paradox

Liana Lowenstein
• Working with Hard-to-Engage Children

Janina Fisher
• Neurobiological Legacy of Trauma (webinar)

Amy Weintraub
• Yoga Skills in Clinical Practice

Also: Using the MUSE™ in Therapy

Four-Day Trainings
• Martin M. Antony and Peter Bieling: Four-Day CBT Certification for Anxiety and Depression
• Lilian and Paul Wong: Safe and Effective Use of Self in Psychotherapy
• Ed Hamlin: Neurofeedback in Clinical Practice

Three-Day Training
• Linda Graham: Rewiring Our Responses to Disappointment, Difficulty, and Disaster

Register online at www.leadingedgeseminars.org
Loving with the Brain in Mind
Neurobiology and Couple Therapy

Led by Mona Fishbane, PhD
Monday, September 19, 2016 • 9:00 am to 4:40 pm
Oakham House at Ryerson University (55 Gould Street, Toronto)

Distressed couples often get caught up in cycles of reactivity and disconnection. This workshop, based on Dr. Mona Fishbane’s book of the same name, explores the neurobiological, psychodynamic, interpersonal, intergenerational, and cultural processes that shape these cycles.

Building on the latest studies from neuroscience and relationship research, and decades of working with couples, Mona presents an integrative approach that empowers couples to transform their interpersonal dynamics. The workshop highlights the tension between knee-jerk reactivity (driven by the emotional brain) and a more thoughtful ability to choose to live according to goals and values (powered by the higher brain).

You will learn interventions that will help your couples increase social and emotional intelligence skills, including emotion regulation, empathy, equality, and respect. The workshop will focus on ways to help partners become proactive lovers as they work to co-create their relationship together.

The exciting news that neuroplasticity — the ability of the brain to change — persists through adulthood gives hope to couples. This workshop offers both seasoned and beginning clinicians ways to facilitate neuroplasticity and relationship plasticity in couples therapy.

You will learn —
• To identify problematic dances of reactivity between partners in a couple
• How to draw the vulnerability cycle with the couple
• To identify the neurobiological roots of reactivity in couples
• Specific interventions to facilitate relational empowerment in couple therapy
• Skills to increase emotion regulation, empathy, and generosity in couple therapy
• Ways to facilitate intimacy between partners, including the skills of repair

Healing Intergenerational Wounds
A Relational-Neurobiological Approach to Transform Family Relationships

Led by Mona Fishbane, PhD
Tuesday, September 20, 2016 • 9:00 am to 4:40 pm
Oakham House at Ryerson University (55 Gould Street, Toronto)

We often carry old wounds, anger, and unfinished business from our family of origin. These resentments from the past can affect us in current relationships with our partner or children.

In this workshop, Dr. Fishbane will explore ways to facilitate healing and dialogue in distressed relationships between adults and their families of origin. She will address family legacies and loyalties, resentment and blame, cutoffs, differentiation, boundaries, power, guilt, repair, and forgiveness. Gender-based and cultural beliefs that affect intergenerational relationships will inform the discussion.

You will learn about the neurobiology underlying reactivity between adult children and their parents, along with interventions to facilitate the growth of emotional intelligence and relational empowerment between the generations. Particular attention will be given to helping clients “grow themselves up” in relation to their parents and siblings, and to updating current relationships with the family of origin. Challenges of caring for frail parents as they age will also be considered.

Theory and techniques, with case illustrations, will be offered to facilitate intergenerational repair, focusing on ways to honour and care for parents while honouring and caring for oneself.

You will learn —
• How to identify problematic dances of reactivity between adults and their families of origin
• Techniques to identify and address old wounds and unfinished business in the family of origin
• Ways to incorporate interpersonal neurobiology in your practice, with tools to improve emotional functioning in intergenerational family relationships
• Specific interventions to facilitate change and deal with resistance to change in the intergenerational family
• How to utilize neuroplasticity, the ability of the adult brain to change, to empower clients in their change process
• Skills to help clients become more relationally empowered in their intergenerational relationships to increase empathy, connection, and generosity in the family

Register today: Phone 416-964-1133 / 1-888-291-1133 • Online: www.leadingedgeseminars.org
Compassionate Inquiry with Gabor Maté

Led by Gabor Maté, MD
Thursday, Nov. 3, and Friday, Nov. 4, 2016 - 9:00 am to 4:40 pm
Toronto Central Grosvenor Street YMCA (20 Grosvenor Street, Toronto)

Dr. Gabor Maté is a major influence on mental health professionals worldwide. His groundbreaking work on ADD, additions, and chronic stress has paved the way for unprecedented recognition of mind/body/spirit connections and their impact on health in the medical community and the general public at large.

Compassionate Inquiry is a psychotherapeutic method developed by Dr. Maté that reveals what lies beneath the appearance we present to the world. In this new workshop, presented for the first time, Dr. Maté will share insights and instruction of his unique approach to psychotherapy and to working with people in diverse settings.

Using Compassionate Inquiry, you will learn how to unveil the level of consciousness, mental climate, hidden assumptions, implicit memories, and body states that form the real message that words both express and conceal.

Through Compassionate Inquiry, your clients will come to recognize the unconscious dynamics that run their lives and how to liberate themselves from them.

Dr. Maté will model the process of Compassionate Inquiry with course participants and instruct therapists in the practice of this powerful technique to help clients access deep healing and transformation. This will be both an experiential, participatory workshop in which participants will be guided through their own personal process, and a training session to teach the method of Compassionate Inquiry to health professionals, therapists, and social workers.

You will learn —
- How to cultivate presence, being with “what is”
- To bring attention to body signals in clients and yourself
- To enhance your perception of what is not being revealed overtly
- To enable clients to access emotional states through body awareness
- How to create and maintain a safe, sacred space between client and therapist
- How to keep a client engaged in present-moment experience
- About the importance of patience, respect, and choice in the therapeutic process
- How to uncover early traumatic events of childhood and unconscious feeling states through Compassionate Inquiry

$425 up to Sept. 8
$475 after Sept. 8

Linda Graham, MFT, is a warm and compelling workshop leader and author of Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being. Her widely popular e-posts on Resources for Recovering Resilience provide insightful and practical wisdom. Linda integrates modern neuroscience, mindfulness practices, and relational psychology in her international trainings and workshops. She maintains a practice in the San Francisco Bay Area. Please see www.lindagraham-mft.net for more information.

Shift Happens
Learning to Rewire Our Responses to Disappointment, Difficulty, and Disaster

Led by Linda Graham, MFT
Thursday, Oct. 27 to Saturday, Oct. 29, 2016 - 9:00 am to 4:40 pm
Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

Dealing effectively with the challenges and crises of life is the core of our resilience and well-being. Developing flexible and adaptive strategies for coping with everyday disappointments and extraordinary disasters is the heart of any therapeutic process, and essential to recovering from any trauma.

Modern neuroscience is discovering how the neuroplasticity of the human brain allows us to rewrite not only our automatic patterns of response to the disruptive life events inevitable in the human condition but also our responses to previously traumatizing events. Research is illuminating empirically validated tools and techniques from Western psychology and Eastern contemplative traditions that can safely and efficiently rewrite dysfunctional coping strategies. These tools can also be used to cultivate positive emotions and create the “left shift” that counterbalances the brain’s negativity bias and primes the brain for learning and growth.

You will learn —
- Three mechanisms for changing the brain 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 use empathy and attunement to strengthen the executive functioning of the prefrontal cortex to build resilience and recover a client’s inner secure base
- Skills of relational intelligence

$730 up to Sept. 8
$755 after Sept. 8
Technology, combined with neuroscience, creates a world of new possibilities for therapists and their clients. Dr. Ed Hamlin is on the forefront of the development of neurofeedback as a clinical tool to help clients rewire their brains more effectively. Neurofeedback has been successfully integrated with other treatment modalities and is increasingly being used in professional practice and academic settings.

Neurofeedback offers an empirically validated method to alter behaviour and experience through improved regulation of the central nervous system. Research demonstrates neurofeedback’s effectiveness with varied conditions such as seizure control, ADHD, substance abuse, and PTSD.

This four-day intensive provides an overview of the principles of neurofeedback and how to combine it with traditional therapy skills. It also includes hands-on experience. (Neurofeedback systems will be provided; you do not need to have your own equipment to participate.) Didactic lectures will be combined with real-life demonstrations, and multiple practicums will be conducted to increase your comfort level with the technology involved.

This course is intended for psychiatrists, clinical psychologists, neuropsychologists, counsellors, 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. It is also a good refresher course for current neurofeedback practitioners.

You will learn —

• About the basic theory of the neurofeedback process and how it relates to mental and emotional functioning
• How to use computerized instruments and equipment
• How to evaluate and assess clients for specific neurofeedback treatments
• About psychopharmacological considerations when using neurofeedback
• How to combine traditional therapy skills and ethics with neurofeedback
• About current trends in neurofeedback
• How to customize EEG biofeedback/neurofeedback protocols based on new information and previous training

Note: To register for this workshop, please call 416-964-1133 or visit www.leadingedgeseminars.org.
In the real world of clinical practice, clinicians increasingly confront the limitations of current cognitive-behavioural and psychodynamic techniques in PTSD and complex trauma work. Fortunately, a “third wave” of effective approaches to trauma is emerging, allowing clinicians to add new affect regulation, interpersonal, and mindfulness-compassion models to traditional therapy.

As importantly, clinicians are increasingly discovering the limits of medical-model approaches to trauma-related difficulties, and are moving beyond the need to “fix” or “cure” problems that may not be diseases or disorders in the first place. As it turns out, acceptance, growth, and wisdom — all achievable by the trauma survivor — are natural complements to symptom reduction techniques, and often bring the client to new levels of awareness and appreciation.

This workshop presents the Pain Paradox, an East-West theory of unwanted states is not to avoid, suppress, or intellectualize, but rather to carefully engage with, accept, process, and even use painful material in the context of a compassionate therapeutic environment.

Building on his books with valued co-authors (Principles of Trauma Therapy and Mindfulness-Oriented Interventions for Trauma), John Briere offers new approaches, insights, and perspectives described in his book-in-progress, The Pain Paradox: Embracing and Transcending Unwanted Experience on the Way to Well-Being.

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”, “trigger work”, and “RAINing” to alter identification with internal states and processes
- Apply new research on trauma “reconsolidation” to titrated exposure activities
- Use Buddhist concepts like “dependent arising” to inform compassion and facilitate the processing of anger
- Apply mindfulness-based breath techniques to facilitate trauma processing
- Use your own compassion to help activate the client’s positive attachment neuro-circuitry and re-process early relational schema

You will learn —
- About brain-based approaches to PTSD and recovery
- About surprising new information regarding how diet affects mental health
- How attachment influences the development of affect regulation and recovery from trauma
- About brain-based approaches to PTSD and recovery
- How to use the fast and slow tracks to the amygdala in the treatment of anxiety and depression

Brain-Based Approaches for panic and flashbacks and ways to leverage the prefrontal cortex, social brain networks, and fast and slow routes to the Amygdala to address intrusive thoughts, avoidance, and arousal. You will also learn how to communicate neuroscientific findings in a way that will motivate your clients to try new interventions and to persevere.

From the viewpoint of changing the brain to transform mood and behaviour, Brain-Based Therapy moves beyond the theoretical school paradigm. You will learn to more effectively treat clients with trauma by being able to discern which elements of psychotherapeutic schools are effective and which may be counter-therapeutic.

Dr. John Arden’s study of neuropsychology has inspired him to integrate neuroscience and psychotherapy, synthesizing the biological and psychological into a new vision for psychotherapy: Brain-Based Therapy. This engaging workshop will focus on the treatment of trauma.

Dr. Arden will explain the latest advances in neuroscience and you will learn specific interventions based on central concepts such as neuroplasticity and neurogenesis (how neurons can develop). He will explore the differences between male and female brains as well as how typical self-medication such as alcohol and marijuana affect brain function. Special attention will be given to addressing the neurodynamics of PTSD and the crucial role of memory.

Using a synthesized model of neuroscience, attachment theory, and evidence-based treatment, Dr. Arden will introduce
CBT for Insomnia
Improving Anxiety, Depression, Chronic Pain, and Trauma Treatments Through Sleep Management

Led by Colleen Carney, PhD
Monday, November 28, 2016 • 9:00 am to 4:40 pm
YWCA Toronto - Elm St. location (87 Elm Street, Toronto)

$240 up to Sept. 8
$255 after Sept. 8

Colleen E. Carney, PhD, 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-I 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.

Insomnia is the single most commonly reported health problem in adults, and it often concurs with depression, pain, anxiety, and trauma disorders. Furthermore, studies increasingly show that implementing brief effective therapy for insomnia first can lead to overall improvements in concurrent problems. Colleen Carney’s pivotal research suggests that the success rate in treating depression doubles once sleep issues are resolved. However, non-sleep-specialist 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. Colleen Carney will provide a brief, easy-to-understand background in sleep regulation in order to effectively troubleshoot problems.

You will learn —
• How to do a sleep assessment in a non-sleep-specialty setting
• Techniques for managing ruminating and an overactive mind at night
• Fatigue management strategies
• How to teach clients to determine their optimal “sleep window”
• 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

Safe and Effective Use of Self in Psychotherapy
Thirty Hours of Graduate-Level Professional Training

Led by Lilian C. J. Wong, PhD, and Paul T. P. Wong, PhD, CPsych
Session 2: Sat., Dec. 3, and Sun., Dec. 4, 2016 • 9:00 am to 4:00 pm
Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

$795 up to Sept. 8
$850 after Sept. 8

Lilian C. J. Wong, PhD, is internationally recognized for her research on multicultural competencies in clinical supervision. She was Associate Professor of Counselling Psychology at Trinity Western University, BC, and Associate Professor of Psychology at Tyndale University College, ON. She has presented internationally on grief therapy, play therapy, and counselling children, adolescents, and families. For more information, visit drlilianwong.com.

Paul T. P. Wong, PhD, CPsych, is Professor Emeritus of Trent University and the creator of Meaning Therapy and International Meaning Conferences. Editor of the International Journal of Existential Psychology and Psychotherapy, he has also edited two influential volumes of The Human Quest for Meaning. For more information, visit drpaulwong.com.

A good therapeutic relationship and the therapist’s effective use of self are clinically-demonstrated prerequisites to successful therapeutic outcomes. This four-day intensive course will offer insights and practical skills that are an essential part of your professional training as a therapist.

This workshop provides the nuts and bolts of how to use therapeutic presence safely, effectively, and ethically. You will learn about appropriate use of self-disclosure and transference, and how to manage counter-transference to facilitate the healing and well-being of the client. You will also gain valuable clinical skills, such as practising unconditional acceptance, listening with authentic empathy, and knowing how to avoid projecting your own issues onto your client.

In addition, you will learn to assess key areas of personal development and resolve personal issues that may undermine therapeutic effectiveness.

This four-day course integrates personal and professional development and covers the perspectives of psychoanalysis, humanistic-existential psychology, and cross-cultural psychology.

This course will be delivered through lectures, demonstrations, role-playing, case studies, and round-table discussions. There will be reading and writing assignments required for successful completion of the course.

This course fulfills the requirement for evidence of competency in the safe and effective use of self in the psychotherapeutic relationship for the grandparenting option for Registered Psychotherapists and other licensing bodies.

You will learn —
• To recognize how a therapist’s subjective context impacts the therapeutic process
• How to protect clients from the imposition of the therapist’s personal issues
• How to use self-disclosure appropriately
• About the effective use of ethnic-cultural identity in cross-cultural counselling
• The empirical and theoretical basis for the importance of the personal qualities of the therapist

Register today: Phone 416-964-1133 / 1-888-291-1133 • Online: www.leadingedgeseminars.org
You will learn —

- About 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

Please note: Register for either seminar separately, or register for both seminars together and save! See page 11 for multiple-registration discounts.

The full agenda for all four days can be seen at www.leadingedgeseminars.org.
Register today: Phone 416-964-1133 / 1-888-291-1133 • Online: www.leadingedgeseminars.org

Seminar Code: WEI-F20

Yoga Skills in Clinical Practice
Helping Clients Manage Their Emotions

Amy Weintraub, MFA, e-RYT 500, founder of the LifeForce® Yoga Healing Institute, is the author of Yoga for Depression and Yoga Skills for Therapists, as well as numerous articles and book chapters. She directs training for health care and yoga professionals in the integration of yoga skills into clinical settings. Her evidence-based yoga protocol is used in health care settings worldwide, and is featured in an award-winning library of yoga and meditation CDs and DVDs for mood management. For more information, visit www.yogafordepression.com.

Linda MacKay, MSW, will assist in this workshop. For information about Linda, please visit our website, leadingedgeseminars.org.

Led by Amy Weintraub, MFA, e-RYT 500, with Linda MacKay, MSW
Thursday, October 20, and Friday, October 21, 2016 • 9:00 am to 4:40 pm
Multi-Faith Centre/Koffler House (569 Spadina Avenue, Toronto)

Practise your clinical specialty more effectively when you offer clients simple, evidence-based LifeForce® Yoga practices to self-regulate, experience self-efficacy, and build resilience. In this workshop, you will learn clinically appropriate yoga skills that can complement and enhance the work you currently do. Through yoga, your clients can learn to focus and relax, and have greater access to feeling states.

Clinicians have successfully utilized LifeForce® Yoga in health care settings with diverse populations, demonstrating its usefulness in relieving emotional distress and dysregulation. Along with Amy, clinical social worker and LifeForce® Yoga mentor Linda MacKay will share the effectiveness of integrating these practices into clinical work. In addition to enhancing the therapeutic relationship and cultivating self-acceptance for your clients, yoga can help you cultivate self-care and reduce burnout.

Experience for yourself the transformative power of yoga and let it be the portal to healing for you and those you serve. After this seminar, you will return to your work, empowered by your own practices and ready to share them with your clients.

No prior yoga training or yoga mat is required for this workshop.

You will learn —

• Yogic tools to foster the therapeutic alliance and self-acceptance in clients
• About current scientific literature supporting yoga as a treatment in mental health care
• Evidence-based yogic breathing techniques and exercises to calm anxiety, lift the mood, and interrupt panic attacks
• Strategies for introducing yoga practices to your most skeptical clients
• Meditation techniques effective with OCD and anxiety disorders
• About empowering uses of imagery, meditation, and affirmations that arise from the client’s authentic experience of Self

Seminar Code: LOW-F10

I Don’t Wanna Talk About it
Working with Hard-to-Engage Children, Youth, and Families

Led by Liana Lowenstein, MSW, RSW, CPT-S
Monday, December 5, 2016 • 9:00 am to 4:40 pm
YWCA Toronto • Elm St. location (87 Elm Street, Toronto)

Working with difficult-to-engage clients can be frustrating and challenging, even for seasoned clinicians. The challenge of working with younger clients in therapy can be further compounded by their fear of entering therapy, their lack of control over the decision to attend therapy, their feeling of being scapegoated for family problems, and their developmental capacity, which can make it difficult for them to respond to traditional talk therapy.

The first step in working with hard-to-engage clients is understanding the reasons underlying what has been called “resistance”. The second step involves engaging clients in the therapeutic process. Liana Lowenstein, best-selling author and one of Canada’s foremost presenters on childhood trauma, will outline the factors that underlie engaging hard-to-reach children and families. She will present tips, tricks, and techniques to engage children, adolescents, and parents in therapy and maximize potential for change. Emphasis will be on play-based, expressive arts techniques for use with preschool, school-aged, and adolescent clients. This will include therapeutic games, art, music, and stories. Strategies for engaging parents in therapy will be outlined, as well for activities for use in child-focused family therapy sessions.

The techniques will be applied to specific clinical examples to illustrate how they can build rapport, facilitate open communication, and help the client work through treatment goals.

This training will combine a PowerPoint presentation, activity demonstrations, videos of client sessions, and experiential exercises.

You will learn —

• About the factors underlying therapeutic resistance
• Innovative techniques to facilitate rapport-building with children of all ages
• Strategies to engage resistant, hard-to-serve parents
• Interventions for clients who are reluctant to verbally articulate their thoughts and feelings
• About activities for child-focused family therapy sessions

Liana Lowenstein, MSW, RSW, CPT-S, has been working with children and families since 1988. She presents workshops across North America and abroad, provides clinical supervision to mental health practitioners, and runs a play-therapy internship program. She has authored numerous critically acclaimed books, including Creative Interventions for Children of Divorce, Creative Interventions for Bereaved Children, Creative CBT Interventions for Children with Anxiety, and Cory Helps Kids Cope with Sexual Abuse. She is the winner of the Monica Herbert Award for outstanding contribution and dedication to child psychotherapy and play therapy in Canada. For more information, please visit www.lianalowenstein.com.

$240 up to Sept. 8
$255 after Sept. 8
Disarming the Narcissist

Narcissistic clients are notoriously difficult. While often intelligent, charming, and self-confident, they also tend to be highly self-absorbed, arrogant, demanding, condescending, incapable of empathy, and possessed with a sense of entitlement. The complexities of these clients can arouse our curiosity, but treating them can arouse our sense of inadequacy.

This workshop will help you establish a sturdier foothold for empathically holding narcissistic clients accountable and setting necessary limits. Through empathic curiosity and confrontation, you will learn how to diffuse distractions such as underlying shame and insecurity, and disarm the client from shifting into modes (classic “hiding places”) such as detachment, dismissiveness, obnoxiousness, and overcompensating, larger-than-life self-righteousness. Empathic confrontation is a strategy that fortifies access to and maintenance of meaningful consequences while in therapy. It will help you bypass power struggles.

You will acquire a working understanding of schema therapy as applied to narcissism in order to help you understand your client’s life themes, as well as your own, and how these themes interact in therapy. By gaining a firmer grasp on your own schemas and a better understanding of the narcissistic client’s makeup, you can overcome obstacles in treating narcissism and maintain the necessary leverage for healing.

Is It Sensory or Is It Behavioural?

Complex Behavioural Challenges in Children and Youth

Clinicians, teachers, and families are increasingly challenged by children and youth with complex behavioural issues. As a result, clinicians need discriminating skills and tools to identify the basis of these complexities. Is the behaviour a result of neuropsychological limitations in sensory processing, or a manifestation of social and emotional experiences?

Traditionally, models of intervention have isolated sensory and social/emotional factors as separate contributors of functional performance. However, when viewed holistically, these two features are often interconnected and overlap as aspects of human behaviour.

This workshop will provide an understanding of the integrated neurobiology of sensory processing and emotional/behavioural problems that result in “challenging behaviour”. Through lecture, problem-solving labs, and videotape analysis, you will learn where on the integrated sensory-emotional continuum that sensation and mental health concerns entwine. This understanding, in turn, will allow for easier and more effective treatment planning. Treatment strategies will be specific to the home and school environment, based upon active analysis of identified behavioural concerns brought forward by the group.

You will learn —
- To identify and discern the neurobiology of challenging behaviour
- To differentiate between sensory, emotional, and cognitive components of behaviour
- To integrate theories of intervention into a holistic approach to complex behaviours
- How to develop treatment techniques, relationship-building tools, and dialoguing skills with complex pediatric clients and their caregivers
Leading Edge Seminars is pleased to bring the best of Janina Fisher's live workshops to you in this new 10-month Home Study program. Meeting online once a month, Janina will deliver a comprehensive survey of recent research on trauma and attachment development and how this research can be applied in the treatment of psychological trauma. This program is a culmination of Janina's profound synthesis of neuroscience, attachment theory, and sensorimotor approaches.

The webinar will introduce a variety of widely accepted treatment approaches to trauma in the light of neuroscience research. The interventions cited in the seminar include psychodynamic trauma memory, and disorganized attachment, and how to address them. The final third of the program focuses on complications found in trauma treatment, including dissociation, shame and self-loathing, and treatment planning. Ethical and professional standards are emphasized when they are relevant to each topic area.

Format: an online seminar meeting offered one Monday per month from September 2016 to June 2017, from 12:00 pm – 2:00 pm ET. Monthly reading assignments accompany the online lecture, and real-time discussion/questions are possible throughout the broadcast by using a chat box feature during the live session.

All sessions are also recorded and stored in an online archive for later viewing at your convenience. The entire series will remain available until the end of 2017 to allow participants ample time to complete the series.

Mode of delivery: Online learning or Home Study

Number of contact hours: 20 hours or 2 hours per month

Schedule for each session:

12:00 pm: Didactic on theoretical or neurobiological basis for session topic
12:50 pm: Discussion and questions
1:00 pm: Applications of theory and description of relevant clinical interventions
1:50 pm: Discussion and questions

For dates, curriculum, and learning objectives, please visit www.leadingedgeseminars.org.

Janina Fisher, PhD, is a licensed clinical psychologist and 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. She 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.

Workshop Information

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

Gabor Maté workshop only:
Toronto Central Grosvenor Street YMCA 20 Grosvenor Street
Toronto ON M4Y 2V5

Mona Fishbane workshops only:
Oakham House (Ryerson University) 55 Gould Street
Toronto ON MSB 1E9

Bieling, Graham, Weintraub, and Wong workshops:
Multi-Faith Centre / Koffler House at the University of Toronto 569 Spadina Avenue
Toronto ON M5S 2J7

All other workshops:
YMCA Toronto - Elm St. location 87 Elm Street
Toronto ON M5G 0A8

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:
$169 (September – October)
$164 (November and December)
For more details on rates, see the “Hotels” page 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 56036471”.

Workshop Cancellation Policy
When you cancel a workshop 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) towards a future Leading Edge Seminars workshop.
If your cancellation is received fewer than 14 days prior to the workshop date you will receive a credit (less the $50 administration fee) towards a future LES workshop.
To cancel 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.
3 easy ways to register!

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

**Registration Form**

Name(s)

Organization (if associated with address below)

Address

City

Prov./State

Postal Code

Work Phone ( )

Home/Cell Phone ( )

Email (for confirmation and receipt)

<table>
<thead>
<tr>
<th>Seminar Code OR Seminar Title</th>
<th>Person attending</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Total</th>
</tr>
</thead>
</table>

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 September 8, 2016, 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
Continuing Education Credits

Every workshop participant will receive a Certificate of Participation for clinical workshops. Workshops provide 6 hours of training per day unless otherwise specified. 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)
Canadian Counselling and Psychotherapy Association (CCPA)
General Practice Psychotherapy Association (GPPA)
Ontario Association of Child and Youth Care (OACYC)
Ontario Association for Marriage & Family Therapy (OAMFT)
Ontario Expressive Arts Therapy Association (OEATA)
Ontario Society of Psychotherapists (OSP)
Canadian Psychological Association (CPA)  Leading Edge Seminars is approved by the Canadian Psychological Association to offer continuing education for psychologists. Leading Edge Seminars maintains responsibility for the program.
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 College of Social Workers and Social Service Workers (OCSWSSW)  Members of the OCSWSSW are expected to remain current with knowledge relevant to their area of professional practice under OCSWSSW’s Continuing Competence Program.

Autumn 2016

This series offers a range of interesting and diverse workshops. As usual, our speakers are on the leading edge of their fields, often making Toronto a stop on an international tour.

Topics and treatment approaches include CBT for anxiety, depression, and insomnia; disarming narcissists; Gabor Maté’s therapeutic approaches; John Briere’s and John Arden’s Trauma treatments; surprising advances in the clinical use of technology; yoga for depression; a “use of self” intensive; a webinar by Janina Fisher; couples therapy; helping troubled kids; and Linda Graham on coping with life’s realities.

Please have a look inside! There’s something here for you. Whether you’re seeking a new skill set or new insights into our shared humanity, our programs aim to build resilience and hope, with practical ideas to take back to both your professional and your personal life.

— Michael Kerman, founder and director of Leading Edge Seminars

Register today for Autumn 2016 workshops