

BESSEL VAN DER KOLK

· THE BODY KEEPS THE SCORE

DOUGLAS C. SMITH

· GRIEF SUPPORT:
COUNSELLING PEOPLE EXPERIENCING LOSS

JOE WEGMANN

· PSYCHOPHARMACOLOGY
FOR THE NON-MEDICALLY TRAINED

SHERI VAN DIJK

· DBT: CALMING THE EMOTIONAL STORM
· DBT INTENSIVE: BEYOND THE BASICS

GINA BIEGEL

· MINDFULNESS-BASED STRESS REDUCTION FOR TEENS

KATHY STEELE

· TREATING TRAUMA-RELATED DISSOCIATION

MARGARET WEHRENBURG

· TOUGH-TO-TREAT ANXIETY
· REWIRING THE BRAIN

LAWRENCE MURPHY

· DEVELOPING YOUR ONLINE COUNSELLING PRACTICE

SUE JOHNSON

· EFT CASE STUDIES:
OVERCOMING CLINICAL IMPASSES



60-HOUR INTENSIVE

MICHAEL STONE
MINDFULNESS MEDITATION
FACILITATION TRAINING

EXCEPTIONAL
PRESENTERS
TRANSFORMATIVE
LEARNING

SINCE 1993

REGISTER ONLINE AT
www.leadingedgeseminars.org

THE BODY KEEPS THE SCORE: NEW FRONTIERS IN TRAUMA TREATMENT

Led by Bessel van der Kolk, MD

**WEDNESDAY, APRIL 26, AND
THURSDAY, APRIL 27, 2017**

YOU WILL LEARN –

- How traumatized people process information
- How traumatic experiences are stored in memory, and the ways in which those memories are retrieved
- About the applications of attachment theory in the diagnosis and treatment of trauma
- How to assess people with chronic PTSD and develop phase-oriented treatment plans
- Strategies proven to be effective for severe trauma
- About the use of EMDR, DBT, and body-oriented therapies in trauma treatment
- The various ways in which children adapt to trauma

During the past decade, an enormous amount has been learned about the neurobiology of trauma and the nature of memory in trauma survivors. Drawing from his ground-breaking book, *The Body Keeps the Score*, Dr. Bessel van der Kolk will explore the clinical implications of these discoveries and a range of new approaches based on the research. Dr. van der Kolk's work has been widely recognized by many, including Dr. Daniel J. Segal, MD, who writes – When it comes to understanding the impact of trauma and being able to continue to grow despite overwhelming life experiences, Bessel van der Kolk leads the way in his comprehensive knowledge, clinical courage, and creative strategies to help us heal.

Recent neuro-imaging studies suggest where memories are stored in the brain, and the possible mechanisms for the recovery of traumatic memories. While ordinary memory is an active and constructive process, traumatic memories are stored as dissociated sensory and perceptual fragments of the experience. Depending on the age at which the trauma occurs and the social support system of the victim, memories are constructed differently.

The first day of the workshop will cover the profound effects of trauma on cognition, affect regulation, and the development of “self” and interactions with others. You will learn how trauma and disruptions in attachment bonds influence the development of identity, and how this is expressed socially as difficulties in affect modulation, destructive behaviour against self and others, and problems in negotiating intimacy.

The second day will cover how childhood trauma affects the development of self-esteem, the capacity to identify and negotiate personal needs, and the ability to relate effectively with others. The balance of the day will be spent on the exploration of treatment alternatives.

Since traumatic imprints are stored in subcortical brain areas and are largely divorced from verbal recall, the somatic experiencing of trauma-related sensations and affect is a central focus. You will learn how neurofeedback, yoga, theatre, IFS, and EMDR can help resolve the traumatic past, and discuss the integration of these approaches during different stages of treatment.

In response to clients' fixation on the trauma and learned helplessness, the workshop will explore interventions aimed at restoring active mastery and the capacity to attend to the here-and-now.

Given the fragility of the interpersonal bonds following disruptions of trust, issues of empathy, interpersonal repetition, and boundaries within the therapeutic relationship will also be tended to by examining the role of DBT, Model Mugging, and therapeutic work programs.

**LEADING
EDGE
SEMINARS
INC.**

REGISTER BY PHONE: 416-964-1133

ONLINE: www.leadingedgeseminars.org

PRAISE FOR BESSEL VAN DER KOLK'S *THE BODY KEEPS THE SCORE*

“Breathtaking in its scope and breadth, *The Body Keeps the Score* is a seminal work by one of the preeminent pioneers in trauma research and treatment... A must-read for all therapists and for those interested in a scholarly, thoughtful tome about the powerful forces that affect us as human beings in meeting the many challenges of life including accidents, loss and abuse.”

“This book is a tour de force. Its deeply empathic, insightful, and compassionate perspective promises to further humanize the treatment of trauma victims, dramatically expand their repertoire of self-regulatory healing practices and therapeutic options, and also stimulate greater creative thinking and research on trauma and its effective treatment.”

“Every once in a while, a book comes along that fundamentally changes the way we look at the world. Bessel van der Kolk has written such a book. Having read *The Body Keeps the Score*, it will be impossible for us any longer to deny the profound extent of trauma and its impact on our lives... I simply could not put this book down. It is, simply put, a great work.”



BESSEL VAN DER KOLK, MD, has been the Medical Director of The Trauma Center in Boston for the past 30 years. He is a professor of psychiatry at Boston University Medical School, and serves as the Co-Director of the National Center for Child Traumatic Stress Complex Trauma Network. He is past president of the International Society for Traumatic Stress Studies, and has been active as a clinician, researcher, and teacher in the area of PTSD since the 1970s. Dr. van der Kolk has published well over 150 peer-reviewed scientific articles on various aspects of trauma. He participated in the first neuro-imaging study of PTSD and the first study to link borderline personality disorder with childhood trauma, and was co-principal investigator of the DSM-IV Field Trial for PTSD. He is also chair of the NCTSN DSM-5 workgroup on Developmental Trauma Disorder, has written extensively about using neuroscience research to identify appropriate treatments for PTSD, and completed the first NIMH-funded study of EMDR. For more information, please visit www.traumacenter.org.

– **PETER A. LEVINE, PhD**, author of *In an Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

– **JON KABAT-ZINN, PhD**, Professor of Medicine Emeritus, UMass Medical School, author of *Full Catastrophe Living*

– **STEPHEN COPE, MSW**, Founder and Director, Kripalu Institute for Extraordinary Living, author of *Yoga and the Quest for the True Self*

SEMINAR CODE: VDK-S20

9:00 AM TO 4:40 PM

CINEPLEX CINEMAS - EMPRESS WALK (LIVE, IN PERSON)

5095 YONGE ST., TORONTO

\$475 UP TO APRIL 6 • \$495 AFTER APRIL 6

CALMING THE EMOTIONAL STORM

USING DBT TO HELP YOUR CLIENTS MANAGE THEIR EMOTIONS

LED BY SHERI VAN DIJK, MSW, RSW

APRIL 24 AND 25, 2017

Dialectical behaviour therapy (DBT) is a treatment originally designed to treat borderline personality disorder (BPD), but it is increasingly being used for many other disorders because of its effectiveness in treating clients unable to self-regulate emotion.

Following an introduction to DBT theory and an explanation as to how it differs from traditional therapy such as CBT, Sheri Van Dijk will discuss how DBT can be applied in work 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 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 DBT skills to help them get through crises 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, experiencing inertia or using unhealthy mechanisms of escape and avoidance, and how these strategies can lead to transformational healing
- Skills to help you improve your own sense of efficacy in therapy, and reduce the likelihood of burnout



Sheri Van Dijk, MSW, RSW, is author of *Calming the Emotional Storm*, *DBT Made Simple*, *The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder*, *Don't Let Your Emotions Run Your Life for Teens*, and co-author of *The Bipolar Disorder Workbook for Teens*. She was 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, she has been presenting extensively on DBT throughout Canada and internationally. For more information, please visit www.sherivandijk.com.

SEMINAR CODE: DIJ-S21
MONDAY, APRIL 24, AND TUESDAY, APRIL 25, 2017
9:00 AM TO 4:40 PM
YWCA TORONTO - ELM ST. LOCATION
87 ELM STREET, TORONTO
\$430 UP TO APRIL 6 • \$450 AFTER APRIL 6

DBT INTENSIVE

GOING BEYOND THE BASICS

LED BY SHERI VAN DIJK, MSW, RSW

JUNE 5 AND 6, 2017

Many therapists have been introduced to core concepts of DBT through Sheri Van Dijk's workshop “Calming the Emotional Storm”, and/or her books. This “Beyond the Basics” intensive workshop is intended for a smaller group of clinicians with a basic understanding of DBT who want to develop increasingly sophisticated and targeted interventions by –

- Delving further into treatment planning from a DBT perspective and learning how to decide which DBT interventions will best suit a client's needs
- Exploring how to teach the DBT skills to clients in relation to Axis I diagnoses such as depression, anxiety disorders, and bipolar disorder
- Discussing what to do when interventions don't seem to be moving the client forward
- Taking a closer look at the role of the DBT consultation team

Sheri Van Dijk will focus on how to use DBT strategies and skills to treat psychiatric illnesses other than borderline personality disorder, including bipolar disorder, depression, and anxiety, and issues such as anger and self-esteem. Participants are asked to bring case examples and submit specific issues prior to the workshop. The workshop will also cover challenges encountered by new DBT therapists, client “resistance”, and techniques to help clinicians manage emotions during the session.

You will learn –

- How to apply the DBT skills to your own personal and professional life, and how the skills will help to reduce feelings of ineffectiveness and burnout with clients
- To enhance your skills in validating and being nonjudgemental in order to help your clients learn to tolerate their emotional experiences and move forward
- About a behaviour theory perspective to help you analyze what might be keeping clients stuck
- More dialectical strategies to help clients move forward in treatment, and to elicit commitment to working on goals
- How to work as part of a DBT consultation team

SEMINAR CODE: DIJ-S22
MONDAY, JUNE 5, AND TUESDAY, JUNE 6, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$430 UP TO APRIL 6 • \$450 AFTER APRIL 6

TOUGH-TO-TREAT ANXIETY

EFFECTIVE SOLUTIONS FOR ANXIETY WITH CONCURRENT DISORDERS

LED BY MARGARET WEHRENBURG, PSYD

MAY 4, 2017

Treating anxiety disorders can be a straightforward proposition – but not when anxiety is complicated by concurrent conditions such as marijuana or alcohol abuse, ADHD, autism, complicated bereavement, OCD, or bipolar II disorder. When your clients seek treatment for anxiety but experience any of these other primary disorders, it is not only the diagnostic picture but also the treatment that becomes complicated.

Anxiety may mask the primary disorder, intensify symptoms, and disrupt treatment, while the primary disorder slows or interferes with anxiety symptom management. In this workshop, you will take a closer look at these common concurrent conditions. You will learn how to differentiate the symptoms of anxiety from the symptoms of other primary disorders. You will also be given practical ideas and methods to identify and treat generalized anxiety, panic, and social anxiety in the context of concurrent conditions.

You will learn –

- How to accurately differentiate symptoms of anxiety from the symptoms of common concurrent conditions
- Strategies to successfully treat symptoms of generalized anxiety, panic, or social anxiety when they exacerbate other conditions
- How to appropriately modify anxiety treatment techniques to accommodate the impact of addiction, ADHD, autism, complicated bereavement, OCD, or bipolar II disorder
- How marijuana and alcohol abuse can affect recovery from social anxiety
- To manage the role of sensory sensitivity when it shows up in clients with bipolar II disorder, undiagnosed autism spectrum disorders, and ADHD
- Principles of memory reconsolidation to help resolve triggers for social anxiety and complete effective exposures



Margaret Wehrenberg, PsyD, is a psychologist in private practice in Naperville, IL. She is a frequent and popular presenter for Leading Edge Seminars, known for her warm therapeutic presence, sense of humour, and ability to offer practical interventions. She is the author of seven books, including her popular “10 Best-Ever” books and the new *Tough to Treat: Hidden Problems, Effective Solutions*. She blogs for *Psychology Today Online* and speaks internationally on topics of clinical psychotherapy. For more information, please visit www.margaretwehrenberg.com.

SEMINAR CODE: WEH-S11

THURSDAY, MAY 4, 2017

9:00 AM TO 4:40 PM

YWCA TORONTO - ELM ST. LOCATION

87 ELM STREET, TORONTO

\$250 UP TO APRIL 6 • \$265 AFTER APRIL 6

REWIRING THE BRAIN NEURAL INTEGRATION FOR REPAIRING PERSONALITY DISORDERS

LED BY MARGARET WEHRENBURG, PSYD

MAY 5, 2017

Personality disorders are a risk factor for anxiety, depression, and behavioural problems that include substance abuse or relationship and legal difficulties – in other words, common problems that people present in psychotherapy. When personality traits are maladaptive, these problems are harder to resolve.

Neuroscientific research demonstrates that neural integration is the outcome of both good genetics and positive life experiences and is reflected in adaptive, flexible, and stable personality traits. When brain activity is not well integrated, personality traits are imbalanced, maladaptive, rigid, or unstable. Disorders of personality are observable in deficient control over behaviour, excessive or deficient demonstrations of emotion, and rigid cognitive processes.

In this workshop, you will learn the neuroscientific basis of therapeutic methods that promote healthy neural integration, and how to effectively apply them in treatment to “rewire the brain”. Psychotherapy can re-balance the traits of the four personality disorders: anti-social, narcissistic, obsessive-compulsive, and borderline personalities. The workshop will cover strategies designed specifically to target the traits associated with each of these disorders.

After attending this workshop, you will be able to –

- Apply the neurological basis of personality traits in selecting treatment methods
- Utilize appropriate therapeutic methods for neural integration that balance the traits of the four personality disorders
- “Train the Wise Mind” using interventions to address impulsive and risky behaviour of anti-social clients
- Enhance awareness, empathy, and motivation in narcissistic clients
- Apply techniques that help the obsessive-compulsive personality identify and express emotion
- Utilize specific journaling techniques to discover and work through implicit memories that create mood and behavioural instability
- Teach clients to use lifelines to stabilize destructive behaviour

SEMINAR CODE: WEH-S12

FRIDAY, MAY 5, 2017

9:00 AM TO 4:40 PM

YWCA TORONTO - ELM ST. LOCATION

87 ELM STREET, TORONTO

\$250 UP TO APRIL 6 • \$265 AFTER APRIL 6

GRIEF SUPPORT

COUNSELLING PEOPLE EXPERIENCING LOSS

LED BY DOUGLAS C. SMITH, MA, MSC, MDIV
MAY 8 AND 9, 2017

This two-day workshop equips social workers, counsellors, psychotherapists, clergy, life coaches, educators, and other healthcare professionals with the necessary counselling tools to assist clients in finding healing in the midst of loss, whether that loss be from death, divorce, destruction due to drug abuse, or any other personal trauma.

The workshop will spend little time on theory, the vast majority of the time instead being devoted to learning practical tools that you can apply immediately with your clients. You will learn a style of counselling that will help people find meaning and value in the midst of suffering, even if the suffering cannot be abated. You will also learn how to present the idea of counselling to those who would not normally enter into a counselling relationship.

Several of the tools presented (such as “virtual dreams”) will be newly developed techniques that are specifically designed to get clients to quickly enter into very deep, meaningful conversations regarding their personal losses. Many of these tools will help counsellors find meaning and value in the midst of their own experiences of loss.

You will learn –

- How to use a client’s own strengths to encourage self-help and self-determination
- How to identify and use various tools and techniques that help clients process their feelings and thoughts related to loss
- Several ways of assessing a person’s spiritual language, as well as tools to address spiritual issues and concerns
- How to use dreams, “virtual dreams”, guided imagery, and gestalt dialogues to complete unfinished business and heal previous wounds
- How people grieving the loss of a loved one can have various forms of after-death communication experiences and how to address those experiences



Douglas C. Smith, MA, MSc, MDiv, teaches at the University of Wisconsin as the lead instructor for its Grief Support Specialist Certificate program. Having master’s degrees in three different healthcare disciplines, Doug clearly provides a holistic perspective. He is the author of eight books, but views his major credentials as experiential, having lost two daughters and having spent time in a psychiatric hospital.

For more information, visit his website: www.dougsmith.com.

SEMINAR CODE: SMI-S20
MONDAY, MAY 8, AND TUESDAY, MAY 9, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE • TORONTO

\$430 UP TO APRIL 6 • \$450 AFTER APRIL 6

6

PSYCHOPHARMACOLOGY

STRAIGHT TALK FOR THE NON-MEDICALLY TRAINED

LED BY JOE WEGMANN, PHARMD, LCSW
MAY 11 AND 12, 2017

With medication management playing an increasingly pivotal role in the treatment of mental disorders, it is essential for all healthcare professionals – particularly those who are not medically trained – to have a working knowledge of psychiatric medications. This workshop will explore the most up-to-date information on psychopharmacology, and how to use it effectively with your clients.

Clinical pharmacist Joe Wegmann will cover the medication management of the most commonly medicated disorders, such as depression, bipolar disorder, anxiety, the psychotic spectrum, and attention-deficit disorder. You will learn about the clinical uses, mechanisms of action, side effects, benefits, safety factors, and controversies associated with antidepressants, mood stabilizers, anxiolytics, antipsychotics, and psychostimulants. You’ll be offered suggestions and recommendations for resolving medication challenges, as well as polypharmacy and non-compliance issues. The safety and efficacy of psychotropics in special populations – including children and adolescents – will also be discussed.

Throughout the workshop, we will examine why drug treatments are sometimes overrated, ineffective, or unnecessary in select clinical conditions.

You will learn –

- How and why medications are prescribed, and how to resolve common medication challenges
- About the five major psychotropic medication classes: antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics, and psychostimulants – how they work, and their common side effects
- How the *DSM-5* is influencing the prescribing of psychotropic medication
- About the benefits, risks, safety factors, and controversies associated with psychotropic medication use in children and adolescents
- What works and what doesn’t for bipolar mania and depression



Joe Wegmann, PharmD, LCSW, is a licensed clinical pharmacist and clinical social worker. He is a nationally recognized expert in the field of psychiatric medication management and has conducted hundreds of psychopharmacology seminars across the United States and beyond. Joe has published nine books on psychopharmacology, and his signature book, *Psychopharmacology Straight Talk on Mental Health Medications*, recently won the Independent Book Publishers

Association Benjamin Franklin Award for excellence in design and content. Joe’s next publication, *A Child and Adolescent Psychopharmacology Workbook*, will be available in early 2017. Explore Joe’s programs and videos at www.pharmatherapist.com, and write to him at joe@thepharmatherapist.com.

SEMINAR CODE: WEG-S20
THURSDAY, MAY 11, AND FRIDAY, MAY 12, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO

\$430 UP TO APRIL 6 • \$450 AFTER APRIL 6

REGISTER BY PHONE: 416-964-1133

ONLINE: www.leadingedgeseminars.org

MINDFULNESS-BASED STRESS REDUCTION FOR TEENS

INTERVENTIONS AND STRATEGIES FOR CLINICAL PRACTICE

LED BY GINA BIEGEL, MA, LMFT
MAY 15 AND 16, 2017

Teenage stress is a growing problem. Up to 20 percent of Canadian youth are affected by mental illness, and that 3.2 million teens are at risk of developing depression. Canada's youth suicide rate is the third highest in the industrial world.

According to Daniel J. Siegel, MD, "Gina Biegel has put together an intensive training for professionals interested in helping stressed adolescents find relief and clarity based on her direct experience supporting teens during this challenging time of life."

Mindfulness can help your clients reduce stress and manage anxiety by teaching them how to rely less on old behaviours such as ruminative thinking and self-sabotaging narratives and actions. But how do you get youth to be mindful when they are developmentally wired to be judgemental, distractable, and susceptible to peer pressure? You will learn proven interventions, strategies, treatment tools, and techniques that are culturally relevant and appropriate to the developmental needs of adolescents. Gina Biegel created the mindfulness-based stress reduction for teens program (MBSR-T) in order to provide a youth-focused approach.

You will learn –

- How to use curriculum in the MBSR-T program and be able to teach interventions from all eight sessions
- How to give guided instruction from central MBSR-T interventions using formal mindfulness practices, including the dropping-in, body-scan, sitting, walking, heartfulness, and gratitude practices
- About the four-step mindful check-in to better understand life problems facing teens and their use of the program interventions
- Specific mindfulness techniques that increase teens' present moment functioning and living
- Practice interventions that can be used in teens' daily life to facilitate maintenance and growth in the MBSR-T program



Gina M. Biegel, MA, LMFT, is a San Francisco Bay Area-based psychotherapist, researcher, and author specializing in mindfulness-based work with adolescents. She is the founder of Stressed Teens, which has offered the MBSR-T program to adolescents, families, schools, professionals, and the community for over 13 years. She provides intensive 10-week online trainings for people all over the world, and works with teens and families individually and in groups.

For more information, please visit www.stressedteens.com.

SEMINAR CODE: BIE-S20
MONDAY, MAY 15, AND TUESDAY, MAY 16, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$430 UP TO APRIL 6 • \$450 AFTER APRIL 6

MINDFULNESS MEDITATION FACILITATION TRAINING

A 60-HOUR INTENSIVE WITH MICHAEL STONE

LED BY MICHAEL STONE, MA, AND GUEST FACULTY
MAY 1 – 5, MAY 29 – JUNE 2, 2017

After having taught mindfulness to over a thousand clinicians through Leading Edge Seminars, Michael Stone has developed this streamlined 60-hour training to help you teach mindfulness practices to different clinical populations in small groups or on a one-on-one basis.

This "how-to" training will offer a language for teaching meditation that is secular and rooted in evidence-based research. It integrates the traditional maps of meditation in the Buddhist and yoga traditions with the insights of Western psychology and neuroscience. Attention will be given to the needs of specific clinical populations, diagnostic categories, and contraindications. In addition, you will receive lots of role-play opportunities, practice teaching, one-on-one feedback, and small group interaction.

Combining in-person training sessions with online peer-based learning, this 60-hour intensive with Michael Stone and guest faculty is an opportunity to deepen your understanding of meditation practice and learn how to guide clients in mindfulness meditation with skill.

This training comprises two live 5-day non-residential courses, peer work, online group video meetings, and post-training support.

You will learn –

- Techniques to embody your meditation practice, stabilize your mind, and cultivate concentration and equanimity
- How individuals interact with the four Foundations of Mindfulness
- Skills to offer meditation for anxiety, depression, ADHD, substance misuse, and other common symptoms
- About tools for starting your own mindfulness program in a variety of settings
- About the psychological and philosophical teachings from the Vipassana, Yoga Sutra, and Zen traditions that inform meditative practices and maps of the mind



Michael Stone, MA, is often described as a cross between a spiritual teacher and a public intellectual. His ability to combine traditional contemplative teachings from his studies in yoga, Zen, and vipassana with the insights of Western psychology gives him a unique voice for a new generation of students integrating mindfulness with the demands of their busy lives. He is the author of numerous books and his podcasts enjoy a wide audience. For more information, visit michaelstoneteaching.com.

SEMINAR CODE: STO-Y60
SESSION 1: MONDAY, MAY 1 – FRIDAY, MAY 5, 2017
SESSION 2: MONDAY, MAY 29 – FRIDAY, JUNE 2, 2017
9:00 AM TO 4:00 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$2,600 UP TO APRIL 6 • \$2,800 AFTER APRIL 6

TREATING TRAUMA-RELATED DISSOCIATION

A PRACTICAL, INTEGRATIVE APPROACH

LED BY KATHY STEELE, MN, CS
MAY 25 AND 26, 2017

Therapists can feel overwhelmed by the challenges and confusing presentations of clients who experience serious trauma-related dissociative disorders. This workshop will offer practical skills to work systematically with dissociative parts of a client in ways that facilitate integration rather than further dissociation. You will learn to help your clients establish both internal and external safety without rescuing and to set and maintain boundaries in session.

Drawing on psychodynamic, cognitive, emotional, and somatic approaches, as well as work from evolutionary psychology and neurobiology, Kathy Steele will present a sequential approach that supports the functioning of clients in daily life while increasing their abilities to engage in self-reflection.

You will learn how to develop a treatment plan based on your client's needs and resources that is geared toward meeting goals established by you and your client. You will explore strategies to manage the many challenges of maintaining a therapeutic relationship with clients who avoid connection, and those who have strong dependency needs but are fearful of abandonment and rejection. Kathy will address trauma-related phobias, particularly the fear of inner experience, as a central organizing principle of treatment.

In addition, the workshop will cover how to understand and work with dissociative parts of the self in an integrative, paced, and sequential manner, with a special focus on working with regressed or hostile parts as aspects of the whole person. You will learn when to work with the person as a whole, and when to work with specific parts of the client, and ways to help the dissociative client steadily develop integration among parts of the self. The workshop will also briefly examine resistance as a

form of protection, exploring relational ways to understand and resolve it.

Finally, Kathy will discuss the functions of chronic shame, particularly its central role in maintaining dissociation and dysregulation. She will introduce relational, top-down (cognitive), bottom-up (somatic), and imagery approaches to resolving chronic shame in the context of compassion.

You will learn –

- Four specific skills to assess when building a treatment plan, based on the needs and resources of your clients
- How to conceptualize dissociative parts as an organization of the inner self
- Four methods for working with clients with dissociative disorders
- Strategies to maintain the therapeutic relationship when clients avoid connection or are fearful of abandonment and/or rejection
- Four interventions to effectively resolve chronic shame
- How resistance functions and the most effective approach to resolve it

SEMINAR CODE: STE-S20

**THURSDAY, MAY 25, AND
FRIDAY, MAY 26, 2017**

9:00 AM TO 4:40 PM

**MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO**

\$430 UP TO APRIL 6

\$450 AFTER APRIL 6

**LEADING
EDGE
SEMINARS
INC.**



Kathy Steele, MN, CS, has been in private practice in Atlanta for over three decades, and is Adjunct Faculty at Emory University. She has written or co-authored three books on complex trauma and dissociation. Her most recent book is *Treating Trauma-Related Dissociation: A Practical Integrative Approach*. She is a Fellow and a past president of the International Society for the Study of Trauma and Dissociation (ISSTD), and she has received numerous awards for her clinical and published works, including the 2010 Lifetime Achievement Award from ISSTD, an Emory University Distinguished Alumni Award in 2006, and the 2011 Cornelia B. Wilbur Award for Outstanding Clinical Contributions from ISSTD. Kathy has also served on the International Task Force that developed treatment guidelines for dissociative disorders, and on the Joint International Task Force that has developed treatment guidelines for complex PTSD.

CASE STUDIES WITH SUE JOHNSON

USING THE WISDOM OF EFT TO OVERCOME CLINICAL IMPASSES IN COUPLES THERAPY

LED BY SUE JOHNSON, EDD

JUNE 9, 2017

Based on over 30 years of research on adult bonding and empirical studies with thousands of clients, Emotionally Focused Therapy (EFT) has been described as “a revolution in the field of couples therapy” (John Gottman). This workshop offers you a chance to witness how EFT co-founder Sue Johnson parses challenging cases in consultation with three experienced EFT therapists.

The first part of the morning will offer an overview of the EFT approach to couples therapy and the implications of EFT research for working with couples in distress. The rest of the day will consist of Sue working through difficult cases and clinical impasses presented by three senior EFT therapists. Video vignettes of therapists in action and transcripts will provide concrete examples of real-life dilemmas commonly faced by couples therapists. Experiential exercises will be offered and clinical dilemmas in couples therapy will be discussed.

You will learn how to identify critical decision-making junctures while therapy is in session, specific techniques that Sue employs in order to facilitate a “corrective emotional experience”, and how to match treatment to your assessment of the couple’s emotional state.

EFT, when done well, looks deceptively simple. The reality of implementing EFT is often fraught because the kinds of attachment ruptures that bring couples to your door are visceral in nature and resistant to top-down (cognitive) interventions. Couples know there is a better way, but they often do not have access to the emotional wiring that will help them manage the legacies of their own attachment histories – let alone those of their partners. Sue Johnson will

show and demonstrate ways for you to effectively, safely, and consistently tap into EFT wisdom even when faced with the most challenging problems in couples therapy.

You will learn –

- Clinical applications of EFT research in the field of adult bonding and attachment theory
- How to conceptualize cases from an EFT perspective
- How to identify critical junctures in how couples are relating to each other in session, and how to leverage these relationship forks in the road for therapeutic benefit
- Ways to match treatment to an assessment of the couple’s emotional state
- About the characteristics of difficult couples and how to address them
- To describe ways into and interventions with difficult couples

SEMINAR CODE: JOH-S10

FRIDAY, JUNE 9, 2017

9:00 AM TO 4:40 PM

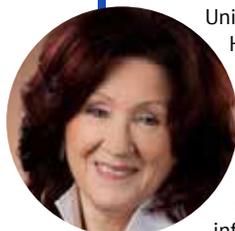
**YWCA TORONTO - ELM ST. LOCATION
87 ELM STREET, TORONTO**

\$250 UP TO APRIL 6

\$265 AFTER APRIL 6

Sue Johnson, EdD, is the leading developer of EFT. She is Director of both the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) and the Ottawa Couple and Family Institute Inc., Distinguished Research Professor at Alliant University (San Diego), and Professor Emeritus of Clinical Psychology (Ottawa).

Her numerous honours include the Outstanding Contribution to the Field of Couple and Family Therapy Award from the American Association for Marriage and Family Therapy. Her best-known professional books include *The Practice of Emotionally Focused Couple Therapy* and *Emotionally Focused Couple Therapy with Trauma Survivors*. She is also author of the best-sellers *Hold Me Tight*, *Love Sense: The Revolutionary New Science in Romantic Relationships*, and *The Emotionally Focused Training Set*. For more information, please visit www.drjsuejohnson.com.



**LEADING
EDGE
SEMINARS
INC.**

REGISTER BY PHONE: 416-964-1133

ONLINE: www.leadingedgeseminars.org

DEVELOPING YOUR ONLINE COUNSELLING PRACTICE

LED BY LAWRENCE MURPHY, MA

JUNE 12, 2017

Today, people use the internet for everything from chatting with friends, to taking courses, to shopping for shoes. And increasingly, clients expect to be able to connect with their helping professional online.

Virtually every major EAP in Canada now offers online services; many smaller agencies and private practitioners do as well. Universities across the country are also getting on board. Online skills will be valuable in furthering your career objectives and enhancing your marketability both now and in the future.

This full-day workshop will provide participants with a solid grounding in the ethics, theory, research, and practice of online counselling. You will learn about computer and internet security and other important aspects of technology. Lawrence Murphy will compare and contrast the variety of online methods with consideration given to ethical issues specific to this type of counselling.

Attention will also be given to establishing and strengthening the therapeutic alliance in text-based methods like email and text-chat. You will learn ways to improve the therapeutic effectiveness of these methods with a specific focus on the Presence Techniques. Based on research undertaken by Lawrence Murphy and his colleagues, and on two decades of experience, this workshop provides hands-on opportunities to develop your skills.

You will learn –

- To identify and address ethical issues unique to online counselling
- How to develop policies and procedures for online services
- About the technological aspects you need to consider when using web-based services
- Strategies and techniques for establishing and enhancing the therapeutic alliance in the online environment
- About important advantages that online therapy has over face-to-face therapy
- About significant theoretical considerations in online work



Lawrence Murphy, MA, is the founder of Worldwide Therapy Online, the world's first online clinical practice, established in 1994. In collaboration with the National Board for Certified Counselors in the U.S., he authored the first ethical code for online counselling, and, in 1998, wrote the seminal work, *When Writing Helps to Heal: Email as Therapy*. Mr. Murphy publishes regularly in the academic literature, and holds an adjunct appointment and teaches in the graduate faculty at the University of Toronto. Worldwide Therapy Online delivers two levels of training in cyber-counselling; to date they have trained more than nine hundred clinicians worldwide. For more information, please visit www.therapyonline.ca.

SEMINAR CODE: MUR-S10

MONDAY, JUNE 12, 2017

9:00 AM TO 4:40 PM

MULTI-FAITH CENTRE/KOFFLER HOUSE

569 SPADINA AVENUE, TORONTO

\$250 UP TO APRIL 6 • \$265 AFTER APRIL 6

ADDITIONAL INFORMATION

WORKSHOP LOCATIONS

Please note the location for your workshop. See addresses listed below and check our website for directions and parking details. Visit www.leadingedgeseminars.org.

Bessel van der Kolk workshop:

Cineplex Cinemas - Empress Walk
5095 Yonge St., Toronto

Sheri Van Dijk (April), Sue Johnson, and Margaret Wehrenberg workshops:

YWCA Toronto - Elm Street location
87 Elm Street, Toronto

Sheri Van Dijk (June) workshop, and all other workshops:

Multi-Faith Centre/Koffler House
at the University of Toronto
569 Spadina Avenue, Toronto

ACCOMMODATIONS

Leading Edge Seminars has arranged for special rates for our clients at the following hotels. Please see our website for rates, contact information, and other details.

DoubleTree by Hilton, Toronto Downtown

108 Chestnut Street, Toronto
(a few minutes' walk from the YWCA venue)

For Bessel van der Kolk's seminar only:

Novotel North York

3 Park Home Avenue, North York (Toronto)
(Direct access from North York Centre subway stn.)

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 \$60 administration fee) or a credit (less a \$35 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 a \$60 administration fee) toward a future LES workshop. Alternatively, you can arrange with us for a colleague to attend in your place with no penalty.

CONTINUING EDUCATION CREDITS

Our workshops are pre-approved for accreditation by nine professional associations. Please see www.leadingedgeseminars.org for details.

3 EASY WAYS TO REGISTER!



ONLINE
www.leadingedgeseminars.org



PHONE
416-964-1133 (Toronto area)
1-888-291-1133 (Toll-Free)



MAIL
50 Charles Street East
PO Box 626, TORONTO F
Toronto ON M4Y 2L8

EARLY BIRD DATE:
APRIL 6, 2017

	SINGLE WORKSHOP FEE	
	EARLY BIRD	REGULAR
1-Day	\$250	\$265
2-Day	\$430	\$450
Bessel van der Kolk	\$475	\$495
Michael Stone	\$2600	\$2800

	MULTIPLE WORKSHOP FEE	
	EARLY BIRD	REGULAR
1-Day	\$239	\$250
2-Day	\$415	\$430
Bessel van der Kolk	\$475	\$495
Michael Stone	\$2600	\$2800

CONTACT/COMPANY INFO

NAME: _____

ORGANIZATION (if associated with address below): _____

ADDRESS: _____

CITY: _____ PROV/STATE: _____

POSTAL CODE: _____

WORK PHONE: (____) _____ HOME/CELL PHONE: (____) _____

EMAIL (for confirmation and receipt): _____

SEMINAR INFO

SEMINAR CODE OR TITLE:	PERSON ATTENDING:	FEE:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Discount for full-time students: 15% for Bessel van der Kolk; 25% on regular 1- and 2-day workshops. Cannot be combined with multiple discount. Proof of full-time student status required.

SUBTOTAL:	_____
ADD HST (13%):	_____
TOTAL:	_____

PAYMENT

Registrations postmarked after **APRIL 6, 2017** will be processed at regular rates.

We accept:   and cheques (payable to **Leading Edge Seminars Inc.**)

NAME ON CARD: _____

CARD NUMBER: _____

EXPIRY DATE: _____

LEADING EDGE SEMINARS INC.

SPRING

2017

SERIES

INSIDE:

- Bessel van der Kolk: The Body Keeps the Score
- Workshops with some of our most highly acclaimed and popular past presenters, including Sue Johnson, Margaret Wehrenberg, Kathy Steele, and Sheri Van Dijk

NEW THIS SPRING:

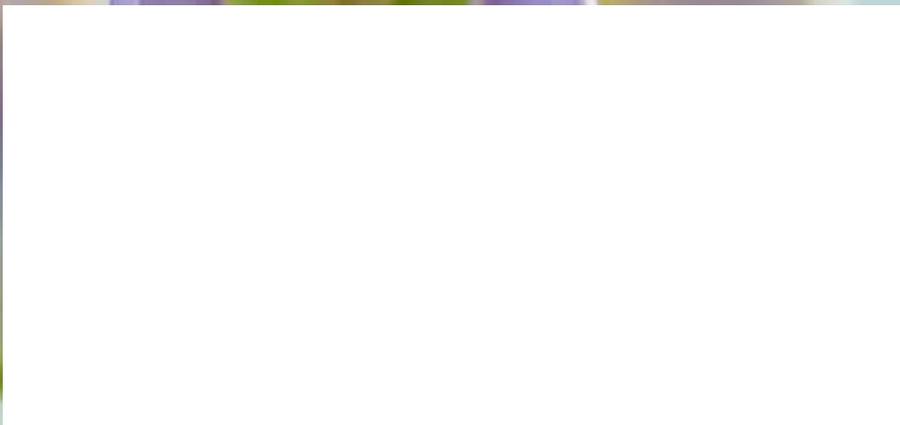
Large-Group discount of 25% for 10 or more registrations submitted together! Please see our website for details and other special offers.

COMING FALL 2017:

- Norman Doidge
- Gabor Maté

AND, AS ALWAYS:

Our seminars are led by the top clinicians and presenters in their fields. We proudly maintain our reputation for setting the gold standard in continuing education for practitioners in the fields of mental health and human services.



EXCEPTIONAL
PRESENTERS
TRANSFORMATIVE
LEARNING
SINCE 1993

SEE OUR NEW WEBSITE!
REGISTER ONLINE AT
www.leadingedgeseminars.org