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- SEX MADE SIMPLE
- SEXUALITY ACROSS THE LIFESPAN

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EGO STATE THERAPY IN TRAUMA

FOR EMDR AND NON-EMDR THERAPISTS

LED BY ROBIN SHAPIRO, LICSW

OCTOBER 13 AND 14, 2017

Ego State Therapy is a simple, effective, and versatile therapeutic tool that can be used alone or combined with EMDR and other therapies.

Ego states are bundles of neural connections that hold consistent patterns of information, affect, attention, behaviour, and sometimes identity, and that belong to different developmental ages or situations. Ego State Therapy allows therapists to assist clients to identify, heal, retrain, and integrate these states into a cohesive, functional whole that is oriented to the present.

This workshop offers a practical overview of Ego State Therapy for dissociative and non-dissociative clients. Robin Shapiro brings her practical and often entertaining approach to invaluable concepts and methods. You will learn a working model of ego states and concrete step-by-step remedies for everyday relationship issues, personality disorders, and complex trauma and dissociation. Through the ego state lens, you will learn how to access positive states and keep the parts oriented to the present, how to contain and heal distressed and destructive parts, and how to work with suicidal parts and deal with personality-disordered clients.

All attendees, whether they know EMDR or not, will learn tools for beefing up clients' internal resources and helping clients find their "oldest, wisest adult selves".

You will learn –

- How to bring forth clients' most functional selves
- How to help affect-phobic clients notice, name, and tolerate their emotions
- Techniques to address attachment deficits and disorders
- How to help sexual abuse survivors connect to and develop healthy adult sexuality
- How to diagnose and work with highly dissociative clients as well as those with borderline or narcissistic personality disorder
- How to name and work with your own unique ego states



Robin Shapiro, LICSW, edited and contributed to *EMDR Solutions: Pathways to Healing* and *EMDR Solutions II: Depression, Eating Disorders, Performance and More*, and wrote *The Trauma Treatments Handbook* and *Easy Ego State Interventions*. She provides clinical consulting for EMDR and other therapies and maintains her psychotherapy practice of 35 years in Seattle, WA, especially around issues of trauma, anxiety, and attachment. For more information, please visit www.emdrsolutions.com.

SEMINAR CODE: SHA-F20

FRIDAY, OCTOBER 13, AND SATURDAY, OCTOBER 14, 2017

9:00 AM TO 4:40 PM

MULTI-FAITH CENTRE/KOFFLER HOUSE

569 SPADINA AVENUE, TORONTO

\$440 UP TO SEPTEMBER 7 • \$465 AFTER SEPTEMBER 7

COGNITIVE-BEHAVIOURAL THERAPY FOR ANXIETY, DEPRESSION, AND ANGER

LED BY MARTIN M. ANTONY, PHD

OCTOBER 19 AND 20, 2017

Cognitive and behavioural treatments are the most studied psychological interventions for a wide range of psychological problems. This workshop provides an in-depth understanding of evidence-based CBT approaches to the conceptualization and treatment of anxiety, depression, and anger. This discussion also includes panic disorder, generalized anxiety disorder, social anxiety disorder, obsessive-compulsive and related disorders, trauma, and anger-related problems such as maladaptive perfectionism.

You will receive comprehensive training in a wide range of approaches including cognitive strategies (such as behavioural experiments, cognitive reappraisal, shifting core beliefs, working with imagery), behavioural treatments (such as exposure, behavioural activation, relaxation training, social skills training, problem solving), and mindfulness-and-acceptance-based approaches.

Other related therapies such as dialectical behaviour therapy and emotional regulation therapy will be discussed, as well as motivational enhancement techniques for managing resistance and treatment ambivalence.

The workshop will emphasize case conceptualization and transdiagnostic approaches. Many of the treatment strategies will be highlighted with video demonstrations, and detailed handouts will be provided to participants.

You will learn –

- About the nature of emotions and emotional disorders
- How to understand emotional disorders from a cognitive-behavioural perspective
- About cognitive, behavioural, and mindfulness-and-acceptance-based approaches for treating anxiety, depression, and high levels of anger and related problems
- Communication strategies for managing high levels of emotion in others
- Strategies for enhancing motivation and engagement in therapy



Martin M. Antony, PhD, is Professor of Psychology at Ryerson University. He has published 30 books and over 200 scientific articles and book chapters, mostly on the assessment and treatment of anxiety disorders, obsessive-compulsive disorder, depression, and perfectionism. He is a fellow of the Royal Society of Canada and a past president of the Canadian Psychological Association. Dr. Antony has conducted more than 300 workshops and presentations for health care professionals from across five continents. For more information, please visit martinantony.com.

SEMINAR CODE: ANT-F20

THURSDAY, OCTOBER 19, AND FRIDAY, OCTOBER 20, 2017

9:00 AM TO 4:40 PM

MULTI-FAITH CENTRE/KOFFLER HOUSE

569 SPADINA AVENUE, TORONTO

\$440 UP TO SEPTEMBER 7 • \$465 AFTER SEPTEMBER 7

THE BRAIN'S WAY OF HEALING

CLINICAL APPLICATIONS OF NEUROPLASTICITY

LED BY NORMAN DOIDGE, MD, FRCPC

SEPTEMBER 18 AND 19, 2017

A decade ago, Norman Doidge's bestseller, *The Brain that Changes Itself*, overturned the long-held belief that the brain's circuits could not, under any circumstances, heal when damaged or diseased. In this new workshop, Norman Doidge will explore the extraordinary advances made in the last 10 years in clinical applications of neuroplasticity.

Dr. Doidge will introduce the latest ideas about what goes wrong in a range of emotional, psychological, psychiatric, and brain disorders, along with the five stages of neuroplastic healing and how to determine which stage needs clinical attention in your patient.

He will discuss neuroplastic approaches to a range of conditions, including ADD, learning disorders, autism, sensory processing disorders, PTSD, depression, chronic pain, traumatic brain injury, stroke, Parkinson's disease, and MS, and explore how to lower the risk of dementia.

Using footage of films (including those he made for the CBC), he will explain, in depth, how people who were told they would never get better have recovered lost functions or developed new ones they had never had. Workshop participants will learn how mental experience, activity, and sensory stimulation of the senses (which are "transducers" and can convert energy of one form into the electrical patterns of energy of the brain) can alter the plastic brain. This workshop will cover basic neuroscience and detailed case histories, and will open you and your clients up to improvements that used to be thought impossible. For a detailed outline of this workshop, please visit our website.

You will learn –

- How neuroplasticity informs our understanding of mental health problems, brain damage, disease, and disorder
- About the five stages of neuroplastic healing and how to determine which stage needs clinical attention in clients
- About new non-invasive treatments for a range of disorders
- How new neuroplastic approaches can alter or develop brain structure and function
- About recent advances in the neuroscience and neuroplasticity of left/right hemisphere differences and depression, and how to integrate these insights to improve psychotherapy

SEMINAR CODE: DOI-F20

MONDAY, SEPT. 18, AND TUESDAY, SEPT. 19, 2017

9:00 AM TO 4:40 PM

SCOTIABANK THEATRE

259 RICHMOND STREET WEST, TORONTO

\$495 UP TO SEPTEMBER 7

\$525 AFTER SEPTEMBER 7

Praise for Norman Doidge's *The Brain's Way of Healing*

"*The Brain's Way of Healing* is a stunner – the sort of book you want to read several times, not because it is difficult to understand, but because it opens up so many novel and startling avenues into our potential to heal. Norman Doidge enthralls us with a rich combination of lucidly explained brain research and pioneering new (and some not so new, but not widely known) approaches to recovery."

—Bessel van der Kolk, MD



Norman Doidge, MD, FRCPC, is a psychiatrist, psychoanalyst, researcher, author, essayist, and poet. He is on faculty at the University of Toronto's Department of Psychiatry, and research faculty at Columbia University's Center for Psychoanalytic Training and Research in New York. He has received numerous scientific awards, including the U.S. National Psychiatric Endowment Award in Psychiatry, the American Psychoanalytic Association's CORST Prize in Psychoanalysis and Culture, the Canadian Psychoanalytic Association's M. Prados Prize, and election to the American College of Psychoanalysts for many outstanding achievements in psychiatry and psychoanalysis and national leadership in psychiatry. He has presented at the U.N., the White House, Yale, the London School of Economics, the Genoa Science Festival, a Harvard-MIT conference on Learning and the Brain, the Trinity College Institute of Neuroscience, and the Beijing Institute of Neuroscience. His two books, *The Brain that Changes Itself* and *The Brain's Way of Healing*, are both *New York Times* bestsellers, and both have been made into documentaries. For more information, please visit www.normandoidge.com.

AWAKENING JOY FOR THERAPISTS

THE PATH TO WELL-BEING FOR YOUR CLIENTS AND YOURSELF

LED BY JAMES BARAZ, MA

OCTOBER 27 TO 29, 2017 (3-DAY SEMINAR)

Noted mindfulness teacher Jack Kornfield commented: “James Baraz’s *Awakening Joy* can lead each of us to live with dignity, compassion, and gracious freedom.” Is this not what we want for ourselves and our clients?

A tremendously warm and wise teacher, James Baraz comes to Toronto for the first time to present his interactive and insightful three-day program, which is sure to be personally and professionally helpful.

True happiness is not about acquiring anything but rather about opening to the natural joy and aliveness right inside you. Today, as we are bombarded with messages that heighten our fears and sadness about the world, cultivating joy as a central aspect of our lives has become more important than ever.

Based on James Baraz’s popular five-month “Awakening Joy” course, which thousands have taken since 2003, this workshop will teach basic principles and supportive practices to develop your natural capacity for well-being and happiness. You will also learn practical tools that you can share with your clients.

You will learn –

- How to practise inclining the mind towards the possibility of more joy when working with clients
- Two keys to gratitude applicable to clinical practice
- How to help your clients process emotions mindfully by using RAIN (Recognize, Allow, Investigate, Non-identify/Not take things personally)
- Specific “letting go” practices for clients to reduce stress
- How to integrate the practices of forgiveness, acceptance, and self-compassion for your clients
- How compassion affects the neuro-system



James Baraz has a master’s degree in psychology and has been a mindfulness meditation teacher since 1978. He is a co-founding teacher of the prestigious Spirit Rock Meditation Center in California, has taught at the Esalen Institute since 1983, and has led retreats and workshops throughout North America and Europe for more than 30 years. He is the co-author of *Awakening Joy: Ten Steps to Happiness* (the book based on the course), and co-author of *Awakening Joy for Kids*, which won the 2016 Nautilus Parenting and Family Gold Award. For more information, please visit www.awakeningjoy.info.

ESSENTIAL SKILLS OF SUPERVISION AND STAFF MANAGEMENT

LED BY LAWRENCE SHULMAN, MSW, EDD

DECEMBER 4 AND 5, 2017

Lawrence Shulman is a master at teaching management and supervision. He’s been doing it for 40 years and has few equals in helping managers, whether experienced or new, deal with the nitty-gritty, everyday realities of their jobs.

Dealing with difficult staff, diversity issues, and the ever-present “doing more with less” while squeezed between administration and supervisees, managers face challenges even in the best of times.

The focus of this workshop will be on method: what the supervisor does in interaction with staff. Essential skills in communication, relationships, and group leadership will be described and illustrated. Issues will include contracting, supervising defensive staff members, staff apathy and resistance to change, common dilemmas of new and experienced managers, dealing with issues of diversity and identity, and addressing primary and secondary trauma in staff.

The workshop will also address supervision of Evidenced-Based Practice (e.g., MI, SFP, and CBT) in an integrative rather than prescriptive manner to increase EBP sustainability in the setting.

The workshop will include presentation, discussion, and an opportunity for participants to raise specific examples from their supervision practice.

You will learn how to –

- Clarify the role of the supervisor as well as the specific skills required to perform this function
- Analyze the dynamics of the supervision relationship and deal effectively with “problem” staff
- Develop and implement strategies for helping staff (individually and in groups) deal with direct practice issues
- Play an effective role in helping the staff group relate to administrators, as well as helping senior staff communicate with the staff group
- Address primary and secondary trauma in staff resulting from difficult work with clients



Lawrence Shulman, MSW, EdD, is one of North America’s leading teachers of supervision practice. Former dean and professor at the School of Social Work at the University at Buffalo, he is the author of the most recent entry on supervision in the *Social Work Encyclopedia*, and of *Interactional Supervision* and *The Skills of Helping Individuals, Families, Groups and Communities*. Dr. Shulman recently received the Council on Social Work Education’s Significant Lifetime Achievement Award.

SEMINAR CODE: BAR-F30

FRIDAY, OCTOBER 27, TO SUNDAY, OCTOBER 29, 2017

9:00 AM TO 4:40 PM

MULTI-FAITH CENTRE/KOFFLER HOUSE

569 SPADINA AVENUE, TORONTO

\$745 UP TO SEPTEMBER 7 • \$770 AFTER SEPTEMBER 7

SEMINAR CODE: SHU-F20

MONDAY, DECEMBER 4, AND TUESDAY, DECEMBER 5, 2017

9:00 AM TO 4:40 PM

MULTI-FAITH CENTRE/KOFFLER HOUSE

569 SPADINA AVENUE, TORONTO

\$440 UP TO SEPTEMBER 7 • \$465 AFTER SEPTEMBER 7

COMPASSIONATE INQUIRY WITH GABOR MATÉ

LED BY GABOR MATÉ, MD

TORONTO: NOVEMBER 13 AND 14, 2017

Dr. Gabor Maté is a major influence on mental health professionals worldwide. His groundbreaking work on ADD, addictions, 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 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 workshop, Dr. Maté will share insights and instruction in his unique approach to psychotherapy and 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 true 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 workshop where participants will be guided through their own personal process and a training session of the method of Compassionate Inquiry for health professionals, therapists, and social workers.

In 2016, this workshop in Toronto was sold out one month in advance, with a long waiting list. Due to this unprecedented response, Gabor Maté will be presenting "Compassionate Inquiry" in 2017 in Edmonton, Toronto, and Vancouver.

You will learn –

- How to cultivate presence: being with "what is"
- About bringing attention to body signals in clients and yourself
- How to enhance your perception of what is not being revealed overtly
- How to enable clients to access emotional states through body awareness
- About creating and maintaining a safe, sacred space between client and therapist
- How to facilitate the expression of what has remained unexpressed
- 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

SEMINAR CODE: MAT-TOR

MONDAY, NOV. 13, AND TUESDAY, NOV. 14, 2017

9:00 AM TO 4:40 PM

SCOTIABANK THEATRE

259 RICHMOND STREET WEST, TORONTO

\$450 UP TO SEPT. 7 • \$495 AFTER SEPT. 7

Also presented in

Edmonton:

September 14 and 15, 2017

Vancouver:

January 25 and 26, 2018

Visit leadingedgeseminars.org for details.



Gabor Maté, MD, is the best-selling author of *In the Realm of Hungry Ghosts*, *When the Body Says No*, and *Scattered Minds*. For 12 years, he worked in Vancouver's Downtown Eastside with patients challenged by hard-core drug addiction, mental illness, and HIV. With over 20 years of family practice and palliative care experience, Dr. Maté is a sought-after speaker and teacher. He co-founded Compassion for Addiction, a non-profit organization that focuses on addiction. He is also an advisor of *Drugs Over Dinner*, a tool kit to plan, host, and moderate a conversation about drugs and addiction. Dr. Maté has received the Hubert Evans Prize for Literary Non-Fiction, an Outstanding Alumnus Award from Simon Fraser University, and the 2012 Martin Luther King Humanitarian Award from Mothers Against Teen Violence. For more information, please visit drgabormate.com.

MUSE IN THERAPY

TRAINING THE BRAIN TO MEDITATE

LED BY MICHAEL DECAIRE MA, CPSYCH, RPSYCH, RP,
ARIEL GARTEN, BSC, GRAEME MOFFAT, PHD, AND
LAURIE WELLS, MD
OCTOBER 23, 2017

The therapeutic benefits of mindfulness and meditation are well researched and established as effective approaches in managing anxiety, depression, stress, attentional deficits, hyper-reactivity to traumatic events, and cardiovascular health. Although the techniques of meditation are simple, many people – clients and therapists alike – find it hard to get started and to establish their meditation practice so that it becomes a lasting habit.

Muse, a brain-sensing headband device, can help you train yourself and your clients to meditate. Through EEG technology, Muse allows you to monitor your progress as you meditate. By providing tangible feedback on the brain's activity, Muse can help encode the meditative process in the body's conscious awareness and thus facilitate access to the meditative state in a reliable and reproducible manner.

In this workshop, you will learn how Muse was developed and see the latest research on how Muse can harness brain science to improve therapeutic outcomes, as well as how to integrate it into clinical practice for in-session training or as a way to facilitate compliance and engagement.

Led by the developers of Muse, this one-day symposium brings together Muse co-founder Ariel Garten, researcher Graeme Moffat, and clinicians Laurie Wells and Michael Decaire to discuss ways in which this personal EEG device can be integrated into your personal practice and in clinical settings.

You will learn –

- What brainwaves are, what they mean, and how Muse works
- About brainwave technology and how Muse came to be developed from it
- How Muse is helping psychologists and cognitive scientists take their research and teaching outside of the lab
- How to adapt the use of Muse to specific populations and add it as a valuable tool to your personal practice and clinical practice
- How to implement Muse as either a primary focus in treatment or a complementary tool within your current treatment regimen
- How to interpret Muse data to modify prescribed homework interventions and maintain ongoing therapeutic gains

For information about the presenters, please visit leadingedgeseminars.org.

SEMINAR CODE: MUS-F10
MONDAY, OCTOBER 23, 2017
9:00 AM TO 4:40 PM
YWCA TORONTO - ELM ST. LOCATION
87 ELM STREET, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

THE FUTURE OF PSYCHOTHERAPY TODAY

THE PROMISE AND EFFECTIVENESS OF NEW TECHNOLOGY

LED BY MICHAEL DECAIRE, MA, CPSYCH, RPSYCH, RP
NOVEMBER 23, 2017

This workshop will explore how you can strengthen connection, accessibility, and timeliness of treatment by seamlessly managing the treatment and surrounding logistics through new technology.

In today's world, tools like Greenspace and other new software, apps, and online services can help you to collect measurable outcomes and deconstruct the therapeutic process. Your increasingly tech-savvy clients will both appreciate and be intrigued by these inventive and engaging approaches.

By capturing the session-by-session and week-by-week experience of your clients, you will be able to augment and focus treatment to meet client needs.

By the end of this workshop, you will be acquainted with new technological possibilities that will assist your clients and provide you with new feedback and communication tools. Michael Decaire has helped hundreds of private practices and institutions improve treatment outcomes. An excellent and compelling presenter, he will share his insight and experience through videos and case examples.

You will learn –

- How free and secure technology-assisted progress monitoring provides immediate feedback on the therapeutic process
- How cost-effective tools, many of which your clients may already own can be used to quantifiably track behavioural change
- About technology like Muse, which can provide quantifiable evidence of cognitive change
- How to implement “telepsychology” into your practice ethically and efficaciously
- What the future of psychotherapy will look like through augmented and virtual reality
- How services like Psychotherapy Matters allow you to collaborate with psychiatry for medical consults and medication management
- How to build a software solution for your practice to streamline electronic health records



Michael Decaire, MA, CPsych, RPsych, RP, is a clinician, trainer/educator, and consultant who has assisted hundreds of private practices and institutions in exploring their psychological/psychotherapeutic processes and the business of being a treatment provider. He is the founder of FLEX Psychology, which provides online and in-person treatment. He has an interest in integrating technology into and around the treatment process, resulting in high demand as a consultant for startups entering into that sector.

His immersive role in health governance as a graduate-level educator and the President of the Ontario Association of Psychological Associates (OAPA) has allowed him to influence the direction of psychotherapy while maintaining a focus on ethical and efficacious practice.

SEMINAR CODE: DCA-F10
THURSDAY, NOVEMBER 23, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

HEALING DEVELOPMENTAL TRAUMA

ATTACHMENT-FOCUSED INTERVENTIONS FOR CHILDREN, TEENS, AND THEIR FAMILIES

LED BY DAN HUGHES, PHD
NOVEMBER 2 AND 3, 2017

Dan Hughes has been a pioneer in attachment-focused treatment for children, teens, and families. He created Dyadic Developmental Psychotherapy (DDP) to help children and young adults who have histories of abuse, neglect, and/or multiple placements, and who demonstrate ongoing problems related to attachment and trauma.

Dan's treatment philosophy is family-based and focused on facilitating the ability of children to establish a secure attachment with their caregivers. Developmental attachment theory and research are the primary models for relationship development and trauma resolution.

DDP blends various approaches, including strategic and structural family therapy, Ericksonian hypnotherapy (the utilization principle), psychodynamic concepts, psychodrama, interventions congruent with Theraplay, and narrative work. Dan actively communicates empathy and acceptance while providing the individual child with the comfort and containment needed to explore and resolve past trauma and shame-related experiences. At the same time, he actively facilitates the child's ability to form positive, reciprocal relationships with parents or primary caregivers.

This model of psychotherapy can be practised with an individual or in family therapy, with the priority being given to a family format. You will learn interventions to facilitate the co-regulation of strong emotional states, as well as the co-creation of new meanings of traumatic events.

You will learn about –

- The Domains of Impairment caused by developmental trauma
- Six central factors in the successful treatment of developmental trauma
- Three characteristics of Intersubjectivity and how they are utilized in DDP
- How “talking for” and “talking about” are central in creating therapeutic conversations
- The nature of Blocked Care when making efforts to help children who resist care



Dan Hughes, PhD, is a clinical psychologist who founded and developed Dyadic Developmental Psychotherapy, a treatment for children who have experienced abuse and neglect and demonstrate ongoing problems related to attachment and trauma. He is the author of many books, including *Building the Bonds of Attachment*, *The Attachment-Focused Family Therapy Workbook*, and *The Neurobiology of Attachment-Focused Therapy*. For more information, please visit www.danielhughes.org.

TREATING VICTIMS OF INTERPERSONAL VIOLENCE

A LIFESPAN APPROACH

LED BY DONALD MEICHENBAUM, PHD
NOVEMBER 27, 2017

The incidence of interpersonal violence is widespread, whether in the form of sexual abuse, domestic violence, terrorist attacks, or combat. This workshop begins with a consideration of the incidence and psychosocial and neurobiological impacts of such victimization and the treatment implications. It will be based on a lifespan perspective that includes children, adolescents, adults, and the elderly.

Dr. Donald Meichenbaum, one of the founders of CBT and a preeminent leader in the psychology field, will present a Case Conceptualization Model of risk and protective factors to inform your treatment decision-making.

A major focus will be on what distinguishes clients who develop complex PTSD and concurrent disorders from those who demonstrate resilience. Specific practical ways to bolster client resilience across the lifespan will be presented. Two major treatment approaches will be contrasted: trauma-memory-processing versus present-centred, client-oriented skills-training; the workshop will discuss how these can be integrated to treat patients with concurrent disorders of complex PTSD and substance abuse.

You will learn –

- Use a Case Conceptualization Model of risk and protective factors that informs treatment decision-making
- Implement the Core Tasks of Psychotherapy that contribute to lasting changes
- Apply evidence-based, trauma-memory-processing treatment approaches
- Provide integrated treatment approaches for patients with concurrent disorders such as complex PTSD and substance abuse
- Alter interventions in a practical systematic manner across the lifespan, from childhood to the senior years
- Contextualize treatment by including family members and school staff



Donald Meichenbaum, PhD, is Distinguished Professor Emeritus at the University of Waterloo and is currently Research Director of the Melissa Institute for Violence Prevention in Miami. He is one of the founders of CBT and, in a survey of clinicians, he was voted “one of the ten most influential psychotherapists of the 20th century”. Well known for his engaging and enjoyable presentation style, he has offered hundreds of workshops in Canada and internationally, and has published extensively. His latest books are *Roadmap to Resilience* and *The Evolution of Cognitive Behavior Therapy: A Personal and Professional Journey with Don Meichenbaum*.

SEMINAR CODE: HUG-F20
THURSDAY, NOVEMBER 2, AND FRIDAY, NOVEMBER 3, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$440 UP TO SEPTEMBER 7 • \$465 AFTER SEPTEMBER 7

SEMINAR CODE: MEI-F10
MONDAY, NOVEMBER 27, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

SEX MADE SIMPLE BECOMING AN “ASKABLE” CLINICIAN

LED BY BARRY MCCARTHY, PHD
NOVEMBER 16, 2017

Would it surprise you to know that, according to a recent study, sex problems are the most common mental health problem in Canada – even more than anxiety and depression combined?

This clinically oriented workshop will help you become more comfortable integrating sexual issues and interventions into individual and couples therapy.

Traditionally, sex problems were viewed as a symptom of an individual or a relationship issue. In this workshop, we will deal with sexual problems directly utilizing a psychobiosocial model for assessment and treatment. We will explore treatment of sexual desire, arousal, and orgasm dysfunction. In addition, we will explore controversial issues, including the role and meaning of extra marital affairs, the use and misuse of erotic fantasies and porn, therapeutic and iatrogenic approaches to sexual trauma, issues of sexual orientation and gender presentation, and therapeutic strategies for dealing with sexual secrets (especially “shameful” secrets).

You will learn how to –

- Identify the roles of healthy sexuality in the couples relationship
- Conduct an individual psychological/relational/sexual history
- Create, in the couples feedback session, a genuine personal narrative that includes each partner’s strengths and vulnerabilities
- Help the couple reach a “wise” decision about their relationship after making meaning of an affair
- Support the couple in building a new trust agreement and sexual style if they decide to repair their marriage
- Utilize psychosexual skill exercises to enhance desire/pleasure/eroticism/satisfaction
- Design and implement an individualized relapse prevention plan
- Integrate intimacy and eroticism for the woman, man, and couple
- Determine how the sexual style differs from the couple’s general relational style



Barry McCarthy, PhD, is a professor of psychology at American University, a diplomate in clinical psychology, a certified sex therapist, and a certified couples therapist. He has published more than 110 professional articles, 29 book chapters, and 14 books. Barry has presented more than 450 professional workshops in the U.S. and internationally. In 2016 he received the Masters and Johnson Award for lifetime contributions to the sexuality field.

SEMINAR CODE: MCC-F11
THURSDAY, NOVEMBER 16, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

SEXUALITY ACROSS THE LIFESPAN

LED BY BARRY MCCARTHY, PHD
NOVEMBER 17, 2017

Most couples begin their relationship as a romantic love/passionate sex/idealized situation. This infatuated love or limerence phase is special and of great value. However, it is fragile and time-limited, usually lasting between six months and two years. The challenge for the couple is to develop a sexual style post-infatuation that allows each partner to have a “sexual voice” while being part of a team which integrates intimacy and eroticism. This is true whether the individuals are straight or gay, married or casually partnered.

In this workshop, we will explore sexual transitions between people in their 20s, 40s, 60s, and 80s. The good news is that there is solid scientific evidence that couples can enjoy satisfying sexuality after age 60.

The role of couples sexuality is to energize the relationship and reinforce feelings of desire and desirability. The vulnerability for younger couples is that they do not see a need to create a sexual style to replace the sex of the limerence phase. The challenge here is to integrate desire/pleasure/eroticism/satisfaction so that sexuality has a positive, 15 to 20 percent role in their lives. For couples in their 30s and 40s, the vulnerability is settling for routine, totally predictable sex, and prioritizing parenting and career over being a couple. The challenge is to value and reinforce vital, satisfying couples sexuality. The vulnerability for couples over 50 is the focus on individual sex performance as a pass/fail test and to narrowly define sex as intercourse. The challenge is to value sensual, playful, and erotic sexuality in addition to intercourse and to emphasize the pleasure-oriented Good Enough Sex (GES) approach.

In this workshop, you will learn –

- How to promote sexuality throughout the lifespan
- How couples can make the transition from the limerence phase to developing a sexual style with strong, resilient desire
- About integrating intimacy, non-demand pleasuring, and eroticism
- How to balance being a parent, worker, partner, and part of a sexual couple
- How to help clients value vital, satisfying couples sexuality
- About the importance of being both intimate and erotic allies who embrace GES
- About the vulnerabilities and challenges of each life phase

SEMINAR CODE: MCC-F12
FRIDAY, NOVEMBER 17, 2017
9:00 AM TO 4:40 PM
MULTI-FAITH CENTRE/KOFFLER HOUSE
569 SPADINA AVENUE, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

CBT FOR INSOMNIA

IMPROVING ANXIETY, DEPRESSION, CHRONIC PAIN, AND TRAUMA TREATMENTS THROUGH SLEEP MANAGEMENT

LED BY COLLEEN CARNEY, PHD, CPSYCH
DECEMBER 7, 2017

Insomnia is the single most commonly reported health problem in adults, and it often occurs with not only depression but also with pain, anxiety, and trauma disorders. However, non-sleep-specialist clinicians frequently lack the training in how to assess, diagnose, and treat insomnia.

Furthermore, Colleen Carney's pivotal research shows that the success rate in curing depression doubles when sleep issues are resolved. 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 implement CBT for insomnia in those with commonly concurrent problems such as depression, trauma, pain, or anxiety disorders. In addition to presenting hands-on training in the basics of CBT for insomnia, this workshop will cover whether adjustments to CBT may be necessary in the context of such concurrent disorders.

You will learn –

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



Colleen Carney, PhD, CPSych, is on faculty in the Department of Psychology at Ryerson University, where she is Director of the Sleep and Depression Laboratory. She is one of Canada's leading experts in psychological treatments for insomnia, particularly in the context of concurrent mental health issues. She frequently trains students and mental health providers in CBT for insomnia at invited workshops throughout North America and at international conferences. Dr. Carney is a passionate advocate for improving the availability of treatment for those with insomnia and other health problems. For more information, please visit www.drcolleencarney.com.

SEMINAR CODE: CAR-F11
THURSDAY, DECEMBER 7, 2017
9:00 AM TO 4:40 PM
YWCA TORONTO - ELM ST. LOCATION
87 ELM STREET, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

ADVANCED CBT-I FOR COMORBID CONDITIONS

A CLIENT-CENTRED, EVIDENCE-BASED APPROACH

LED BY COLLEEN CARNEY, PHD, CPSYCH
DECEMBER 8, 2017

This “Beyond the Basics” workshop is designed for those who are already familiar with the foundations of CBT-I. You will learn to customize and adapt CBT-I for clients who have multiple diagnoses. A case formulation approach that can be applied across disciplines and clinic settings will be explored. This will enable you to sharpen your understanding of sleep regulation and will complement what you may already be doing in the treatment of a concurrent condition. This approach provides relevant strategies to handle the types of complex cases you are most likely to encounter in clinical practice.

For example, challenging beliefs that vigilance is necessary in trauma-focused therapy can be complemented by strategies that address “bed avoidance” in PTSD. Or, increasing activity in chronic pain treatment protocols can be complemented by CBT-I advice about stimulus control (how to rest in a way that does not interfere with sleep). A client-centred, case formulation approach provides flexibility and efficiency without compromising on empirical support. In addition to learning how to use case formulation to guide treatment decisions, attendees will learn how to develop suitable schedules for night owls with day jobs, how to work effectively with those with chronic hypnotic medication use, and how to safely help those with sleep apnea. You will receive a case formulation form that can be used to guide assessment and treatment decisions in future cases.

You will learn –

- The basics of sleep regulation and CBT-I techniques
- How to apply what you learned in your previous CBT-I training to a more advanced, case formulation approach
- Assessment tips to identify the three causes of chronic insomnia
- About eight questions that will guide a thorough case formulation
- How to integrate the treatment components of CBT for depression and CBT for insomnia via a case demonstration

SEMINAR CODE: CAR-F12
FRIDAY, DECEMBER 8, 2017
9:00 AM TO 4:40 PM
YWCA TORONTO - ELM ST. LOCATION
87 ELM STREET, TORONTO
\$250 UP TO SEPTEMBER 7 • \$265 AFTER SEPTEMBER 7

IMAGINE! THE 2018 HAVANA THERAPY SUMMIT

JANUARY 29 – 30 (PRE-CONFERENCE)

JANUARY 31 – FEBRUARY 2 (CONFERENCE)

FEBRUARY 4 – 9 (POST-CONFERENCE)

Imagine –

... workshops, panel discussions, and symposia with some of the biggest names in the world of psychotherapy today, including Dan Siegel, Esther Perel, Janina Fisher, John Briere, Ron Siegel, Linda Graham, and Lisa Ferentz

... all these events taking place within the vibrant and festive atmosphere of Cuban culture, dance, and theatre

... opportunities to get the insider's perspective on Havana neighbourhoods and programs in Havana through walking tours, guided bus rides, dances, and meals

... the chance to engage and learn from Cuba's leading therapists and mental health professionals

And if that's not enough, follow up the conference with beachside trainings with Ron Siegel or Diana Fosha in Varadero.

The 2018 Havana Therapy Summit is being organized on a non-profit basis by Leading Edge Seminars and an organizing committee comprised of leaders in the Cuban mental health field. All speakers have waived their fees. All money raised through the registration of non-Cuban attendees will allow participation of 300 Cuban mental health professionals, whose attendance will be complimentary. Any profit remaining will be donated to Cuban mental health programs and will support continuing education for Cuban mental health professionals.

Don't just imagine... Join us!

For complete information about workshops, events, accommodation, and costs, visit ImagineCubaSummit.com.

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 leadingedgeseminars.org for further information.

Norman Doidge and Gabor Maté Toronto workshops:

Scotiabank Theatre
259 Richmond Street West, Toronto

Colleen Carney and Muse workshops:

YWCA Toronto - Elm Street location
87 Elm Street, Toronto

All other Toronto 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 attendees of our Toronto workshops. 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)

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 \$75 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 \$75 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 leadingedgeseminars.org for details.

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NEW THIS FALL:

Large-group discounts of 10 to 20 percent for group registrations submitted together! Please see our website for details.

COMING IN 2018:

- Temple Grandin

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.



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