



FALL SERIES+ 2019

TRAUMA / RISKY BEHAVIOUR
JOHN BRIERE

PSYCHEDELICS / PLANT MEDICINES
GABOR MATÉ & MICHAEL MITHOEFER

ANXIETY TODAY
MARGARET WEHRENBURG

DEALING WITH LOSS
DOUG SMITH

CBT-I FOR SLEEP ISSUES
COLLEEN CARNEY

EMBODIED PSYCHOTHERAPY
RICHARD BROWN & PATRICIA GERBARG
ALLAN ABBASS

PARENT AND ADULT CHILD RELATIONSHIPS
GABOR MATÉ & DANIEL MATÉ

CANNABIS UPDATE
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INTENSIVE:**
FRANK
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**EMDR
TRAINING**
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COVER



FRANK
ANDERSON



COLLEEN
CARNEY



GABOR
MATÉ



MARGARET
WEHRENBURG



JOHN
BRIERE

HELLO AGAIN: A FRESH START FOR PARENTS AND THEIR ADULT CHILDREN

LED BY GABOR MATÉ, MD, AND DANIEL MATÉ, MFA

If you think you're so enlightened, go spend a week with your parents.

—Ram Dass, author and teacher

With refreshing clarity, humour, and compassion, Gabor Maté and his son Daniel tackle a common topic often overlooked: relationships between parents and their adult children. This weekend will provide insights into this often sticky reality and look at ways to promote understanding and reconciliation.

Family relationships are often fraught with complexity, and the unique relationship between parent and child can be challenging well into adulthood. Old dynamics have a way of clouding our views of one another in the present, giving rise to unpleasant reactions and interactions. Sometimes we seek to avoid conflict by keeping each other at an emotional arm's length, creating yet another impediment to genuine connection.

Yet the life journey of parent and child could remain until the end a fascinating and deeply fulfilling pilgrimage. Underneath the routine interactions, superficial communications, conflict, resentment or even alienation is often a mutual, if hidden, desire for something more.

Gabor and Daniel Maté have been through their share of challenges. They contend that with the right kind of inquiry, attitude and practice, you can successfully transform regrets, recriminations or wishful thinking into tangible, present-moment possibility. In this interactive event, they invite you to unlock the tremendous potential of this crucial and changeable relationship, which is truly like no other. For many participants, this weekend will be the beginning of a new and exhilarating, and often challenging, lifelong conversation.

Gabor and Daniel will examine the historical source of old patterns with compassion, humour and insight, and—most importantly—help clear the way for a new relationship, unencumbered by what came before.

This weekend program consists of two parts. Attendees are welcome to attend all three days, Saturday and Sunday only or Friday evening only.

You will learn —

- What makes the parent/adult child relationship uniquely challenging
- Why each partner finds it so difficult to experience the other in the present moment
- What it means to set an intention for a renewed, authentic relationship
- The importance of building structures that will support a new relationship
- Some techniques for trouble-shooting when difficulties arise

This program is relevant to parents and adult children as well as therapists hoping to help clients deal more successfully with this issue.

Dr. Maté delivers every time. I appreciate his ability to show us not only how to help clients reveal hidden trauma but his method of showing us our own hidden trauma. He is able to generate therapeutic process in whatever appears in the moment. To me, this is the indicator of mastery of skill.

— Previous Attendee

Fri., Oct. 18, 2019
7:00 pm - 9:30 pm
Isabel Bader
Theatre, Toronto

Sat., Oct. 19, 2019
9:00 am - 4:40 pm
Central YMCA,
Toronto

Sun., Oct. 20, 2019
9:00 am - 1:00 pm
Central YMCA,
Toronto

Friday Night
Up to Sept. 12
\$40
After Sept. 12
\$55
All 3 days
Up to Sept. 12
\$325
After Sept. 12
\$350

Gabor Maté, MD, is one of Canada's most respected thinkers and therapists. He is the bestselling author of four books, including the award-winning *In the Realm of Hungry Ghosts*. Gabor is also an internationally renowned speaker who is highly sought-after for his expertise on addiction, trauma, childhood development, plant medicines and the relationship between stress and illness.



Daniel Maté, MFA, is an acclaimed musical theatre writer and a recipient of the prestigious Kleban Prize and Cole Porter Award for his music and lyrics. His latest musical, *Hansel & Gretl & Heidi & Günter*—a show about intergenerational trauma and gingerbread houses—will have its production next season at Village Theatre in Seattle, WA. Daniel is currently working with his father on two books, including the book version of *Hello Again*.

PSYCHOTHERAPY AT A CROSSROADS: THE PROMISE OF PSYCHEDELICS AND PLANT MEDICINES

LED BY GABOR MATÉ, MD, AND MICHAEL MITHOEFER, MD

What might psychotherapy and other approaches to help people who have experienced trauma look like in the future? And what can we learn today? There is and will continue to be an explosion of interest in the potential of plant and psychedelic medicines in helping people heal. Some researchers project that, by 2025, these will be considered the most effective trauma treatments.

Psychedelic medicines have been increasingly researched and popularized in the industrialized world. Plant medicines have been used for hundreds and thousands of years in some traditional cultures.

This one-day program brings together two leaders in this field: Gabor Maté, renowned for his pioneering perspective on trauma, addictions and chronic illnesses, as well as his explorations of ayahuasca plant use in therapy, and Michael Mithoefer, an expert on MDMA-assisted psychotherapy for PTSD.

In the morning, Dr. Maté will present a summary of psychedelic approaches to healing in traditional medicines from around the world. These approaches have been shown to frequently yield transformative experiences, particularly when working with chronic conditions of both the mind and body that stymie more conventional, Western medical treatments.

In the afternoon, psychiatrist and researcher Dr. Michael Mithoefer will present. Along with the quantitative results indicating significant improvements in PTSD symptoms and other measurable changes as a result of MDMA-assisted psychotherapy, he will present short video clips to illustrate how MDMA in therapy can go beyond PTSD symptom reduction to include positive effects on relationships, occupational and social functioning and personal growth. There will also be an update on the latest research findings and the growing international interest in the potential of MDMA-assisted psychotherapy.

You will learn about —

- Traditional uses of plant and psychedelic medicines and the growing interest in the potential of ayahuasca for healing deep trauma
- How psychedelic treatments can be used to work with treatment-resistant chronic conditions
- The history of using MDMA as a catalyst for psychotherapy
- Therapeutic approaches to using MDMA
- Design and results of recent and ongoing clinical trials of MDMA-assisted psychotherapy for PTSD
- Various perspectives about the therapeutic mechanism of MDMA

Mon., Oct. 21, 2019
9:00 am - 4:40 pm

St. Lawrence
Centre for the
Performing Arts,
Toronto

Up to Sept. 12
\$300
After Sept. 12
\$325



Michael Mithoefer, MD, is clinical assistant professor of psychiatry at the Medical University of South Carolina. He completed and published the first FDA-approved clinical trial of MDMA-assisted psychotherapy for treatment-resistant PTSD. He is overseeing a multisite Phase III study of MDMA-assisted psychotherapy in 13 sites around the U.S., and another MDMA-assisted psychotherapy multisite study in Canada, Europe and Israel.

Gabor Maté, MD - for bio see adjacent page

REWRITING STORIES OF LOSS AND GRIEF: EFFECTIVE COUNSELLING SKILLS IN DIFFICULT SITUATIONS

LED BY DOUG SMITH, MDIV, MA, MSC

All therapy deals with loss. Doug Smith has helped many professionals by fusing a deep understanding of how people handle loss and the counselling tools necessary to help. You will learn how to address many types of loss and personal trauma, including death, divorce, unemployment and decline in mental or physical health, as well as losses associated with substance abuse and other life-altering changes.

He has a well-earned reputation as a powerful and engaging presenter. He will emphasize practical tools over theories, examining how those tools work with various types of situations and clients. He will not only examine various assessment tools and care plan designs, but also explore numerous creative interventions and several complementary therapeutic techniques that any healthcare provider can use.

Among the creative and complementary modalities explored will be strength assessments, guided imageries, virtual dreams, spiritual assessments, individual and group techniques, *tonglen*, loss intensity graphs, wounded healer resumés and letters to finish unfinished business.

You will learn —

- How to explore your client's personal loss and grief history
- About methods of working with the strengths of your clients so they can develop self-esteem and self-care
- About practical tools and techniques for use in professional and personal settings
- Skills for assessing someone's spiritual language and spiritual concerns
- Ways of using your own woundedness to heal the wounds of others
- To develop a large toolkit of useable complementary therapies and creative interventions



Doug Smith, MDiv, MA, MSc, is a seasoned trainer and author *Being a Wounded Healer, The Tao of Dying, Caregiving and The Tao of Grieving*. He is lead instructor for the University of Wisconsin's Grief Support Specialist Certificate and the End of Life Palliative Care Counseling Certificate, and he has worked for hospices, hospitals, addiction treatment programs and universities.

Mon., Nov. 4 -
Tues., Nov. 5, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$515
After Sept. 12
\$545

U of T Multi-Faith
Centre/Koffler
House, Toronto

BREATH-BODY-MIND™ WORKSHOP FOR TRANSFORMATION

LED BY PATRICIA GERBARG, MD,
AND RICHARD BROWN, MD

The Breath-Body-Mind approach has been praised by Daniel J. Siegel as “the essential skills we need to bring health into our lives”. Drs. Gerbarg and Brown, the creators of this approach, offer a unique fusion of evidence-based techniques drawn from yoga, qigong, meditation, martial arts, Open Focus Attention Training, polyvagal theory and neuroscience.

The Breath-Body-Mind approach is based on the healing power of breath. It is designed to activate mind-body communication pathways, raise energy, regulate mood, enhance performance and help dissolve pain. You will learn breathing techniques proven to relieve stress and improve mood, mental focus and performance. You will also learn mindfulness of breath and small-group processes to help enhance awareness of internal changes. All exercises and gentle movements can be done in an office environment, standing or sitting.

This training is relevant for mental health and health care providers who want to help people improve their sense of well-being and deal more successfully with stress, anxiety and health issues such as psychologists, therapists, nurses, doctors, integrated health practitioners and others.

You will learn how to —

- Balance and strengthen stress response systems
- Reduce anxiety, insomnia, depression and symptoms of trauma and improve emotion self-regulation
- Activate capacities for relationships, connectedness, compassion and empathy
- Sharpen mental focus for improved academic and work performance



Patricia Gerbarg, MD, and Richard P. Brown, MD, are pioneers of Integrative Mental Health. He is Associate Clinical Professor in Psychiatry Columbia University, a clinician-researcher, as well as qigong, yoga, meditation and martial arts teacher who developed BBM. She is assistant clinical professor in psychiatry, New York Medical College and is a Harvard-trained Psychiatrist, A clinician, researcher and writer. Dr. Gerbarg has developed the use of BBM in psychotherapy.

Fri., Sept. 27 -
Sat., Sept. 28, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$515
After Sept. 12
\$545

U of T Multi-Faith
Centre/Koffler
House, Toronto

DISRUPTING RUMINATION: CHANGING THE THOUGHTS THAT UNDERLIE ANXIETY AND DEPRESSION

LED BY MARGARET WEHREBERG, PSYD

We now know rumination reinforced by life experiences and repetition changes our brains: how can we help alter the neurobiological ruts that clients can fall into? Overactive brain circuitry can trap people in cycles of ruminative thinking. This neurobiologically based rumination links anxiety and depression—two disorders that concur in about 50% of our clients.

Whether clients experience depressive themes of worthlessness and inadequacy or the anxious full-of-dread cognitions, repetitive patterns of negative thoughts keep people locked into distress. In this workshop, we'll examine why clients lock into depressive patterns that increase their unhappiness, and we will explore the four subtle reasons they hold on to worry. Understanding these rationales helps clients increase both their confidence and ability to change mental habits. More importantly, we'll explore pragmatic, achievable solutions to disrupt the rumination and stuck behaviours, and replace these patterns with attitudes of calmness and competency. You will leave prepared to offer your clients effective tools to end rumination and move into recovery from depression and anxiety.

You will learn —

- How to improve treatment compliance by applying a basic understanding of neurological causes of rumination and how to assess and change it in anxious and depressed clients
- About four underlying causes of depression and immediate therapy interventions that will rapidly disrupt the ruminative themes of worthlessness and inadequacy
- How to frame four purposes of worry and how to apply techniques that break the hold of worry



Margaret Wehrenberg, PsyD, is a licensed clinical psychologist and frequent Leading Edge presenter. She is the author of 8 books on the treatment of anxiety and depression, including the best-seller, *The 10 Best-Ever Anxiety Management Techniques*, and its accompanying workbook. An expert on the treatment of anxiety and depression, she also has extensive training and expertise in the neurobiology of psychological disorders. In addition to clinical work, she coaches business professionals on managing anxiety. See www.margaretwehrenberg.com.

THE NEW SOCIAL ANXIETY: MANAGING THE IMPACT OF SOCIAL MEDIA, GAMING AND 24/7 INTERNET ACCESS

LED BY MARGARET WEHREBERG, PSYD

Social media, 24/7 internet access, and gaming are exciting but also introduce startling risks for neurobiological changes that affect learning, nervous system reactivity and anxiety levels, at every age.

Increasingly, therapists are called upon to respond to conditions like FOMO (the fear of missing out) and NoMophobia (no-mobile-phone phobia). Clients struggle with living IRL (In Real Life) when overwhelmed by Fantasy of Perfection images of life. And perhaps most pressingly, therapists need to be able to recognize, assess and correct maladaptive neurobiological changes resulting from excessive gaming and media exposure.

This seminar explores the impact of screen time and gaming on the nervous system; you will learn how social media affects social and emotional development, how to identify the causes of and corrections for the addictive nature of new technology, and how to manage the anxiety outcomes of the new online social world.

You will learn —

- How to reduce the neurobiological impact of rapid screen shifting, prolonged gaming and screen time
- To apply Grodzki's "coaching style" therapy to combat the fear of "adulting" that interferes with romantic relationships, normal socializing, driving or working
- How to develop "demand delays" that diminish the addictive nature of communication notifications, gaming and social media "likes"
- How to help young adults to recognize and alter the Fantasy of Perfection

Thurs., Nov. 7, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$300
After Sept. 12
\$325

U of T Multi-Faith
Centre/Koffler
House, Toronto

Fri., Nov. 8, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$300
After Sept. 12
\$325

U of T Multi-Faith
Centre/Koffler
House, Toronto

COMPLEX TRAUMA REVISITED: AN EVOLVING MODEL OF EMOTIONAL, COGNITIVE AND RELATIONAL PROCESSING

LED BY JOHN BRIERE, PHD

John Briere returns to update previous research, revise common misperceptions and introduce exciting new developments specific to complex trauma treatment. You will learn about inhibitory learning theory, interspersal trigger management, how to foster metacognitive insight into triggered states, extinction deepening, the role of reconsolidation theory in counter-conditioning implicit memories and more.

We now know that complex trauma exposure typically involves a combination of early attachment disturbance, child maltreatment and later traumas. It is a major risk factor for a variety of adolescent and adult difficulties, including PTSD, substance abuse, suicide and other self-endangering behaviours, eating disorders, aggression, "borderline personality" and relational difficulties.

From his early work on trauma to his visionary integration of mindfulness and relational issues in psychotherapy, John continues to be a major contributor to our understanding of trauma and how to treat it. In this workshop, he argues that standard therapies for complex trauma cited in evidence-based literature are often the same ones recommended for single-event traumas and simple anxiety/PTSD outcomes. These therapies generally call on theories developed in the 1980s and 1990s, despite newer findings that tend to contradict some of the central assumptions of these models.

For example, in contrast to widely promoted principles, he shows that in most cases, classical exposure therapy does not fully eliminate PTSD, and may motivate dropout rates in excess of 50%; that trauma memories do not have to be extinguished as much as inhibited by newer, therapy-based learning; and that exposure need not be prolonged in order to be effective.

Join John Briere to learn about his latest ideas and treatment formulations, based on decades of clinical experience and research.

You will learn —

- New approaches to therapeutic exposure that are less likely to overwhelm and may broaden treatment effects
- How to work with treatment-activated attachment memories as they arise in the session
- Trigger management techniques, including trigger identification, breath-based relaxation, grounding, emotion/urge surfing, strategic distraction and harm reduction
- How to capitalize on the neurobiology of attachment when counter-conditioning relational trauma
- About the use of metacognitive learning to decrease client posttraumatic distress and susceptibility to triggers

John Briere, PhD., is Professor of Psychiatry and the Behavioral Sciences at the Keck School of Medicine, University of Southern California, and Director of the USC Adolescent Trauma Training Center of the National Child Traumatic Stress Network. A past president of the International Society for Traumatic Stress Studies, he has received numerous awards. At USC, he teaches and consults in the burn unit, inpatient psychiatry and emergency services. Dr. Briere's latest book is *Treating Risky and Compulsive Behaviors in Trauma Survivors*.

Thurs., Nov. 21 -
Fri., Nov. 22, 2019
9:00 am - 4:40 pm

U of T Multi-Faith
Centre/Koffler
House, Toronto

Up to Sept. 12
\$515
After Sept. 12
\$545

Briere brings his deep compassion and soaring intellect to a set of timely issues that counselors often struggle with: how to address risky and compulsive behavior in traumatized clients.

—Lisa M. Najavits, PhD, Director,
Treatment Innovations; University of
Massachusetts Medical School

Drawing on his deep clinical expertise, Briere brings a fresh, skillful integration of acceptance and mindfulness into his approach, and creates a trajectory toward full wellness.

—Tara Brach, author of *Radical
Acceptance and True Refuge*



THE EMBODIMENT OF EMOTIONAL DISORDERS: TREATING PSYCHOPHYSIOLOGIC DISORDERS WITH SHORT-TERM DYNAMIC PSYCHOTHERAPY

LED BY ALLAN ABBASS, MD

This landmark contribution changes the landscape for how clinicians conceptualize physical health and the connection between emotions and health. A perfect combination of practical and theoretical knowledge, with compelling evidence skillfully woven throughout. Hidden from View contains a seemingly radical yet simple approach [and] should be required reading for all clinicians.
—E. Adriana Wilson, MD, FRCPC, Founder of the Association for Positive Psychiatry of Canada

Psychophysiological disorders are conditions where emotional or psychological factors directly cause physical signs and symptoms. They are very common and account for a major portion of emergency visits, hospital stays and family practice visits, and half of new medical consultations.

Intensive Short-term Dynamic Psychotherapy (ISTDP) is a Canadian-developed method that has been demonstrated efficacious and cost effective across a broad spectrum of psychophysiological presentations.

The primary goal of ISTDP is to help the client overcome internal resistance to experiencing true feelings about the present and past that have been warded off because they are either too frightening or too painful. The technique is intensive, as it aims to help the patient experience these feelings to the maximum degree possible; short-term, as it tries to achieve this experience as quickly as possible; and dynamic, because it involves working with unconscious forces and transference feelings.

This two-day workshop covers how to evaluate and treat this spectrum of disorders. Dr. Alan Abbass will explore the underlying unconscious mechanisms of emotional avoidance and the somatic experience of feelings. You will learn how to manage resistance in somatic presentations, how to initiate treatment and how to build emotional capacity.

Conditions covered include spasms, tremors, fibromyalgia, irritable bowel syndrome, migraines and conversion disorders. You will learn how to better understand and handle treatment-resistant psychosomatic patients who are not responding to traditional psychotherapy.

This course is open to mental health and health professionals.

You will learn —

- About the metapsychology of somatization and somatic pathways of common feelings
- How to identify three pathways of unconscious anxiety and motor conversion
- How to assess whether ISTDP is suitable for your client
- About a psychodiagnostic assessment tool to determine level and format of somatic anxiety
- Common interventions used in ISTDP
- About methods to build anxiety tolerance in patients

Thurs., Nov. 28 -
Fri., Nov. 29, 2019
9:00 am - 4:40 pm

YWCA Elm Centre,
Toronto

Up to Sept. 12
\$515
After Sept. 12
\$545



Allan Abbass, MD, is Professor of Psychiatry and Psychology at Dalhousie University in Halifax, Canada. He is a leading teacher and researcher in the area of Short-Term Psychodynamic Psychotherapy, with over 225 publications, including *Hidden from View: A Clinician's guide to Psychophysiological Disorders* and *Reaching Through Resistance*. He developed an award-winning program bringing psychotherapy to patients who frequently attend the emergency department. Dr. Abbass received the Douglas Utting Award in the "Canadians Providing Outstanding Contributions" category.

GET SOME SLEEP: CBT FOR INSOMNIA IN CLIENTS WITH COMORBID CONDITIONS

LED BY COLLEEN CARNEY, PHD, CPSYCH

Mon., Dec. 2 -
Tues., Dec. 3, 2019
9:00 am - 4:40 pm

YWCA Elm Centre,
Toronto

Up to Sept. 12
\$515
After Sept. 12
\$545

Colleen Carney is an excellent presenter - clear, concise, organized. I was impressed with the way she fielded questions throughout the presentation and I appreciated her sense of humour.
—Previous Attendee

DID YOU KNOW?
Colleen Carney's work on CBT-I has appeared in the *New York Times* and on Netflix (*A User's Guide to Cheating Death, Season 2, Episode 1*).



Research increasingly shows that Cognitive Behavioural Therapy for Insomnia (CBT-I) has a profound effect on chronic insomnia, works better than drugs and improves treatment outcomes for comorbid conditions such as depression, anxiety, pain and trauma.

Day One will focus on reviewing the basics of assessment and delivery of CBT-I with a more nuanced understanding of the perpetuating factors for chronic insomnia. Day Two will focus on case formulation for complex issues related to sleep problems and comorbid disorders that can be applied across disciplines. 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 co-occurring condition.

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 how to rest in a way that is not sleep interfering. A client-centred, case formulation approach provides the flexibility and efficiency of delivery without compromising on empirical support. Attendees will also 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 work safely and effectively with those with co-occurring sleep apnea.

This workshop is suitable for therapists, psychologists, counsellors, social workers and other healthcare professionals working with adults with insomnia in non-sleep specialty settings.

Those with experience using CBT-I are welcome to take the second day only. Conversely, if you do not want to take the advanced workshop, you are welcome to sign up for the first day only. Please email emily@leadingedgeseminars.org to register for 1 day only.

You will learn —

- How to do a sleep assessment in a non-sleep specialty setting
- How to teach clients to calculate their optimal time-in-bed prescription and determine their optimal "sleep window"
- Techniques for managing cognitive arousal as well as fatigue
- How to design behavioural experiments that challenge sleep beliefs and avoid arguments
- How to build a case formulation during assessment
- How to adapt treatment to those with multiple comorbidities and medications

Colleen E. Carney, PhD, CPsych, is an associate professor and Director of the Sleep and Depression Laboratory. She is one of Canada's leading experts in psychological treatments for insomnia. Dr. Carney has appeared on the program, *Fast Health*, "How to Sleep Better", as well as Netflix's "A User's Guide to Cheating Death". She frequently trains students and mental health providers in CBT for Insomnia internationally. She has over 100 publications about insomnia, including the only CBT workbook written expressly for comorbid insomnias as well as the only CBT-I case formulation book. For more information, please visit www.drcolleenarney.com.

CANNABIS UPDATE: WHAT COUNSELLORS AND THERAPISTS NEED TO KNOW NOW

LED BY MICHAEL VERBORA, MD

Clinicians seeing clients who are experimenting with or actively using cannabis are asking: Is it safe? Who benefits from it? When is it contraindicated?

Cannabis has made a resurgence rather quickly as a potential leading medicine for chronic pain and mental health issues traditionally treated by prescribed medications. But “the grass is not always greener”. Despite rising rates of use of cannabis as a medicine, the evidence may still be lacking in some areas.

Michael Verbora will provide researched-based information and answer your questions. He will present the evidence known to date about the endocannabinoid system and what all counsellors need to know about THC and CBD. The risks and adverse effects seen with cannabis will also be discussed with a focus on the effects on mental health such as depression, anxiety and substance dependence.

This workshop will provide an in-depth look at cannabis from a balanced, evidence-based perspective.

You will learn —

- What you need to know about clients' use and the endocannabinoid system
- Methods for counselling patients regarding cannabis use
- About the pros and cons of cannabis use across the lifespan

Michael Verbora, MD, has completed over 5,000 cannabinoid therapy consultations and has given over a hundred presentations on cannabinoid therapy. He is a member of the Canadian Consortium for the Investigation of Cannabinoids and Doctors for Responsible Access. He serves as Chief Medical Officer of Aleafia while focusing on clinical work as student health physician and a cannabinoid clinician. He also sits on the executive of the Ontario Medical Association Cannabis Interest Group.



DYNAMIC FACILITATION: GETTING GROUPS TO GET THINGS DONE

LED BY RUTH ARMSTRONG, MBA

In this workshop, you will learn about group dynamics, adult learning principles, managing meetings, team building, conflict resolution and managing diversity. You will learn how to empower people to participate, and enable the exchange of information and diverse perspectives, so that your group can reach high-quality decisions and viable solutions.

Ruth Armstrong will model effective and sensitive facilitation skills throughout the day. This workshop will give you the skills and tools to improve your facilitation of teams, meetings and focus groups.

This workshop is for those who —

- Lead groups/teams in problem-solving, decision-making and collaborations
- Want to have more productive and engaged meetings
- Want to expand their facilitation toolkit and skills

Note: This session does not address facilitation of clinical or therapeutic groups.

You will learn —

- About the roles and responsibilities of a facilitator to improve the problem-solving, decision-making and collaborative results of a group
- About the stages of facilitation – from planning to follow-up; including conducting meetings
- Strategies and techniques for promoting engagement and dealing with facilitation dilemmas

Ruth Armstrong, MBA, has a background in human services and provides leadership development and consultation to public and non-profit organizations through her own company, VISION Management Services. She conducts seminars for CEOs, managers and boards. She taught at York University's Schulich School of Business, MBA program, for over 20 years. She now teaches at the Schulich Executive Education Centre. Ruth has published articles on governance, planning and accountability.

Mon., Dec. 9, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$300
After Sept. 12
\$325

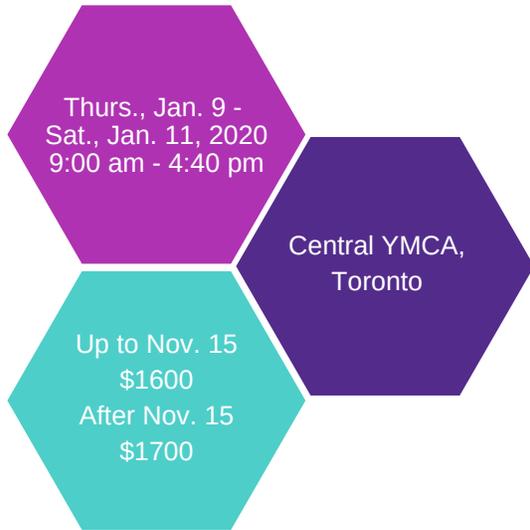
YWCA Elm Centre,
Toronto

Mon. Nov. 18, 2019
9:00 am - 4:40 pm

Up to Sept. 12
\$300
After Sept. 12
\$325

U of T Multi-Faith
Centre/Koffler
House, Toronto

THREE-DAY INTENSIVE WITH FRANK ANDERSON: INTERNAL FAMILY SYSTEMS (IFS) EXPERIENTIAL TRAINING



Thursday, January 9

- IFS overview
- How to identify and work with protective parts
- Moving beyond the 6 F's:
 - How to help clients separate from protective parts in relational trauma
 - How to update the system
 - Becoming proficient with direct access
- Integrating IFS with different therapeutic approaches

Friday, January 10

- Addressing protector fears and getting permission
- How to resolve and move beyond polarizations that impede progress
- Overcoming obstacles with attachment trauma
- Identifying therapist parts with extreme protectors

Saturday, January 11

- Reviewing the steps of unburdening
- Roadblocks to healing and how to address them
- Case consultation



Frank Anderson, MD, completed his residency and was a clinical instructor in psychiatry at Harvard Medical School. He is both a psychiatrist and psychotherapist. He specializes in the treatment of trauma and dissociation. Dr. Anderson is the vice-chair and research director of the Foundation for Self Leadership and is a lead trainer at the Center for Self Leadership. He has lectured extensively on the neurobiology of PTSD and dissociation and recently co-authored the *Internal Family Systems Skills Training Manual*. He maintains a private practice in Concord, MA, and serves as an advisor to the International Association of Trauma Professionals (IATP).

LED BY FRANK ANDERSON, MD

Do you have familiarity with IFS? Are you interested in taking your expertise to the next level?

Frank Anderson returns to Toronto, assisted by a team of highly skilled IFS-certified therapists. This three-day workshop is designed for therapists who have a basic understanding of the IFS model of therapy and are interested in advancing their clinical training in an experiential way.

Frank will begin with a model overview and show how to effectively identify and help clients separate or unblend from protective parts that are associated with attachment trauma. You will learn to proficiently utilize direct access with extreme protective parts and to effectively navigate, resolve and move beyond polarizations that commonly block progress. We will also review the importance of getting permission from those parts and learn how to offer an alternative solution to chronically hopeless internal systems. You will learn the steps of the unburdening process and witness how healing is achieved through live demonstrations.

This unique workshop will include small-group practice sessions, supported by Frank and a team of IFS assistants. The small-group-to-assistant ratio will ensure that your learning experience is both customized to your needs and supported. Incorporated in this intensive training will be meditation, video examples and didactic teachings.

After attending this three-day workshop, you will be able to more confidently incorporate IFS in your clinical practice and be able to deepen your client's ability to be with their traumatic wounds in a loving and compassionate way.

You will learn how to —

- Effectively identify the protective parts your client uses
- Utilize direct access with extreme protective parts
- Navigate, resolve and move beyond polarizations that block progress
- Get permission from protective parts
- Offer alternatives to chronically hopeless systems
- Successfully integrate IFS with your own therapeutic approach

A gifted speaker and a national expert on trauma, Frank Anderson introduces a gentle, effective, mindfulness-based model for treating a wide range of clients—from the worried well to the most challenging of borderline clients.

— Janina Fisher, PhD, author of *Healing the Fragmented Selves of Trauma Survivors*

Frank Anderson is a brilliant and delightful presenter who has a unique ability to integrate the neuroscience and treatment of trauma with IFS.

— Richard Schwartz, PhD, Developer of Internal Family Systems Therapy

3 easy ways to register!

By Phone

416-964-1133 (in Toronto)
1-888-291-1133 (outside Toronto)

By Mail

PO Box 626, STATION F
Toronto ON M4Y 2L8

Online

leadingedgeseminars.org

1-day Workshops

2-day Workshops

3-day Workshop with Gabor and Daniel Maté

Friday Evening with Gabor and Daniel Maté

3-Day Certification with Frank Anderson

EarlyBird Rate
(up to Sept. 12, 2019)

\$300*

\$515*

\$325*

\$40*

\$1600*
(Up to November 15, 2019)

Regular Rate
(After Sept. 12, 2019)

\$325*

\$545*

\$350*

\$55*

\$1700*
(After November 15, 2019)

*13% HST will be added at Checkout.

To enquire about payment by cheque, student rates or large-group rates, please email emily@leadingedgeseminars.org or phone 416-964-1133.

WORKSHOP LOCATIONS

Please note workshop locations in this brochure. Details and parking information are on our website.

Allan Abbass, Colleen Carney and Michael Verbora's workshops:

YWCA Elm Centre
87 Elm Street, Toronto

Gabor Maté and Daniel Maté's Saturday and Sunday workshop, and Frank Anderson's 3-day training:

Central YMCA
20 Grosvenor Street, Toronto

Gabor Maté and Daniel Maté's Friday evening workshop:

Isabel Bader Theatre
93 Charles St. W., Toronto

Gabor Maté and Michael Mithoefer's workshop:

St. Lawrence Centre for the Performing Arts,
27 Front St. E., Toronto

All other workshops:

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

CONTINUING EDUCATION CREDITS

Most workshops are pre-approved by various professional organizations. Please see leadingedgeseminars.org for details.

CANCELLATION POLICY

Please visit leadingedgeseminars.org.

EMDR IN TORONTO AND VANCOUVER

Please see back cover for details.

ACCOMMODATIONS

Please visit leadingedgeseminars.org for details.

WORKSHOP HOURS

All workshops begin promptly at 9:00 am and end at 4:40 pm.

EMDR CERTIFICATE PROGRAM

Toronto August 26-30

Vancouver Sept 23-27

Roy Kiessling's EMDR course is renowned for its flexibility and practical focus that will allow you to integrate EMDR effectively into your practice immediately. With an emphasis on attunement, attachment and clinical judgement, this EMDRIA-approved five-day intensive (including 10 hours post-workshop support) will provide the essentials for implementing EMDR. See www.leadingedgeseminars.org for complete details and registration information

CUBA 2020

Feb 1-8 - Havana Past/Present/Future:
Our signature insider's tour! For 20 years we've been going to Cuba to explore Havana, mingle with Havana locals, visit interesting projects and have a very good time!

Feb 8-13 - Varadero Beach:
Time for some R & R with a group of like-minded folks.
Join us for one or both!

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