



SPRING SERIES 2019



Elder Little Brown Bear
Indigenous Healing



Sheri Van Dijk - DBT



Deirdre Fay
Self-Compassion



David Grand
3-Day Intensive Brainspotting



Sallie Tisdale
Advice for Future Corpses



Robert Solomon
It's The Law



Lawrence Murphy
Online Counselling



Frank Anderson
Internal Family Systems



Linda Graham
Resilience and Trauma



Roy Kiessling - EMDR

LEARNING FROM THE KNOWLEDGE KEEPERS: TRADITIONAL INDIGENOUS HEALING FOR MODERN TIMES

ELDER LITTLE BROWN BEAR

Fri., April 26, and Sat., April 27, 2019*

Toronto Central Grosvenor Street YMCA

Day 1: Up to April 11: \$275/After April 11: \$295

Both Days: Up to April 11: \$475/After April 11: \$495

What is to be learned about overcoming life's difficulties, problems and traumas from Indigenous wisdom? Plenty! Elder Little Brown Bear, a respected Métis teacher, helper and storyteller, uses core traditional Indigenous teachings blended with Western approaches to address how we can live well in today's stressful world.

Passed down from generations of experiential learning, these traditional healing practices are uniquely designed to address issues that include trauma, addictions, mental well-being, grief, conflict, unhealthy boundaries/relationships, anger and forgiveness.

Day 1 will explore holistic healing approaches for Indigenous and non-Indigenous mental health professionals, helpers, family members, court/correctional services staff and educational workers.

Day 2 will bring together non-Indigenous professionals and Indigenous community members. Participants will both experience and practice Aboriginal healing rituals, education and cultural traditions.

Western information will be integrated with traditional approaches, including the Seven Gifts of the Grandfather Teachings, a set of teachings on human conduct towards others and the significance of harmony and balance of the Medicine Wheel.

*Both days will be experiential. Professional attendees may register for Day 1 only or for both days. Spaces for professional attendees on Day 2 are limited. Early registration is recommended.



Elder Little Brown Bear is both a sought-after speaker and an effective group facilitator in many areas of mental health. He is Manager of Aboriginal Culture and the Aboriginal Healing Program at the Michael Garron Hospital Toronto, and has received numerous prestigious awards. He has assisted many organizations in creating Indigenous-sensitive programs and policies.

EASING THE WOUNDED HEART: SELF-COMPASSION AS THE FOUNDATION FOR HEALING

DEIRDRE FAY, LICSW

Monday, May 13, and Tuesday, May 14, 2019

Multi-Faith Centre/Koffler House

Up to April 11: \$475/After April 11: \$495

Self-compassion sounds like a good thing until we practice applying it. Yet, rapidly expanding research demonstrates how self-compassion provides a way to ease the wounded heart and build a foundation for wisdom, strength and courage.

Self-compassion forms a bridge between attachment theory and traditional meditation, allowing us to be with the pain of life without separation. We will explore the seven fundamental attachment needs that result in shame, self-criticism, isolation and negative self-talk when things go wrong.

Building the courageous mindset of self-compassion provides emotional strength and resilience, allowing us to admit our shortcomings, forgive ourselves, respond to ourselves and others with care and respect, and be fully human. It can be learned by anyone, even those who didn't receive enough affection in childhood or who find it embarrassing to be kind to themselves.

This experiential workshop will give you theory and practices to enhance emotional well-being, reduce anxiety and depression, maintain healthy habits and form better relationships.

YOU WILL LEARN HOW TO –

- Practise embodying self-compassion to teach others and offer it to yourself
- Understand the science of self-compassion
- Handle difficult emotions with greater ease
- Motivate yourself with kindness rather than criticism



Deirdre Fay, LICSW, has decades of experience exploring the intersection of trauma, attachment, yoga and meditation. She has amassed skill sets in trauma treatment, attachment theory and body therapy. Deirdre founded the Becoming Safely Embodied skills groups and is the author of 3 books.

CALMING THE EMOTIONAL STORM: USING DBT TO HELP YOUR CLIENTS MANAGE THEIR EMOTIONS

SHERI VAN DIJK, MSW, RSW

Thursday, May 9, and Friday, May 10, 2019
Multi-Faith Centre/Koffler House
Up to April 11: \$475/After April 11: \$495

Dialectical behaviour therapy (DBT) is increasingly applied to a broad range of disorders because of its effectiveness in treating clients who are unable to self-regulate and its ability to provide them with skills to better manage their emotions.

Following an introduction to DBT theory and discussion of how it differs from traditional therapy such as CBT, Sheri Van Dijk will discuss how DBT can be applied to working with clients facing conditions such as depression, anxiety and bipolar disorder.

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). 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.

DBT: BEYOND THE BASICS

SHERI VAN DIJK, MSW, RSW

Saturday, May 11, 2019
Multi-Faith Centre/Koffler House
Up to April 11: \$275/After April 11: \$295

Many therapists have been introduced to core concepts of Dialectical Behaviour Therapy (DBT) through Sheri Van Dijk's first workshop, Calming the Emotional Storm, and her book of the same title. This one-day "Beyond the Basics" workshop is intended for clinicians with a basic understanding of DBT who want to develop increasingly sophisticated and targeted interventions.

You will learn how to teach some of the more complex, nuanced DBT skills (e.g. nonjudgemental stance, radical acceptance, opposite action). You will also explore next steps when your interventions don't seem to be moving your client forward and how to assemble a DBT consultation team.

Participants are invited to bring case examples and to submit specific issues prior to the workshop after registering. This experiential and collaborative training will help expand your knowledge of DBT strategies and skills through lecture, role play, video analysis of clients and practical exercises.

**SAVE \$100
WHEN YOU SIGN UP
FOR ALL 3
DAYS!**



Sheri Van Dijk, MSW, RSW, is a frequent Leading Edge presenter and is the author of *Calming the Emotional Storm*, *DBT Made Simple*,

The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder, and *Don't Let Your Emotions Run Your Life for Teens*. She is the 2010 recipient of the Canadian Psychiatric Association's Award for her research using DBT with bipolar disorder. While maintaining a private practice with a specialization in DBT and mindfulness, she has been presenting extensively on DBT throughout Canada and internationally.

What an amazing two days. I was really here to learn about how to implement DBT in my work with anxiety and I have learned more than I ever thought possible!
— past workshop attendee

ADVICE FOR FUTURE CORPSES: PRACTICAL PERSPECTIVES ON LOSS, DEATH AND DYING

SALLIE TISDALE

Thursday, May 30, and Friday, May 31, 2019
Multi-Faith Centre/Koffler House
Up to April 11: \$475/After April 11: \$495

These days, helping professionals are talking about what used to be off-limits: sexuality, the effects of oppression, racism, sexism, gender fluidity and, now, death. Grief and loss are increasingly part of the conversation.

But we live in a culture uncomfortable with death, with little shared vocabulary for how to talk about it. How can we prepare for death when it is difficult to talk about dying? Even professionals familiar with the clinical experience of death can be unprepared.

In this workshop, award-winning author, palliative care nurse and dharma teacher Sallie Tisdale will explore the questions and fears we carry about death, the meaning of a “good death” and how we grieve. Health care, hospice, psychotherapy and others helping professionals will have opportunities to review deaths they’ve experienced. Caregivers will have a chance to consider the complex ways we inhabit more than one role at the bedside of a dying person.

How do we get ready to die? We start with not being ready. We start by admitting that we are all future corpses pretending we don’t know. Using lecture, discussion, humour, and exercises for both small and large groups, Sallie Tisdale will help you think about a few things no one really wants to think about.

“A wild and brilliantly deceptive book” and “a saccharine-free guide for how to live.” — New York Times review of *Advice for Future Corpses (and Those Who Love Them): A Practical Perspective on Death and Dying* by Sallie Tisdale

IN THIS WORKSHOP, YOU WILL —

- Examine common fears about death and consider the meaning of a “good death”
- Learn methods for facing and integrating grief
- Learn how to communicate with dying and grieving people
- Discuss what to expect at the bedside in the last months, weeks and days of life
- Reflect on controversial questions, including organ donation and assisted death
- Practical ways to make plans when life is short



Sallie Tisdale is the author of nine books and winner of numerous literary awards. She works as a palliative care nurse and is a certified End-of-Life Nursing Education Curriculum trainer. Her essays have appeared in *Harper's*, *The New Yorker* and *Tricycle*, among other journals. Her recent book, *Advice for Future Corpses (and Those Who Love Them)*, was named one of the *New York Times* Book Critics’ top books of 2018. She currently works in a community-based palliative care program and is the senior Lay Dharma Teacher at Dharma Rain Zen Center in Oregon, where she has practised for more than thirty years.

BRAINSPOTTING PHASE 1: A THREE-DAY TRAINING

DAVID GRAND, PHD

Thursday, May 23 to Saturday, May 25, 2019

9:00 am - 6:00 pm

Multi-Faith Centre/Koffler House

Up to April 11: \$1050/After April 11: \$1150

In this three-day training, with the founder/developer of Brainspotting, you will learn to identify process and release the deep brain mechanisms of trauma, dissociation and other challenging psycho-emotional symptoms through harnessing eye movement. This training will equip you to apply Brainspotting in clinical settings upon completion.

Brainspotting simultaneously diagnoses and treats by working with activated eye positions called Brainspots. Located through either one or both eyes, Brainspots are observed from either the “Inside Window” of the client’s felt sense and/or the “Outside Window” of the client’s reflexive responses (eg., blinks, eye twitches or wobbles, pupil dilation, quick breaths and subtle body shifts). Students will first learn the phenomenological approach that underpins strategies for Brainspotting, followed by techniques for identifying and processing Brainspots.

Through lecture, live demonstration and small group practice, the emphasis will be on the integration of Brainspotting into ongoing treatment including work with highly dissociative clients. Brainspotting is adaptable to almost all areas of specialization. It will provide you with powerful tools to enable your patients to quickly and effectively focus and process the neurophysiological sources of many emotional, somatic and performance problems.

Registration fees include purchase of the Brainspotting book, a pointer and a Phase 1 manual. Payment plans are available. See website for complete details.

YOU WILL LEARN —

- About the components of Brainspotting
- About the Dual Attunement frame, which includes relational and neurobiological attunement
- How to use the techniques of Inside Window, Outside Window, Gazespotting and Resource Brainspotting
- How to apply Brainspotting to trauma, dissociation, sports psychology and other somatic conditions
- Strategies on how to integrate Brainspotting into your current practice

“David Grand is one of the most important and effective psychological trauma therapists now practicing, and his development of Brainspotting is a very important leap forward in helping people resolve trauma. Brainspotting is a remarkable, sophisticated, flexible addition to the therapeutic toolkit of any psychotherapist.”

— Norman Doidge, MD



David Grand, PhD, is known for his groundbreaking discoveries in the arenas of healing trauma, enhancing performance and creativity. He has presented Brainspotting internationally. While maintaining a private psychotherapy practice in Manhattan and Long Island, New York, David is also Clinical Director of the Faithful Response program, and has organized many charitable missions to provide service in crises such as 9/11, Hurricane Katrina and Sandy Hook/Newtown.

RESILIENCE AND POST-TRAUMATIC GROWTH

LINDA GRAHAM, LMFT

Thursday, June 13, and Friday, June 14, 2019

Multi-Faith Centre/Koffler House

Up to April 11: \$475/After April 11: \$495

“Linda Graham’s pioneering expertise on cultivating resilience has transformed countless lives”

-Tara Brach

People learn and grow from meeting the challenges and adversities of the human condition when they have enough support, resources and skills to do so. In this workshop, you will learn skills, strategies and tools that will help your clients strengthen the neural circuitry of response flexibility in their brains. Whether they are coping with small annoyances or full-blown disasters, these practices will help your clients become more competent at dealing with any level of disruption to their resilience.

The latest research in post-traumatic growth has identified five factors in helping clients fully recover from trauma, tragedies and disruptive life experiences: accepting reality; resourcing with family, friends and community; recognizing the positive in the midst of difficulty; writing a new narrative of the event(s) within a larger life story; and appreciating the new life that emerges because of the difficulties and not just in spite of them.

Drawing on a neuroscientific perspective, Linda Graham will show you how to apply practices to address each of these factors. You will learn specific interventions that will help rewire neural circuitries so that your clients are better equipped to take growth-enhancing risks that enable them to not only survive hard times but to thrive.

YOU WILL LEARN TO HELP YOUR CLIENTS —

- Reverse the impact of stress and trauma and recover the baseline physiological equilibrium of the nervous system in ways that are safe, efficient and effective
- Regulate surges of powerful emotions to come out of contraction and reactivity or out of anxiety, depression, grief, loneliness and guilt, to heal toxic shame and retire the inner critic
- Counteract the negativity bias of the brain and rewire automatic coping behaviours that would derail your clients’ resilience and learning, even when these patterns are seemingly stuck and intractable
- Reconnect with people who can serve as effective refuges and resources of safety and healing
- Strengthen the executive functioning of the higher brain to discern options and make wise choices that lead to thriving and flourishing

Linda is a very knowledgeable, articulate, and validating presenter. I had an excellent and rewarding experience over these last 2 days. The workshop was very well paced, organized and provided a lot of theoretic/ study info to back up the exercises. Having the opportunity to practice the exercises was also useful in preparation for sharing with clients.

-previous attendee comment



Linda Graham, LMFT, is a warm and compelling workshop leader and is author of *Resilience: Powerful Practices for Bouncing Back from*

Disappointment, Difficulty, and Even Disaster and Bouncing Back: Rewiring Your Brain for Maximum Resilience and Well-Being. Her previous Leading Edge presentations have been very much appreciated and well-received. Her widely popular e-posts on Resources for Recovering Resilience provide insightful and practical wisdom. Linda integrates modern neuroscience, mindfulness practices and relational psychology in her international trainings and workshops. She maintains a practice in the San Francisco Bay Area. Please see www.lindagraham-mft.net for more information.

INTERNAL FAMILY SYSTEMS: TREATING RELATIONAL AND COMPLEX TRAUMA

FRANK ANDERSON, MD

Thursday, June 6, and Friday, June 7, 2019

YWCA Elm Centre

Up to April 11: \$475/After April 11: \$495

Internal Family Systems (IFS) is one of the fastest growing evidence-based approaches amongst experienced therapists.

Most modes of psychotherapy pathologize activated states or “parts” such as rage, panic, shame and suicidal desperation. IFS does not. In IFS, every part has an affirmative intention and every part has value.

In the treatment of trauma, unlike traditional phase-oriented treatments, IFS welcomes extreme symptoms from the onset in order to learn about their protective intentions and to obtain permission from the activated states to access the traumatic wounds that they are trying to address. IFS also emphasizes and supports the relationship between the client’s “Self” and their parts as the primary healing agent.

Nearly all clients with a trauma history have innate abilities that help them improve their mental health if they listen to their parts. IFS will help you and your clients unpack these inner resources. Clients will leave your office with skills to use outside the therapy room to help them master their emotions.

OVERCOMING THE ROADBLOCKS TO HEALING WITH INTERNAL FAMILY SYSTEMS

FRANK ANDERSON, MD

Saturday, June 8, 2019

YWCA Elm Centre

Up to April 11: \$275/After April 11: \$295

This “Beyond the Basics” workshop is designed for participants of the 2-day Internal Family Systems above and those with previous IFS training.

Therapists often get shaken and lose confidence in their approach when treating clients who suffer from trauma. It’s common to encounter multiple co-morbidities such as depression, anxiety, substance abuse and eating disorders as well as early attachments wounds that frequently cause unsolvable relational dilemmas within the therapeutic relationship.

Consequently, extreme responses such as rage, panic, shame or suicidal desperation can also show up. Such responses frequently activate “parts” in the therapist and can cause him or her to be too rigid or at times to cross the therapeutic line.

This workshop goes beyond the basics to help therapists overcome common obstacles encountered when working with clients who suffer from overwhelming life experiences.



Frank Anderson, MD, completed his residency and served as 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).

The Internal Family Systems Skills training Manual is “a unique and effective roadmap for working with parts of the self to resolve trauma and attachment injury”
— Pat Ogden

DEVELOPING YOUR ONLINE COUNSELLING PRACTICE

LAWRENCE MURPHY, MA

Tuesday, June 4, 2019
Multi-Faith Centre/Koffler House
Up to April 11: \$275/After April 11: \$295

"Great, energetic speaker — loved the passion for online work. It was great to hear research supporting the success and therapeutic alliance. Very relevant, helpful information and held my attention."
— 2018 workshop attendee

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.

Enhance your online skills and broaden your practice. 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. These skills will be valuable in furthering your career objectives and enhancing your marketability both now and in the future.

This one-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 the technology. A wide range of online methods will be compared and contrasted, with special consideration given to ethical issues specific to video counselling.

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

YOU WILL LEARN —

- Ethical issues unique to online service delivery
- A process for developing policies and procedures for online services
- The technological aspects you need to consider when using web-based services
- Important advantages that online therapy has over face-to-face therapy
- Significant theoretical considerations in online work
- Strategies and techniques for establishing and enhancing the therapeutic alliance in the online environment



Lawrence Murphy, MA, is the founder of Worldwide Therapy Online, the world's first online clinical practice, established in 1994. Positive feedback from previous Leading Edge workshop attendees has led us to invite him back. In collaboration with the National Board for Certified Counselors, he authored the first ethical code for online counselling. In addition to cyber counselling training, Lawrence Murphy regularly publishes in academic literature, and develops licenses software. He holds an adjunct appointment and teaches in the Faculty of Graduate Studies at the University of Toronto.

INTEGRATING EMDR INTO YOUR CLINICAL PRACTICE: FIVE-DAY INTENSIVE

ROY KIESSLING, LISW

Toronto: Monday, August 26, to Friday, August 30, 2019
Toronto Central Grosvenor Street YMCA

Vancouver: Monday, September 23, to Friday, September 27, 2019
Sandman Hotel Vancouver City Centre

8:00 am – 5:30 pm (each day)

Up to July 31: \$2500/After July 31: \$2600
(payment plans available)

Described as an “indispensable modality of treatment” by Bessel van der Kolk, Eye Movement Desensitization and Reprocessing (EMDR) offers your clients a way to safely process traumatic experiences.

Roy Kiessling’s EMDR course is renowned for its flexibility and for providing clinical pearls of wisdom 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 will provide the essentials for implementing EMDR, including an overview on how to customize treatments for children, recent events, couples, grief, pain, phobias, addictions and dissociation.

Drawing a sharp distinction from research-oriented approaches to EMDR training, Roy focuses on the interpersonal aspects of EMDR work. You will undergo a multimedia learning experience designed to optimize skill acquisition. Through lecture, videos, and practice opportunities, you will first hear, then see and then implement new concepts and skills.

This training updates the original procedures developed by Francine Shapiro in 1995 by expanding treatment planning, preparation and processing interventions. Supplemented with over 43 videos, downloadable training materials and free access to a community-wide listserv, it also provides support before, during and after the course, so that you will be confident every step of the way in your implementation of EMDR.

TRAINING MATERIALS INCLUDED:

Along with the 40 hours lecture/practicum portion of the training provided during your week with Roy, you will receive 10 hours of consultation from approved consultants via small-group phone/online video conferencing, to help you integrate and fine-tune your learning experience.

Advanced instructional materials will also be sent including a pdf of the manual and links to videos to help you prepare for the workshop.

ELIGIBILITY REQUIREMENTS

A completed master’s degree or current enrollment in a post-graduate program leading to a master’s degree is required along with other requirements. Please see website for full details.



Roy Kiessling, LISW, is an EMDRIA-approved trainer and the director of EMDR Consulting and its EMDR Training Course, “Integrating EMDR into Your Clinical Practice.” His 2018 training with Leading Edge Seminars received overwhelmingly positive participant feedback. We had to invite him back. In 2012, after having been a senior trainer for Francine Shapiro for over a decade, Roy started working toward becoming an independent trainer with EMDRIA accreditation, and in 2013, Roy’s own approach to EMDR training was approved. Roy’s EMDR training approach incorporates his many years of experience in teaching EMDR and providing the most effective techniques and additional information to assist clinicians in seamlessly integrating the EMDR approach into their practices. For more information, please visit www.emdrconsulting.com.

IT'S THE LAW:

WHAT YOU NEED TO KNOW ABOUT CONSENT, DOCUMENTATION, CONFIDENTIALITY, MANDATORY REPORTING AND MUCH MORE

ROBERT SOLOMON, LLB, LLM

Monday, June 3, 2019
Multi-Faith Centre/Koffler House
Up to April 11: \$275/After April 11: \$295

The legal environment governing mental health, psychotherapy and counselling is more challenging than ever before. However, contrary to conventional wisdom, Canadian law is supportive of treatment, counselling and care professionals who have acted reasonably and in good faith. This workshop will provide participants with a practical understanding of the key legal principles governing their professional lives and the ability to identify and avoid common legal problems.

Reference will be made to the leading Canadian cases, current Ontario legislation and emerging issues, which will be summarized in the handout materials. The workshop will cover the following topics: consent; negligence; documentation; confidentiality; mandatory reporting obligations; and the duty to warn. In the conclusion, some common sense rules will be suggested for anticipating and avoiding legal problems.

Robert Solomon is an experienced and engaging speaker with a reputation for presentations that are both entertaining and informative. Participants will be encouraged to ask questions throughout the workshop and will receive a thorough understanding of how the law is applied in clinical settings.

"I found Robert's seminar very valuable to my practice. A great presenter who engages the participants. The law can be a dry subject but his sense of humour puts things in perspective!"

— previous workshop attendee

YOU WILL LEARN THE GENERAL LEGAL PRINCIPLES GOVERNING —

- Consent, capacity to consent and substitute consent to treatment, counselling and care.
- Negligence, liability of supervisors and the standards of care in assessing clients, counselling, investigating allegations of abuse and providing references
- Documentation, civil liability for negligent record-keeping, guidelines for record-keeping, ownership and client access to records, group and family counselling records, record retention policies, the use of computer records, recording opinions, email communication and recording information about, or from, a third party
- The legal obligation of confidentiality the sources and adverse consequences of breaching confidentiality, and the exceptions to it, privileged communication, the disclosure of confidential information based on implicit and explicit consent and drafting release of information forms
- Mandatory reporting obligations under the Criminal Code, the growing number of reporting obligations under Ontario provincial law and the common law duty to warn



Robert M. Solomon, LLB, LLM, is Distinguished University Professor in the Faculty of Law at Western University. He has been involved in research and teaching on health care, civil liability and criminal law for more than 46 years. In addition, he has served as a consultant to Health and Welfare Canada, the Law Reform Commission of Canada, the Canadian Centre on Substance Abuse, and numerous healthcare agencies. Robert has also presented and written extensively about the increasingly challenging legal environment facing psychotherapists, social workers, nurses and other mental health professionals. He is the lead author of *A Legal Guide for Social Workers, 3rd edition*.

3 easy ways to register!

By Phone

416-964-1133 (Toronto area)
1-888-291-1133 (elsewhere)

By Mail

PO Box 626, STATION F
Toronto ON M4Y 2L8

Online

leadingedgeseminars.org

1-day Workshops

2-day Workshops

3-day Workshops with
Van Dijk and Anderson

Brainspotting**

EMDR in Toronto or
Vancouver**

EarlyBird Rate
(up to April 11, 2019)

\$275*

\$475*

\$650*

\$1050*

\$2500* (up to
July 31, 2019)

Regular Rate
(After April 11, 2019)

\$295*

\$495*

\$690*

\$1150*

\$2600*(up to
July 31, 2019)

*13% HST will be added at checkout (12% GST/PST for EMDR Vancouver)

**payment plans and refresher/student rates available - email angela@leadingedgeseminars.org

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.

**Elder Little Brown Bear workshop, and Roy
Kiessling (Toronto) workshop:**

Toronto Central Grosvenor Street YMCA
20 Grosvenor Street, Toronto

Frank Anderson workshops:

YWCA Toronto Elm Street
87 Elm Street, Toronto

Roy Kiessling (Vancouver) workshop:

Sandman Hotel Vancouver City Centre
180 W Georgia Street, Vancouver

All other workshops:

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

REGISTRATION INFORMATION:

For further information about all our workshops,
including videos, agendas, articles, and more,
visit leadingedgeseminars.org or phone
416-964-1133.

ACCOMMODATIONS

Doubletree by Hilton Toronto Downtown

offers special rates to our clients. Please
visit leadingedgeseminars.org for details.

Sandman Hotel Vancouver City Centre

offers a special rate for EMDR Vancouver
participants. Please visit
leadingedgeseminars.org for details.

WORKSHOP HOURS:

All workshops begin promptly at 9:00 am
and end at 4:40 pm with the exception of
EMDR and Brainspotting. Please see
leadingedgeseminars.org for complete
schedule.

Continuing Education Credits

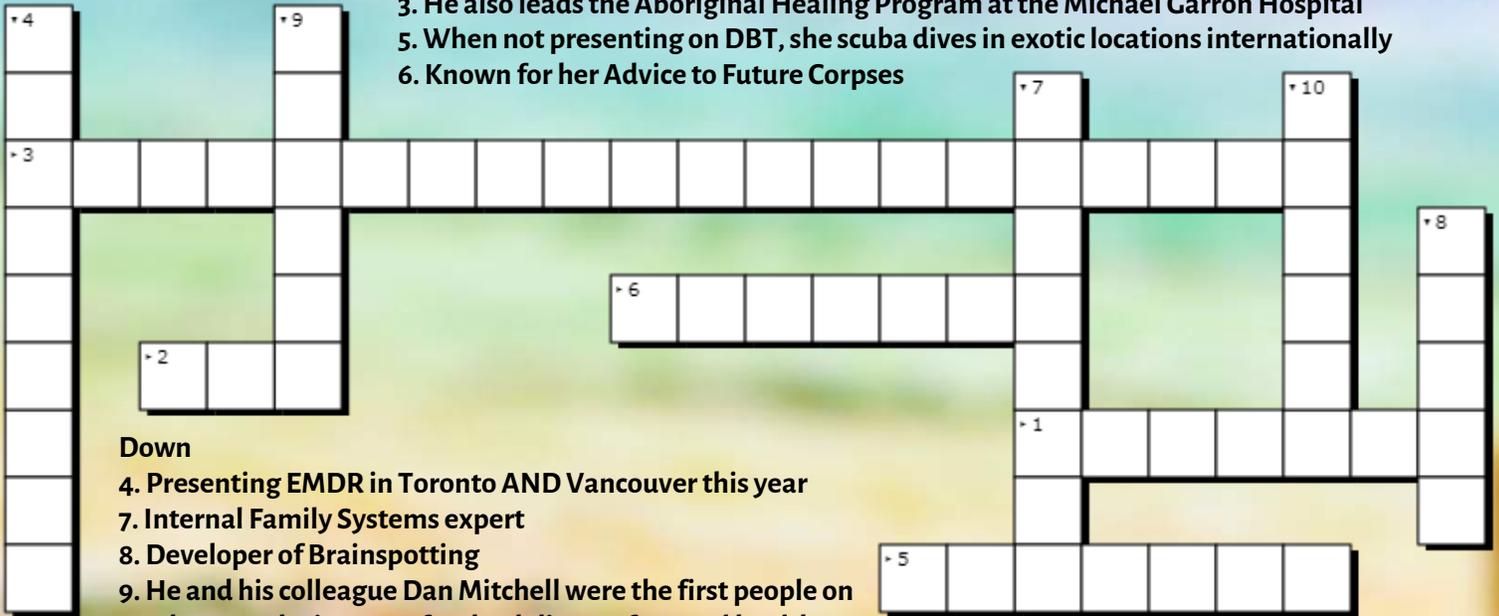
Most workshops are pre-approved by
various professional organizations. Please
see leadingedgeseminars.org for details.

For our **Cancellation Policy**, please visit
leadingedgeseminars.org.

LEADING EDGE CROSSWORD CHALLENGE

Across

1. He'll make sure you won't get on the wrong side of the LAW!
2. Yoga, Attachment and Trauma
3. He also leads the Aboriginal Healing Program at the Michael Garron Hospital
5. When not presenting on DBT, she scuba dives in exotic locations internationally
6. Known for her Advice to Future Corpses



Down

4. Presenting EMDR in Toronto AND Vancouver this year
7. Internal Family Systems expert
8. Developer of Brainspotting
9. He and his colleague Dan Mitchell were the first people on earth to use the internet for the delivery of mental health services
10. Author of *Bouncing Back: Rewiring Your Brain For Maximum Resilience and Well-Being*

For answers, visit
www.leadingedgeseminars.org/blog

