

**LEADING
EDGE
SEMINARS
INC.**



**JANINA FISHER
AND TERRY REAL**

HEALING TRAUMA IN
COUPLES THERAPY

SUE JOHNSON

EFT FOR
INDIVIDUALS

FRANK ANDERSON

INTERNAL
FAMILY SYSTEMS

ROY KIESSLING

EMDR IN
HALIFAX,
TORONTO AND
VANCOUVER

PLUS:

**TRAUMA, ATTACHMENT
AND SHAME**

CLINICAL SUPERVISION SKILLS

**COMPASSION-FOCUSED
THERAPY**

PSYCHOPHARMACOLOGY

PROGRESS MONITORING

**ABORIGINAL APPROACHES
TO HEALING**

**IT'S THE LAW - WHAT YOU NEED
TO KNOW**

BRAINSPOTTING PHASE 2

**SPRING
SERIES
2020**

COMPASSION-FOCUSED THERAPY IN PRACTICE

LED BY RUSSELL KOLTS, PHD

Thursday, May 14 – Friday, May 15, 2020

Knox Church (630 Spadina Avenue)

9:00 am to 4:40 pm

\$515 (up to April 9, 2020) \$545 (after April 9, 2020)

Compassion-Focused Therapy (CFT) is a form of psychotherapy that draws upon evolution science, affective neuroscience, attachment theory and therapy, and behavioural psychology. Utilizing mindfulness, the purposeful cultivation of compassion and a host of treatment strategies such as imagery, chair-work, breath-body work and behavioural and thought experiments, CFT can help clients who struggle with issues of shame and self-criticism.

Because its theoretical basis draws from multiple bodies of science, CFT can sometimes be challenging to grasp, initially. In this two-day training, participants will learn a way to organize CFT into a set of layered processes and practices that will allow them to systematically understand, train and begin to implement CFT. In doing so, participants will learn how CFT therapists utilize the therapeutic relationship to set the stage for client self-compassion and employ Socratic dialogue and guided discovery to help clients shift from shame to being able to relate compassionately and effectively to difficult experiences.

Additionally, participants will learn about a number of core CFT techniques and will practise how to implement some of them through in-class exercises and group work.

You will learn —

- About the layered processes and practices targeted in CFT, and how they work together to set a context for the cultivation of self-compassion
- About the roles of the therapist in CFT
- About the role of compassionate realizations in helping clients work with shame and self-attacking
- About the three-circles model of emotion

Russell Kolts, PhD, is an internationally recognized trainer in CFT and Director of the Inland Northwest Compassionate Mind Center in Spokane, Washington. He has published numerous articles and written several books about CFT, including *The Compassionate-Mind Guide to Managing Your Anger*, *An Open-Hearted Life: Transformative Lessons for Compassionate Living from a Clinical Psychologist and a Buddhist Nun (with Thubten Chodron)*, *CFT Made Simple* and *Experiencing Compassion-Focused Therapy from the Inside Out*.



BRAINSPOTTING PHASE 2 CERTIFICATION TRAINING:

DEEPENING SKILLS AND EXPANDING THE TOOLKIT

LED BY JANE EVANS, MD, FRCPC, AND
MARJORIE ROBB, MD, FRCPC

Thursday, April 30 – Saturday, May 2, 2020

Toronto Central YMCA (20 Grosvenor Street)

9:00 am to 6:00 pm

\$975 (up to April 9, 2020) \$1075 (after April 9, 2020)

This three-day Phase 2 training begins with an extensive review to help you consolidate your Phase 1 training and to answer questions that may have arisen when you have used Brainspotting with your clients. There will be a focus on how to clinically interact with clients during Brainspotting.

Following the review, you will then learn more refinements of the Brainspotting process, including how and when to titrate activation up or down, as well as several important new concepts that will help you respond more effectively to clients who are highly activated, showing signs of dissociation and/or shut down. You will learn several techniques to help your clients better regulate their activation levels. Additional technical refinements such as One-Eye Brainspotting, Rolling Brainspotting and Advanced Resourcing will further broaden your repertoire of skills and tools so that you are better able to work with highly distressed clients, those in crisis and individuals with complex PTSD and/or attachment disorders.

The training will be a combination of didactic teaching, demonstrations and experiential exercises to help you acquire new procedures.

You will learn —

- How to deal with common obstacles to optimal therapist emotional attunement
- About a body resource approach for highly activated or traumatized individuals
- Strategies to clinically interact with clients during Brainspotting
- Additional refinements, including One-Eye Brainspotting and Rolling Brainspotting

Jane Evans, MD, FRCPC, and **Marjorie Robb, MD, FRCPC**, are two of three trainers in Canada in the modality of Brainspotting Therapy. Dr. Evans works as an adult psychiatrist in Ottawa and teaches and supervises residents in psychiatry with the University of Ottawa. Dr. Robb is a psychotherapist and a child and adolescent psychiatrist and is a UOttawa assistant professor.



CLINICAL APPLICATIONS OF INTERNAL FAMILY SYSTEMS (IFS)

LED BY FRANK ANDERSON, MD

Thursday, April 23 – Friday, April 24, 2020
Chestnut Conference Centre (89 Chestnut St., Toronto)
9:00 am to 4:40pm
\$515 (up to April 9, 2020) \$545 (after April 9, 2020)

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.

— 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

Internal Family Systems (IFS) is one of the most popular and effective evidence-based treatment techniques in use today. Hailed by trauma-expert Bessel van der Kolk as the treatment method that “all clinicians should know”, IFS is one of the fastest-growing 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 a positive intention, every part has value and every person has innate healing capacity called Self energy.

Thousands of clinicians already trust IFS as their go-to treatment tool to effectively heal emotional wounds so they can make greater therapeutic progress with clients struggling with anxiety, depression, trauma, addiction and other mental health conditions.

This 2-day workshop is your opportunity to learn the IFS method step-by-step.

During day 1, IFS expert, author, clinician and psychiatrist Frank Anderson will teach you the IFS steps that he has learned to hone his clinical work – and that have produced such transformation in his clients. He will clearly present all the tools and techniques in an easy-to-learn fashion.

Day 2 will focus on exploring several different applications of the IFS model of therapy, including trauma and attachment, depression, anxiety, psychosis, addictions, eating disorders and shame, to name a few. You will learn how to apply IFS when working with groups, children, parents, couples and LGBTQ clients. This is an experiential workshop that includes didactic lecture, video examples, practice, live demonstrations and meditations.

Frank Anderson is one of the most respected and internationally known Internal Family Systems lead trainers available. You will leave this seminar confident in starting to incorporate IFS into your clinical practice.

You will learn —

- How to work with a client’s “protective parts” to improve treatment outcomes as proposed by the IFS model
- To differentiate between empathy and compassion as it relates to the IFS approach and improving the therapeutic process
- How to address the “protector” fears as they arise for the client during the therapy session
- About IFS methods to help trauma clients manage their overwhelming feelings
- How to explain to clients the neuroscience of hyperarousal in their “extreme parts”
- How the role of criticism and neglect from care-givers causes shame cycles in your clients and how parts-work breaks these cycles

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).



CLINICAL SUPERVISION 2 IN-PERSON DAYS + 18 HOURS ONLINE

LED BY LOIS EHRMANN, PHD, LPC, NCC/ACS

EFFECTIVE CLINICAL SUPERVISION: BUILDING AND MAINTAINING THE SUPERVISORY ALLIANCE

Thursday, May 7 – Friday, May 8, 2020
Knox Church (630 Spadina Avenue)
9:00 am to 4:40 pm

\$515 (up to April 9, 2020) \$545 (after April 9, 2020)

Being a great therapist is not the same thing as being a skilled and competent supervisor. Rather, clinical supervision is an undertaking that requires a new set of behaviours and skills. Supervisors are not born. They are trained.

Over two days, Lois Ehrmann will provide you with an informed approach to risk and liability, as well as nuanced explorations of supervisor-supervisee dynamics. You will learn about how to give feedback, the pros and cons of different observation methods, how to better relate to supervisees whose background differs from yours, how to maintain proper boundaries, how to avoid being put on a pedestal and more.

You will learn—

- How to construct an informed consent contract for supervision
- How to introduce up front information and processes to support and strengthen a supervisory alliance so that struggles are averted before they ever begin
- How to manage and communicate difficult or negative feedback to a supervisee
- How to effectively work with impaired or unethical supervisees
- Ways to safeguard your license, as clinical supervision has its own ethical dilemmas and pitfalls

REGISTER FOR BOTH
AND SAVE \$100

DEEPENING YOUR CLINICAL SUPERVISION SKILLS: 18-HOUR WEBINAR

Six 3-hour webinars broadcast on
May 29, June 12, June 19, June 26,
July 10 and July 24, 2020.

\$395 (up to April 9, 2020) \$445 (after April 9, 2020)

How do you move from being a good, competent supervisor to one who is great? This 18-hour webinar will hone your capacity to provide attuned and present guidance as a clinical supervisor in a way that facilitates self-learning and personal growth for both you and your supervisee.

This webinar consists of six modules that will be delivered live and recorded via Zoom video conferencing. Each module will focus on one topic and will include case presentations, small-group discussion and the practice of tools that you can use later with your own supervisees.

Curriculum:

- Module 1. Compassion Fatigue in Clinical Supervision
- Module 2. Interventions for Compassion Fatigue for Your Supervisee
- Module 3. Cultural Considerations in the Supervisory Context
- Module 4. Helping Your Supervisees Bridge Cultural Differences with Their Clients
- Module 5. Strategies for Overseeing Rookie Supervisees
- Module 6. Ethical Concerns for Clinical Supervisors

LOOKING TO COMPLETE YOUR 30-HOUR CRPO SUPERVISION REQUIREMENT?

The 2-day, 12-hour training along with Lois's 18-hour post-training webinar are designed to fulfill the 30 hours of directed learning in clinical supervision required by the College of Registered Psychotherapists of Ontario for supervisors.

Registrants are welcome to sign up for both the 2-day workshop and 18-hour webinar together or either training alone.

Lois Ehrmann, PhD, LPC, NCC/ACS, is the founder and executive director of the Individual and Family Choices Program in State College, Pennsylvania, a cutting edge outpatient trauma treatment program ministering to individuals of all ages and families of all sizes and variations. Lois has over 33 years of professional counselling experience and over 19 years of clinical supervision experience. Since 2004, she has been an affiliated assistant professor at Penn State University in the Department of Counselor Education and Supervision. In the most recent years of teaching she has focused on skill development in master's level counsellors and clinical supervision skills for doctoral-level professional helpers. Lois is a sought-after clinical supervisor and thoroughly enjoys teaching and mentoring new clinicians.



HEALING TRAUMA IN COUPLES THERAPY

LED BY JANINA FISHER, PHD, AND TERRY REAL, LICSW

Thursday, May 28 – Friday, May 29, 2020
Isabel Bader Theatre
93 Charles St W, Toronto
9:00 am to 4:40pm
\$515 (up to April 9, 2020) \$545 (after April 9, 2020)

Janina Fisher and Terry Real have had far-reaching impact on the field of psychotherapy for over 60 years combined.

Janina Fisher's specialization in somatic approaches to treating trauma, attachment and shame is recognized as an important evolution of the work of her mentors and colleagues: Judith Herman, Bessel van der Kolk and Pat Ogden. Her neurobiological approaches to the legacy of trauma have helped therapists worldwide bring applied neuroscience into their everyday clinical practice.

Terry Real has transformed the understanding of what it means to be a male in our culture and also revolutionized therapeutic work with men beginning in 1997 with the publication of *I Don't Want to Talk About It*. He has gone on to develop Relational Life Therapy, a dynamic couples therapy approach that is now used by thousands of therapists worldwide, and he runs the Relational Life Therapy Institute, which trains professionals to use his approach.

Together, for the first time, Janina Fisher and Terry Real will present their shared insights and approaches to working with couples whose difficult histories present additional challenges to both the relationship and the therapeutic process.

Childhood trauma leaves survivors with a fundamental mistrust in the safety of relationships. As adults, survivors develop defenses against vulnerability, commitment and emotion—often shutting down or getting stuck in mutually escalating conflicts with their partner. This workshop will demonstrate two different styles of intervention with these clients. One will emphasize challenging the couple's ability to be emotionally authentic; the other will focus on the importance of somatic communication in helping couples connect.

These two days will feature a unique collaboration between two leading therapists known for their original thinking, effective innovations in psychotherapy and highly engaging and dynamic presentation styles.

Therapists will gain important new knowledge about the dynamics that make couples with trauma history the most difficult to help, as well as new tools that will greatly enhance their couples therapy repertoire.

You will learn how to —

- Help partners identify the role of trauma in their troubled relationships
- Challenge couples to move beyond their stories and automatic responses
- Change the conversation to help the couple repair with new patterns of response
- Use nonverbal communication to reduce conflict and connect safely
- Use somatic awareness and movement to bring about peace
- Evoke a couple's inherent capacity for authentic emotional connection and expression

FIRST TIME
PRESENTING
TOGETHER ON
THIS TOPIC!

Janina Fisher, PhD, is a licensed clinical psychologist and an instructor at the Trauma Center, an outpatient clinic and research centre founded by Bessel van der Kolk. Her publications include *Healing the Fragmented Selves of Trauma Survivors: Overcoming Internal Self-Alienation*. Dr. Fisher lectures and teaches nationally and internationally on topics related to the integration of research and treatment and how to introduce these newer trauma treatment paradigms in traditional therapeutic approaches.



Terry Real, PhD, LICSW, is a best-selling author and the founder of the Relational Life Institute. He is a nationally recognized family therapist and author and is particularly known for his groundbreaking work on men, gender and couples. In 1997, he published the national bestseller *I Don't Want to Talk About It*, the first book ever written on the topic of male depression. He then developed his innovative Relational Life Therapy approach to couples therapy. He is also author of *New Rules of Marriage: A Breakthrough Program for 21st Century Relationships* and leads workshops around the world.



PSYCHOPHARMACOLOGY IN PLAIN ENGLISH

LED BY KENNETH CARTER, PHD, ABPP

Friday, May 22, 2020
Knox Church (630 Spadina Avenue)
9:00 am to 4:40 pm

\$300 (up to April 9, 2020) \$325 (after April 9, 2020)

Mental health professionals without medical training often see clients who are on multiple medications that can influence behaviour, response to interventions and the ability to succeed in therapy. Furthermore, clients frequently do not fully understand why they are taking their medications and may even be unclear about who prescribed them in the first place. Despite the confusion, you still have a responsibility to know the symptoms and reactions to medications of your clients, and to coordinate their care.

In this workshop, Kenneth Carter will give you a thorough overview of psychopharmacology basics so you can advocate effectively and safely for your clients. You will hear the latest information about the therapeutic effects, strengths and possible problems associated with the most commonly prescribed medications, such as those used for the treatment of depression, anxiety and insomnia. You will learn how medications work, as well as become aware of their official health warnings. You will also have a chance to explore the ethical decisions that surround the use of psychotropic medications.

After this dynamic training, you will leave more able to support and educate your clients, as well as better able to communicate with prescribing medical professionals.

You will learn —

- Why (and what) you should know about psychopharmacology
- What questions you can expect from clients and prescribers and how to answer them
- About the latest information and newest medications for depression, anxiety, bipolar disorder, ADHD and insomnia
- How to handle ethical dilemmas regarding medication discussions with clients
- How to build your knowledge about psychopharmacology

Kenneth Carter, PhD, ABPP, is a clinical psychologist and professor of psychology at Oxford College of Emory University. He has taught clinical psychopharmacology classes at Emory University since 2005 and has presented highly rated psychopharmacology workshops to clinicians throughout the United States since 2010. Dr. Carter has presented at numerous conferences and written several books and articles on introductory psychology, neuropsychology, thrill-seeking and psychopharmacology.



PROGRESS MONITORING: TOOLS TO ENHANCE THERAPEUTIC ALLIANCE AND INFORM COMPLEX CASE INTERVENTIONS

LED BY RYLIE MOORE, PHD, CPSYCH

Monday, May 25, 2020
Knox Church (630 Spadina Avenue)
9:00 am to 4:40 pm

\$300 (up to April 9, 2020) \$325 (after April 9, 2020)

In psychotherapy, progress monitoring of mental health symptoms, functional symptoms, substance use and the therapeutic alliance is increasingly being used to improve therapeutic outcomes. In cases where clients are entrenched in difficult patterns and symptoms, progress monitoring has been shown to help facilitate self-monitoring and the change process. This workshop will explore ways in which progress monitoring can be applied to clients with a range of complex symptoms, patterns and presenting concerns.

This one-day intensive and interactive seminar starts with a review of the literature and research on progress monitoring, as well as an introduction to the current range of tools available for the measurement of symptoms and outcomes. We will examine how these tools are most commonly used, as well as emerging future practices.

In discussing the overt monitoring of the therapeutic alliance, you will learn strategies for monitoring and identifying relational ruptures in the therapeutic alliance and how to best repair them. Drawing on clinical research, this workshop will also teach you how to apply progress monitoring to complex cases and to foster the development of clinical skills related to asking difficult questions in the therapy room.

You will learn —

- About the range of progress monitoring tools now available
- About best practices and emerging trends in clinical applications of progress monitoring
- *How to use progress monitoring to facilitate difficult conversations regarding the therapeutic alliance or to increase engagement*

See website for complete learning goals.

Presented in partnership with Greenspace

Rylie Moore, PhD, CPsych, is a registered clinical neuropsychologist and psychologist working with adults at the Centre for Interpersonal Relationships (CFIR). He completed his master's degree and PhD at the University of Victoria Neuropsychology program. His current work focuses on a combination of neuropsychological assessment, psychodiagnostic assessment, and psychotherapy treatment of a range of mental health experiences. He has substantial experience working with the LGBT2Q+ population, as well as individuals with trauma histories and trauma-related symptoms.



TRAUMA, ATTACHMENT, AFFECT DYSREGULATION AND SHAME: TREATING THE SEEDS AND THE CYCLE OF SELF-DESTRUCTIVE BEHAVIOURS

LED BY LISA FERENTZ, MSW, LCSW-C, DAPA

Monday, June 8 – Tuesday, June 9, 2020

Knox Church (630 Spadina Ave)

9:00 am to 4:40 pm

\$515 (up to April 9, 2020) \$545 (after April 9, 2020)

Clients with insecure or disorganized attachment, histories of trauma, abuse or neglect, or overwhelming developmental stressors often lack appropriate affect regulation. As a result, they are vulnerable to using self-destructive strategies including acts of self-mutilation, substance abuse and other addictions, and eating-disordered behaviours to cope and self-soothe. Although these behaviours provide limited relief in the short term, they inevitably lead to guilt, shame and more traumatization, and increase the likelihood of chronic self-harm.

As we explore the relationship between trauma, affect dysregulation and self-harm, you'll learn how to implement treatment strategies that incorporate a specific "cycle of self-harm" (an alternative to standard safety contracts), reparative attachment work and a variety of expressive modalities. Clients will gain new, healthier coping strategies that will replace their long-standing addictive and self-harming behaviours. This strengths-based, de-pathologized approach increases internal and external safety, promotes grounding and containment, reduces flashbacks and helps clients heal their pain narratives. Case examples, videos and clients' writings and artwork will be presented and you will have the opportunity to safely "try on" expressive modalities including drawing, writing, guided imagery, somatic resourcing and breath work.

Lisa Ferentz consistently receives high approval ratings on her workshops with us. Her warm and engaging presentation style and signature approach to working with trauma and self-harming behaviours make leading-edge neuroscience accessible, practical and above all, effective.

You will learn —

- How trauma, attachment, developmental stressors, affect dysregulation, shame and self-destructive acts relate to each other
- How to identify a chronic cycle of self-harm and the ways in which dissociation and anxiety influence the process
- How to use CARESS, an alternative to standard safety contracts
- At least five creative strategies that help re-ground and re-establish a sense of safety in triggered trauma survivors
- About the recurring themes in the artwork of traumatized clients and how to work with art in session
- About the impact of counter-transference when working with self-destructive behaviours

Lisa Ferentz, MSW, LCSW-C, DAPA, is a recognized expert in the strengths-based, de-pathologized treatment of trauma and has been in private practice for over 35 years. She presents workshops and keynote addresses internationally, and is a clinical consultant to practitioners and mental health agencies in the United States, Canada, the UK and Ireland. She has been an adjunct faculty member at several universities, and is the Founder of The Ferentz Institute. In 2009, she was voted the Social Worker of Year by the Maryland Society for Clinical Social Work. Lisa is the author of *Treating Self-Destructive Behaviors in Traumatized Clients: A Clinician's Guide*, now in its second edition, *Letting Go of Self-Destructive Behaviors: A Workbook of Hope and Healing* and *Finding Your Ruby Slippers: Transformative Life Lessons From the Therapist's Couch*. Lisa hosted a weekly radio talk show, writes blogs and articles for websites on self-harm and self-care, teaches webinars and is a weekly contributor to Psychologytoday.com.

*[Lisa Ferentz's workbook]
is a real treasure trove
of tools for healing...
offering a path that honours
the clients, intelligence and
letting go of toxic beliefs
and self-defeating stories.
—Dusty Miller, author of
Women Who Hurt Themselves*



BLENDING WESTERN PRACTICES WITH TRADITIONAL ABORIGINAL APPROACHES TO HEALING

LED BY ELDER LITTLE BROWN BEAR

Friday, June 5, 2020

Knox Church (630 Spadina Avenue)

9:00 am to 4:40 pm

\$300 (up to April 9, 2020) \$325 (after April 9, 2020)

What can modern counsellors, therapists and others learn from Aboriginal healing traditions?

In this one-day workshop, Order of Ontario recipient Elder Little Brown Bear will share practices developed thousands of years ago and still used today to help people on their healing journeys dealing with life's difficulties and addressing issues of trauma, addictions, mental well-being (health), anxiety, depression, anger, anti-social behaviour and other challenges faced by individuals, families and communities.

You will learn about how these healing practices developed and how to apply them in clinical and non-clinical settings. The day will include true-life accounts from community members who have benefited from this approach, along with Q and A, demonstrations and hands-on practice.

The Elder will discuss step-by-step the mindset and processes behind specific interventions such as teachings on human interactions and behaviours towards others, the Medicine Wheel, the Seven Grandfathers and the use of traditional medicines.

You will learn —

- How aboriginal healing practises were developed and their relevance today
- About current approaches to trauma, addictions, and health
- Practical applications of these aboriginal practices that can be integrated into your therapeutic and counselling approach.
- The Seven Grandfathers teachings
- How to use the Medicine Wheel to live in harmony and balance to help on a person's healing journey

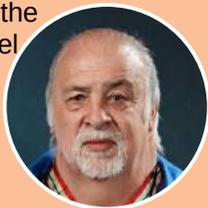
All members of the Leading Edge Seminars community are invited to join Elder Little Brown Bear and members of his community in a **three-hour "feasting ceremony"** on

Saturday, June 6th at Toronto Central YMCA.

This is free of charge. Please register to RSVP.

Complete details at www.leadingedgeseminars.org

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 in Toronto, and has received numerous prestigious awards. He has assisted many organizations in creating Indigenous-sensitive programs and policies.



IT'S THE LAW:

WHAT YOU NEED TO KNOW ABOUT CONSENT, NEGLIGENCE, CONFIDENTIALITY AND MORE!

LED BY ROBERT SOLOMON, LLB, LLM

Friday June 12, 2020

Knox Church (630 Spadina Avenue)

9:00 am to 4:40 pm

\$300 (up to April 9, 2020) \$325 (after April 9, 2020)

The legal environment governing mental health, psychotherapy and counselling has become increasingly complex, challenging and intimidating. 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. The workshop will cover the following topics: all aspects of consent; negligence and the standards of care; documentation; confidentiality, privilege and disclosure of client information; 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 gain a thorough understanding of how the law is applied in clinical settings.

You will learn the general legal principles governing —

- Consent
- Negligence, liability of supervisors, and the standards of care
- Record keeping
- Confidentiality
- Mandatory reporting obligations and the growing number of reporting obligations under Ontario provincial law and the common-law duty to warn

Robert Solomon, LLB, LLM, holds the rank of Distinguished University Professor in the Faculty of Law at Western University. He has been involved in research and teaching on healthcare, civil liability and criminal law for more than 46 years. 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 ed).



EMOTIONALLY FOCUSED INDIVIDUAL THERAPY: APPLYING ATTACHMENT THEORY IN CLINICAL SETTINGS

LED BY SUE JOHNSON, EDD

Monday, June 15, 2020

9:00 am to 4:40 pm

Toronto Central YMCA (20 Grosvenor Street)

\$300 (up to April 9, 2020) \$325 (after April 9, 2020)

Over the last two decades, Emotionally Focused Therapy has revolutionized couples therapy by offering practical protocols for assessment, intervention and treatment based on attachment theory. Now, EFT lead developer Sue Johnson introduces the transformative power of working with attachment patterns into the counselling of individuals.

Based on Sue Johnson's newest book, *Attachment Theory in Practice*, this workshop explores the idea that your clients need to connect with others and that this need shapes their neural architecture and consequently their everyday emotional lives and vulnerabilities, and significant interpersonal dramas.

Emotionally Focused Individual Therapy (EFIT) provides an integration of experiential and systemic interventions that create corrective emotional experiences that expand your clients' sense of self and interpersonal repertoire. Sequences such as the "EFT Tango" will help transform models of self, affect regulation and ways of engaging with the world.

In EFIT, clients gradually move into the willingness to be vulnerable, responsive and fully engaged with life—in other words, the characteristics of secure attachment.

Through a series of emotionally transformative dialogues, EFIT restructures your client's interaction with you (the therapist), with representations of attachment figures or with aspects of self. It is a science-based approach found helpful for clients dealing with disorders such as depression, anxiety and PTSD.

This workshop will outline the theory and practice of EFIT. You will learn about core models of health and dysfunction from an attachment perspective, including how growth and adaptation can be blocked. By focusing on the primacy of emotion and how to create a safe haven and secure base alliance, you will learn how to stay with present processes in session to shape key change events. Lecture and discussion will be accompanied by the viewing of EFIT sessions and experiential exercises.

You will learn how to —

- Grasp the laws of attachment that structure the development of personality and their significance for clinical intervention
- Tune into and shape internal cycles of affect regulation and habitual ways of dancing with others that relate to presenting problems and emotional disorders.
- Identify the core components of emotional disorders such as depression and anxiety
- Implement the basics of the EFT Tango and other interventions
- Adapt EFIT for different presenting symptoms

EFT can be thought of as a postmodern therapy in that EFT therapists help clients deconstruct problems and responses by bringing marginalized aspects of reality into focus, probing for the not-yet spoken, and integrating elements of a couple's reality that have gone un-storied.

— Sue Johnson

Sue Johnson, EdD, is the lead developer of EFT. She is director of the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT), Distinguished Research Professor at Alliant University (San Diego) and Professor Emeritus of Clinical Psychology (Ottawa). Her numerous honours include the Outstanding Contribution to the Field Award from the American Association for Marriage and Family Therapy. Her best-known professional books include *The Practice of Emotionally Focused Couple Therapy* and *Emotionally Focused Couple Therapy with Trauma Survivors*. Her most recent book for therapists is *Attachment in Practice: EFT with Individuals, Couples and Families*. She is also author of the bestsellers *Hold Me Tight* and *Love Sense: The Revolutionary New Science in Romantic Relationships*. In 2016, Sue was awarded the Order of Canada for her 35-year contribution to the field of psychotherapy. Over 65 centres affiliated with ICEEFT now teach the EFT model around the world.



INTEGRATING EMDR INTO YOUR CLINICAL PRACTICE: FIVE-DAY INTENSIVE

LED BY ROY KIESSLING, LISW

Halifax:

Mon., July 6 – Fri., July 10, 2020
8:00 am – 5:30 pm
Hampton Inn by Hilton - Halifax
(1960 Brunswick Street)
\$2500 (up to May 29, 2020)
\$2600 (after May 29, 2020)

Toronto:

Mon., Sept. 14 – Fri., Sept. 18, 2020
8:00 am – 5:30 pm
Toronto Central YMCA
(20 Grosvenor Street)
\$2500 (up to July 17, 2020)
\$2600 (after July 17, 2020)

Vancouver:

Mon., Sept. 21 – Fri., Sept. 25, 2020
8:00 am – 5:30 pm
Sandman Hotel Vancouver City Centre
(180 West Georgia Street)
\$2500 (up to July 17, 2020)
\$2600 (after July 17, 2020)

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 has presented this course 3 times for Leading Edge Seminars. Each has received the highest evaluations and praise. His EMDR approach 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 listen, then observe 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 as you implement EMDR in your clinical practice.

TRAINING INCLUDES THE FOLLOWING:

- 10 hours of consultation after the 40-hour training with approved consultants via small-group phone/online video conferencing, to help you integrate and fine-tune your understanding and skills
- Advanced instructional materials upon registration including a PDF of the manual and links to videos to help prepare you for the workshop

You will learn —

- About the foundational EMDR concepts and procedures (the Adaptive Information Processing approach, the 8 phases and 3 prongs of standard EMDR treatment)
- 13 interventions to help prepare your clients for EMDR (through grounding, stabilization and behavioural change)
- Strategies to prepare your client for processing
- 7 treatment planning approaches
- How to customize the pace of treatment through deploying the Processing Continuum
- About interventions to facilitate safe, effective and efficient processing
- How to work with children
- How to treat acute stress: CIIC (Critical Incident Intervention Continuum)

ELIGIBILITY REQUIREMENTS

In order to take part in this training, all participants must have —

- A. Academic credentials: either a completed master’s degree or higher in an established mental health discipline or proof of current enrollment in a post-graduate program leading to a master’s degree or higher in an established mental health discipline
- B. Membership in a College or professional regulatory body that oversees practice of psychotherapy
- C. Professional liability insurance

See [leadingedgeseminars.org](http://leadingedge seminars.org) for how to apply for this EMDR training.

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”. 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, 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.



3 easy ways to register!

By Phone

416-964-1133

By Mail

PO Box 626, STATION F
Toronto ON M4Y 2L8

Online

leadingedgeseminars.org

1-day Workshops

2-day Workshops

3-day Brainspotting
Phase 2 Certification

18-Hour Webinar

2-Day In-Person +
18-Hour Webinar

EMDR

EarlyBird Rate
(up to April 9, 2020)

\$300*

\$515*

\$975*

\$395*

\$810*

\$2500*
(see description
for deadline)

Regular Rate
(After April 9, 2020)

\$325*

\$545*

\$1075*

\$445*

\$890*

\$2600*
(see description
for deadline)

*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.

- **Brainspotting seminar, Sue Johnson's seminar, EMDR Toronto seminar, and Elder Little Brown Bear's Saturday program:**
Toronto Central YMCA
20 Grosvenor Street, Toronto
- **Frank Anderson's seminar:**
Chestnut Conference Centre
89 Chestnut Street, Toronto
- **Janina Fisher and Terry Real's seminar:**
Isabel Bader Theatre
93 Charles St West
- **All other Toronto workshops:**
Knox Church
630 Spadina Avenue, Toronto
- **EMDR Halifax**
Hampton Inn by Hilton - Halifax
- **EMDR Vancouver**
Sandman Hotel Vancouver City Centre

CONTINUING EDUCATION CREDITS

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

CANCELLATION POLICY

Please visit leadingedgeseminars.org for complete details.

ACCOMMODATIONS

Please visit leadingedgeseminars.org for special offers.

WORKSHOP HOURS

Most workshops begin at 9:00 am (sharp) and end at 4:40 pm. Exceptions:

- Brainspotting Phase 2: 9:00 am – 6:00 pm
- EMDR: 8:00 am – 5:30 pm
- Clinical Supervision webinar: 1:00pm to 4:00 pm EDT on May 29, June 12, June 19, June 26, July 10 and July 24, 2020
- Aboriginal Healing Feasting Ceremony: 10:00 am – 1:00 pm



Are your clients struggling with trauma, anxiety, depression or relationship issues?

Internal Family Systems, EMDR, Brainspotting, Compassion-Focused Therapy, EFT for Individuals, Aboriginal Healing and Psychopharmacology are just some of the workshops offered this Spring.

Wanting to update yourself on the legal aspects of mental health care, the latest tools used to monitor client progress or being the best supervisor you can be?

Leading Edge Seminars has your professional development covered.

Come and learn from the best!

