

*Virtual*

# HEALING & TREATING TRAUMA, ADDICTIONS & MENTAL HEALTH DISORDERS

*Canada's Premier Psychotherapy Conference*

November 30 -December 3, 2020 (Mon-Wed)

## 9 WORLD RENOWNED EXPERTS



Donald  
Altman  
M.A., LPC



John  
Arden  
PH.D.



Carolyn  
Coker Ross  
MD, MPH, CEDS



Pat  
Love  
ED.D.



Donald  
Meichenbaum  
PH.D.



Jonah  
Paquette  
PSY.D.



Jeff  
Riggerbach  
PH.D.



Jennifer  
Sweeton,  
PSY.D., M.S., M.A.



Margaret  
Wehrenberg  
PSY.D.

## WHO SHOULD ATTEND

Clinical Professionals: All mental health professionals including, but not limited to Clinical Counsellors, Psychologists, Psychotherapists, Social Workers, Nurses, Occupational Therapists, Hospice and Palliative Care Workers, Youth Workers, Mental Health Workers, Addiction Specialists, Probation Officers, Police Officers, Speech Language Pathologists, Vocational Rehabilitation Consultants and all professionals looking to enhance their therapeutic skills.

## CONFERENCE FORMAT

- 9 Internationally Renown Experts
- 18, 3 Hour online courses
- 3 CEU's Per Course
- Mix & Match to Create a Customized Virtual Conference Experience

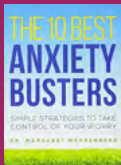
## 18 ESSENTIAL TOPICS

- ✓ Managing Depression in a Post Pandemic World
- ✓ Managing Stress and Anxiety in the Post-Pandemic World
- ✓ Putting Health into Mental Health
- ✓ The Origins of Trauma & Addiction
- ✓ Fostering Well-Being
- ✓ The "Wow" Effect
- ✓ Advanced Mindfulness Techniques
- ✓ One Minute Mindfulness, Resilience & Interpersonal Neurobiology
- ✓ Achieving Lasting Treatment Changes for Clients with Addictive & Co-occurring Disorders
- ✓ "How to" Implement the Core Tasks of Psychotherapy
- ✓ Compassion Fatigue
- ✓ Culturally Competent Mental Health Care for BIPOC
- ✓ Attachment & Emotion Regulation
- ✓ Mind-Brain-Gene
- ✓ Childhood Trauma, Addiction, & PTSD
- ✓ Memory Reconsolidation Techniques & Interventions for Trauma
- ✓ CBT Strategies
- ✓ Treatment & Management of Personality Disorders



### MARGARET WEHRENBURG PSY.D.

is a clinical psychologist, author, and international trainer. She is a practicing psychotherapist and coaches professionals for anxiety management. Margaret has been a trainer of therapists for 25 years, and she is a sought-after speaker for continuing education seminars, consistently getting the highest ratings from participants for her dynamic style and high-quality content. She has written articles for the award-winning Psychotherapy Networker magazine and she blogs on depression for Psychology Today. Audio and DVD versions of her trainings are available for obtaining CEU's. She has written 9 books on topics of anxiety and depression published by W.W. Norton, and a workbook, Stress Solutions, published by PESI.



Author

*The 10 Best  
Anxiety Busters*

*“Thank you Margaret. You have a very positive and practical approach that is deeply connected to research. I can’t wait for the next session!”*

– Amy (Crowther  
Memorial Junior High)

## MANAGING DEPRESSION IN A POST PANDEMIC WORLD – 3 Hours

In this year of challenges for mental health, the very real losses and subsequent grief that so many have experienced have fuelled rising rates of depression. Isolation during phases of the pandemic management has also fuelled depression, and for those who were already struggling with depression, these conditions intensified it. Rate of depression and anxiety in people who have worked as medical and mental health providers and first responders have been staggering. There is hope for recovery for our clients as we treat depression with methods that will break into isolation, raise energy, and alter the depressive cognitive style that make it so hard to come out of depression. This session will also highlight methods that connect people to resilience and positive explanatory styles.

Join Dr. Margaret Wehrenberg, author of *The 10 Best-Ever Depression Management Techniques*, for this fresh look at managing depression, grief and loss in the post-pandemic world.

### LEARNING OBJECTIVES

1. Apply the principles of neural networks to alter depressive cognitive style
2. Assist clients to recognize how depressed mood masks loss and grief and apply powerful meaning-making methods to resolve those
3. Develop a more flexible explanatory style to reduce negativity

### AGENDA & KEY TOPICS

- Understand the impact of neural networking and the interaction with isolation and depression
- Immediate interventions for the 4 typical causes/triggers of depression: neurobiology, stress, aversive childhood experiences and trauma
- Focus on positive cognitive networks:
- Interrupt negative neural networks:
- Identify loss and grief being masked by depression

## MANAGING STRESS & ANXIETY IN THE POST-PANDEMIC WORLD – 3 Hours

When people suffer from addiction or trauma history anxiety is likely to be an additional challenge to recovery. Anxiety disorders may also contribute to the development of addiction. In this year of challenge from COVID-19, mental health disorders have affected greater percentages of the population because of exposure to threat and loss both real and feared. There has never been a more important time to fine-tune anxiety management skills for mental health practitioners. This session will present strategies that can minimize worry, reduce panic, deal effectively with health anxiety and control the impact of stress.

Join Dr. Margaret Wehrenberg, author of *The 10 Best-Ever Anxiety Management Techniques*, for this important and timely look at anxiety management.

### LEARNING OBJECTIVES

1. Apply 3 strategies to minimize worry over feared and reality-based life situations
2. Control panic and change the catastrophic thinking that fuels it
3. Utilize stress management methods for the new and ongoing stressors of the pandemic world

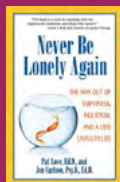
### AGENDA & KEY TOPICS

- How the brain generates anxiety and identifies threat
- The purpose of worry
  - How it is a maladaptive effort to defeat anxious sensations
  - Contain worry/clear the Mind exercises
- Control physical sensations
  - Rest the brain – default mode network
  - Relaxation technique
- Eliminate panic
- High drive anxious persons (TMA- Too Much Activity)
- Cognitive tools to stop worry
- Social Anxiety management

**PAT LOVE  
ED.D.**

is a Distinguished Professor, Licensed Professional Counsellor, and long-time Clinical Member and Approved Supervisor in the American Association for Marriage and Family Therapy. Known for her humour and commitment to research, Pat has been in clinical practice for forty years.

More information:  
[www.patlove.com](http://www.patlove.com)

**Co-Author*****You're Tearing Us Apart*****Co-Author*****Never Be Lonely Again***

## PUTTING HEALTH INTO MENTAL HEALTH: Clinical Strategies for Overcoming Trauma & Abuse - 3 Hours

If you want to make a change, it's easier to add positives than eliminate negatives.

So much of our training focuses on identifying early childhood experiences that can lead to trauma and addiction with less emphasis on strategies for managing the fallout in adulthood.

When clients come to therapy, research indicates they expect the counselor to (1) be smart; (2) illustrate that they understand them; (3) provide treatment strategies that make sense to them. This means that our clients not only expect us to provide a logical explanation to the origins of trauma and abuse, but more important, to provide treatment strategies that make sense to them. Rehashing abuse and neglect from childhood and reviewing the negative implications of current choices and behaviors, while insightful, stops short of client expectations.

This presentation will provide clinical strategies and useful techniques for helping clients put the "health" back into mental health practices. Lecture, original handouts, and experiential exercises will be utilized.

**LEARNING OBJECTIVES**

1. To provide a working definition of mental health
2. To provide a working definition of emotional regulation
3. To describe the importance of emotional regulation
4. To provide two clinical strategies for improving emotional regulation
5. To identify resilience factors and extrapolate these factors to clinical strategies for improving mental health

**AGENDA & KEY TOPICS**

- Using cognitive dissonance to evoke change; using early childhood frustrations to identify harmful relationship patterns and strategies for change.
- Use of heuristic exercises #1 to identify dysfunctional personal behaviors and boundary confusion.
- Identifying resilience factors for the purpose of change

## THE ORIGINS OF TRAUMA & ADDICTION: Clinical Strategies from the Known—& Lesser Known Sources of Disturbance - 3 Hours

By now most every clinician is familiar not only with their own ACE Score (Adverse Childhood Experience), but also their clients'. We have been trained to recognize violence, sexual abuse, even some forms of neglect that can shape a child in maladaptive ways that show up in adulthood. There are, however, many lesser-known traumas which can occur in childhood, and adulthood, which can create PTS reactions, that seldom get mentioned in professional literature.

Using clinically useful, original handouts, which will be provided to each participant, we will explore many of these lesser-known origins of trauma from childhood and adulthood. Using deductive reasoning from these useful assessment scales, lecture, and video clips, we will deepen our knowledge of trauma, addiction, and more robust approaches to treatment and recovery. Participants may find this presentation both personally and professionally rewarding.

**LEARNING OBJECTIVES**

1. To define trauma
2. To describe common responses to trauma
3. To list one effective approach to managing PTS
4. To list three items on the Adverse Childhood Experience Scale
5. To list two additional traumas from childhood or adulthood which can elicit PTS

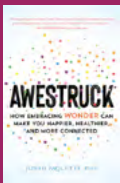
**AGENDA & KEY TOPICS**

- Trauma defined, brief review of ACE items
- Origins of trauma and addiction expanded
- Review of Healthy Family Checklist with applied inductive reasoning and possible adult manifestations
- A close look at personal accountability in adulthood, and implications for therapy. Use of Personal Accountability Scale



## JONAH PAQUETTE PSY.D.

is a clinical psychologist, international speaker, and author. He is the author of *Real Happiness* (PESI Publishing, 2015), a self-help book in which he distills the key findings in the field of happiness research, and offers user-friendly tools to achieve lasting well-being. His second book, *The Happiness Toolbox* (PESI Publishing, 2018), a research-based self-help workbook, provides easy-to-use handouts and worksheets designed to increase happiness and life satisfaction. His forthcoming book, *Awestruck* (Shambhala Publications, 2020), will explore the science of awe, and how moments of wonder benefit our physical and emotional health. Dr. Paquette is a psychologist at Kaiser Permanente in the San Francisco Bay Area, where he serves as the Assistant Regional Director of Mental Health Training.



Author  
*Awestruck*

## FOSTERING WELL-BEING: A Strength-Based Approach to Change - 3 Hours

While most mental health approaches focus on addressing deficits and treating psychopathology, recent research has begun to shed light on the core principles for well-being, and how we can harness these skills towards lasting positive change. Combining neuroscience and positive psychology, participants in this workshop will learn about some of the key brain systems linked to well-being, and how to strengthen these through positive self-directed neuroplasticity. In addition, we will explore how specific skills such as compassion, gratitude, savouring, and self-compassion can improve our physical health, social connections, and overall functioning. We'll also explore some of the common myths related to happiness, and discuss factors that help explain why happiness can feel so hard to come by.

### LEARNING OBJECTIVES

1. Identify the key benefits of happiness to our physical health, emotional well-being, and interpersonal relationships
2. Articulate the concept of the brain's negativity bias and its importance
3. Administer specific practices to cultivate self-compassion, create flow states, identify and utilize strengths, and savour positive experiences

### AGENDA & KEY TOPICS

- Understanding Happiness
  - The core components of well-being and how it's been conceptualized
- Barriers to well-being
  - How hedonic adaptation, genetic factors, and our brain's negativity bias sabotage many efforts to become happier
- Core habits of well-being and their effects on psychological and physical health
  - Gratitude
  - Compassion & Kindness
  - Self-Compassion
  - Savoring the Good

## THE "WOW" EFFECT: How Awe & Wonder Make Us Happier, Healthier, & More Connected - 3 Hours

What do you feel when you gaze up at the Milky Way, see a beautiful rainbow, or stand before a mountain that seems impossibly high? This feeling – often complete with goosebumps and a shiver down our spine – is known as awe. And as it turns out, this under appreciated and often misunderstood emotion holds an important key to a happy, meaningful, and healthy life. This interactive workshop will explore the exciting new science of awe, and how the moments that make us go "wow!" impact our immune system, brain functioning, social connection, physical health, stress levels, and much more.

### LEARNING OBJECTIVES

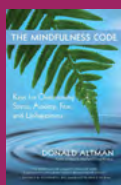
1. Describe and define the experience of awe in concrete terms
2. Explain the effect of awe on social relationships and connection
3. Describe the link between awe and compassion

### AGENDA & KEY TOPICS

- What is Awe
  - Defining awe
  - Awe in the context of emotion research
- Why we experience Awe
  - Awe as a universal human emotion
  - The interplay between awe and connection, compassion, and curiosity
- Psychological Benefits of Awe
  - Impact on Emotions
  - The effect of Awe on materialism
  - How awe lowers stress and changes our time perspective
- Physiological Effects of Awe
  - The brain-based underpinnings of awe
  - How awe impacts our nervous system
- Becoming more Awestruck
  - 10 pathways towards increasing awe in daily life

**DONALD ALTMAN  
M.A., LPC**

was a staff writer for an EMMY-Award winning children's television show ("The Magic Door," CBS Chicago), won an American Medical Writer's Association Award and has had articles appear in New Age Journal, the Los Angeles Times, and Independent Business Magazine. Donald reaches out to the professional community by serving as the vice president of The Center for Mindful Eating. Donald works extensively with mindful meditation in his own life, as well as offering these tools to others through his books and classes. He teaches mindfulness and spiritual values around the country. He is dedicated to bringing these ancient practices in tune with modern living and to invite wellness into our stress-filled lives.

**Author****The Mindfulness  
Code**

*"Speaker was engaging, calm and enjoyed his style of presentation. He appeared to embody authentic mindfulness what he teaches. Thanks!"*

## ADVANCED MINDFULNESS TECHNIQUES: Rewire Depression, Anxiety & Toxic Lifestyle Habits - 3 Hours

Join Donald Altman for a unique set of mindfulness tools designed to rewire clients' brains for wellness from the inside out. In a world where 24/7 distraction is the rule, this comprehensive course teaches the secrets of everything from selective focus and mindful awareness styles to metacognitive awareness. Based on Donald's award-winning The Mindfulness Toolbox, you will get detailed demonstrations and practice time so that you can effectively implement these tools.

This webinar is direct and experiential. Whoever you work with—Gen Z to Boomers—you'll quickly gain a host of effective tools. In addition, these practices will support you in bringing embodied mindfulness and compassionate presence into each session as help clients constructively manage anxiety, depression, chronic pain, PTSD, addictive cravings, stress and more.

Whether mindfulness is new to you or you've worked with it before, this highly experiential webinar offers you a transformative way to help clients experience greater joy, peace, and balance.

**LEARNING OBJECTIVES**

1. Describe and define mindfulness in ways that make it easy to adapt mindfulness to various populations.
2. Explain the effects of stress and cortisol, and how diaphragmatic breathing turns on the parasympathetic nervous system.
3. Demonstrate how to use stories as a way to shift awareness, enhance relationships, and recognize strengths.

**AGENDA & KEY TOPICS**

- Discuss mindfulness meditation and demonstrate 3-Step practice.
- Describe Mindfulness research and resources. Discuss brain research that illustrates how affect labeling helps regulate emotions.
- Discuss how mindfulness affects the therapeutic alliance with clients. Explain and demonstrate a practice for developing compassionate presence.

## ONE MINUTE MINDFULNESS, RESILIENCE & INTERPERSONAL NEUROBIOLOGY - 3 Hours

We live in a world where most people have experienced some form of trauma, pain, depression, anxiety or extreme stress. It can often be frustrating helping clients who have suffered devastating life losses and unthinkable adversity. In this highly experiential workshop, you'll discover a set of engaging and accessible tools that integrate the healing modalities of Mindfulness, Resilience and Interpersonal Neurobiology.

Join international workshop leader, former monk and award-winning writer Donald Altman, LPC, for a workshop that focuses on giving you strategies that fundamentally shift, broaden and transform a client's perspective by which they view trauma, stress, anxiety, rumination and isolation. Not only do these tools cultivate an attitude of openness, acceptance and optimism, they optimize how the brain and nervous system work.

Most importantly, this course gives a working knowledge of the skills necessary for true resilience—the skills of mental clarity, problem solving, goal setting, enthusiasm and determination. Whoever you work with will benefit from these awareness and relational tools that help rewire the brain and transform lives.

**LEARNING OBJECTIVES**

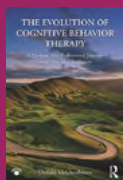
1. Discuss the concept of psychological hope and delineate the role of hope in building resilience.
2. Describe how in-session strategies can be employed to cultivate response flexibility in clients struggling to bounce back from adversity.
3. Explain the four factors of resilience utilized by mindfulness and interpersonal neurobiology.

**AGENDA & KEY TOPICS**

- Core Themes: Integrating IPNB, Mindfulness, and Resilience
- New View of Stress
- The Mindfulness Antidote
- Safe Anchors for Balance and Safety
- Understanding Resilience
- Gratitude and IPNB

**DONALD MEICHENBAUM PH.D.**

is Distinguished Professor Emeritus from the University of Waterloo, Ontario from which he took early retirement 20 years ago. He is presently Research Director of the Melissa Institute for Violence Prevention in Miami (Please see [www.melissainstitute.org](http://www.melissainstitute.org)). He is one of the founders of Cognitive Behaviour Therapy. In a survey of clinicians reported in the American Psychologist, he was voted "one of the ten most influential psychotherapists of the 20th century." He has received a Lifetime Achievement Award from the Clinical Division of the American Psychological Association and he was Honorary President of the Canadian Psychological Association. He has presented in all 50 U.S. states and internationally.

**Author****The Evolution of Cognitive Behavior Therapy**

*"Don is the most interesting, dynamic, and hilarious presenter. I could listen to him/learn from him all day."*

## ACHIEVING LASTING TREATMENT CHANGES FOR CLIENTS WITH ADDICTIVE & CO-OCCURRING DISORDERS - 3 Hours

According to the Public Health Agency of Canada, on average 10 people die each day from an illicit drug overdose in Canada. Substance-use disorders are the most common reason for a person's hospitalization in the year prior to a fatal overdose. Often, the abuse of substances is complicated by the co-occurrence of psychiatric disorders such as Complex PTSD, Anxiety, and Depressive Disorders with accompanying suicidality and interpersonal violence. Of those who receive treatment, some 75% will relapse.

The workshop will consider ways to achieve "lasting changes" by using an evidenced-based strengths-based integrated treatment approach. A Case Conceptualization Model of both risk and protective factors that informs assessment and treatment decision-making will be presented. A Constructive Narrative treatment approach will be highlighted and ways to implement the Core tasks of psychotherapy designed to reduce relapse will be demonstrated. How patients can use resilience-engendering behaviours to achieve lasting changes will be presented.

**LEARNING OBJECTIVES**

1. Critically evaluate various treatment options and spot HYPE in the field
2. Employ a Case Conceptualization Model of risk and protective factors.
3. Implement a strengths-based Constructive Narrative Treatment Approach for patients with co-occurring substance-abuse and psychiatric disorders.

**AGENDA & KEY TOPICS**

- The nature of the challenge: Incidence and impact of co-occurring substance abuse and psychiatric disorders.
- The need for a developmental life-span perspective.
- A Case Conceptualization Model of risk and protective factors: Implications for treatment planning.
- The "State of the Art" of treatment outcome studies: How to beware of HYPE in the field.
- How to evaluate Residential Treatment Centres: Buyer Beware.

## "HOW TO" IMPLEMENT THE CORE TASKS OF PSYCHOTHERAPY - 3 Hours

No matter what substances individuals abuse, 75% of them are likely to relapse following treatment, most often within three months of the end of treatment. Moreover, up to 50% of patients will drop out of various forms of treatment.

There are substantial differences among therapists in achieving positive treatment outcomes. Some therapists are up to 50% more effective and have a 50% lower dropout rate. This presentation will discuss what these so-called "Expert" therapists do. How to implement a variety of Core Tasks of Psychotherapy and ways to conduct integrative interventions for PTSD, depression, suicidality and substance abuse in a gender and culturally-sensitive manner will be discussed. Ways to integrate spiritually-oriented Twelve Step AA programs and psychotherapy will be presented.

**LEARNING OBJECTIVES**

1. Implement the Core tasks of psychotherapy in order to reduce the likelihood of relapse and achieve "lasting changes".
2. Conduct integrative treatments that focus on both substance abuse and the history of trauma and victimization.
3. Integrate spirituality and 12 Step Programs and psychotherapy in treatment.

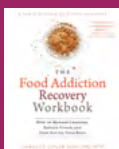
**AGENDA & KEY TOPICS**

- Establish and monitor the quality of the therapeutic alliance; Use of Treatment-informed feedback
- Conduct psychoeducation and collaborative goal-setting that nurture hope
- Teach intra- and interpersonal coping skills and build-in generalization guidelines
- Bolster resilience-engendering behaviours in physical, emotional, cognitive and behavioural domains, ways to incorporate significant others in treatment and conduct Active-aftercare
- Treat both PTSD, depression/suicidality, and substance abuse in an integrative fashion
- Incorporate spirituality in the treatment program



### CAROLYN COKER ROSS M.D.

is an internationally known author, speaker, expert and pioneer in the use of Integrative Medicine for the treatment of eating disorders and addictions. She is a graduate of Andrew Weil's Fellowship Program in Integrative Medicine. Dr. Ross is the CEO of The Anchor Program™, an online coaching program for binge eating disorder, emotional eating and food addiction. She is the former head of the eating disorder program at internationally renowned Sierra Tucson and has served as medical director at two other programs. Dr. Ross is a consultant for treatment centres around the US who want to include her unique integrative medicine approach to help clients recovering from eating disorders and addictions. She is the author of three books, the most recent of which is *The Food Addiction Recovery Workbook*.



#### Author

***The Food Addiction  
Recovery  
Workbook***

## COMPASSION FATIGUE - 3 Hours

Caregivers are often very good at taking care of other people but at the same time, often neglect themselves. Compassion fatigue is the feeling of chronic stress, emotional exhaustion and tension that can be felt by anyone who is in the helping professions. These symptoms can develop rapidly and result from exposure to vicarious trauma of our clients and may be exacerbated by stress in our individual lives including loss, depression and anxiety. Lack of self-care can leave us feeling depleted and can result in both physical and mental health problems that affect our ability to continue to be effective in our careers and therefore is important to address.

### LEARNING OBJECTIVES

1. List the three stages of compassion fatigue.
2. Define compassion fatigue.
3. List 3 physical signs and symptoms of compassion fatigue.

### AGENDA & KEY TOPICS

- Define compassion fatigue
  - Physical signs and symptoms of compassion fatigue (CF)
  - Causes of compassion fatigue
  - Why CF is called an "occupational hazard."
  - Identifying CF
- Identifying CF in self or others
  - Work conditions
  - Current life circumstances
  - Spiritual aspects of CF
- Research into the effects on the brain of CF
- Unusual stressors and their impact on CF - Covid-19, social unrest and political turmoil
- Strategies for managing and preventing CF
  - Mindfulness as a way to heal
  - Self-care
  - Building resilience

## CULTURALLY COMPETENT MENTAL HEALTH CARE FOR BIPOC (Black, Indigenous & People of Colour): Understanding Historical & Intergenerational Trauma & the Effect on Eating Disorders & Addictions - 3 Hours

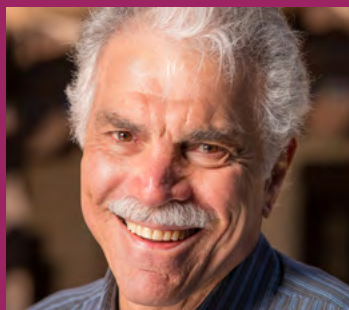
Trauma ultimately has the ability to define our behaviours, actions and sense of self. Beyond childhood trauma, research is also showing the destructive effects of trauma being passed down from generation to generation in our DNA and cultural nurturing. This is intergenerational trauma. Historical trauma is trauma that affects groups of people and generations within those groups. Both historical and intergenerational trauma are now being validated by research showing that the effects of trauma can be passed to children and grandchildren and increases risks for psychological, behavioural and physical health issues.

### LEARNING OBJECTIVES

1. Understand how intergenerational trauma may increase the risk of substance use disorders and eating disorders.
2. Define historical trauma.
3. List 3 of the categories under study in the adverse childhood experiences study.
4. List 2 effects that trauma has on the development of the brain.

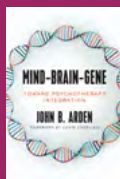
### AGENDA & KEY TOPICS

- Discuss normal neurobiology, neurodevelopment
- Describe childhood maltreatment and impact on neurodevelopment
- Discuss attachment theory and its relationship to neurodevelopment
- Adverse childhood experiences study and risk for addictions and eating disorders
- Defining intergenerational and historical trauma
- Intersectionality of LGBTQ+ issues with BIPOC.
- Culturally competent care for people from BIPOC populations (Black, Indigenous and people of colour)



### JOHN ARDEN PH.D.

is the author of 14 books, including *Brain2Brain: Enacting Client Change Through the Persuasive Power of Neuroscience*, *The Brain Bible: How to Stay Vital, Productive, and Happy for a Lifetime*, *Rewire Your Brain: Think Your Way to a Better Life*, *Brain-Based Therapy with Adults: Evidence-Based Treatment for Everyday Practice and Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice* (with Lloyd Linford). Dr. Arden serves as Director of Training in Mental Health for Kaiser Permanente in the Northern California region. He oversees the training programs in 24 medical centers where over 100 postdoctoral residents and interns are trained each year. Dr. Arden also provides individual, group and family therapy and chemical dependency counselling through Kaiser Permanente.



Author

*Mind-Brain-Gene*

*“This was the best workshop I have been to. Dr. Arden is so engaging. He makes complex information accessible and available.”*

## ATTACHMENT & EMOTION REGULATION: Brain-Based Strategies & Interventions – 3 Hours

This seminar presents how Adverse Childhood Experiences (ACEs) can present challenges. Just as people with autoimmune disorders suffer from attacks on their bodies by their own immune system, people with anxiety suffer attacks by their stress system on their mind/brain/body. Their anxiety becomes an auto-stress disorder wherein their own stress system no longer protects them from danger, but alerts them to danger when there is none. Clients with anxiety disorders are confused by the symptoms, as well as by different therapists they encounter who ascribe to the various brand-name therapies.

### LEARNING OBJECTIVES

1. Explain the effects of adverse childhood experiences
2. Explain how anxiety disorders ramp up the stress system
3. Describe ways that the stress system can be moderated

### AGENDA & KEY TOPICS

- Adverse Childhood Experiences (ACEs)
- The Impact of Neglect and Child Abuse on the Body and Brain
- The Dysregulation of the Stress Systems
- The Development of Autostress Disorders
- Therapy and Generalized Anxiety
- Therapy and the Trauma Spectrum

## MIND-BRAIN-GENE: Toward Psychotherapy Integration – 3 Hours

This seminar synthesizes the already substantial literature on psychoneuroimmunology and epigenetics, combining it with the neuroscience of emotional, interpersonal, cognitive, dynamics, with psychotherapeutic approaches to offer an integrated vision of psychotherapy. The integrative model promotes a sea change in how we conceptualize mental health problems and their solutions. We can now understand how the immune system, diet, brain structure, and even gut bacteria effect mental health. Therapists in the 21st Century will by necessity become more like healthcare workers to address and resolve adverse mind-body-brain interactions.

### LEARNING OBJECTIVES

1. Understand the relationship between health and mental health
2. Learn about the interaction between the immune system, genes, brain dynamics, and mental health
3. Understand how genes can be expressed or suppressed
4. Understand how autoimmune disorders contribute to depression, anxiety, and cognitive problems

### AGENDA & KEY TOPICS

- The Demise of Pax Medica and the move toward integration
- Integrating our Feedback Loops
- Energy and Metabolism
- Epigenetics
- The Role of Our Immune System
- “Self”-Organization and Our Mental Operating Networks



**JENNIFER SWEETON  
PSY.D., M.S., M.A.**

is a licensed clinical psychologist, best-selling author, and internationally-recognized expert on anxiety and trauma, women's issues, and the neuroscience of mental health. She is the author of the book, *Trauma Treatment Toolbox*, published by PESI Publishing & Media. Dr. Sweeton completed her doctoral training at the Stanford University School of Medicine, the Pacific Graduate School of Psychology, and the National Centre for PTSD. Additionally, she holds a master's degree in affective neuroscience from Stanford University, and studied behavioural genetics at Harvard University. Dr. Sweeton resides in the greater Kansas City area, where she owns a group private practice, Kansas City Mental Health Associates, and co-owns Mind Works Professional Education, Inc., a continuing education company.

**Author****Trauma Treatment  
Toolbox**

*"This was the first training I took from Dr. Sweeton and it was very impressive. She is so knowledgeable and it was so helpful with specific tools. Her background in neuroscience was very evident"*

– Ann Fasching

## CHILDHOOD TRAUMA, ADDICTION, & PTSD: Treatment Strategies & Interventions – 3 Hours

Over the past couple of decades there has been an exciting merging of psychotherapy and neuroscience research that is revolutionizing clinical practice. Cognitive, affective, and social neuroscience research provides profound insight into the brain changes humans are capable of producing, as well as how childhood trauma (such as ACEs), and trauma more broadly, may negatively impact the brain. We are beginning to learn, through neuroscience research, how the brain can change with the practice of psychotherapeutic techniques that target and improve the functioning of specific brain structures. This seminar, led by clinical expert Dr. Jennifer Sweeton, shares the most up-to-date research discoveries on the neuroscience of childhood trauma, addiction, and PTSD, and teaches highly effective psychotherapy techniques clinicians can begin using tomorrow to help clients recover.

**LEARNING OBJECTIVES**

1. Identify six key brain structures involved in addiction and PTSD.
2. Name two ways childhood trauma changes the brain.
3. Describe how developmental trauma brain change differs from brain change observed in adulthood trauma.
4. State two ways therapy can change the brain for better mental health.
5. Learn and practice at least three brain-changing techniques that reduce trauma and addiction symptoms.

**AGENDA & KEY TOPICS**

- ACEs, and the neuroscience of trauma and developmental trauma
- Neuroscience of addiction; Neuroplasticity and how therapy can change the brain
- Bottom-up techniques for trauma and addiction recovery
- Top-down techniques for trauma and addiction recovery

## MEMORY RECONSOLIDATION TECHNIQUES & INTERVENTIONS FOR TRAUMA: EFT, EMDR, Brainspotting & Neuromodulation – 3 Hours

PTSD and other trauma and stressor-related disorders have sometimes been referred to as “memory disorders,” due to the deficits in traumatic memory consolidation observed in those suffering from PTSD. Failed memory reconsolidation contributes to the development of post trauma symptoms such as intrusive thoughts, dissociation, flashbacks, hypervigilance, nightmares, and other classic PTSD symptoms. Additionally, traumatic memories may be relived, seemingly occurring in the present. However, memory reconsolidation is possible with several therapeutic tools and interventions available to clinicians! This workshop provides an overview of the neuroscience of memory systems and PTSD, and the memory reconsolidation techniques that have been shown to facilitate recovery from PTSD. Help clients move from consolidation to reconsolidation utilizing techniques from EMDR, EFT, Brainspotting, and neuromodulation!

**LEARNING OBJECTIVES**

1. State the main area of the brain involved in the storage of autobiographical, explicit, declarative memory.
2. Name at least two types of “memory errors” that can occur during trauma processing.
3. Identify one way in which EMDR differs from EFT and Brainspotting.
4. Describe one mechanism of action of memory reconsolidation tools.
5. Learn and practice at least two basic memory reconsolidation techniques.

**AGENDA & KEY TOPICS**

- Neuroscience of PTSD and memory: The hippocampus and beyond
- Experiential avoidance, memory consolidation, and trauma; Mechanisms of change in psychotherapy
- Memory reconsolidation: EMDR (including a quick how-to)
- Memory reconsolidation: EFT and Brainspotting (including quick how-tos)

**JEFF RIGGENBACH  
PH.D.**

is a speaker, trainer, and 3-time best-selling author who has devoted the past 20 years to advancing his expertise in cognitive approaches to dealing with personality dysfunction. He has developed and directed treatment programs in psychiatric hospitals and clinics for mood disorders, anxiety disorders, substance use disorders, OCD, and Borderline Personality Disorder. Over the course of 15 years, he and his staff have treated over 500 patients with BPD in particular. Dr. Rigenbach has trained clinicians on treating BPD in all 50 United States, and is on faculty with educational institutes in Canada, the UK, Australia, and South Africa. His popular toolbox series, including the award-winning *The Borderline Personality Disorder Toolbox: A Practical Evidence-Based Guide for Regulating Emotions*, has sold over 50,000 copies worldwide.

**Author****The CBT Toolbox**

*“Overall enjoyed Jeff’s perspectives and relaxed nature! Spoke clearly and effectively, and delivered content in an easy and approachable way.”*

## BORDERLINE PERSONALITY DISORDER: Evidence -Based Strategies for Treating Addictions & Other Destructive Behaviours – 3 Hours

Individuals with personality disorders have long been considered among the most challenging clients presenting in the clinical setting, and BPD in particular has a reputation of rendering clinicians feeling helpless and ill-equipped. Addictions, nonsuicidal self-injury, and other destructive behaviours headline a myriad of presentations that have many clinicians at a loss for knowing how to help this population.

For many years, borderline personality disorder was even considered “untreatable” by many in the field. Research is now clear however that this is simply not the case. The condition itself is not untreatable; Rather, the modalities clinicians had been trained in, that were effective for treating a variety of other conditions, were simply inadequate for treating Borderline Personality Disorder. DBT, CBT, and Schema Therapy have paved the way in pioneering new attitudes and outcomes related to treating BPD, including reducing and eliminating the addictive and other destructive behaviours that often are products of it.

Join leading expert in the field of personality dysfunction Dr. Jeff Rigenbach for this enjoyable 3-hour webinar, chock full of the latest research, techniques, and practical strategies specifically proven to be effective with this diagnosis. Learn his step-by-step, clear and concise approach for assessing and treating the addictive and destructive behaviours that so often are a part of the presentation in individuals suffering from BPD. Leave this session feeling refreshed, renewed, and reinvigorated to tackle these problems presented by your most challenging clients!.

**LEARNING OBJECTIVES**

1. Acquire language skills required to converse about diagnosis in a way that reduces client defensiveness
2. Gain key conceptualization skills necessary for individualizing treatment planning and driving effective treatment for each client
3. Differentiate the 8 motivations for non-suicidal self injury and ramifications for intervening effectively with each

## PTSD, TRAUMA, & ADDICTION: A Cognitive Approach – 3 Hours

The relationship between trauma and addiction is well established in the literature. This is no surprise, as clinicians know all too well that people with unresolved trauma and emotional wounds often turn to substances as a way to self-medicate; And, people with addictions may drive while impaired, gravitate towards toxic relationships, go to dangerous places to get their substance of choice, or engage in many other behaviours that increase their risk of being traumatized.

The good news is, there is hope! Evidence shows increasing incidence of recovery for people struggling in the areas of trauma and addiction.

While neuroscience has taught us much about this phenomenon in recent years, evidence-based CBT treatments, which to this day appear to still be at least as effective as many “newer” approaches, seem to have almost gotten lost in the shuffle.

Want to ground yourself in foundational clinical concepts for effectively treating this population?

This breakthrough webinar led by internationally recognized CBT expert Dr. Jeff Rigenbach will enhance your treatment approach, advance your clinical skills, and arm you with proven tools and techniques that you can implement with your clients the very next day in your practice.

Participate in this 3-hour online workshop and leave a more trauma informed clinician with a practical, evidence-based approach that will equip your clients struggling with trauma and addiction to reclaim their lives and be well on their road to recovery..

**LEARNING OBJECTIVES**

1. Gain a better understanding of the relationship between trauma and addiction
2. Understand the role in early maladaptive schemas in maintaining behavioural styles that keep these clients stuck
3. Learn behavioural pattern-breaking tools for breaking lifelong patterns of behaviour
4. Equip with soothing, grounding, and other de-escalation skills for helping prepare clients face traumatic memories



## Pricing & Registration

ATTEND MORE AND SAVE!		
1 Individual Course Enrollment	<b>\$135.00</b> plus tax	
2 Individual Course Enrollment	<b>\$249.00</b> plus tax	<b>YOU SAVE \$21.00</b>
4 Individual Course Enrollment	<b>\$449.00</b> plus tax	<b>YOU SAVE \$91.00</b>
6 Individual Course Enrollment	<b>\$649.00</b> plus tax	<b>YOU SAVE \$171.00</b>

For full details and registration, please go to [webinars.jackhirose.com/product/virtual-trauma-conference-2020](http://webinars.jackhirose.com/product/virtual-trauma-conference-2020)

## Full-Time Student Info

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2. Attend over 100 hours per semester of course instruction either in-class instruction or online courses.
3. Are able to provide proof of full-time student status. Such as a student transcript or letter of enrolment from your school’s registrar.

## Group Rates

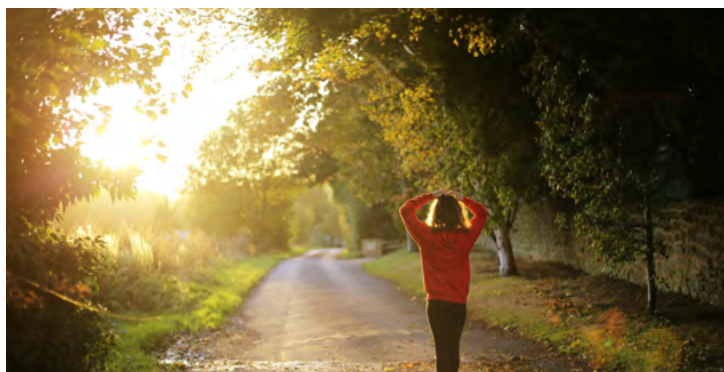
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The group rate is a discount depending on the number of participants and posted prices are per user, please see the rates below. Group discounts cannot be combined with other promo codes.

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4, 3 Hour Conference Courses	<b>\$429.00</b> plus tax per person	<b>\$409.00</b> plus tax per person	<b>\$389.00</b> plus tax per person
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