

Spring Series | 2012

EVOLVING THE ART AND SCIENCE OF HELPING OTHERS

Featuring
workshops
with —

John Briere

Janina Fisher

Esther Perel

Stephen Porges

Michael Stone

Reid Wilson

Michael Ungar

Aureen Wagner

Danie Beaulieu

**Kenny
Handelman**

Advanced Training
with **Terry Real**

See page 10

Temple Grandin comes to Toronto!

February 21, 2012

See page 3



Aureen Pinto Wagner, PhD, a clinical psychologist, anxiety treatment expert, and sought-after international speaker, developed the Worry

Hill® approach to making CBT accessible to children and adolescents. Dr. Wagner's highly acclaimed books include *Worried No More: Help and Hope for Anxious Children*, *Up and Down the Worry Hill*, *What to Do When Your Child Has Obsessive-Compulsive Disorder*, and *Treatment of OCD in Children and Adolescents: Professional's Kit*. For more information, please visit www.anxietywellness.com.

clinical, school, and group settings. You will learn about the innovative and child-friendly Worry Hill® CBT approach, which is designed to optimize motivation and compliance in youngsters struggling with separation, social and performance/test anxiety, worry, perfectionism, school refusal, phobias, panic, obsessions, compulsions, sleep problems, and tics.

Known for her clarity, compassion, and engaging style, Dr. Wagner will present the seven steps of child-friendly CBT

Seminar Code: **WAG-S20**

Up and Down the Worry Hill

User-Friendly Cognitive-Behavioural Therapy for Anxiety and OCD in Youngsters

Led by **Aureen Pinto Wagner, PhD**

Thursday, April 26, and Friday, April 27, 2012 • 9:00 am to 4:30 pm
Koffler House/Multi-Faith Centre (569 Spadina Avenue, Toronto)

Fee:

\$335 up to Apr. 12; **\$355** after Apr. 12
 For group discounts, see page 11.

Anxiety is the most common mental health problem in children and teenagers. Cognitive-behavioural therapy (CBT) can help as many as 80 percent of these youngsters successfully overcome anxiety.

In this practical workshop, top-rated presenter Aureen Pinto Wagner combines highly effective strategies with clinical pearls that can quickly be put to use in

that can empower youngsters with tools to conquer anxiety. She will discuss the nuts and bolts of cultivating treatment readiness, collaborating with parents, managing anxiety at school, and dealing with complex presentations, treatment reluctance, and relapse prevention. The richness and depth of real-life case examples and video clips will illustrate nuances and provide new insights that will enhance and fine-tune your skills in working with anxious youngsters and their parents.

You will learn —

- Why treatment readiness is crucial, and four steps to cultivate it
- About the Worry Hill® approach for hard-to-treat bad thoughts and just-right OCD
- About practical, ready-to-use child management and parenting tools
- What fuels anxiety — the Anxiety Triad, the Vicious Cycle of Avoidance, and parenting traps
- How to spot the red flags for anxiety and OCD at school and home



Michael Ungar, PhD, (AAMFT Clinical Supervisor; Registered Social Worker), is both a social worker and a marriage and family

therapist with over 25 years' experience working directly with youth and families in child welfare, mental health, educational, and correctional settings. As a professor in the School of Social Work and the Director of the Resilience Research Centre at Dalhousie University, he currently leads a 5-million-dollar program of research on resilience involving researchers from more than a dozen countries on six continents. Michael is the author of 11 books, including *Too Safe for Their Own Good*, *Strengths-based Counseling with At-risk Youth*, and his first novel, *The Social Worker*.

workshop will explore how therapists, counsellors, and educators can help youth and families. You will learn seven factors that protect people from adversity, and ways to help clients identify and access what they need for positive growth. This social ecological model of intervention is based on clinical practice with youth of all ages and families with complex needs who use multiple services (mental

Seminar Code: **UNG-S20**

Counselling Children and Families with Complex Needs

Nurturing Resilience Across Cultures

Led by **Michael Ungar, PhD**

Monday, May 7, and Tuesday, May 8, 2012 • 9:00 am to 4:30 pm
Koffler House/Multi-Faith Centre (569 Spadina Avenue, Toronto)

Fee:

\$335 up to Apr. 12; **\$355** after Apr. 12
 For group discounts, see page 11.

Despite decades of research on resilience, parents and professionals still struggle with their role in supporting positive development in children and teens growing up in adversity. Part of the difficulty is that resilience is often seen solely as a result of the individual's will and effort.

Dr. Michael Ungar has extensively researched resilience in youth and families living in adverse conditions across six continents. He has applied that learning to clinical practice in community and institutional settings. This

health, child welfare, corrections, special education, and addictions). It is designed to address both individual and contextual factors that threaten well-being.

Using interactive exercises, clinical transcripts, and video recordings of work with children, youth, and families, Dr. Ungar will help you integrate educational, mental health, and child welfare approaches to improve the likelihood that your clients' resilience will flourish.

You will learn —

- About a three-part model of intervention to promote resilience and positive development
- The principles and five phases of intervention
- How to identify "problem" behaviours that actually enhance resilience and well-being when more socially acceptable solutions are not available
- The principles of an engaging ecological model of intervention suitable for work in multiple service settings
- How to address resistance when working with diverse, hard-to-reach individuals and families
- How to avoid burnout and promote a strengths-based perspective while working within a system and with colleagues

Developing Talents

Achieving Meaningful Careers for Young Adults with Asperger's Syndrome and High-Functioning Autism

Led by Temple Grandin, PhD, and Kate Duffy, MSc
 Tuesday, February 21, 2012 • 9:00 am to 4:30 pm
 Metro Toronto Convention Centre, John Bassett Theatre
 (255 Front Street West, Toronto)

Fee: \$199 (+HST)

What would our society look like if businesses, colleges, and universities were designed to harness the often remarkable skills and talents of individuals with autism spectrum disorder (ASD)? International autism advocate Dr. Temple Grandin will discuss the conditions needed to create meaningful work for people with Asperger's Syndrome and high-functioning autism (HFA).

Dr. Grandin was one of *Time* magazine's 100 most influential people in the world in 2010. She will share her unique journey as a gifted woman with autism who is now a doctor of animal science and an internationally known designer of livestock-handling facilities when she is not writing a best-selling book or presenting to sold-out crowds worldwide.

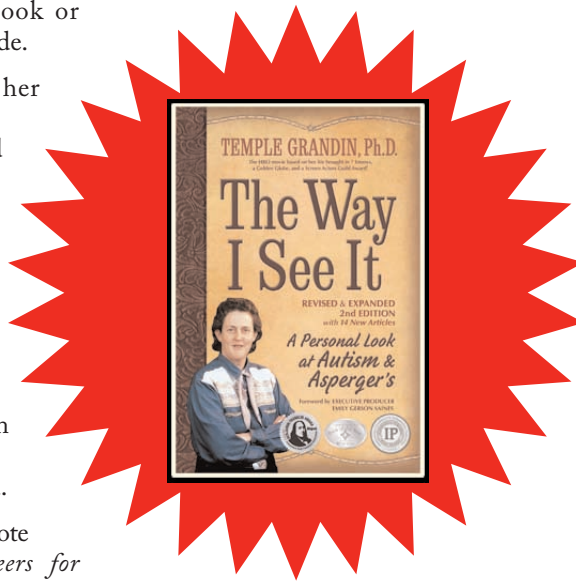
Dr. Grandin will emphasize how her abilities were nurtured from an early age, and discuss real-life strategies and supports that helped her become an extraordinary success and an inspiration to others. Her morning presentation (which will be followed by a Q-and-A session) will also give an overview of how people with ASD function in the world, and provide insight into how to decipher ASD behaviours in neurophysiological terms so that these behaviours can be contextualized.

In the afternoon, Kate Duffy (who co-wrote the book *Developing Talents: Careers for Individuals with Asperger Syndrome and High Functioning Autism* with Dr. Grandin) will present strategies to help prepare young people with special needs for success in the workplace, whether they are to be employed by someone or choose to be entrepreneurs. With commentary from Dr. Grandin, Kate will focus on methods to identify and cultivate talents and interests that might lead to satisfying work or a viable small business, as well as on practical career planning and job search techniques.

This workshop is relevant for guidance counsellors, social workers, psychologists, therapists, psychiatrists, teachers and educational support workers from secondary to tertiary

levels, employers, program leaders and developers, policy makers, and human resource professionals.

Meaningful work guarantees a return on the public investments that pay for the support services for people with special needs offered in our public schools and community programs. This presentation will lay the groundwork for a future in which more individuals with Asperger's Syndrome and HFA will have a better chance to fully realize their talents.



You will learn —

- How to identify and nurture special talents in young people with ASD
- Ways of learning work skills at a young age
- About the neurophysiological context of behaviour associated with ASD
- How to design a career plan based on the individual's strengths and talents
- About career-planning resources available through libraries and the Internet
- The life and social skills training components needed to support job-readiness programs



Temple Grandin, PhD, lectures to professionals and parents internationally on her experiences as a person with high-

functioning autism. She is a doctor of animal science and professor at Colorado State University and consultant to the livestock industry on animal behaviour. She is best-selling author of seven books, including *Developing Talents* and *The Way I See It*. Articles and interviews have appeared in the *New York Times*, *People*, and *Time*, and on National Public Radio, "20/20", "The View", and the BBC. In 2010, her life story was captured in the Emmy award-winning film, "Temple Grandin".



Kate Duffy, MSc, is co-author with Temple Grandin of *Developing Talents: Careers for Individuals with Asperger Syndrome*

and *High Functioning Autism*. She has taught writing and small business classes at Metropolitan Community College in Kansas City for 21 years while raising two sons with sensory integration disorder and Asperger's Syndrome. Kate provides training in student-centred learning strategies. Her business, Developing Talents, helps people on the autism spectrum find jobs.

A limited number of scholarships and parent rates are available for this event. Please apply to angela@leadingedgeseminars.org for special rates.

A portion of proceeds from this event will be donated to Unity for Autism.



John Briere, PhD, is Associate Professor of Psychiatry and Psychology at the Keck School of Medicine, University of Southern

California, and Director of the Psychological Trauma Program at LAC-USC Medical Center. He is a past president of the International Society for Traumatic Stress Studies (ISTSS).

He is author or co-author of over 70 articles and 10 books. He has also developed eight psychological tests in the areas of trauma, child abuse, and interpersonal violence.

John is back for the seventh year as one of our most popular presenters. See JohnBriere.com for more information.

increasing capacity to regulate and tolerate negative emotional states (equanimity); and helping to change the client's relationship to his or her internal experience through greater metacognitive awareness of the difference between self-generated thoughts and actual facts.

Briere integrates Buddhist concepts of impermanence, interconnectedness (dependent arising), and loving-kindness

Seminar Code: **BRI-S20**

Mindfulness, Compassion, and Modern Psychology in Trauma Therapy

Led by **John Briere, PhD**

Thursday, May 31, and Friday, June 1, 2012 • 9:00 am to 4:30 pm
Koffler House/Multi-Faith Centre (569 Spadina Avenue, Toronto)

Fee:

\$335 up to Apr. 12; **\$355** after Apr. 12
For group discounts, see page 11.

Based on two upcoming books, *Principles of Trauma Therapy, 2nd edition* and *The Pain Paradox: Trauma, Psychology, and Buddhism*, John Briere introduces a new workshop on the treatment of complex trauma. This non-pathologizing approach presents four pathways to trauma resolution: reworking activated attachment schemas in the presence of a compassionate and attuned therapist; reducing negative emotional responses to memory by encouraging awareness and mindfulness during emotional processing;

into trauma therapy, and reveals how this ancient philosophy can inform and improve modern approaches to treatment — especially with respect to the suffering associated with trauma. He will examine the importance of integrated awareness, and provides techniques helpful, in particular, for Western forms of avoidance and distraction, including substance abuse, dissociation, self-injury, and other seemingly dysfunctional behaviours.

You will learn —

- A model of trauma and posttraumatic outcomes that integrate Western and Buddhist psychologies and do not pathologize the client
- How to apply broad-band therapeutic exposure methodologies that decrease the chances of overwhelming the trauma client and increase the ability to facilitate complex trauma processing
- How to help the client develop metacognitive awareness, trigger identification, and other approaches to affect regulation/tolerance
- The psychological and neurobiological effects of compassion on the therapist and client
- Mindfulness techniques to decrease countertransference and increase equanimity and attunement

Seminar Code: **FIS-S20**

Shame and the Treatment of Trauma

Led by **Janina Fisher, PhD**

Thursday, May 10, and Friday, May 11, 2012 • 9:00 am to 4:30 pm
Koffler House/Multi-Faith Centre (569 Spadina Avenue, Toronto)

Fee:

\$335 up to Apr. 12; **\$355** after Apr. 12
For group discounts, see page 11.



Janina Fisher, PhD, is a licensed clinical psychologist and instructor at the Trauma Center, founded by Bessel van der Kolk. As a

faculty member of the Sensorimotor Psychotherapy Institute, an EMDR International Association consultant, past president of the New England Society for the Treatment of Trauma and Dissociation, and former instructor at Harvard Medical School, Dr. Fisher lectures across the US and internationally on the integration of the neurobiological research and new trauma treatment paradigms into traditional psychotherapies. For more info, please visit www.janinafisher.com.

Therapists regularly confront the insidious impact of shame on their clients' ability to find relief and perspective after trauma. Feelings of worthlessness and inadequacy interfere with taking in positive experiences, leaving only hopelessness. Increased ability for self-assertion gets undermined by belief systems about worth or deserving. Progress in the treatment or greater success in life evoke shame and self-judgment rather than pride. Despite the therapist's

from Sensorimotor Psychotherapy, participants will learn to help clients relate to their symptoms with mindful awareness and curiosity rather than passive resignation. When traditional psychodynamic and cognitive-behavioural techniques are integrated with Sensorimotor interventions emphasizing posture, movement, and gesture, issues of shame can become an avenue to transformation rather than a source of "stuckness".

You will learn —

- How to turn shame into an avenue of transformation instead of a source of stuckness
- The neurobiological effects of traumatic experience
- How to help clients appreciate the role of shame and self-loathing in traumatic experience
- The basic principles and techniques of Sensorimotor Psychotherapy
- How therapeutic mindfulness can somatically address the effects of shame-related feelings/cognitions
- Three Sensorimotor techniques to treat distorted cognitions
- How to help clients decrease fear of positive affect and increase their tolerance for positive affect

best efforts, unshakeable feelings of shame and self-hatred often undermine treatment: the client repeatedly takes two steps forward, then one step back.

Janina Fisher will examine shame from a neurobiological perspective — as a survival strategy driving somatic responses of automatic obedience and "total submission". Using lecture, videotape, and experiential exercises drawn

What Therapists Need to Know About the Polyvagal Theory

The Missing Link Between Love, Social Behaviour, and Health

Led by Stephen Porges, PhD

Thursday, June 14, and Friday, June 15, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$335 up to Apr. 12; \$355 after Apr. 12

For group discounts, see page 11.

Cited as "a major advance in human knowledge" (Norman Doidge), "a profoundly important contribution to our understanding of how we connect with others" (Daniel Siegel), and "a truly revolutionary perspective on human nature" (Paul Ekman), Stephen Porges' Polyvagal Theory is already improving the practice of psychotherapy and mind-body medicine.

The Polyvagal Theory provides a neurophysiological understanding of the variations in human experiences associated with emotion, attachment, social communication, and self-regulation.

Dr. Porges will explain how, via evolution, a connection emerged in the brain between the nerves that control the heart and the face. This connection provides the structures for the Social Engagement System, which links our bodily feelings and thought processes with facial expression, vocal intonation, and gesture.

You will learn how individuals react to danger and life threatening situations, and how abuse and trauma may re-tune our nervous systems to respond to friends as if they were enemies. The workshop will describe research on new biologically-based behavioural strategies that trigger neural circuits to improve social behaviour and state regulation.

You will learn —

- The principles and features of the Polyvagal Theory and how to apply it in a clinical setting
- How the Polyvagal Theory can demystify several features related to stress-related illnesses and psychiatric disorders such as PTSD, autism, depression, and anxiety
- What the Social Engagement System is and how the brain-face-heart connection evolved
- How deficits in the regulation of the Social Engagement System relate to the core features of several psychiatric disorders
- How we evaluate risk in the environment and how this response triggers adaptive neural circuits that promote either social interactions or defensive behaviours
- How the Social Engagement System is compromised by stress and trauma and how to reset it



Stephen Porges, PhD, is Professor of Psychiatry and Bioengineering at the University of Illinois at Chicago, where he directs the

Brain-Body Center. His research crosses disciplines, and he has published in such diverse disciplines as anesthesiology, critical care medicine, ergonomics, exercise physiology, gerontology, neurology, obstetrics, pediatrics, psychiatry, psychology, space medicine, and substance abuse. In 1994 he proposed the Polyvagal Theory. This theory provides insights into the mechanisms mediating symptoms observed in several behavioural, psychiatric, and physical disorders including autism, depression, ADD, PTSD, and schizophrenia. His research is leading to the development of innovative interventions designed to stabilize behavioural and psychological states and to stimulate spontaneous social behaviour. He is author of *The Polyvagal Theory: Neurophysiological Foundations of Emotions, Attachment, Communication, and Self-Regulation*. For more information, please visit StephenPorges.com.

The Polyvagal Theory is at the leading edge of psychosomatic medicine and body-mind therapies. It is a vital contribution to scientifically informed clinical practice. Psychologists, analysts, physicians, bodyworkers, and educators are provided with an essential map to help guide them in tracking the psychophysiological states of their clients, discern where they are "stuck", and help them to heal and move forward in life. Dr. Porges' great contribution is now compiled in this one astounding comprehensive volume. It is a must-read for clinicians and psychobiological researchers.

- Peter A. Levine, PhD, author of *In Unspoken Voice: How the Body Releases Trauma and Restores Goodness*

Seminar Code: WIL-S11

Don't Panic

How to Handle Your Anxious Clients

Led by Reid Wilson, PhD

Thursday, May 24, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$189 up to Apr. 12; \$199 after Apr. 12
For group discounts, see page 11.

In this dynamic workshop, you will learn the most direct strategies to treat panic disorder and its related phobias, including social anxiety disorder. Reid Wilson, best-selling author and frequent Leading Edge Seminars presenter, will review the essential knowledge base and therapist skills needed for comprehensive treatment of panic disorder. He will outline the psychosocial development that leads to the panic-prone personality, and the benevolent purpose of symptoms. Brief calming and focusing skills, techniques for dealing with worries and anticipatory anxiety, and success imagery will be covered.

Dr. Wilson will then venture into the world of permissive and provocative therapy and discuss how to shift the patient's orientation toward panic. The standard cognitive behavioural treatment of panic is now pushing further into the confrontational. You will learn how to divide and conquer: to interrupt anticipatory anxiety and then to manage

symptoms using cognitive strategies, paradoxical interventions, pattern disruption, exposure simulations, and interoceptive exposure (an approach that targets sensations arising from the body,

particularly the viscera). You will learn to peel away clients' ever-present "safety crutches".

The workshop will also explore the underlying beliefs that drive social anxiety and how these beliefs can lead clients towards developing flawed treatment goals. You will learn to tailor CBT for individuals and group work. Other highlights include tasks in the initial interview, principles of group work, and homework procedures.

You will learn —

- About the leverage that can move your clients from defense to offense
- How to identify the flawed goals of those with social anxiety and the underlying beliefs that drive them and thus how to construct more effective goals
- Why provoking symptoms is better therapy than tolerating them
- How to convince clients to seek out anxiety and encourage symptoms
- About 10 kinds of safety crutches and the ways to drop them
- A three-step formula for talking to a client's anxiety disorder (with a demonstration)



Reid Wilson, PhD, is a psychologist, an international expert in the treatment of anxiety disorders, a best-selling author, and an engaging

presenter. He directs the Anxiety Disorders Treatment Program in Chapel Hill and Durham, North Carolina. He is also Clinical Associate Professor of Psychiatry at the University of North Carolina School of Medicine. He is author of *Don't Panic: Taking Control of Anxiety Attacks*, and co-author of *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*. For more information, visit www.anxieties.com.

Seminar Code: WIL-S12

The Art of Persuasion

Changing the Mind on OCD

Led by Reid Wilson, PhD

Friday, May 25, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$189 up to Apr. 12; \$199 after Apr. 12
For group discounts, see page 11.

How do you move someone toward anxious uncertainty when their heart, mind, and soul are committed to finding comfort? You will learn a persuasive strategy — built out of whole cloth within

the first session — that will frame the entire treatment protocol. Persuading OCD clients to adopt a new frame of reference is the therapist's primary task. Those who succumb to the spell of obsessive-compulsive disorder conjure up a potion of avoidance and resistance as their only means to keep uncertainty and distress from boiling over. Two objectives direct their decisions: (1) take only actions that have a highly predictable, positive outcome, and (2) stay comfortable. Altering perception — not adding technique — helps them change directions because belief always trumps exposure practice. Then repetition of action in the face of doubt and distress is required to solidify therapeutic gains.

You will learn how to persuade clients to voluntarily seek out and embrace uncertainty and anxiety as their ticket out of suffering. You'll then learn techniques that generate positive motivation to help them develop mastery over their symptoms. These self-help oriented skills can be applied to the treatment of behaviours such as washing and cleaning, checking, repeating, hoarding, ordering, cognitive-ritualizing, and pure obsessing.

You will learn —

- A persuasive strategy that will frame the entire treatment protocol
- How to move clients toward anxious uncertainty when they are much more committed to finding comfort
- How to conduct exposure sessions without the hierarchies
- Four primary manipulations of obsessions
- Nine characteristics of rituals and how to disrupt them
- Techniques to generate positive motivation to help clients develop mastery over OCD symptoms

Seminar Code: PER-S20

Rethinking Couples Therapy

A Radical Approach to Sex, Love, and Infidelity

Led by Esther Perel, MA, LMFT

Thursday, May 3, and Friday, May 4, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$335 up to Apr. 12; **\$355** after Apr. 12
For group discounts, see page 11.

Couples therapy has traditionally focused on two partners occupying a shared space with a neutral third party, striving toward greater honesty and transparency. Couples are dealt with as a unit, and therapists are discouraged from seeing partners separately lest power balances or allegiances be disturbed. But what is lost in this approach to couples therapy?

To effectively engage such issues as intimacy, sexuality, and infidelity, therapists must create separate spaces where each partner can safely explore his or her feelings and experiences along with larger relationship dynamics. Couples therapy can best succeed in sessions with each partner separately, and as a couple.

In this workshop, we will explore how to navigate secrets in couples work; clinical dilemmas and interventions around sex, love, and power; infidelity and how to move beyond it; and balancing the hidden dimension of sexual desire with the need for transparency and security.

Combining formal teaching, clinical case examples, and video vignettes, Esther Perel will probe the bonds and

conflicts between love and desire through a multicultural lens. The workshop draws on attachment and psychoanalytic theory, family systems, and body-oriented approaches.

You will learn —

- How to create a safe and non-judgemental therapeutic environment to work with secrets, privacy, transparency, and truth-telling
- A more nuanced therapeutic approach for working with extra-marital relations - past and present, fantasized or real, disclosed or withheld
- Strategies to help couples unlock sexual blocks and take emotional risks
- Ways for couples to rebuild trust and intimacy and to promote erotic recovery following an affair



Esther Perel, MA, LMFT, is a master trainer, therapist, and workshop leader, and an acknowledged international authority on couples

therapy, culture, and sexuality. Her bestseller, *Mating in Captivity*, has been translated into 24 languages. Esther serves on the faculty of the Family Studies Unit, Department of Psychiatry, New York University Medical Center, the International Trauma Studies Program, and the Ackerman Institute for the Family. Fluent in nine languages, she brings a multicultural perspective to her practice, teaching, and writing. For more information, please visit www.estherperel.com.

Seminar Code: STO-S10

Forgiveness and Healing

Applications in Clinical Practice

Led by Michael Stone, MA

Monday, May 14, 2012 • 9:00 am to 4:30 pm

Wolfond Centre, University of Toronto (36 Harbord Street, Toronto)

Fee:

\$189 up to Apr. 12; **\$199** after Apr. 12
For group discounts, see page 11.

This one-day workshop will introduce new research on the power of forgiveness in medicine and psychotherapy and its application in a clinical setting. Studies increasingly indicate what we have long intuited: forgiveness is important, not just as a spiritual practice, but as an active component of healing both physical and psychological illness, injury, and suffering.

Forgiveness training has been found useful for a wide range of clients and life situations, including adolescents who have felt neglected by their parents, survivors of childhood abuse, seniors who feel uncared for or hurt, and men who have difficulty reconciling themselves with their partners' decisions to have abortions.

You will learn a nine-step process for cultivating forgiveness, how to recognize when somebody is not ready to forgive, and how to establish the possibility. This workshop will also show you how to manage fight or flight responses in therapy and how to keep clients in their bodies.

You will learn —

- About current research demonstrating the effects of forgiveness in medicine and psychotherapy
- How forgiveness and assertiveness support each other
- Mindfulness practices to get in touch with emotions and holding patterns in the body
- Exercises to help clients become aware of where they are holding back
- About the neural pathways for compassion and relational ease
- How to tell how much feeling is enough and when to promote action
- About tools for basic compassion for oneself and others, and emotional self-care



Michael Stone, MA, is a psychotherapist, renowned lecturer on the integration of mindfulness and mental health, and Director of Centre of

Gravity, a non-profit organization in Toronto integrating meditation, psychology, and social action. He is the author of numerous books on mind, body, and the psychology of ethics, and he ran the popular Leading Edge Seminars "Mindfulness for Clinicians" programs. Michael is a regular guest on CBC Radio and travels internationally, teaching at universities, at conferences, and in health care settings, about the intersection of mindfulness, mental health, and community engagement. His website is www.centreforgravity.org.

Seminar Code: HAN-S11

Attention Difference Disorder

Unwrapping the Gift of ADHD for Children and Teens

Led by Kenny Handelman, MD, FRCP(C), DABPN

Monday, May 28, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$189 up to Apr. 12; \$199 after Apr. 12

For group discounts, see page 11.

With extensive clinical experience in treating and consulting on ADHD, Dr. Kenny Handelman, best-selling author of *Attention Difference Disorder*, returns to Leading Edge with practical and effective strategies to address the challenges of this often complicated condition. His succinct yet comprehensive teachings speak to the breadth of his knowledge on all aspects of the disorder, from organicity to diagnosis, treatment, and comorbidities.

Working from a strengths-based perspective, you will learn seven steps for ADHD treatment for children and teens. The workshop will review the essential knowledge base about ADHD, including how to properly assess for it. Dr. Handelman will then present strategies for parenting and

school as well as the most up-to-date information about medication and evidence-based alternative treatments. Lastly, he will discuss treatment integration.

This workshop will offer tools and specific strategies that you can take back to your office, clinic, or class, to help ADHD kids and teens right away. You will learn how to help kids and teens to “unwrap the gifts” of their ADHD.

You will learn —

- The newest brain research in ADHD
- Tools for diagnosing ADHD
- How comorbid conditions complicate and interact with the assessment and treatment of ADHD
- Parenting strategies for kids and teens with ADHD
- School strategies which can help ADHD students succeed
- Evidence-based alternative treatments for ADHD
- Updates to medication for ADHD – including the current treatments available and the newer medicines coming to Canada soon



Kenny Handelman, MD, FRCP(C), DABPN, is a child and adult psychiatrist and an expert in ADHD. He is the author of the best-

selling book *Attention Difference Disorder*. He has extensive clinical experience working at the Halton Healthcare Hospital, and is also an Adjunct Professor of Psychiatry at the University of Western Ontario. Dr. Handelman teaches internationally about ADHD. He maintains several websites on ADHD which provide up-to-date ADHD information to over 700,000 web visitors each year. For more information, visit www.attentiondifferencedisorder.com.

misdiagnosed because most of the diagnostic criteria established applies to children or teens. Yet a recent US epidemiological study documented that more than 4% of the adult population have Adult ADHD.

Kenny Handelman, ADHD expert and best-selling author of *Attention Difference Disorder*, will provide you with a comprehensive overview of how to assess, diagnose, and treat adult ADHD clients. Dr. Handelman's strength-based approach will cover: Essential knowledge base of ADHD; Assessment of Adult ADHD; Relationship Strategies, Occupational Strategies; Medication for ADHD; Alternatives for ADHD; and Treatment Integration. You will learn how to identify the ADHD within comorbid conditions such as depression, anxiety, and bipolar disorder. You will also review current research about CBT approaches to adult ADHD and how to use them.

Seminar Code: HAN-S12

Adult ADHD

A Strength-Based Strategy for a Hidden Population

Led by Kenny Handelman, MD, FRCP(C), DABPN

Monday, June 4, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$189 up to Apr. 12; \$199 after Apr. 12

For group discounts, see page 11.

You will learn —

- The challenges with diagnosing adult ADHD and how to overcome them
- Finding the ADHD within the comorbid conditions such as depression, bipolar, anxiety disorders, and substance dependence
- How a strength-based approach to ADHD can make a big difference
- An update of the newest brain research in ADHD
- Cognitive Therapy for Adult ADHD
- Evidence-based alternative treatments for ADHD
- New updates in medication for ADHD - including the current treatments available and the newer medicines coming to Canada soon

When Words Are Not Enough

Impact Techniques, A New Paradigm to Help Clients

Led by Danie Beaulieu, PhD

Monday, April 23, and Tuesday, April 24, 2012 • 9:00 am to 4:30 pm

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

Fee:

\$335 up to Apr. 12; \$355 after Apr. 12

For group discounts, see page 11.

Most therapies rely on talk, leaving us to hope that the clients will “get it” and move on. Increasingly, studies show real change can be more effectively attained through engaging parts of the brain that are not accessible through talking only. Impact Techniques will give you practical and stimulating tools that can transform abstract ideas and complex difficulties into clear, concrete, and easily understood metaphors and behavioural responses.

Through multisensory engagement, you will learn how to work with the entire neuronal network in order to identify, understand, and resolve many of the problems your clients face. Impact Techniques are designed to imprint new habits, skills, and insight onto the body’s memory for desired change.

This 2-day workshop will equip you with over 80 innovative Impact Techniques. This approach is frequently considered to be a form of brief therapy because its techniques have the potential to simultaneously combine the processes of assessment, treatment, and implementing next steps.

Impact Techniques can be applied in a wide range of settings: individual as well as group therapy; for adults, couples, families, teens, and children; in clinical settings as well as in schools. These specific yet versatile interventions can be integrated into your practice the very next day.

Danie Beaulieu’s first Leading Edge Seminars workshop received tremendous acclaim. You will leave this workshop with new resources, renewed optimism, and skills to make an impact with even your most difficult clients.

You will learn —

- The key concepts and client-centred philosophy behind Impact Therapy
- Specific Impact Techniques to facilitate client awareness and communication of the issues that face them and how to resolve them
- Strategies that interrupt the holding patterns that keep your clients stuck
- How Impact Techniques can lead to practical next steps in resolving difficulties
- How to support your clients’ capacity to find creative solutions to their challenges
- How Impact Therapy generates high-quality engagement and energy even with your most difficult clients



Danie Beaulieu, PhD, is the founder and president of Impact Academy, a training institute in Lac-Beauport, Quebec. She is

internationally recognized for her development of Impact Therapy and Eye Movement Integration Therapy and is currently the only person authorized to teach these two approaches in Canada and the French-speaking world. Author of 16 books, Dr. Beaulieu is a highly sought-after trainer who regularly presents at the conferences of the prestigious Milton Erickson Foundation and the *Psychotherapy Networker*. Recognized for her dynamic style, humour, and simplicity, Danie Beaulieu is an unequalled communicator in both French and English, for both large and small audiences, and for professionals and the general public alike.

Centre of Gravity Presents

Contemplative Care Training Intensive

Led by Koshin Paley Ellison and Robert Chodo Campbell

March 26 - 31, 2012 • 9:00 am to 4:30 pm

St. Clare’s Multi-Faith Housing (180 Sudbury Street, Toronto)

Fee: \$695 (+ HST)

This six-day non-residential professional training features key elements of the renowned Foundations in Buddhist Contemplative Care Training Program in New York. Koshin Paley Ellison and Robert Chodo Campbell blend years of experience as leading teachers in professional caregiving and contemplative practices. They are known for their skill in facilitating a rich learning collaboration between participant experience, the depth of their own personal Buddhist practice, and the specific requirements of cultivating contemplation in a clinical setting.

Contemplative meditation will form the foundation of this course, interspersed with lectures, experiential exercises, writing, and conversation. The training, offered in a retreat format, will build essential clinical best practices, strengthen individual capacity for compassionate

contemplative service, and emphasize experiential learning and best practice application in the participant’s life and role as a caregiver.

The course curriculum includes the following: service as a contemplative functioning, Four Noble Truths in caregiving, the ordinary as sacred, listening with whole body and mind, “non-responsive patients” and connection, rituals of letting go, bearing witness and compassionate action in the clinical setting, life and death meditations, daily contemplative practice, and bringing learning into life.

Designed predominantly for health care professionals, educators, hospice workers, and clergy, this training is also open to health care volunteers and family caregivers.

This program is presented by Centre of Gravity. To register, visit www.centreofgravity.org/course_care_training.

For more information, contact learning@centreofgravity.org.

Seminar Code: REA-Y40

Relational Life Training with Terry Real

Led by Terrence Real, MSW, LICSW

Module 1: Monday, May 14, and Tuesday, May 15, 2012

Module 2: Monday, Nov. 12, and Tuesday, Nov. 13, 2012

Time: 9:00 am to 4:30 pm

Location: Koffler House/Multi-Faith Centre (569 Spadina Avenue, Toronto)

Fee: \$1,100 (+ HST)

Back by popular demand and in response to requests for a skills-and-practice-focused follow-up to his previous workshop, Terry Real returns with an extended training in Relational Life Therapy™. Participants of Terry's workshop last November were struck by the power and effectiveness of RLT in action with challenging couples. RLT is unique in its practical and action-oriented approach towards addressing how men, women, and relationships have changed from the 20th century to the 21st and how to help couples proactively create the relationship they want.

Over 2 two-day trainings, Terry will guide you through a combination of lecture, presentation, discussion, role plays, large group work, and small group exercises, in order to ground theory in practice.

You will have a chance to observe and then practise the essential techniques of RLT. These include use of the Relational Grid™ to diagnose and discuss the present dynamic between partners, how to gain leverage over partners who exhibit grandiosity, working with shame, how to "take sides" and skillfully confront difficult truths in order to support positive change, and how to use the existing relationship to dramatically transform character. The focus is on the "hands-on nuts and bolts" of RLT.

This training has been designed for the helping professional to achieve an intermediate level of competency in the clinical practice of RLT.

You will learn —

- How to work with challenging couples using RLT
- The critical success factors in using RLT
- How to effectively gather data, diagnose, find leverage, work with grandiosity, and get to a therapeutic contract using the Relational Life Model™
- What RLT looks like in action, through hands-on, contained practice with other participants

Please note that class size will be limited to facilitate more in-depth interaction.

Payment can be made in four installments.

To register for this training, visit our website (leadingedgeseminars.org), email angela@leadingedgeseminars.org, or call 416-964-1133.



Terrence Real, MSW, LICSW, is the New York Times best-selling author of *I Don't Want to Talk About It* and *How Can I Get Through to You?* His most recent book is *The New Rules of Marriage*. A family therapist and teacher for over twenty years, Terry is a senior faculty member of the Family Institute of Cambridge in Massachusetts, and a former Clinical Fellow of the Meadows Institute in Arizona. In 2002, he founded the Relational Life Institute to help women and men find true connection and satisfaction. His work has been featured on "20/20" and "Oprah". He is the "relationship and family expert" for "Good Morning America" and "ABC News". See www.terryreal.com for more information.

Workshop Information

Workshop Locations

Always check our website for your workshop **location, directions, and parking** details. Visit www.leadingedgeseminars.org.

Temple Grandin workshop:

Metro Toronto Convention Centre
John Bassett Theatre
255 Front Street West, Toronto

Michael Stone one-day workshop only:

Wolfond Centre
at the University of Toronto
36 Harbord Street, Toronto

All other workshops:

Koffler House/Multi-Faith Centre
at the University of Toronto
569 Spadina Avenue, Toronto

Refreshments

Coffee, tea, and light refreshments are provided to start the day. Lunch (75 minutes) is on your own at approximately noon (exact time to be determined by presenter).

Accommodation

Courtyard Marriott - Toronto Downtown (475 Yonge Street, in the Yonge Street/College Street area) offers a preferred rate of \$159 (or better) for those attending our workshops throughout 2012, subject to availability; we recommend booking at least 30 days in advance.

To book by phone: call 1-800-847-5075 and ask for the "Leading Edge rate".

To reserve a room on the website: go to www.marriott.com/yyzcy. On the left side, click on "Special Rates & Awards". To obtain the Leading Edge rate, select "Corporate/promotional code", and enter "LD4" as the code.

Workshop Cancellation Policy

When cancellations are made more than 14 days prior to the workshop date, you have a choice: receive a refund (less a \$50 administration fee) or a credit (less a \$25 administration fee) to any future Leading Edge Seminars workshop. If cancellation is received fewer than 14 days prior to the workshop date you will receive a credit (less the \$50 administration fee) to any future LES program. For cancellations on the day of the workshop, please contact us to obtain a 50 percent credit. Alternatively, a colleague may attend in your place at no extra cost; please notify us in advance of the name of the person attending.



Be an EarlyBird — register by April 12, 2012, and save!

Discount for Multiples: Attend two or more workshops, or bring a friend!

4 easy ways to register!

- **Phone**
416-964-1133 (Toronto area)
1-888-291-1133 (elsewhere)
- **Fax**
416-964-7172
- **Mail**
Leading Edge Seminars Inc.
88 Major Street
Toronto ON M5S 2L1
- **Online at**
www.leadingedgeseminars.org

	Single Workshop Fee		Multiple Fees (2-9 registrations)	
	EarlyBird (up to Apr. 12)	Regular	EarlyBird (up to Apr. 12)	Regular
1-day workshops	\$189	\$199	\$179	\$189
2-day workshops	\$335	\$355	\$319	\$335
Temple Grandin	\$199	\$199	\$199	\$199

Please add 13% HST to all fees.

10 or more registrations? Please call 416-964-1133 for special rates.

Registration Form

Name(s) _____

Organization _____

Address _____

City _____ Prov./St. _____ Postal Code _____

Work Phone () _____ Home Phone () _____ Fax () _____

Email (please print legibly) _____

Seminar Code OR Seminar Title	Person attending <small>(if different from above or registering more than one)</small>	Price

Subtotal: \$ _____

HST (13%): \$ _____

Total \$ _____

Full-time university students may receive a 15% discount (based on single fee, before HST).
Cannot be combined with multiple discount. Proof of full-time student status required.

- VISA
 Mastercard
 Cheque
 Cheque to follow

Registrations postmarked after Apr. 12, 2012, will be processed at regular rates.

Name on card (if different from above) _____

Card Number _____ - _____ - _____ - _____ Expiry date ____/____

Please make cheques payable to **"Leading Edge Seminars Inc."**, 88 Major Street, Toronto ON M5S 2L1

GST Registration Number 87303 2114 RT



Cutting Edge Training in Child and Play Therapy

The Canadian Association for Child and Play Therapy (CACPT) offers cutting-edge training in Child and Play Therapy. Sign up for one-day courses or apply to the six-week Play Therapy Certificate Program and obtain 180 educational units, which is one of the steps needed to **become a Certified Child Psychotherapist & Play Therapist**. Courses are offered in London in May and June and in Toronto in July. The application deadline for the Play Therapy Certificate Program is March 15 (for London) and May 15 (for Toronto) so apply soon! If you just want to attend an individual workshop, there is no deadline but limited space is available so you are encouraged to register early.

For further information on courses or on getting certified as a Child Psychotherapist & Play Therapist please visit our webpage at www.cacpt.com or call CACPT at 519-827-1506.

Continuing Education Credits

Each participant will receive a Certificate of Participation. Certificates may be used to qualify for eligibility for Continuing Education Credits from licensing boards and professional colleges that are not listed below, when the course outline and Certificate of Participation are submitted. Please contact your own college or association to confirm its requirements.

Social Workers and Social Service Workers may be eligible for Professional Development Credits. The Ontario College of Social Workers and Social Service Workers is currently determining its continuing education policy.

Psychologists All clinical workshops have been approved for CEUs from the Canadian Psychological Association (6 units for one-day workshops and 12 for two-day workshops).

General Practice Psychotherapy Association The General Practice Psychotherapy Association accredits these seminars with 6 hours (per full day) of Continuing Education Credits.

Canadian Addiction Counsellors Certification Federation All clinical workshops may be eligible for 6 or 12 "core" credits.

Canadian Counselling and Psychotherapy Association All clinical workshops may be eligible for 1 CEU per day.

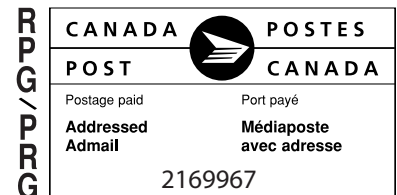
Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists Certified members may submit evidence of workshops and seminars they have attended and the Certification Committee will assign CEUs on an individual basis.

Ontario Association of Child and Youth Counsellors All workshops are eligible for one "Professional Development Activity" credit per day.

Ontario Society of Psychotherapists All workshops are approved.



88 Major Street
Toronto ON M5S 2L1



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