

**25<sup>th</sup>**  
Anniversary  
Year

**LEADING  
EDGE  
SEMINARS  
INC**

**2018  
SPRING**



**INCLUDING SEMINARS ON:**

Trauma, Anxiety, Depression, Autism (conference),  
CBT, DBT, EMDR, Kids, Couples, the Law, and more...

**EXCEPTIONAL PRESENTERS • TRANSFORMATIVE LEARNING**



John Briere



Temple Grandin



Bessel van der Kolk



Sheri Van Dijk



Ross Greene

REGISTER ONLINE AT  
**[leadingedgeseminars.org](http://leadingedgeseminars.org)**



## Calming the Emotional Storm: Using DBT to Help Clients Manage Their Emotions

**Sheri Van Dijk, MSW, RSW**

Dialectical behaviour therapy (DBT) was originally designed to treat borderline personality disorder, but it is increasingly used to treat disorders in which emotional regulation plays a key role.

In this comprehensive workshop, Sheri Van Dijk will discuss how DBT differs from CBT and how it can be applied to working with clients facing a range of conditions (including depression, anxiety, and bipolar disorder). Through lecture and experiential exercises, you will explore the four modules of DBT (Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness) and learn how to teach these skills to your clients so they can better manage their emotions.

In addition, Sheri will introduce DBT strategies to help foster the therapeutic relationship, maximize therapeutic gains, and reduce the likelihood of therapist burnout.

### YOU WILL LEARN —

- How to teach your clients the four sets of DBT skills
- How to apply DBT skills to a range of problems and psychiatric illnesses
- Dialectical strategies to address clients who are “stuck” in therapy
- Skills to reduce burnout and to improve therapeutic effectiveness



### Sheri Van Dijk

Sheri Van Dijk, MSW, RSW, a gifted presenter, is back with Leading Edge for the fifth consecutive year. She is the author of *Calming the Emotional Storm*, *DBT Made Simple*, *The Dialectical Behavior Therapy Skills*

*Workbook for Bipolar Disorder*, and *Don't Let Your Emotions Run Your Life for Teens*, and is co-author of *The Bipolar Disorder Workbook for Teens*. Sheri has been presenting extensively on DBT throughout Canada and internationally.

**Date:** Monday, April 23 — Tuesday, April 24, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5

## Helping Behaviourally Challenged Kids: Shifting from Power and Control to Collaboration and Skills

**Ross Greene, PhD, MSW**

It's true: you reap what you sow. If we handle kids with power and control, that's what we get back. What happens if we collaborate with them — as partners — instead?

Children act out when the demands they face outstrip the skills they have to respond. Collaborative and Proactive Solutions (CPS) was developed by Ross Greene to improve both communication and relationships while decreasing the likelihood of conflict. It also helps enhance empathy, the appreciation of how one's behaviour affects others, the ability to understand another's perspective, and honesty. Instead of emphasizing psychiatric diagnoses or the misbehaviour — whether it's sulking, screaming, swearing, hitting, or biting — CPS focuses on improving the skills to meet demands.

In this two-day training, Ross Greene will present the key facets of the CPS model, provide video examples, and give you the latest updates on best practices. No prerequisites are required for this training.

### YOU WILL LEARN —

- How to assess the cognitive skills that are central to adaptively handling social, emotional, and behavioural challenges
- How to identify and prioritize unsolved problems that precipitate misbehaviour
- About three basic options to handle unsolved problems and unmet expectations
- The three steps to the problem-solving process that reduce the frequency of challenging behaviour



### Ross Greene

Ross Greene, PhD, MSW, has served on the faculty at Harvard Medical School for over 20 years. He is the founding director of Lives in the Balance, a non-profit organization created to provide accessible resources and programs to caregivers of behaviourally challenging kids. He is also the *New York Times* bestselling author of *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*. For more information, please visit [livesinthebalance.org](http://livesinthebalance.org).

**Date:** Thursday, April 26 — Friday, April 27, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5

# CBT Intensive: Treating Anxiety and Depression

## Part 1: Evidence-Based Treatment of Anxiety and Related Disorders

Martin M. Antony, PhD

Dr. Antony will provide training in evidence-based strategies for treating a range of anxiety and related disorders in adults and children. He will emphasize the importance of case formulation and core treatment principles that cut across anxiety-based problems, including OCD, panic disorder, PTSD, social anxiety disorder, generalized anxiety disorder, specific phobias, and health anxiety.

You will learn about effective cognitive-behavioural methods, including cognitive strategies, exposure-based techniques, and relaxation-based treatments, as well as mindfulness-and-acceptance-based strategies. The use of medication will also be reviewed, with an emphasis on how it can be combined with psychological treatments. Strategies for dealing with treatment resistance (such as motivational interviewing) will be discussed, as will ways of dealing with complex cases and comorbidity.

### YOU WILL LEARN —

- About CBT approaches to manage anxiety and related disorders, exposure-based techniques, and mindfulness-and-acceptance-based treatments
- How to use motivational interviewing to enhance clients' engagement
- How to adapt treatment for particular anxiety presentations



### Martin M. Antony

Martin M. Antony, PhD, is Professor in the Department of Psychology at Ryerson University in Toronto. He is the author of over 250 scientific articles and book chapters, as well as 30 books, including *The Shyness and Social Anxiety Workbook*, *The Anti-Anxiety*

*Workbook*, and *When Perfect Isn't Good Enough*. For more information, please visit [martinantony.com](http://martinantony.com).

## Part 2: CBT and Mindfulness-Based Cognitive Therapy (MBCT) for Depression

Peter Bieling, PhD

The incidence and prevalence of depression and symptoms of depression continue to rise globally. The scope is enormous, and the breadth of clinical presentations of depression, just as challenging. Over two days, you will learn to customize a treatment strategy based on two of the most effective approaches: CBT and mindfulness-and-acceptance-based strategies. To match the wide variety of presentations in depression, a variety of specific interventions will be discussed, ranging from simple self-monitoring and bibliotherapy, to behavioural approaches, to more fulsome treatment protocols for acute depression, as well as maintenance treatments and relapse prevention. Video and case vignettes to demonstrate techniques will be used throughout.

### YOU WILL LEARN —

- How to assess severity and chronicity of depression
- The basics of behavioural activation strategies
- How to teach cognitive monitoring and thought disputation
- How to create acceptance and more adaptive core beliefs and assumptions
- About maintaining wellness and better functioning through mindfulness



### Peter Bieling

Peter Bieling, PhD, is Professor in the Department of Psychiatry and Behavioural Sciences at McMaster University and Director in the Mental Health and Addiction Program at St. Joseph's Healthcare in Hamilton, Ontario. He specializes in the areas of CBT and MBCT for mood disorders, the effectiveness of cognitive therapy, emerging treatments and treatment models, and quality of mental health services delivery. He is co-author of *Ending the Depression Cycle*, *Cognitive-Behaviour Therapy in Groups*, and *Depression and Your Thyroid*.

## Register for either part independently, or both parts and save.

**Discounted Fee (Parts 1 and 2 together):** \$850 up to April 5 • \$900 after April 5

**Date:** Thursday, April 19 — Friday, April 20, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5

**Date:** Wednesday, May 30 — Thursday, May 31, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5

## Emotionally Focused Therapy: Cracking the Code of Love in Couples and Families

George Faller, LMFT

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Focusing on identifying negative patterns of interaction and replacing them with positive cycles of responsiveness, Emotionally Focused Therapy is one of the most empirically validated models of couples therapy.

George Faller will expand the basic concepts of EFT to working with families and adult relationships. You will learn how to apply the language of attachment to bring about change in your clients' most challenging relationships. George will integrate concepts from his book, *Sacred Stress*, to introduce new ideas and techniques that will transform stressful events into opportunities to cultivate more resilience.

Making extensive use of videotapes, role plays, and experiential exercises, participants will both witness and practise the skills of EFT. George will show you how to reprocess key emotional responses to help de-escalate and re-engage, and how to restructure key attachment interactions. You will learn to mirror the model itself, so that your clients can both understand their "stuck" places and undergo new, corrective experiences in the therapy room.

### YOU WILL LEARN —

- How attachment theory applies to adult relationships
- The basic premises, stages, and steps of EFT, as well as key change events
- Interventions to help clients reprocess and restructure key emotional responses
- To identify and address common therapeutic impasses in EFT



### George Faller

George Faller, LMFT, is an approved supervisor for AAMFT and the founder and president of the New York Center for EFT. He has received wide praise internationally for his EFT presentations. He is co-author of

*Sacred Stress: A Radically Different Approach to Using Life's Challenges for Positive Change*. Please visit [georgefaller.com](http://georgefaller.com) for more information.

**Date:** Thursday, May 10 — Friday, May 11, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5

## Attachment-Based Yoga and Meditation for Trauma Recovery: Practical Ways to Shift Attachment Patterns

Deirdre Fay, LICSW

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Our bodies, minds, and hearts are natively wired to connect. When connections are broken or betrayed, especially in an affectively intense manner, internal patterns become disorganized and remain that way while we function "on top" of them. Experience-based neuroplasticity gives a conceptual understanding of how the brain encodes disrupted attachment patterns, and — better yet — non-invasive practices to change those patterns.

These underlying, unresolved attachment patterns are the main reasons PTSD persists. These patterns can be changed by befriending the attachment patterns and remapping the non-narrative imprinting that happens before the brain is fully formed or affectively disrupted.

In this experiential workshop, you will learn evidence-based strategies, practices, and specific exercises that integrate attachment theory and yogic psychology for trauma treatment. You will also learn how to identify and remap maladaptive patterns so your clients feel calmer in mind and body, and more hopeful that life can get better.

### YOU WILL LEARN —

- Why clients have an aversion to introspection and exploring attachment issues
- How to shift the fight-or-flight pattern
- About a step-by-step map to change attachment patterns
- How to cultivate a transformational approach to PTSD
- About the four-step transformational cycle integrating yoga, attachment, and trauma theory



### Deirdre Fay

Deirdre Fay, LICSW, has amassed skill sets in trauma treatment (as a supervisor under the guidance of Bessel van der Kolk), attachment theory, and Sensorimotor Psychotherapy. She is the author of

*Attachment-Based Yoga and Meditation for Trauma Recovery*, *The Becoming Safely Embodied Skills Manual*, and co-author of *Attachment Disturbances for Adults*, as well as chapters in *Neurobiological Treatments of Traumatic Dissociation*. Please visit [dfay.com](http://dfay.com) for more information.

**Date:** Monday, May 14 — Tuesday, May 15, 2018

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

**Fee:** \$440 up to April 5 • \$465 after April 5



## **Next Steps: Transitioning to Independence A Two-Day ASD Conference Featuring Temple Grandin**

**Participating presenters include** Temple Grandin, PhD; Rosemary Condillac, PhD, CPsych; Tara Connolly, MA, BEd; Alan Kriss; Yona Lunksy, PhD; Brendon Pooran, LLB; Daniel Roth; Alana Sheilds Barker; Jonathan Weiss, PhD; Daniel Roth; and Heidi Penning, MA.

Presented in association with Autism Ontario

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Independence, self-reliance, self-determination, and being on one's own are some of the hallmarks of adulthood. Temple Grandin and Canadian ASD experts will offer their expertise and success stories to create a toolkit of resources you can use to support the transition of your clients on the autism spectrum to post-secondary education, to the workplace, and to independent living.

You will learn about employment options that recognize and value different ways of thinking and brain strengths alongside programs and strategies for negotiating complete health care access, as well as financial planning. You will also learn about how to nurture confidence and independence through extracurricular activities and programs.

Many transitions are encountered on the path to becoming an adult, and these include transitions toward financial responsibilities, new social and peer relationships, and living outside the family home or in supportive housing for the first time.

These changes are challenging for everyone, but for individuals on the autism spectrum, they are even more so. With the right support, however, these rites of passage can be not only successful but also fulfilling and self-empowering. This conference is designed to provide you with research and experience-based tools, strategies, and resources to empower individuals on the spectrum to take the next step.

### **YOU WILL LEARN —**

- How to create supports for clients transitioning to post-secondary education
- How to find or create programs that will teach social skills
- How to implement physical exercise options to support physical and mental health
- How to understand and support financial planning and money management for individuals with ASD
- About options for employment opportunities for people with ASD, categorized by memory strength, thinking style, and nonverbal skills
- About options for independent living, with case studies and examples

**Date:** Thursday May 3 — Friday May 4, 2018  
**Location:** Jane Mallet Theatre  
27 Front Street East, Toronto  
**Fee:** \$440 up to April 5 • \$465 after April 5

**For a detailed conference schedule, presentations, and speaker bios, please visit [leadingedgeseminars.org](http://leadingedgeseminars.org).**

## It's the Law: What You Need to Know About Consent, Documentation, Mandatory Reporting, and Much More

Robert Solomon, LLB, LLM

The legal environment governing mental health, psychotherapy, and counselling is far more challenging than before. Are you up-to-date? This workshop will provide participants with a practical understanding of the key legal principles governing their professional lives and the ability to identify and avoid common legal problems.

The workshop will cover: consent, capacity, and substitute consent; negligence and standards of care in counselling; documentation, ownership, and client access to records; confidentiality, privilege, and disclosure of client information; mandatory reporting obligations; and the duty to warn. Also covered: common-sense rules for anticipating and avoiding legal problems.

Robert Solomon is an experienced and engaging speaker with a reputation for entertaining and informative presentations.

### YOU WILL LEARN THE GENERAL LEGAL PRINCIPLES GOVERNING —

- Consent, capacity to consent, and substitute consent to treatment
- Negligence and the standards of care, and allegations of abuse
- Documentation, guidelines for record keeping, ownership and client access to records, the use of computer records, and recording information about or from a third party
- The legal obligation of confidentiality, privileged communication, and disclosure
- Mandatory reporting obligations under the Criminal Code



### Robert Solomon

Robert M. Solomon, LLB, LLM, is Distinguished University Professor in the Faculty of Law at Western University. He has been involved in research and teaching on health care, civil liability, and criminal law for over 45

years. Robert has presented and written extensively about the increasingly challenging legal environment facing psychotherapists, social workers, nurses, and other mental health professionals. He is the lead author of *A Legal Guide for Social Workers*.

**Date:** Monday May 28, 2018

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

**Fee:** \$250 up to April 5 • \$265 after April 5

## Developing Your Online Counselling Practice

Lawrence Murphy, MA

Today, people use the internet for everything, and increasingly, clients expect to be able to connect with their helping professional online.

Virtually every major EAP in Canada, as well as many smaller agencies, private practitioners, and universities, now offer online services. Online skills will further your career objectives and enhance your marketability both now and in the future.

This workshop will ground you in the ethics, theory, research, and practice of online counselling. You will learn about computer and internet security and other important aspects of technology, including some recently exposed threats to the security of cell phone communication. Lawrence Murphy will compare and contrast the variety of online methods, including video counselling, with consideration given to ethical as well as practical issues specific to each type of counselling.

Attention will also be given to establishing and strengthening the therapeutic alliance in text-based methods like email and text-chat.

### YOU WILL LEARN —

- To identify and address ethical issues unique to online counselling
- How to develop policies and procedures for online services
- About the technological aspects of web-based services
- Strategies and techniques for establishing and enhancing the therapeutic alliance in the online environment



### Lawrence Murphy

Lawrence Murphy, MA, is the founder of Worldwide Therapy Online, the world's first online clinical practice, established in 1994. In collaboration with the National Board for Certified Counselors in the U.S., he authored

the first ethical code for online counselling, and also wrote *When Writing Helps to Heal: Email as Therapy*. Please visit [therapyonline.ca](http://therapyonline.ca) for more information.

**Date:** Monday, June 11, 2018

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

**Fee:** \$250 up to April 5 • \$265 after April 5



## Risky Behaviour: Treating Trauma, Attachment Disturbance, and Self-Endangerment

John Briere, PhD

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Leading Edge Seminars presents a new John Briere workshop based on his upcoming book, *Triggered: An Integrated Approach to Trauma, Attachment Disturbance, and Self-Endangerment*.

Survivors of trauma and early attachment disturbance are at elevated risk for a variety of compulsive and self-endangering behaviours, ranging from suicidality and self-injury to substance abuse, indiscriminant sexual activities, binge eating, and problematic gambling. Many of these difficulties are seen as evidence of a personality disorder, behavioural addiction, or impulse control disorder. Emerging research suggests, however, that these types of risky behaviour are more accurately understood as survival strategies in the face of triggered childhood memories and underdeveloped emotional regulation capacities.

In this workshop, John Briere will present an integrated approach to self-endangering behaviour: the compensatory avoidance model (CAM). You will learn a range of interventions that directly target the unspoken needs met by distress reduction behaviours (DRBs). In doing so, you will learn to work with aspects of the trauma-dysregulation dynamic, which include safety/stabilization, post-trauma trigger management, proactive resilience, emotional regulation training, mindfulness and “emotion surfing”, implicit and explicit memory processing, and harm reduction. The workshop presents three risky behaviours in detail: self-injury, risky sexual behaviour, and bingeing and purging.

**Date:** Thursday, May 24 – Friday, May 25, 2018

**Location:** YWCA Toronto – Elm Street location  
87 Elm Street, Toronto

**Fee:** \$440 up to April 5 • \$465 after April 5

### YOU WILL LEARN –

- How to implement the central principles of the Compensatory Avoidance Model
- Techniques for trigger management
- How to work with implicit attachment memories
- How harm reduction applies to intervening in DRBs
- How metacognitive awareness can be enlisted in treatment

**“Excellent! This is my second time seeing John Briere speak and I would pay to see him many more times! I love his client-based, human-based approach to understanding trauma.”**

— 2016 Leading Edge Seminars workshop participant

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### John Briere

John Briere, PhD, is Professor of Psychiatry and Psychology at the University of Southern California Keck School of Medicine, and Director of the USC Adolescent Trauma Training Center. He is author or co-author of 16 books, including his groundbreaking *Principles of Trauma Treatment* and the upcoming *Triggered: An Integrated Approach to Trauma, Attachment Disturbance, and Self-Endangerment*, as well as 120 articles and chapters, and 9 trauma-related psychological tests. John lectures internationally on trauma, therapy, and mindfulness. For more information, please visit [johnbriere.com](http://johnbriere.com).



## Integrating EMDR into Your Clinical Practice: Five-Day Intensive

Roy Kiessling, LISW



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

Roy Kiessling’s EMDR course is renowned for its flexibility and for providing clinical pearls of wisdom that will allow you to integrate EMDR effectively into your practice immediately. With an emphasis on attunement, attachment, and clinical judgement, this EMDRIA-approved five-day intensive will provide the essentials for implementing EMDR, and includes an overview on how to customize treatments for children, recent events, couples, grief, pain, phobias, addictions, and dissociation.

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

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

### 5-DAY WORKSHOP

- Date:** Monday, August 27 — Friday, August 31, 2018
- Location:** Artscape Youngplace  
180 Shaw Street, Toronto
- Fee:** \$2,500 up to June 30 • \$2,600 after June 30

### YOU WILL LEARN —

- About foundational EMDR concepts and procedures
- About 13 interventions to help prepare your clients for EMDR and 7 treatment planning approaches
- How to customize the pace of treatment through deploying the Processing Continuum
- About interventions to facilitate safe, effective, and efficient processing
- How to work with children and how to treat acute stress

See a complete course agenda at [leadingedgeseminars.org](http://leadingedgeseminars.org).

**“Roy Kiessling’s Basic Training is clear, complete, easy to assimilate, and immediately usable across client populations. He knows how to help you learn. He’s a delight to hang out with and his training is immensely practical.”**

— Robin Shapiro, author of *EMDR Solutions: Pathways to Healing* and *EMDR Solutions II for Depression, Eating Disorders, Performance, and More*



### Roy Kiessling

Roy Kiessling, LISW, is an EMDRIA-approved trainer and the director of EMDR Consulting. After serving as a senior trainer for Francine Shapiro for over a decade, Roy became accredited as an independent EMDR trainer.

His approach incorporates his many years of EMDR teaching experience and focuses on assisting clinicians in seamlessly integrating EMDR into their practices.





## Trauma, Memory, and the Restoration of One's Self: When Talk Isn't Enough

Bessel van der Kolk, MD



Bessel van der Kolk returns to Toronto with a one-day workshop to bring you up to date with emerging research about how people's brains, minds, and bodies are affected by trauma and the principles of post-traumatic therapy.

The function of our brains is to take care of us and to be in sync with other people. Trauma changes the way the brain processes information and the way the body engages with the world. Trauma makes people afraid to know what they know and feel what they feel. As a result, survivors no longer feel safe inside their own skin. Recovery from trauma involves learning how to restore a sense of visceral safety and reclaiming a loving relationship with one's self.

Talk therapy by itself, even when combined with warmth and sympathy, doesn't reset the limbic system, the part of the brain that contains an inner map of a dangerous world and a sense of oneself as being helpless within it.

Drawing from the insights discussed in *The Body Keeps the Score* and from emerging research, Bessel van der Kolk will explore the clinical implications of recent neuroscientific discoveries. You will learn how traumatic imprints can be treated using techniques derived from neurofeedback, yoga, theatre, IFS, and EMDR.

Note to attendees of Spring 2017's workshop *The Body Keeps the Score: New Frontiers in Trauma Treatment*. basic concepts will be reviewed, but Dr. van der Kolk will also introduce new material based on emergent practices, research, and clinical experience.

**"When it comes to understanding the impact of trauma and being able to continue to grow despite overwhelming life experiences, Bessel van der Kolk leads the way in his comprehensive knowledge, clinical courage, and creative strategies to help us heal."**

— Dr. Daniel J. Siegel, MD,  
bestselling author and clinician

### YOU WILL LEARN —

- How traumatized people process information and disturbances in sensorimotor integration
- About the applications of attachment theory in the diagnosis and treatment of trauma
- Strategies for severe trauma, overcoming helplessness, and re-integrating human connections and dissociated aspects of experience
- How to make yourself "heard" through your body language and movements

**Date:** Friday, June 15, 2018

**Location:** Isabel Bader Theatre  
93 Charles Street, Toronto

**Fee:** \$275 up to April 5 • \$295 after April 5



### Bessel van der Kolk

Bessel A. van der Kolk, MD, is a clinician, researcher, and teacher in the area of post-traumatic stress. His work integrates developmental, neurobiological, psychodynamic, and interpersonal aspects of the impact of trauma and its treatment. Dr. van der Kolk has published extensively on the impact of trauma on development and the psychobiology of trauma. He is founder and Medical Director of the Trauma Center at JRI in Massachusetts, and Professor of Psychiatry at Boston University Medical School. His *New York Times* Science bestseller, *The Body Keeps the Score: Brain, Mind, and Body in the Treatment of Trauma*, reveals how traumatic stress rearranges the brain's wiring. He shows how these areas can be reactivated through innovative treatments including neurofeedback, somatically based therapies, EMDR, psychodrama, play, and yoga.



## Leading Edge Seminars' 25th Anniversary Year

With a quarter century under our belt, we have been privileged to present over 700 workshops with the top therapists, clinicians, and innovators in the field of mental health. It has been like one "Conversation Café" after another with the who's who in the therapy world.

Our favourite presenters have been invited back time and time again to continue those conversations. These include luminaries such as Martin Antony, Judy Myers Avis, Ruth Armstrong, Russell Barkley, Gina Biegel, Peter Bieling, John Briere, Colleen Carney, Norman Doidge, Ken Doka, Janina Fisher, Diana Fosha, Linda Graham, Temple Grandin, Lynn Grodzki, Marilyn Herie, Sue Johnson, Marilyn Laiken, Liana Lowenstein, Gabor Maté, Donald Meichenbaum, Barry McCarthy, Robert Neimeyer, Bill O'Hanlon, Esther Perel, Stephen Porges, Lawrence Shulman, Zindel Segal, Ron Siegel, Doug Smith, Robert Solomon, Michael Stone, Kathy Steele, Martha Straus, Stan Tatkin, Rochelle Thompson, Terry Real, Bessel van der Kolk, Sheri Van Dijk, Aureen Wagner, Reid Wilson, Margaret Wehrenberg, and Nicola Wright.

In every series, our speakers astound us. Their dedication, creativity, and not infrequent moments of genius have been a gift to us all and for which we are deeply grateful.

But as the latest neuroscientific research confirms, we give back what we receive, and what our speakers repeatedly notice about Leading Edge is... *you*. You bring out the best in our speakers.

Kim Koyama, Angela Szeto, Emily Porter, and I thank you for supporting Leading Edge over the years, and for your friendship.

Thanks also to the businesses that have provided us with such great service: Three Cent Copy, Trade Offset Printing, Caversham Booksellers, and Complete Mailing Service.

Leading Edge Seminars is now a millennial! And we are just getting started...

### THE AMAZING 25TH ANNIVERSARY CONTEST!

#### SIX PRIZES AVAILABLE!

- 1st prize: Complimentary registration in 5 workshops\* of your choice
- 2nd prize: 3 workshops\*
- 3rd prize: 1 workshop\*
- 4th to 6th prizes: Gift certificates from Caversham Booksellers worth \$75, \$50, and \$25 respectively.

*\*Regular one- and two-day Fall 2018 workshops only.*

*Fall 2018 All-Star seminar line-up to be announced in July.*

#### HOW TO WIN:

Write us about an experience you had with Leading Edge Seminars: how you enjoyed a speaker, something you learned, someone who inspired you to further your training, someone you met - anything of significance.

One entry is allowed per person, but you will automatically receive an extra contest entry for each Spring 2018 workshop you attend.

The draw will be held on Facebook LIVE: June 25, 2018, at 7:00 pm, EDT.



## 2 WAYS TO REGISTER:

### ONLINE

Use the fast and secure online form at [leadingedgeseminars.org](http://leadingedgeseminars.org)

### PHONE

Toronto Area: 416-964-1133  
Toll Free: 1-888-291-1133

Fees	EarlyBird (Up to April 5)	Regular (After April 5)
1-Day Workshops	\$250	\$265
2-Day Workshops	\$440	\$465
Bessel van der Kolk	\$275	\$295
CBT Intensive (Both Parts)	\$850	\$900
EMDR	\$2,500 (up to June 30)	\$2,600

To enquire about payment by cheque, student rates, or large group rates, please email [emily@leadingedgeseminars.org](mailto:emily@leadingedgeseminars.org).

### WORKSHOP LOCATIONS

Please note the location for your workshop. See addresses listed below and check our website for directions and parking details. Visit [leadingedgeseminars.org](http://leadingedgeseminars.org).

**Bessel van der Kolk workshop:**  
Isabel Bader Theatre  
93 Charles Street, Toronto

**John Briere workshop:**  
YWCA Toronto -  
Elm Street location  
87 Elm Street, Toronto

**EMDR workshop**  
Artscape Youngplace  
180 Shaw Street, Toronto

**ASD Conference featuring Temple Grandin**  
Jane Mallett Theatre  
27 Front Street East, Toronto

**All other workshops:**  
Multi-Faith Centre/  
Koffler House  
at the University of Toronto  
569 Spadina Avenue, Toronto

### ACCOMMODATIONS

Leading Edge Seminars has arranged for special rates for our clients at these hotels. Please see our website for rates, contact information, and other details.

**ASD Conference featuring Temple Grandin:**  
Novotel Toronto Centre  
45 The Esplanade, Toronto

**All other workshops:**  
DoubleTree by Hilton,  
Toronto Downtown  
108 Chestnut Street, Toronto

**Continuing Education Credits:** Most workshops are pre-approved by various professional organizations. Please see [leadingedgeseminars.org](http://leadingedgeseminars.org) for details.

For our **Cancellation Policy**, please visit [leadingedgeseminars.org](http://leadingedgeseminars.org).

**25<sup>th</sup>**  
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**LEADING  
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**2018  
SPRING**

## **INSIDE:**

**11 Captivating Workshops,  
An Inspiring ASD Conference,  
+ Our 25th Anniversary  
Contest!**



**LEADING EDGE SEMINARS  
PO Box 626, STATION F  
Toronto ON M4Y 2L8  
416-964-1133**

[leadingedgeseminars.org](http://leadingedgeseminars.org)