



HEALING THE ANGRY & VIOLENT BRAIN

The Neuroscience of Anger, Aggression and Domestic Violence

CALGARY, AB
NOVEMBER 2 & 3, 2015



Clinical Focused Workshop

RONALD POTTER-EFRON
PH.D.



P.4

PROVEN SELF-REGULATION STRATEGIES AND INTERVENTIONS FOR CHILDREN

With Sensory Disorders, Learning Disorders, ADHD and Autism

EDMONTON, AB
OCTOBER 30, 2015

Child & Youth Focused Workshop

LAURA EHLERT
PSY.D.

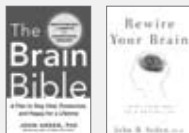


P.3

REWIRING THE BRAIN AFTER TRAUMA

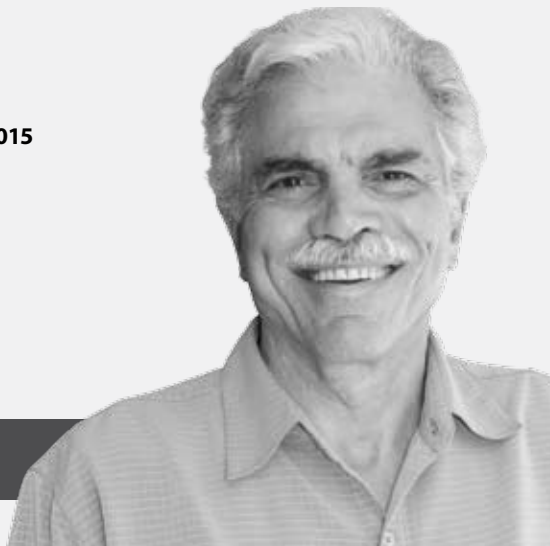
A Brain-Based Therapy Approach

EDMONTON, AB
NOVEMBER 16 & 17, 2015



Clinical Focused Workshop

JOHN ARDEN
PH.D.



P.5

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PROVEN SELF-REGULATION STRATEGIES AND INTERVENTIONS FOR CHILDREN

With Sensory Disorders, Learning Disorders, ADHD and Autism

EDMONTON, AB | FRIDAY, OCTOBER 30, 2015 | 9:00 AM – 4:00 PM

Executive Royal Hotel West Edmonton | 10010 178th Street NW

THIS SEMINAR WILL HELP YOU TO BETTER UNDERSTAND AND INTERVENE WITH THE

challenging child—the one who won't sit still; doesn't follow directions; tantrums often; or has difficulty waiting for their turn. They may "hit first and ask questions later". They often react impulsively and may have difficulty expressing what they need or what is frustrating them. We may know this child is intelligent, caring and kind, but their behaviour doesn't reflect these positive qualities. These are the children who confuse and frustrate parents and who overwhelm teachers and peers. They struggle to meet basic expectations and are dysregulated and unable to succeed in school, with peers, and at home.

Dr. Ehlert will challenge and enlighten you with a unique approach and insights that are based on her years of working with emotionally and behaviourally disordered youth, and in raising her own children who have self-regulation difficulties.

Through discussion and hands-on experience you will discover how language, executive function and sensory processing deficits lead to misperceptions about the causes of emotional and behavioural dysregulation in these complex children. You will learn strategies for changing perception and creating expectations and environments that will help them to succeed at home, school and with peers. 🌱



LAURA EHLERT, PSY.D.

Laura Ehlert, Psy.D. is a child clinical psychologist who has worked with children and adolescents with severe emotional/behavioral issues for over 25 years. She holds a doctorate degree in Clinical Psychology where her training focused on developmental issues of childhood, and child psychopathology issues. Dr. Ehlert maintains a private practice in Burnsville, Minnesota, where she specializes in working with clients who struggle with information and sensory processing deficits and associated emotional, behavioral and mental health issues. Professionals who have worked with Dr. Ehlert in the past have often commented that interventions she offers succeeded where others have failed.

WORKSHOP AGENDA – KEY TOPICS COVERED

PART 1: TREATMENT APPROACHES USING PROCESSING PERSPECTIVES

Improve Behaviour with our Increased Awareness

- » Perspective taking and processing – paradigm shifts that lead to improved behaviour
- » Ping + Ping + Ping = Frustration and dysregulation

Sensory Deficits

- » Integration, meaning and perception
- » Reduce sensory triggers
- » Desensitize strategies to reset the "Panic Switch"
- » Manage the environment to reduce sensory overload

Language/Learning Deficits

- » Incorporate language processing into our understanding of behaviour
- » Filling in the gaps for language impairments
- » Accommodations that work and how to provide effective support
- » Improve social language skills and insights

Executive Functioning Deficits

- » Understand information processing gaps and how to accommodate
- » Help kids organize, think and complete tasks
- » Managing fidgeting, restlessness and inattention
- » Social-emotional regulation
- » Inflexible problem-solving
- » Improve social boundaries: Access vs. awareness of appropriate social skills

PART 2: INTERVENTIONS TO ADDRESS THE CHILD'S TRIGGERS OF DYSREGULATION

Perspective-taking and Meaning

- » Understand the child's perspective and the "set up"
- » Strategies for untriggering triggers
- » Case examples of transforming the "set up" into positive outcomes

Behavioural Strategies

- » Create realistic expectations through better understanding of the child's process
- » Skills coaching: resetting and providing choices to improve self-regulation
- » Environmental structures that regulates
- » Pacing expectations for success
- » Redefine behaviours to reframe and empower the child

Problem-Solving to:

- » Reduce stressors
- » Improve child's acceptance and personal responsibility for behaviour
- » Create realistic expectations
- » Learning/teaching flexibility
- » Use language to self-regulate

Neuro-Biological Considerations

- » Diet/food
- » Supplements/vitamins
- » Sensitivities/toxins
- » Brain training activities through balance and movement for at home or school
- » Power Pose! and Aerobic Exercise

“ I appreciate your willingness to share your professional and personal journey with us in your seminar. It has changed my perspective and has helped me to help children struggling with self-regulation. I rate this workshop with you as one of the top two I have attended since I began doing so in 1984.”

– Licensed Clinical Social Worker

LEARNING OBJECTIVES

- » Explain how language impairments, sensory disorders, and executive skills impairments increase dysregulation and behavior issues
- » Determine triggers and strategies for using language skills and processing insight to increase self-regulation
- » Describe the roles that language, executive and sensory systems play in self-regulation
- » Discuss the connection between impaired executive functioning skills and self-regulation
- » Identify common emotional and behavioral triggers and how to manage them
- » Discuss integration of language competence, sensory processing, and executive skills when teaching self regulation strategies

HEALING THE ANGRY & VIOLENT BRAIN

The Neuroscience of Anger, Aggression and Domestic Violence

CALGARY, AB | MONDAY, NOVEMBER 2 & TUESDAY, NOVEMBER 3, 2015 | 9:00 AM – 4:00 PM

Executive Royal Hotel Calgary | 2828 23rd Street NE

THE IMPULSE TO ANGER & AGGRESSION

DEVELOPS WITHIN THE HUMAN BRAIN, MOSTLY

at a subconscious level. It is then inhibited, modified or even increased consciously. The entire program can take place almost instantaneously, making it difficult to contain or control. Recent research in neuroscience has helped scientists better understand these processes. This information is also now being used to help clients become more skilled in anger management as well as to help clients reduce the probability of performing acts of domestic violence. Dr. Potter-Efron has designed a practical program that allows clients to understand the essence of brain change and to develop and implement individualized brain change programs.

We will also describe a six-phase anger and aggression cycle:

Activation, Modulation, Preparation, Action, Feedback and Deactivation. We will detail each of these phases from a brain process perspective. Specific practical treatment options will be described for each phase. Differences between phenomena of rage vs anger will be discussed.

Historically the fields of anger management and domestic violence offender treatment have been separated even though the two fields clearly overlap considerably. Here we will discuss the relationship between these fields while providing guidelines to develop and implement both shorter-term educational and longer-term therapeutic programs for domestic violence offenders of both genders. 🌱

WORKSHOP AGENDA – KEY TOPICS COVERED

- » Definitions and General Principles of Anger Management Counseling
- » Core Information about the Brain
- » Ten Things to Know about the Angry and Violent Brain
- » The Emotional Brain
- » The Social & Cooperative brain
- » The Angry & Violent Brain
- » Possible Causes of an Angry or Violent Brain
- » Changing the Brain: Myelination, Long-term Potentiation, Arborization
- » Six Phases of a Violent Episode
- » Hate and Rage: The Most Dangerous Forms of Anger
- » Substance Abuse and Violence
- » Models of Domestic Violence
- » Gender Similarities and Differences in Domestic Violence Offenders
- » Assessment of Possible Domestic Violence Offenders
- » Educational Programs for Domestic Violence Offenders
- » Longer Treatment Programs for Domestic Violence Offenders
- » Use of Positive Psychology with Domestic Violence Offenders

“The *“Healing the Angry Brain Workshop”* was the most informative and current information I have been taught on this subject. It helped me understand how the brain’s electrical and chemical systems work and how this affects people who handle anger poorly. Dr. Potter-Efron also includes empirically-supported techniques and practical case scenarios for helping clients who are struggling with anger and aggression issues. Dr. Potter-Efron’s engaging presentation is helpful, humorous and will benefit anyone who wants to understand and provide effective anger management services.”

– Lynette J. Hoy, NCC, LCPC, BCPC, CAMS-IV
Anger Management Institute, Oak Brook, IL



RONALD POTTER-EFRON, PH.D.

Ronald Potter-Efron, Ph.D., is a clinical psychotherapist, director of the Anger Management Program at First Things First Counseling and Consulting Center in Altoona, WI, and an internationally recognized anger expert. He has more than 30 years of clinical experience and in his private practice, he specializes in the treatment of individuals with severe aggression and domestic violence concerns. Dr. Potter-Efron is also author of 15 books, including *Handbook of Anger Management*, *Angry All the Time*, *Letting Go of Anger*, and his newest release *Healing The Angry Brain*. Dr. Potter-Efron facilitates a 50 session domestic violence prevention program that utilizes the principles of neuroplastic change to help clients devise and implement individualized brain-based behavioral change plans. Dr. Potter-Efron is known for his ability to make difficult material easier to understand, as well as his good sense of humour and practical orientation toward therapeutic change.



AUTHOR
Healing the Angry Brain
Angry All The Time

LEARNING OBJECTIVES

- » Be able to train angry and violent clients in the basic procedures that promote brain change
- » Be able to help clients differentiate between five different kinds of rages and to help clients accordingly refrain from raging
- » Be able to teach angry and violent clients the six phases of an anger/violence episode while giving them specific tools they can use at each phase to lessen aggression
- » Be able to distinguish and utilize several models of the causes (and implicit treatment objectives) of domestic violence

REWIRING THE BRAIN AFTER TRAUMA

A Brain-Based Therapy Approach

EDMONTON, AB | MON, NOVEMBER 16 & TUES, NOVEMBER 17, 2015 | 9:00 AM – 4:00 PM

Executive Royal Hotel West Edmonton | 10010 178th Street NW

RECENT ADVANCES IN NEUROSCIENCE HAVE INCREASED OUR KNOWLEDGE OF HOW AND

why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, psychotherapy research, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of psychotherapeutic schools are effective and which may be counter-therapeutic.

Brain-based therapy envisions the therapeutic process as brain changing as necessary to change mood and behavior. The model proposes moving beyond the theoretical school paradigm. This training will examine the use of brain-based therapy to enhance outcome with people who have been traumatized. The role that brain

function plays in mood, memory and behaviour will be identified, including discussions on the difference between male and female brains, the middle aged brain and how alcohol affects the brain. Special attention will be given to addressing the neurodynamics of PTSD and the crucial role of memory. Using a synthesized model of neuroscience, attachment theory and evidence-based treatment, you will learn how to more effectively treat clients with PTSD.

In this training you will develop a new way of looking at the therapeutic process enabling you to move beyond the traditional theoretical school approach. You will learn how to use the Brain-Based Therapy approach to educate your clients and make the goals of treatment understandable.



JOHN ARDEN, PH.D.

John Arden, Ph.D. is the author of 14 books, including *Brain2Brain*, *The Brain Bible*, *Rewire Your Brain*, and *Brain-Based Therapy with Adults* and *Brain-Based Therapy with Children and Adolescents* (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 counseling through Kaiser Permanente. He presents workshops on brain-based therapy internationally and in the United States. Dr. Arden has written books on anxiety (*The Brain-Based Anxiety Workbook*), OCD (*The Brain-Based OCD Workbook*) and PTSD (*Conquering Post-Traumatic Stress Disorder*, with Dr. Victoria Beckner).

WORKSHOP AGENDA – KEY TOPICS COVERED

• DAY 1 - MONDAY, NOVEMBER 16, 2015

(9:00am – 4:00pm)

Morning Session I

Psychotherapy research that are part of a sea change occurring in psychotherapy

- » The Demise of Pax Medica
- » Evidence-Based Practices & Outcome Management

Morning Session II

New Developments in Neuroscience that informs and can be part of the dialogue in therapy. Learn how to communicate these finding to enhance therapeutic outcome

- » Affect asymmetry, neuroplasticity & neurogenesis
- » Social brain networks & the prefrontal cortex
- » The fast and slow routes to the amygdala

Lunch Break (lunch not provided)

Afternoon Session I

The role of diet will be explore with respect to how healthy brains can be enhanced on the one hand and destabilized on the other.

- » Amino acids, Essential Fatty Acids & Simple Carbs
- » Alcohol & marijuana

Afternoon Session II

The developing brain through old age

- » Temperament & Attachment
 - » Adolescents, the middle years & the senior years
- The foundational role of memory will be explored
- » Implicit memory & Explicit memory

• DAY 2 - TUESDAY, NOVEMBER 17, 2015

(9:00am – 4:00pm)

Morning Session I

How stress is reconceptualized

- » Allostasis
 - » Allostatic load affect the brain and psychological functioning
- Brain-Based Therapeutic Approaches for Panic and flashbacks

- » The fast and slow track to the amygdala
- » Interceptive Exposure

Morning Session II

The broad area of PTSD will be examined

- » Pathphysiology & Dual Processing Theory

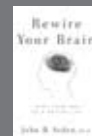
Lunch Break (lunch not provided)

Afternoon Session I

- » Simple and Complex PTSD
- » Intrusion, Avoidance & Arousal
- » EMDR, EFT, the Orienting Response, and the Reconsolidation of Memory

Afternoon Session II

- » Brain-Based Therapeutic Approaches for clients with PTSD with depression
- » Therapy with depressed clients
 - The role of anxiety
 - Cytokines and “sickness behavior
 - The Effort-Driven Reward System
 - The use of mindfulness



AUTHOR

The Brain Bible

Rewire Your Brain

LEARNING OBJECTIVES

- » Describe the role that attachment plays in the development of affect regulation and recovery from trauma
- » Explain why the future of treatment necessitates a dynamic understanding of the brain and a shift away from the medical model
- » Describe the relationship between diet and mental health
- » Differentiate between implicit and explicit memory and their roles in therapy and recovery from PTSD
- » Describe how mindfulness meditation affects the brain and is used in the treatment of anxiety disorders, including PTSD, and depression

Clinical Focused | 12 CEUs | Limited Space Available

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Janina Fisher
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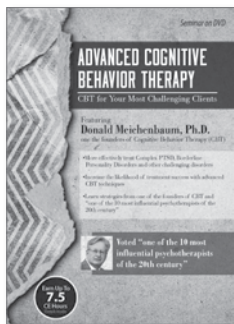
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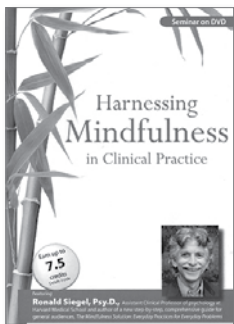
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Don Meichenbaum, PH.D.
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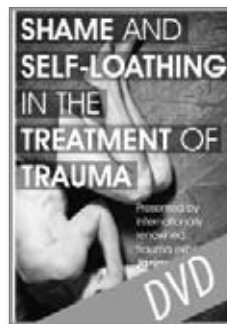
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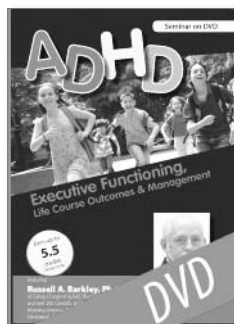
Sex Made Simple



Barry McCarthy, PH.D.
4 DVDs | 6 hrs
\$205.99 + TAX

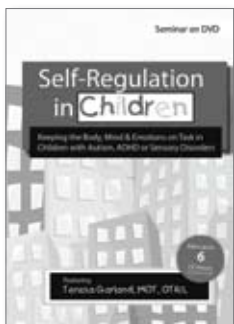
CHILD & YOUTH FOCUSED DVD'S – BEST SELLERS

ADHD: Executive Functioning, Life Outcomes & Management



Russell Barkley, PH.D.
3 DVDs | 5 hrs
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Self-Regulation in Children



Teresa Garland, MOT, OTR/L
4 DVDs | 6 hrs
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The Whole-Brain Child Approach



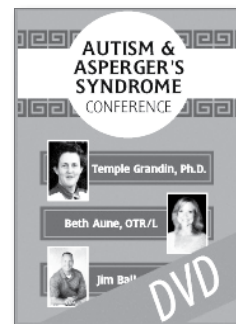
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& Tina Payne Bryson, PH.D.
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Peg Dawson, ED.D., NCSP
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► STEP 2 – SELECT WORKSHOP & APPLICABLE FEE

Proven Self-Regulation Strategies...

Edmonton | October 30, 2015 | Laura Ehler

	Individual	Group: 3-7	Group: 8+
Early Bird Fee (Deadline: October 16, 2015)	<input type="checkbox"/> \$229 + 5% GST	\$219 + 5% GST	\$209 + 5% GST
Regular Fee	<input type="checkbox"/> \$249 + 5% GST	\$239 + 5% GST	\$229 + 5% GST

Healing the Angry and Violent Brain

Calgary | November 2 & 3, 2015 | Ronald Potter-Efron

	Individual	Group: 3-7	Group: 8+
Early Bird Fee (Deadline: October 19, 2015)	<input type="checkbox"/> \$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

Rewiring the Brain After Trauma

Edmonton | November 16 & 17, 2015 | John Arden

	Individual	Group: 3-7	Group: 8+
Early Bird Fee (Deadline: November 2, 2015)	<input type="checkbox"/> \$369 + 5% GST	\$354 + 5% GST	\$339 + 5% GST
Regular Fee	<input type="checkbox"/> \$389 + 5% GST	\$374 + 5% GST	\$359 + 5% GST

*Group registration must be completed online at registration.jackhirose.com

EARLY BIRD DEADLINE

Registration and payment must be received by this date. Upon receipt of registration and payment, an emailed confirmation notice will be sent.

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee, muffins and refreshment breaks. **Please note lunches are not included.**

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	EARLY BIRD DISCOUNT See Step 2 for deadlines
	GROUP DISCOUNTS (online only) See Step 2 for savings & fees.

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person
8+ Registrants	\$20 off / person	\$30 off / person

All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **ABSAVE10** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

To receive the early bird rate, all workshop fees must be paid in full prior to the specified cut-off date. Registration forms submitted without payment will not be processed, and will not guarantee the early-bird rate.

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop, \$190 on a two-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 3 workshop aides per workshop. To apply for the workshop aides program, please email registration@jackhirose.com

CONTINUING EDUCATION CREDITS

Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). **The number of course credits will vary for each event. See the event listing for specific workshop accreditation.**

HOTEL & ACCOMMODATIONS

Rates may fluctuate. Please request the Jack Hirose & Associates corporate rate – must be booked one month prior to the workshop date.

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TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. Jack Hirose & Associates Inc. reserves the right to cancel an event; please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for **workshop fees only**. Jack Hirose & Associates Inc. is not responsible for any statements, acts, materials, or omissions by our presenters or participants. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please visit our website.

CANCELLATION POLICY

All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a \$40 administration fee** for cancellations made five business days or more prior to the event. **No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

CERTIFICATES

Provided for pre-registered attendees only. Those who register at the door, or want additional copies can download their certificate, free of charge, at certificates.jackhirose.com. Your name will appear exactly as provided during registration. Please double check your spelling and include your professional name.

RECEIPTS

Automatically sent by email when participants register and pay online. Please be aware spam filters can block email receipts. Participants who register at the door will be emailed their receipt once the payment has been processed (please allow up to two weeks for processing). Additional copies can be downloaded from certificates.jackhirose.com.

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