



2014-2015 TRAINING CATALOGUE



The Gail Appel INSTITUTE

Building Capacity Through Advanced Learning

At the Hincks-Dellcrest Centre, Gail Appel Institute, our mission is to build knowledge and capacity in mental health care through education and outreach. We offer advanced education to those who work with children and families, adults and front-line workers in a variety of mental health related professions. By inviting both locally and internationally recognized leaders in the field of mental health, our goal is to provide the highest quality learning available.

We offer certificates and joint programs with the University of Toronto, and are the home of **Brief Therapy Training Centres International**. We also offer workshops to enhance therapeutic skills and knowledge, as well as management and personal effectiveness skills.



BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE

FACTOR-INWENTASH
FACULTY OF SOCIAL WORK



UNIVERSITY OF
TORONTO



Workshops and Certificate Courses

All of our courses are now in one catalogue!

Look out for this icon for  exciting workshops and certificate courses.

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Click **HERE** to join and be sure to add training@hincksdellcrest.org to your address book to keep in touch and hear about what's going on!

Social Media

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#hdcInstitute #BuildingCapacity

How to Find Us

All of our courses are located at Hincks-Dellcrest Centre Gail Appel Institute, 114 Maitland Street, Toronto, ON, M4Y 1E1. For detailed directions and maps please visit our website www.hincksdellcrest.org/institute or call us at (416) 924-1164 x8707

Accessibility Standards for Customer Service (AODA)-Support Persons

The Hincks-Dellcrest Centre strives to create barrier-free training therefore welcomes support persons accompanying those with disabilities. As per our Operational Procedure Number 8-8-11, customers attending a training session at the Hincks-Dellcrest Centre will not be asked to pay a fee for the support person accompanying them to the training session.

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2014/2015 HIGHLIGHTS

www.hincksdellcrest.org/institute/highlights

October 1 - 2, 2014 - Toronto

Using Neurobiology to Help Young Clients Move from Impossible to In-possible Lives: Strategies to Invigorate Conversational Adventures and Overcome Therapeutic Challenges

Marie-Nathalie Beaudoin PhD

Marie-Nathalie will describe ways to enrich therapeutic conversations and increase the likelihood that clients will flourish. A theoretical framework combining post-modern ideas, narrative therapy, interpersonal neurobiology, neurocardiology, and clinical experience, will be presented to help therapists scaffold movement in conversations and understand what may be interfering with the progress of certain clients. This will include a clinical map based on cutting-edge heart-brain interaction research, which offers rich possibilities to help clients move beyond "feeling better" into living a more fulfilling life. It will also include a discussion of common therapeutic challenges such as young people answering with "I don't know," or "I forgot," or adult clients not using therapeutic discoveries in their day-to-day lives. A number of applicable therapeutic practices will be examined, along with strategies to address conversational obstacles. More specifically, participants will learn a variety of hands-on, easy-to-use ways of addressing issues and enhance potential therapeutic movement. These concrete practices will be illustrated with a live interview, and several examples, transcripts, videos, and interesting exercises to ensure that participants can use the ideas in their own work settings.

[LEARN MORE](#) | [REGISTER NOW](#)

October 30, 2014 - Toronto

Everything You Wanted to Know about Adolescent Depression: The Warning Signs and Treatment Approaches for Non-Medical Professionals

Marshall Korenblum MD, FRCP(C)

Often the signs of depression in the adolescent population are complex and multifaceted, and we are not always equipped to recognize these signs and/or respond to them appropriately. This workshop is targeted to anyone working with adolescents, including mental health professionals and educators, to offer support in helping young clients or students in dealing with this disease. We will focus on the recognition of depression in adolescents, including developmental phases, specific causes, and impact on the family and environment. We will also explore treatment approaches and offer strategies for referral to specialists.

[LEARN MORE](#) | [REGISTER NOW](#)

November 20 - 21, 2014 - Toronto

Self-Compassion and Emotional Resilience

Kristin Neff PhD

This workshop will provide simple tools for responding in a kind, compassionate way whenever we are experiencing painful emotions. We all want to avoid pain, but letting it in and responding compassionately to our own imperfections without harsh self-condemnation are essential steps toward living happier, more fulfilling lives. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life.

You will learn how to stop being so hard on yourself; handle difficult emotions with greater ease; and motivate yourself with kindness rather than criticism. Practices will also be introduced to help ease stress for caregivers.

[LEARN MORE](#) | [REGISTER NOW](#)



January 30, 2015 - Toronto

Treating Obsessive-Compulsive Spectrum Disorders

David Tolin PhD

The fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* includes a new group of "Obsessive-Compulsive and Related Disorders." These conditions include Obsessive-Compulsive Disorder, Body Dysmorphic Disorder, Trichotillomania, and Skin Picking Disorder. Other conditions, such as Pathological Gambling and Compulsive Buying, are also considered by many to be part of a spectrum of obsessive-compulsive disorders. The aim of this workshop is to provide information about the nature and treatment of obsessive-compulsive spectrum disorders. We will review research findings investigating the nature of these disorders, associated mental health features, and brain function. We will emphasize the use of cognitive-behavioural therapy as applied to obsessive-compulsive spectrum disorders, reviewing evidence-based strategies, such as exposure and response prevention, cognitive restructuring, and motivational interviewing.

[LEARN MORE](#) | [REGISTER NOW](#)

February 12, 2015 - Toronto

Strategic Family Therapy: Compassionate Strategies for Working with Multi-Stressed Clients

Jerome Price MA, LMSW, LMFT

Join us as Jerome Price, a student and colleague of Haley and Madanes, and visiting instructor from the Mental Research Institute in Palo Alto, reintroduces us to the powerful techniques that inform many of our practices. Learn techniques and strategies that have been researched and demonstrated as effective for dealing with a wide range of serious problems affecting adolescents and children to marriage, divorce, eating disorders, substance abuse, incest, and much more. Revisit your roots while expanding your armamentarium of methods. Use this visit to enhance your current practice or to become reinvigorated by connecting to family therapy in one of its purest, most unadulterated forms.

[LEARN MORE](#) | [REGISTER NOW](#)



February 13, 2015 - Toronto

Working with Adolescents and Their Families: Navigating Through Tough Times

Jerome Price MA, LMSW, LMFT

Many therapists find adolescents to be among the most difficult clients. This workshop will focus on specific methods for intervening with teenagers who range from neurotic to massively out of control. Participants will learn step-by-step processes for helping teens in crisis change rapidly with the help of their families and communities. Join us as Jerome Price, internationally known author and therapist on adolescent treatment, helps us learn to integrate compassion with powerful direction in therapy. Either quality without the other has limited effectiveness, and the more difficult the problem the less effective the therapist becomes. Price will share specific methods for effectively intervening in situations ranging from minor depression and anxiety to antisocial behaviour, school failure, violence, substance abuse, and suicidality.

[LEARN MORE](#) | [REGISTER NOW](#)

March 23 - 24, 2015 - Toronto

Developing Your Personal Approach to Supervision: The Contextual Functional Approach

Jeff Chang PhD

In this workshop, Jeff describes the Contextual-Functional Meta-Framework (CFM) for clinical supervision, which he developed inductively from over 20 years of experience as a supervisor. Jeff will describe some background ideas that helped him form this approach (social role approaches, developmental models, common factors, competency profiles, and theory-based models). Then, he will describe the six components of the CFM: the administrative and regulatory context in which supervision takes place; the supervisory working alliance; nine supervisory relational positions (skill development coach, clinical educator, ethics/risk management consultant, professional mentor, catalyst, personal supporter, professional gatekeeper, organizational and administrative supervisor, and advocate/system change agent); the supervisor's and supervisee's theory of change; the service delivery system; and the phase of counsellor development. Jeff will walk participants through each aspect of the meta-framework to apply and develop participants' personalized approach to supervision. Jeff will clearly explain each element and develop specific applications that are practical within the context of the prospective supervisor's current work setting.

[LEARN MORE](#) | [REGISTER NOW](#)

March 26 - 27, 2015 - Toronto

Children's Stories, Children's Solutions: Constructing Therapeutic Realities With Children and Families

Jeff Chang PhD

In this workshop, Jeff will introduce a practical, collaborative, and playful approach to engaging children and their families in therapy. Integrating expressive arts, narrative, and solution-focused approaches, participants will view video examples and practise specific skills and techniques. Jeff will discuss some of the cultural ideas and discourses that support children's problems, and show how interpersonal patterns can maintain children's difficulties. While children may display individual vulnerabilities, therapists can highlight change to maximize children's personal agency and invite parents, teachers, and other important adults to support solutions.

[LEARN MORE](#) | [REGISTER NOW](#)

April 23, 2015 - Toronto

Adolescent Depression: Knowing the Signs - An Assessment and Treatment Workshop for Clinicians

Marshall Korenblum MD, FRCP(C)

Often the signs of depression in the adolescent population are complex and multifaceted, and we are not always equipped to assess these signs and/or treat them appropriately. This workshop is targeted to clinicians working with adolescents dealing with this disease in their practice or community. We will focus on the assessment of depression in adolescents, including developmental phases, specific causes, and impact on the family and environment. We will also explore treatment approaches and offer strategies for referral to specialists will also be offered.

[LEARN MORE](#) | [REGISTER NOW](#)

Parent Seminar Series

The “SOS” Parenting Toolbox: Strength. Optimism. Strategies

The Hincks-Dellcrest Centre is launching an annual series of seminars geared toward families of children and youth with mental health challenges.

Who Should Attend:

Parents, grandparents, teachers, child development professionals and others who can help children grow will find these learning experiences filled with practical skills that can promote children's well-being and improve the lives of families.

For more information please call us at (416) 924-1164 x8707 or check our website for updates by visiting www.hincksdellcrest.org/INSTITUTE

Location:

TBD, Downtown Toronto

Agenda:

6:30 PM - 7:00 PM: Doors open/registration

7:00 PM - 8:30 PM: Presentation

8:30 PM - 9:00 PM: Networking and book signing

Registration:

To register [click here](#)

Admission: \$20.00



SAVE THESE DATES!

October 1, 2014

Loving Children When They Most Need You: Constructive Parenting Strategies to Respond to Anger, Anxiety, Sadness and Common Socio-emotional Struggles of Childhood

Marie Nathalie Beaudoin PhD

Many parents feel that their children could improve, especially when it comes to handling upset feelings or relationship struggles. Aside from telling kids what to do or imposing consequences, which often doesn't work with intense feelings, parents frequently wonder how else to handle situations and help their children develop important socio-emotional skills. Based on cutting-edge brain research, this entertaining presentation will describe very concrete and novel ways for parents to contribute to their children developing their very best skills and optimize their abilities to handle the common unexpected disappointments of life. **REGISTER NOW**



January 29, 2015

***Understanding and Supporting Children with
Obsessive-Compulsive Spectrum Disorders***

David Tolin PhD

This presentation will help to familiarize parents with obsessive-compulsive spectrum disorders, a category of psychiatric disorders that includes obsessive-compulsive disorder, body dysmorphic disorder, trichotillomania, and skin picking disorder. Other conditions, such as Pathological Gambling and Compulsive Buying, are also considered by many to be part of this spectrum. In this presentation, Dr. Tolin will explain the early signs of obsessive-compulsive spectrum disorders, what we know about why these disorders persist, and some of the strategies and treatments that have been shown to be effective. **REGISTER NOW**



February 11, 2015

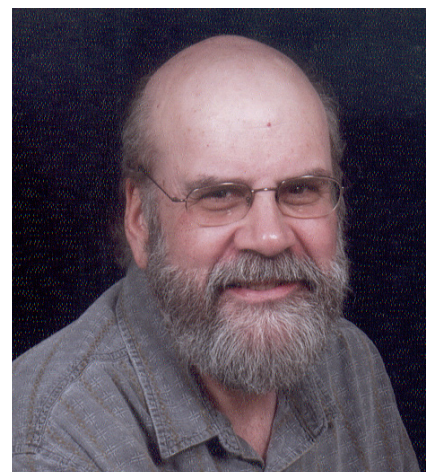
Stop the Backtalk:

Five Steps to Stopping Disrespect in Teens and Pre-teens

Jerome Price MA, LMSW, LMFT

One of the most common problems that parents come to us with is children who are disrespectful. They talk back, tell parents how it will be rather than ask, refuse outright to do things when directed and some may go so far as to call their parents names or swear at them. If a parent says NO, that is the beginning of a rapidly escalating debate or argument.

How do you get it back to where a parent saying NO means the conversation is over, rather than it meaning that the argument has just begun? This talk will provide a wealth of useful tips for taking charge of the interactions in your family and re-establishing your authority as a parent. **REGISTER NOW**



March 25, 2015

Strengthened by the Storm

Ann Douglas, Award Winning Author/Journalist

This presentation will provide strategies for parents who have a child who is struggling with a mental, neurodevelopmental, or behavioural challenge. Topics to be discussed include self-care, self-compassion, creating your own support network, and lifestyle matters (nutrition, fitness, sleep, stress management, and making time for fun).

This presentation is based on interviews with more than 50 parents who have walked this walk and who are eager to share their best advice with other parents. These interviews formed the basis for Ann's forthcoming book (Harper Collins Canada, January 2015) on this topic. **REGISTER NOW**



TRAINING AT YOUR AGENCY

The Institute offers interactive training sessions by experienced and knowledgeable faculty at your organization at a time and location that works for you.

Training can be offered in any of our key treatment areas including:

- Brief and Narrative Therapy
- Trauma and Resiliency
- Cognitive Behaviour Therapy
- Dialectical Behaviour Therapy

Furthermore, we are able to provide localized training in our key content areas including:

- Certificate Courses
- Working with Children and Youth
- Working with Adults
- Working with Interprofessional Teams (including courses for managers)

Benefits of training at your agency:

Financial Viability - Offering courses onsite is a less expensive option for organizations that require multiple staff to be trained

Customization - The convenience of having training delivered to staff at your organization that they need

Convenience - We come to you

If you are interested in hiring any of the Institute's faculty for hands-on training at your site, please contact us:

training@hincksdellcrest.org



Early Childhood Development Resources and Training

Helping parents give their young children the best possible start in life.



**A PARENT RESOURCE
A TEACHER AND CLINICIAN RESOURCE**



**The ABCs of Mental Health is a Project of
The Hincks-Dellcrest Centre**

Parents and Teachers often have questions about the behaviour of children and adolescents. They may worry about whether a behaviour is appropriate for a particular age and developmental stage or a sign that something is not right. They may wonder why it is occurring, and how best to respond.

The ABCs of Mental Health provides two web-based resources.

The information includes:

- a) ideas for promoting good mental health
- b) guidelines for understanding how boys and girls differ, how changes occur as children get older and how special needs may affect mental health
- c) descriptions of behaviours that might indicate problems and
- d) a framework for knowing when a behaviour is normal, when monitoring or action is needed, and when to refer to a specialist



**Learning Through Play is a Project of
The Hincks-Dellcrest Centre**

The Learning Through Play Program (LTP) of the Hincks-Dellcrest Centre (HDC) is an internationally recognized, low-literacy and low-cost sustainable program that provides parents with information on the healthy growth and development of their young children from birth to six. LTP is one of the few parenting programs delivered internationally that is systematically examines program outcomes using new methodologies designed to be sensitive both to the local culture and to the goals of LTP (eg: focus groups, parental knowledge questionnaires) to measure program outcomes.

For ABC and LTP training and to purchase LTP products please contact:

Bethann Levinson

Assistant Director, Community Education Programs

(416) 924-1164 x3341

blevinson@hincksdellcrest.org

WHY
CHOOSE
TRAINING
AT THE
HDC ?

1 Together we will
help build capacity in the
mental health community
#BuildingCapacity

4 Be inspired, motivated
and supported: our
trainers are leaders,
coaches, mentors

3 We provide
state-of-the-art training
while refining and
enhancing professional
skills

2 Our approach is evidence-based,
integrative and compassionate

5 **Training without boundaries:**
Let us come to you! In-house training, video
conferencing, web-based learning...
we facilitate learning

Choosing training that's **RIGHT** for **YOU**

1. WHO IS YOUR CLIENT?

Children, Youth, Families, Adults or Interprofessional Teams

2. IS THE TRAINING SUITABLE FOR YOUR OCCUPATION?

Look for your symbol throughout the catalogue:



Educator

eg: Teachers, Early Childhood Educators, School Counsellors, etc.



Mental Health Professional

eg: Psychotherapists, Counsellors, Psychologists, Social Workers, etc.



Medical

eg: Nurses, Psychiatrists, Pediatricians, Family Doctors, etc.



Direct Service Worker

eg: Drop-in Workers, Shelter and Hostel workers, Child and Youth Workers, Youth Justice Workers, etc.



ALL

Training is suitable for **EVERYONE!**

3. REGISTER OR CONTACT US FOR MORE INFORMATION

Tel: (416)924-1164 x8707 Email: training@hincksdellcrest.org

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CERTIFICATE COURSES

Courses are listed in date order.

For more details visit www.hincksdellcrest.org/institute/certificate

Certificate in Trauma Counselling for Front-Line Workers

Natalie Zlodre MSW, RSW

The program is designed for experienced front-line workers (nurses, clergy, social workers, residential workers, addiction counsellors) who provide short-term (non-psychotherapy) counselling contact with vulnerable populations in community-based settings. Participants will be given the most current information on the biopsychosocial phenomenon of trauma, and training in how to assess and respond ethically and appropriately to clients, given the parameters of the workplace. We will also examine how workers and organizations are affected by and respond to working with traumatized individuals and develop trauma-informed approaches to work that enhance personal and professional resilience.

PARTICIPANTS WILL LEARN TO:

- Identify and understand the range of reactions traumatized individuals may experience (acute PTSD, PTSD, grief/bereavement reactions, developmental trauma, complex trauma, borderline personality disorders, chronic frustration and misery, dissociative reactions, anxious and disorganized attachment patterns)
- Ask key questions to clients in acute and complex situations to assess and guide interventions. An overview of key assessment instruments used by specialized trauma clinics will be presented
- Apply strategies that will assist clients in adaptive coping and overcoming the debilitating effects of hypo/hyperarousal, affect dysregulation, sleep dysregulation, guilt, shame, blame, intrusive imagery/flashbacks/nightmare management
- Accept that working with human suffering on a daily basis and being sensitive to the despair, frustration and fear embodied in our clients does have an impact on us as workers.

LEARN MORE

"This is the first training in my 5 years at my current position where I feel I have gained knowledge from training. The instructor is engaging. The examples really help me visualize and understand the concept."

TORONTO (Oakham House)
September 15, 16, 17, 22, 23, 24, 2014

TORONTO
December 1, 2, 3, 8, 9, 10, 2014

TORONTO (Oakham House)
March 2, 3, 4, 16, 17, 18, 2015

TORONTO
June 8, 9, 10, 15, 16, 17, 2015

SUITABLE FOR



PREREQUISITES & REQUIREMENTS:

1. This course is designed for experienced front-line workers. Participants have a minimum of 2 years of full-time employment working with vulnerable populations. The majority of previous course attendees have had between 5 and 10 years experience while 25% have over 15 years experience.
2. The program offers explicit video images of traumatic reactions, frank discussions of treating clients with trauma, and presentations. If you are currently recovering from a trauma please be aware that some of the course material may exacerbate your symptoms.

REGISTRATION:

To view all registration links for each session
[click here](#)

Deposit Required (\$ 100.00)

Early Bird Fee: \$ 1, 170.00

Regular Fee: \$ 1, 300.00



Certificate Program in Children's Grief and Bereavement

Andrea Warnick RN, MA, Andrew Blake, Marianne Gocker MD, FRCP(C), Julia Porter, Colleen Mousseau M.Ed and Lysa Toye Dip, EXAT, MSW, RSW

Five-module certificate course: participants must complete all 5 modules in 2014/2015 to obtain certificate (option to take specific modules only)

The course will explore the roots of our cultural discomfort with the topic of children and death and expose common myths and misconceptions. The program will equip participants with skills to provide evidence-based support to children, youth, and families grieving the dying or death of someone they care about.

PARTICIPANTS WILL LEARN TO:

- Identify the roots of our cultural discomfort with the topic of children and death
- Experience essential skills in bringing mindfulness, healthy empathy, and compassion into their lives and in developing open presence and deep listening in their work
- Recognize common myths and misconceptions regarding the provision of support to bereaved children and youth
- Acquire skills for supporting some of the harder-to-serve populations of grieving children and youth, including those with complicated and/or extended grief, history of trauma, learning disabilities, and those with an autism spectrum disorder
- Review the theoretical foundations for the use of creative play and arts-based approaches in working with children and youth

LEARN MORE

Competency-Based Counselling Skills (6-Day Program)

Bonnie Miller MSW, RSW

Counselling skills level 1 will provide participants with contemporary, collaborative, and person-centred frameworks and skills for their work in the helping professions. Direct service workers in nursing, child and youth work, education, bereavement, and other supportive roles will find this course both stimulating and practical.

PARTICIPANTS WILL LEARN TO:

- Become familiar with contemporary counselling theories and skills
- Practise counselling skills within the forum provided
- Identify ethical and professional considerations involved with the counselling process
- Develop a framework in which to continue to explore family-centred philosophy and practice

LEARN MORE

TORONTO MODULE 1
September 15, 2014

TORONTO MODULE 2
October 20, 2014

TORONTO MODULE 3
November 17, 2014

TORONTO MODULE 4
January 19, 2015

TORONTO MODULE 5
February 23, 2015

SUITABLE FOR



REGISTRATION:
[click here](#)

Full Registration Fee: \$ 1,025.00

Registration Per Module:
Early Bird Fee: \$ 250.00
Regular Fee: \$ 275.00

TORONTO

September 17, 18, October 15, 16,
November 10, 11, 2014

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 675.00
Regular Fee: \$ 750.00



BRIEF THERAPY
TRAINING CENTERS
INTERNATIONAL
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE



Cognitive Behavioural Therapy: Practical Solutions to Real-World Problems

Nili Benazon PhD

This course provides a general overview of the practical application of cognitive behavioural strategies. Cognitive behaviour therapy provides a flexible set of clinical tools, including a full range of active and practical strategies and techniques (eg: cognitive restructuring, exposure techniques, social skills training, relaxation training, problem-solving, self-help manuals). The course will emphasize the applications of problem solving strategies. Problem-solving treatment has been shown to be effective for a wide range of emotional disorders and is effective in the context of short-term therapy.

PARTICIPANTS WILL LEARN TO:

- Demonstrate a general overview of the practical application of cognitive behavioural strategies
- Apply a flexible set of clinical tools, including a full range of active and practical strategies and techniques
- Apply the applications of problem solving strategies
- Apply problem-solving treatment that focuses on the here and now and helps clients use their own skills and resources to function better
- Use self-help manuals

LEARN MORE

UMAB - Understanding and Managing Aggressive Behaviour

Jason McCormack

TWO-DAY OR THREE-DAY COURSE

The UMAB training program is an intensive and highly effective method of managing aggressive children, youth or adults. It is a skills-based training program designed to help child and youth workers, mental health professionals and anyone else who would like to learn how to safely manage aggressive behaviour in children and youth or adults.

PARTICIPANTS WILL LEARN TO:

- Apply the approach of least intrusive, least restrictive strategies
- Be consistent and adopt safe application of behavioural intervention in a continuum
- Use techniques to verbally intervene and manage aggressive situations
- Apply the use of body language, positioning and movement
- Identify six calming and six defusing techniques that can be used in the managing of the aggressive behaviour cycle
- Apply defensive techniques and options to aggressive acts (blocking/redirecting strikes and blows, releasing from chokes and grabs)

LEARN MORE

TORONTO Fall Session
September 19, October 17, November 14, December 12, 2014

TORONTO Winter Session
February 2, March 2, April 13, May 4, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Deposit Required (\$ 100.00)

Fee: \$ 1,000.00

TORONTO

September 24, 25 and/or 26, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

2-Day Course Fee:

Early Bird Fee: \$ 350.00

Regular Fee: \$ 375.00

3-Day Course Fee:

Early Bird Fee: \$ 395.00

Regular Fee: \$ 475.00

Online Certificate Course: Working with Families and Children

Bonnie Miller MSW, RSW and Eric King MSW, RSW

This is a Dual Certificate Program offered through the Factor-Inwentash Faculty of Social Work and The Hincks-Dellcrest Centre, Gail Appel Institute.

Families present themselves in many ways and offer varying challenges to helping professionals. As children change through their developmental stages, the counsellor is faced with new challenges. Past experiences with other agencies may have affected the parents' ability to trust and cooperate. Often the goals of parents and children are so different that they appear permanently and discouragingly polarized.

PARTICIPANTS WILL LEARN TO:

- Describe a competency-based theoretical framework for working with families
- Utilize ideas that will build therapeutic rapport and cooperation with all family members
- Develop methods for clarifying problem definition and family "goal consensus"
- Challenge intergenerational family scripts using genograms and timelines
- Know when to include the children in counselling
- Assess motivation and offer lines of inquiry to move change forward
- Demonstrate familiarity with a broad repertoire of questions that elicit hope, focus and family resources

LEARN MORE

A Five-Day Certificate Program: Narrative Therapy Training Program

Karen Young MSW, RSW

This training program offers participants the opportunity to fully explore the many exciting ideas and practices that inform narrative therapy. Narrative is fast becoming one of the most widely used approaches in walk-in clinics and brief services. The training experience will include thirty hours of thorough examination of narrative ideas and practices, presented in clear usable ways that can be taken into everyday therapeutic work in any setting.

The option for an extended program that includes practicing at a walk-in clinic is available (click learn more below for more details about the extended program).

PARTICIPANTS WILL LEARN TO:

- Identify ideas and practices that will make it possible to take narrative therapy into their everyday work
- Develop clear understandings of how to enrich their practice using theory from Foucault, Vygotsky, Bruner, James and van Gennep
- Understand how specific ways of being curious can create more useful and meaningful therapeutic conversations within any therapy approach
- Develop a uniquely detailed guideline for therapy conversations that can be used in any setting, short or longer term, and with any presenting concern
- Identify a broad range of applications for witnessing practices, including how to position people in therapy sessions to change how they listen to each other
- Use these practices in brief settings such as single session and walk-in clinics
- Review what clients have reported in research about what is meaningful and useful in therapy

LEARN MORE

TORONTO Fall Session
October 20 to December 8, 2014

TORONTO Winter Session
April 2 to May 29, 2015

SUITABLE FOR



PROGRAM SCHEDULE

Three hours a week of online participation for eight weeks, a total of 24 hours. There are four modules that will contain online moderated discussions of the module content and course readings

REQUIREMENTS

Internet access, email, MS Word, and word processing and file management knowledge

REGISTRATION:
[click here](#)

Early Bird Fee: \$ 475.00
Regular Fee: \$ 525.00



**BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL**
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE



OAKVILLE

November 8, December 6, 2014,
January 10, January 31 and March 7,
2015

SUITABLE FOR



30 hours of thorough examination of narrative practices presented in clear useable ways that can be taken into everyday therapeutic practice.

REGISTRATION:
[click here](#)

Early Bird Fee: \$ 895.00
Regular Fee: \$ 975.00



**BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL**
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE





Courses are listed in date order.
For more details visit www.hincksdellcrest.org/institute/children

Take Your Temperament: Living and Working With Diverse Temperaments (Including Your Own!)

Nanci Burns MSW, RSW

Temperament is the core of how we see and respond to our world. It helps explain why children react to others as they do. It is the significant reason why we all act in unique ways that differentiate us from others. Individual differences in temperament among family members, colleagues, etc, can be a major factor in making our lives positive or stressful! This workshop will help you navigate the world of temperament, both your own and that of the children within your universe.

PARTICIPANTS WILL LEARN TO:

- Identify and apply the following Four R's of Temperament (Recognize, Reframe, Reassess, Respond)

LEARN MORE

Reflective Family Play: A Whole-Family Treatment Model for Infants and Younger Children

Diane Philipp MD, FRCP(C) and Christie Hayos MSW, RSW

Reflective Family Play (RFP) (Philipp, Dec 2012; Philipp and Hayos, 2013) was developed to fill a gap in service, and move beyond dyadic treatments by providing family therapy for a younger population.

Upon completion of this workshop, participants will be eligible to attend a monthly, year-long supervision group to gain advanced training in RFP.

PARTICIPANTS WILL LEARN TO:

- Understand some of the theories that inform RFP
- Understand the RFP model as a therapeutic intervention for certain clinical settings
- Identify which clients might be suitable for this approach
- Begin implementing this approach with their own clients

LEARN MORE

TORONTO

September 22, 2014

SUITABLE FOR



Includes a 150-page workbook

REGISTRATION:

click here

Early Bird Fee: \$ 220.00

Regular Fee: \$ 340.00

TORONTO

September 30 and October 27, 2014

SUITABLE FOR



Participants will receive the RFP manual (Philipp and Hayos, in press) as part of the workshop registration.

REGISTRATION:

click here

Early Bird Fee: \$ 340.00

Regular Fee: \$ 400.00



Using Neurobiology to Help Young Clients Move From Impossible to In-possible Lives: Strategies to Invigorate Conversational Adventures and Overcome Therapeutic Challenges

Marie-Nathalie Beaudoin PhD

In this workshop, Marie-Nathalie will describe ways to enrich therapeutic conversations and increase the likelihood that clients will flourish. A theoretical framework combining post-modern ideas, narrative therapy, interpersonal neurobiology, neurocardiology, and clinical experience will be presented to help therapists scaffold movement in conversations and understand what may be interfering with progress with certain clients.

PARTICIPANTS WILL LEARN TO:

- Understand relevant research on the brain
- Conceptualize conversational adventures and obstacles
- Develop a set of specific practices that can re-invigorate therapeutic movement
- Understand neurocardiology and its possible role in enriching therapy

[**LEARN MORE**](#)

Collaborative Therapeutic In-Session Note Taking

Bonnie Miller MSW, RSW

This workshop will introduce an in-session note-taking method that is ethical, informative, and therapeutic. Ethical approaches to records invite us to consider the effect of what we write in a person or family's record. This, along with time constraints and heavy caseloads, underscores the usefulness of in-session and collaborative note-taking processes.

PARTICIPANTS WILL LEARN TO:

- Use note taking to make overwhelming, long-standing problems manageable
- Visually map the problem and problem effects to identify starting points for change
- Use in-session notes to document strengths and next steps
- Practise ethical and collaborative record keeping

[**LEARN MORE**](#)

Externalizing Practices: A Playful Approach to Engaging Children of All Ages

Karen Young MSW, RSW

Learn how to respond to these presentations of "the problem as identity" in ways that are respectful of the clients' diagnostic understandings and that shift the location of the problem from "being the child" to "being the label." The problem becomes "The OCD" or "The Sticky Thoughts," or "The Worry." This externalizing approach to problem talk is useful across a range of different therapy models.

PARTICIPANTS WILL LEARN TO:

- Identify key philosophical and theoretical assumptions that shape our actions in the therapy room to create collaboration and respect with children
- Find ways to engage children and parents in conversations that are both respectful of and shifting of their thinking about the problem
- Begin to playfully engage children and their parents/caregivers in externalizing conversations

[**LEARN MORE**](#)

TORONTO

October 1 and 2, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 345.00

Regular Fee: \$ 375.00

TORONTO

October 8, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

TORONTO

October 24, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Everything You Wanted to Know about Adolescent Depression: The Warning Signs and Treatment Approaches for Non-Medical Professionals

Marshall Korenblum MD, FRCP(C)

We will focus on the recognition of depression in adolescents including developmental phases, specific causes, and impact on the family and environment. We will also explore treatment approaches and offer strategies for referral to specialists.

PARTICIPANTS WILL LEARN TO:

- Recognize the signs and symptoms of depression in adolescents
- Understand the role of stigma as a barrier to help-seeking
- Understand the multiple causes of depression
- Appreciate treatment approaches that are differentiated
- Improve the process of referral to specialists

LEARN MORE

TORONTO

October 30, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Children and Youth Experience Trauma: Using Relationship to Promote Healing

Janine Lawford MSW, RSW and Erica Watson MSW, RSW

This workshop will provide a background on current understandings of how trauma impacts children and families, and how we can best work with them to identify myriad traumatic responses and encourage healing in the family system. The workshop is designed for child and youth workers, nurses, early childhood educators, child protection workers, and other social service counsellors who provide counselling and support to children and adolescents in community-based settings.

PARTICIPANTS WILL LEARN TO:

- Recognize the effects of trauma in children and adolescents
- Better understand the many manifestations of complex developmental trauma and how to incorporate this understanding into front-line work with clients
- Develop strategies to assist in the stabilization and support of youth with traumatic histories
- Use relationship in order to promote healing in traumatized children

LEARN MORE

TORONTO

November 3, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



An Integrative Approach to Brief Therapy: Finding Fit

Eric King MSW, RSW

This workshop will be of use to workers who are looking for an overview or have one major approach to brief therapy practices and are looking to expand their range of interventions.

PARTICIPANTS WILL LEARN TO:

- Identify the foundations of these approaches and therapist positioning
- Identify the practices that work toward brevity: fit, goal setting, tasks, and experiential elements
- Recognize the importance of shifting lenses from close focus to wide angle in naming and goal setting
- Work with emotions in brief therapy through experiential activities
- Examine approaches that address the request to "fix my kid"

LEARN MORE

TORONTO

November 12, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

Narrative Therapy Put Simply: Understanding Narrative Practice

Karen Young MSW, RSW

Narrative practice is fast becoming one of the most utilized approaches in walk-in therapy clinics and brief services. The effectiveness of narrative therapy in a huge range of settings, whether it is children's mental health, adult services, or hospitals, is evident in the uptake of these ways of working by many organizations and clinicians.

PARTICIPANTS WILL LEARN TO:

- Identify key ideas and assumptions that provide the foundation for narrative practice
- Re-energize curiosity in order to ask unique and interesting questions
- Engage people in externalizing conversations
- Use a narrative conversation guideline that applies to any problem or setting
- Listen for openings into stories of knowledge, preferences, and skills
- Develop in-session notes and documents that sustain new knowledge and change

LEARN MORE

No More, No Less: Brief Service Delivery - Getting Children and Families the Help they Need When They Need It

Karen Young MSW, RSW and Jim Duvall M.Ed, RSW

This uniquely designed workshop will bridge the interests and learning needs of professionals from all organizational levels. The paradigm or philosophical shift required for successful implementation of brief services at organizational and individual clinician levels will be examined. As well, a variety of ways to design brief services will be explored, and clear guidelines that shape the therapy approach will be clearly outlined.

PARTICIPANTS WILL LEARN TO:

- Identify key considerations in designing and implementing brief services such as walk-in clinics and quick access services
- Identify the many varieties and innovations that exist to deliver quick access to a therapy session when people need it
- Help people with immediate concerns, and keep many off waiting lists, thereby decreasing wait times and freeing up system resources
- Introduce innovations that respond to rural, urban and population diversity
- Conduct respectful, collaborative therapy from the very first session

LEARN MORE



Sharing Mindfulness with Children and Families: One Playful Breath at a Time

Sara Marlowe

Mindfulness has been the foundation for stress-reduction programs for decades and continues to gain popularity in medical, clinical and educational settings. It helps people develop moment-to-moment awareness of their experiences from a non-reactive, non-judgmental position. This stance then helps people to become more purposeful in their responses to difficulties and more present for life's pleasant moments.

PARTICIPANTS WILL LEARN TO:

- Identify ways that mindfulness principles and practices can be integrated into therapeutic work with children and families
- Identify mindful parenting practices that promote their children's social-emotional development
- Adopt playful approaches to engaging children in mindfulness practice
- Develop mindfulness practices that help families to cultivate awareness of strengths, skills, values, abilities and hopes, even in the face of problems

LEARN MORE

TORONTO

November 13, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

TORONTO

November 20 - 21, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 345.00

Regular Fee: \$ 375.00

TORONTO

November 25, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

The Therapeutic Use of Self: Our Way of Being in the Therapy Room

Karen Young MSW, RSW

Developing an understanding of the impact of the therapist's self on the therapeutic process is core knowledge for all therapists. No therapist's use of particular models is the same, because these skills are expressed through the individual therapist's relational skills and capacity to interact with others in ways that facilitate change. This involves the conscious and deliberate use of oneself, requiring recognition of our values and attitudes and their impact on our work.

PARTICIPANTS WILL LEARN TO:

- Understand the possibilities of 'use of self' in the day-to-day context of therapeutic encounters
- Identify assumptions about knowledge, power, relationship and the self
- Define the roles and responsibilities of a de-centred and influential therapist
- Develop a therapeutic posture that embraces curiosity, collaboration, empathy, transparency, and vulnerability

LEARN MORE

TORONTO

November 28, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Narrating Attachment: Integrating the Attachment Story Into Our Brief Work

Mary Rella MSW, RSW

The attachment relationship guides cognitive, social and emotional development for the infant. When we meet with parents and children together or with young people on their own, we see the attachment story unfolding in our brief and single sessions in issues such as school avoidance, anxiety, reactive and defiant behaviours, aggression, family violence, self-harm and suicide ideation.

PARTICIPANTS WILL LEARN TO:

- Understand the meaning of attachment development through the parent's caregiving behaviours and the child's learned care-getting behaviours
- Understand the role the attachment relationship has on the development of affect regulation and cognitive, social and emotional development
- Understand how the attachment story relates to familiar presenting issues
- Understand how the attachment story can be helpful in developing alternative stories

LEARN MORE

TORONTO Winter

December 16, 2014

TORONTO Summer

June 25, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



From Conflict to Collaboration: Getting Results When People Won't Stop Arguing

Bonnie Miller MSW, RSW

This one-day workshop will introduce a reliable method for facilitating productive conversations with families who are plagued by conflict. This session structure allows clinicians to feel more confidence when working with a family or couple who says they can't get along.

PARTICIPANTS WILL LEARN TO:

- Set the tone for a collaborative session
- Structure the conversation so that clients experience themselves and their family members in a more loving way
- Guide the conversation so that clients have hope, confidence and a plan for next steps
- Support growth, understanding and positive results for their clients

LEARN MORE

TORONTO

January 12, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Brief Therapy With Long-Term Clients

Eric King MSW, RSW

Brief therapies have become accepted as viable approaches for working with a range of individual and family problems. Yet, many agencies and practitioners have hesitated to consider such collaborative and competency-based approaches with what are viewed as more complex and pathological systems. This includes families with members having major psychiatric disorders and families with multiple agency involvements, intergenerational patterns of poverty, violence, and/or abuse.

PARTICIPANTS WILL LEARN TO:

- Proceed when despair appears to preclude goal setting
- Name and address constraints to change
- Challenge intergenerational family scripts using genograms and timelines
- Scan for larger systems issues (dealing with multiple and conflicting goals and mandates)

[LEARN MORE](#)

Walk-in Clinic and Single Session Therapy: When All the Time You Have Is Now

Karen Young MSW, RSW

Walk-in clinics are fast becoming a key part of the landscape of service delivery as outlined in the policy paper *No More, No Less: Brief Mental Health Services for Children and Youth* by Duvall, Young, and Kays-Burden (www.excellenceforchildand youth.ca) and in the system transition document released by the Ministry of Child and Youth Services.

PARTICIPANTS WILL LEARN TO:

- Formulate pre-session questions that begin to shift meaning and create change
- Design the agenda in ways that set the stage for meaningful conversation
- See "away-from-the-problem" stories quickly
- Identify ways to distance people from their known and familiar habits of thought and action
- Develop a clear narrative conversation guideline for time-limited therapy

[LEARN MORE](#)



Anxiety and the Gift of Imagination: A New Clinical Model for Helping Children Understand and Manage Anxiety

Robin Alter PhD

Dr. Alter will focus on a therapeutic formulation of anxiety that has worked extremely well for hundreds of children in her private practice. She will explain the link between imagination and anxiety, and how this new understanding can be used effectively in treatment. This approach starts and ends with an enhancement of self-esteem and actually motivates children to use therapeutic tools and strategies. Participants will learn how children's anxiety and thinking are different from adults and how this will help to be more effective with children in creating fundamental change.

PARTICIPANTS WILL LEARN TO:

- Understand and appreciate the difference between children's and adults' thinking processes
- Understand the difference between children's and adults' anxieties
- Make the connection between anxiety and imagination
- Implement a concrete step-by-step approach to apply this new understanding of anxiety

[LEARN MORE](#)

TORONTO

January 16, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

TORONTO

January 23, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

TORONTO

January 27, 2015

TORONTO

June 19, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Bringing Mindfulness Into the Therapy Session

David Paré PhD

Increasingly, mindfulness practices are being shown to reap a variety of benefits for practitioners, which naturally raises the question of how they can be employed in the service of therapeutic clients as well.

PARTICIPANTS WILL LEARN TO:

- Identify a variety of formal and informal mindfulness practices for self-care in relation to therapeutic work, including daily mindfulness practices, three-minute breathing space, sitting meditation and body scan
- Apply mindfulness to therapy to enhance listening and compassionate presence
- Introduce mindfulness to clients, both to enrich in-session work and to provide home activities for use between sessions
- Support clients in engaging with problems as embodied in the here and now

LEARN MORE

TORONTO

February 5, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Strategic Family Therapy: Compassionate Strategies for Working With Multi-Stressed Clients

Jerome Price MA, LMSW, LMFT

Learn techniques and strategies that have been researched and demonstrated as effective for dealing with a wide range of serious problems from those of adolescents and children to marriage, divorce, eating disorders, substance abuse, incest, and much more.

PARTICIPANTS WILL LEARN TO:

- Apply the original tenets of brief directive therapy as taught by the masters
- Integrate these practices with whatever the therapist's current practices are
- Introduce step-by-step procedures for carrying out interventions that defuse and redirect even the most difficult of problems
- Practise the art of being benevolently directive, integrating compassion with the choreography of specific change

LEARN MORE

TORONTO

February 12, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Working with Adolescents and Their Families: Navigating Through Tough Times

Jerome Price MA, LMSW, LMFT

Learn techniques and strategies that have been researched and demonstrated as effective for dealing with a wide range of serious problems from adolescents and children to marriage, divorce, eating disorders, substance abuse, incest, and much more.

PARTICIPANTS WILL LEARN TO:

- Apply the original tenets of brief directive therapy as taught by the masters
- Integrate these practices with whatever the therapist's current practices are
- Introduce step-by-step procedures for carrying out interventions that defuse and redirect even the most difficult of problems
- Practise the art of being benevolently directive, integrating compassion with the choreography of specific change

LEARN MORE

TORONTO

February 13, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

Single Session Therapy: Maybe a Bit Beyond

Jim Duvall M.Ed, RSW

This one-day workshop will provide a comprehensive introduction to brief narrative therapy. This approach to doing therapy briefly will emphasize a meaningful partnership between therapist and those seeking consultation, incorporating their feedback and responses into every step of the therapeutic process. There is a focus on honouring people's local knowledge and abilities to provide a platform for movement toward their preferred identities. Application to a wide range of problems will be provided.

PARTICIPANTS WILL LEARN TO:

- Introduce a posture for keeping the person seeking therapy at the centre of the process
- Identify common factors that produce constructive outcomes in psychotherapy
- Provide conversational maps for navigating the therapeutic conversation
- Begin, sustain and close the therapeutic process, even in one session

LEARN MORE

TORONTO

Februray 20, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Cognitive Behavioural Therapy With Kids Through Tough Times

Adam Lodzinski PhD and Sheri Eggleton BA

This innovative workshop will increase participants' understanding of the special considerations of using CBT with children and will provide specific tools, practices, guidelines and tips on how to simplify and adapt existing CBT strategies to be more hands-on and engaging, as well as how to engage caregivers in treatment. Several hands-on play-based CBT interventions will be presented.

PARTICIPANTS WILL LEARN TO:

- Be aware of the special challenges and benefits of using CBT when working with children and youth
- Modify CBT for children and youth so that it is more developmentally sensitive
- Apply CBT, with a focus on anxiety and depression
- Include parents as partners in the treatment process

LEARN MORE

TORONTO Winter

February 27, 2015

TORONTO Spring

June 1, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Developing Your Personal Approach to Supervision: The Contextual Functional Approach

Jeff Chang PhD

In this workshop, Jeff describes the Contextual-Functional Meta-Framework (CFM) for clinical supervision. Developed inductively from over 20 years' experience as a supervisor, Jeff will describe some background ideas that helped him form this approach (social role approaches, developmental models, common factors, competency profiles, and theory-based models).

PARTICIPANTS WILL LEARN TO:

- Describe the conceptual background of the CFM (social role approaches, developmental models, common factors, competency profiles, and theory-based models)
- Apply the six components of the CFM
- Develop specific applications for their workplace

LEARN MORE

TORONTO

March 23 - 24, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 345.00

Regular Fee: \$ 375.00



Children's Stories, Children's Solutions: Constructing Therapeutic Realities With Children and Families

Jeff Chang PhD

In this workshop, Jeff will introduce a practical, collaborative, and playful approach to engaging children and their families in therapy. Integrating expressive arts, narrative, and solution-focused approaches, participants will view video examples and practise specific skills and techniques.

PARTICIPANTS WILL LEARN TO:

- Translate the theoretical ideas of collaborative (solution-focused and narrative) therapies into practical applications
- Incorporate postures of curiosity and presence into their therapeutic approach
- Question to highlight and amplify change
- Use the young person's social network to amplify and support change

LEARN MORE

TORONTO

March 26 - 27, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 345.00

Regular Fee: \$ 375.00



Trauma with Children, Youth and Their Families: Rebuilding Safety and Connection

Erin Rittich-Haber M.Ed

Learn techniques and strategies that have been researched and demonstrated. Day One of this workshop will focus on helping biological, foster and adoptive parents reposition themselves in the parent-child relationship and gain new understandings of their child's behavioural and emotional difficulties, redefining such problems as their child's attempts to redress primary and secondary losses as a consequence of trauma. Day Two will focus on individual therapy with adolescents who have experienced trauma and attachment disruption as they often present with a variety of risk-taking and behavioural challenges.

PARTICIPANTS WILL LEARN TO:

- Develop a working definition of mental health (Siegel)
- Understand neurological research and the role of the parent-child relationship in emotional regulation (Siegel)
- Introduce conversational practices that move families towards narratives of family connection (White)
- Incorporate playfulness in therapy as guided by the principles of PACE (Hughes)

LEARN MORE

TORONTO

April 7 - 8, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 345.00

Regular Fee: \$ 375.00



Adolescent Depression: Knowing the Signs - An Assessment and Treatment Workshop for Clinicians

Marshall Korenblum MD, FRCP(C)

Often the signs of depression in the adolescent population are complex and multifaceted, and we are not always equipped to assess these signs and/or treat them appropriately. This workshop is targeted to clinicians working with adolescents dealing with this disease in their practice or community.

PARTICIPANTS WILL LEARN TO:

- Recognize the signs and symptoms of depression in adolescents
- Understand the role of stigma as a barrier to help-seeking
- Understand the multiple causes of depression
- Appreciate treatment approaches that are differentiated
- Improve the process of referral to specialists

LEARN MORE

TORONTO

April 23, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00

Brief Narrative: A Guideline for Three-Session Therapy

Karen Young MSW, RSW

This workshop will prepare clinicians for working in these briefer therapy environments. Recordings of sessions with clients and experiential practice exercises will be used to demonstrate the concepts and create a diverse learning experience.

PARTICIPANTS WILL LEARN TO:

- Identify the six key components of three-session or less therapy
- Develop a clear, immediately useable guideline to take into their brief therapy work
- Prepare just prior to the session to set the stage for brevity
- Use "loitering" in stories to create meaning and new possibilities
- Identify the process and effects of collaborative documentation

LEARN MORE

TORONTO

April 24, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

Working With an Angry or Aggressive Child

Doug Dunlop

Understanding and identifying common traits of angry children is the first step toward helping them. The second step is knowing what to do! This workshop will offer an opportunity for childcare professionals working with children and youth to explore the challenges associated with angry and aggressive children.

PARTICIPANTS WILL LEARN TO:

- Pre-screen practices in order to develop a common working focus
- Identify the precipitating factors of angry and aggressive behaviour
- Go beyond the behaviour: children with special needs
- Apply strategies for the safe defusing of acting out in children
- Use techniques for the redirection and modification of unsafe and disruptive behaviour

LEARN MORE

TORONTO

May 5, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00



A Narrative Therapy Practice Lab: Advancing Your Skills

Karen Young MSW, RSW

This workshop is best described as a practice day, or "lab," for stretching your skill in narrative therapy and generally enhancing your ability to ask interesting, impactful questions that facilitate change. The workshop is aimed at participants with an intermediate-level knowledge of narrative therapy and for enthusiastic beginners. It will be useful for clinicians who have been working in brief therapy and walk-in clinics and wish to advance their skill in making the most of every single session.

PARTICIPANTS WILL LEARN TO:

- Adopt new ideas regarding therapist posture that influence what we can be curious about, focusing our curiosity
- Recognize clear guidelines for finding meaningful questions to ask
- Absorb new concepts and practices with the help of live demonstration interviews, small group practice exercises, and plenty of space for questions and discussion
- Increase their skill in the art of questioning, regardless of their preferred model, and achieve renewed energy for their work

LEARN MORE

TORONTO

May 15, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

A Comprehensive Introduction to Brief Competency-Based Therapy: Key Assumptions, Operating Principles and Practices That Work

Jim Duvall M.Ed, RSW

Explore the key concepts and methods of this highly respectful and efficient approach to therapy in this practical and interactive workshop. Participants will become quickly oriented to the guiding assumptions, operating principles and methods of brief competency based therapy. There will be a focus on this unique way of thinking about problems, clarifying how people change and how to identify and bring forth the unique abilities and resources that people bring to every therapeutic encounter. There will also be an emphasis on "hands on" (practice, practice, practice) skill development in time-sensitive therapy.

PARTICIPANTS WILL LEARN TO:

- Answer specific questions that serve as invitations toward meaningful change
- Use incremental maps for scaffolding therapeutic conversations
- Facilitate people's self-healing efforts to change
- Apply common factors that predict positive therapeutic outcomes

LEARN MORE

TORONTO

May 21-22, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 350.00

Regular Fee: \$ 375.00

"I was totally impressed and excited with the material. Thank you for being so open to questions and for soliciting impressions and ideas from participants." – Participant from Reflective Family Play





Courses are listed in date order.
For more details visit www.hincksdellcrest.org/institute/adults

Cognitive Behavioural Therapy: Foundational Skills

Hester Dunlap PhD

In this two-day workshop, key features of CBT will be explained and demonstrated so that participants gain an excellent foundation in CBT and are able to apply CBT techniques in their clinical work with adults. Participants will learn specific CBT interventions and the application of these in the treatment for various disorders, including depression and anxiety.

PARTICIPANTS WILL LEARN TO:

- Identify the rationale for a CBT approach
- Present the CBT approach to clients
- Develop behavioural interventions
- Develop cognitive interventions
- Recognize common obstacles and challenges
- Apply CBT for depression and anxiety disorders

LEARN MORE

TORONTO Fall
October 6 - 7, 2014

TORONTO Spring
May 7 - 8, 2015

SUITABLE FOR



REGISTRATION:

click here

Early Bird Fee: \$ 500.00

Regular Fee: \$ 550.00

Dialectical Behaviour Therapy: A Workshop for Direct Service Workers

Lyndsey Davies MSW, RSW

DBT blends cognitive behavioural therapy with acceptance-based strategies stemming from Zen philosophy. A primary therapeutic task is to balance acceptance of the client with a focus on change. During this workshop, participants will learn the theoretical underpinnings of DBT, the group and individual components and DBT skills from each of the four modules.

PARTICIPANTS WILL LEARN TO:

- Conceptualize borderline personality disorder using biosocial theory
- Use the components of standard dialectical behaviour therapy
- Balance validation and change strategies
- Conduct a behavioural analysis and solution analysis of problematic behaviours
- Apply skills for clients, including mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness

LEARN MORE

TORONTO Fall
October 28, 2014

TORONTO Spring
April 17, 2015

SUITABLE FOR



REGISTRATION:

click here

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Self-Compassion and Emotional Resilience

Kristin Neff PhD

This workshop will provide simple tools for responding in a kind, compassionate way whenever we are experiencing painful emotions. We all want to avoid pain, but letting it in and responding compassionately to our own imperfections without harsh self-condemnation are essential steps toward living happier, more fulfilling lives. Through discussion, meditation, and experiential exercises, you will gain practical skills to help bring self-compassion into your daily life. You will learn how to stop being so hard on yourself, handle difficult emotions with greater ease and motivate yourself with kindness rather than criticism.

PARTICIPANTS WILL LEARN TO:

- Identify the three key components of self-compassion
- Understand the difference between self-compassion and self-esteem
- Practice techniques to increase self-compassion in everyday life
- Motivate themselves with kindness rather than self-criticism
- Describe key research that supports the benefits of self-compassion

[LEARN MORE](#)

Anger Management: Working With Clients Through a Ten-Step Process

Bonnie Miller MSW, RSW

In this workshop, we will look at effective models and assumptions for dealing with the effects of an anger problem and discuss a therapeutic map for working over a series of sessions to understand and unpack this disruptive influence.

PARTICIPANTS WILL LEARN TO:

- Engage in initial sessions with a person who experiences disruptive anger
- Understand a therapeutic map for a series of sessions that undo the habits and patterns of anger
- Evaluate useful learnings from the field of neuroscience that teach us why anger management can be so ineffective
- Choose ways to collaboratively and ethically understand, confront, and respond to the negative effects of unhelpful, violent or coercive expressions of anger

[LEARN MORE](#)

Narrative Approach to Working With Couples

Jill Freedman MSW

In this workshop, following a brief introduction to narrative ideas, we will think about ways to structure therapy conversations to offer the possibility of partners really hearing each other, even when there is much conflict between them. We will focus on the use of the "absent but implicit" in couples therapy. We will also consider how our identity is relational, offering the possibility of asking questions about who people become in particular relationships and how partners contribute to and sustain each other's preferred identities.

PARTICIPANTS WILL LEARN TO:

- Identify two ways to facilitate a listening structure for therapy with couples
- Practise examples of witnessing positions
- Practise questions to learn what couple members may be longing for in their relationships
- Practise asking questions that consider identity as relational, rather than essentialist

[LEARN MORE](#)

TORONTO

November 20 - 21, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 500.00

Regular Fee: \$ 550.00

TORONTO Fall

November 24, 2014

TORONTO Spring

April 22, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

TORONTO

December 4, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00

Cognitive Behavioural Therapy for Direct Service Workers: The Essentials for Anxiety, Depression and PTSD

Eilenna Denisoff PhD

In this two-day workshop, key features of CBT will be explained and demonstrated so that participants gain an excellent foundation in CBT and are able to apply CBT techniques in their clinical work. Behavioural and cognitive interventions will be described, including behavioural activation, cognitive restructuring, and exposure. Common obstacles and challenges when applying these interventions will also be discussed. Practical, step-by-step guidelines on implementing CBT strategies will be demonstrated through examples, role-plays, and videos. Participants will learn key CBT interventions and the application of these in the treatment for posttraumatic stress, depression and anxiety.

PARTICIPANTS WILL LEARN TO:

- Understand the rationale for a CBT approach and how to present it to clients
- Use behavioral activation with clients
- Apply the principles and application of exposure
- Identify and address safety behaviours

LEARN MORE



Treating Obsessive-Compulsive Spectrum Disorders

David Tolin PhD

The aim of this workshop is to provide information about the nature and treatment of obsessive-compulsive spectrum disorders. We will review research findings investigating the nature of these disorders, associated mental health features, and brain function. We will emphasize the use of cognitive-behavioral therapy as applied to obsessive-compulsive spectrum disorders, reviewing evidence-based strategies such as exposure and response prevention, cognitive restructuring, and motivational interviewing.

PARTICIPANTS WILL LEARN TO:

- Discuss the epidemiology and features of obsessive-compulsive spectrum disorders
- Describe the economic and social impact of obsessive-compulsive spectrum disorders
- Describe current psychological and neurobiological models of obsessive-compulsive spectrum disorders
- Outline a cognitive-behavioral model of obsessive-compulsive spectrum disorders

LEARN MORE

Getting Grounded: Working With Overwhelmed and Scared Clients

Michel Jones MSW, RSW

In this experiential workshop, we will look at key techniques and strategies for grounding clients. Whether the client is a first time user of a service (drop-in centre, shelter) or a frequent consumer (severe and persistent mental health, residential program) this workshop will offer clear, straightforward strategies for base-line stabilization.

PARTICIPANTS WILL LEARN TO:

- Apply breath retraining
- Use radical acceptance
- Apply distraction from self-destructive behaviour
- Apply self-soothing skills
- Apply relaxation techniques

LEARN MORE

TORONTO Fall
January 21 - 22, 2015

TORONTO Spring
June 22 - 23, 2015

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 500.00
Regular Fee: \$ 550.00

TORONTO
January 30, 2015

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 250.00
Regular Fee: \$ 275.00

TORONTO
February 4, 2015

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 250.00
Regular Fee: \$ 275.00



Creating and Implementing an Organizational Culture That Recognizes and Addresses Compassion Fatigue and Vicarious Trauma

Alexandra Fortier MSW, RSW

During this workshop, you will acquire knowledge on how to differentiate between conditions like compassion fatigue and vicarious trauma and how to address them effectively. But, most importantly, you will learn how YOU can help create an organizational culture shift that will contribute to a creative work atmosphere.

PARTICIPANTS WILL LEARN TO:

- Understand the difference between the terms burnout, compassion fatigue, vicarious trauma and others
- Determine some of their own stressors in their lives (personally and professionally)
- Find at least three practical solutions to alleviate the above stressors (personally and professionally)
- Implement a CFVT organizational culture
- Develop an action plan to initiate this strategy in their agency, workplace, or other situation

LEARN MORE

TORONTO

February 19, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Beyond Kale and Pedicures: What Works in Managing Compassion Fatigue

Françoise Mathieu M.Ed, CCC

The fields of compassion fatigue (CF) and secondary trauma (STS) have grown exponentially, and new research has emerged suggesting effective ways for therapists and other helping professionals to sustain and protect themselves. New findings suggest that in order to reduce compassion fatigue and secondary trauma, we need to adopt a multi-pronged approach - self care, hot baths and company picnics are simply not enough.

PARTICIPANTS WILL LEARN TO:

- Identify the newest research findings in reducing/managing CF and STS
- Apply three key tools for their practice
- Explore new directions for future research

LEARN MORE

TORONTO

May 20, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00



Restorative Justice, Narrative Therapy and Domestic Violence

Tod Augusta-Scott MSW

Tod will focus on an approach to working with men and their families that combines the benefits of both narrative therapy and restorative justice. Such conversations invite men to explore their own values and ethics, which can build a foundation for confronting their own use of violence. The restorative justice process can help men acknowledge the harms they have committed and also work at healing and repairing their relationships.

PARTICIPANTS WILL LEARN TO:

- Apply strategies to help separate couples safely and enable them to live in the same small community after divorce or co-parent after separation
- Apply social change processes to enable communities to hold themselves and individual men accountable
- Give women who have been harmed a greater voice in what happens to them and their families

LEARN MORE

TORONTO

June 11, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 205.00

Regular Fee: \$ 225.00



Courses are listed in date order.

For more details visit www.hincksdellcrest.org/institute/interprofessionalteams



How to Design Effective Programs

Adam Lodzinski PhD

This hands-on workshop provides a field-tested and proven framework for addressing the most challenging aspects of program design and re-design and presents powerful integrating ideas, concepts, and suggestions that participants can easily adopt or adapt in whatever ways are appropriate and timely for their program(s).

PARTICIPANTS WILL LEARN TO:

- Select an evidence-based program model and choose among different models
- Address issues in client selection and optimize the information gleaned from client assessment
- Identify the 11 essential steps for enhancing program integrity and program fidelity

LEARN MORE

TORONTO

September 29, 2014

SUITABLE FOR



NOTE: This workshop comes with a comprehensive 250+ page soft cover handbook

REGISTRATION:

click here

Early Bird Fee: \$ 245.00

Regular Fee: \$ 255.00



Motivational Interviewing

Adam Lodzinski PhD

This workshop teaches participants of all experience levels the guiding principles, strategies and skills for incorporating Miller and Rollnik's motivational interviewing (MI) techniques into their practice. Essentially, MI is a form of collaborative conversation for strengthening a client's motivation and commitment to change.

PARTICIPANTS WILL LEARN TO:

- Have a clear understanding of the principles and strategies of motivational interviewing
- Help the key techniques that are used in motivational interviewing
- Help strengthen client motivation by working through the ambivalence that accompanies undertaking change
- Develop ideas about how to further incorporate motivational interviewing into their practice

LEARN MORE

TORONTO

November 19, 2014

SUITABLE FOR



REGISTRATION:

click here

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00



Collaborative Model of Facilitating Groups

Catherine Bancroft

This workshop offers a wide range of professionals the opportunity to enhance their skills to effectively engage groups of diverse participants to accomplish their goals. Participants have the opportunity to practise their group facilitation skills, receive feedback, and enhance their skills during this two-day workshop. This experiential workshop offers hands-on practical skills, which models a collaborative group process, and allow participants to take away additional skills and practise them between Day One and Day Two.

PARTICIPANTS WILL LEARN TO:

- Model authentic facilitation skills for their group participants
- Develop practices of self-awareness and self-care, and maximize the use of self as instrument for change in the group
- Create a safe group space that is collaborative, productive, and effective
- Engage participants so that individual strengths are leveraged to contribute to the group as a whole

LEARN MORE

TORONTO

February 11 and 25, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 350.00

Regular Fee: \$ 395.00



Program Evaluation Clinic: Strategies for Ongoing Improvement

Adam Lodzinski PhD

This workshop presents what participants need to know and do to propose, design, or re-design effective programs. The principles of effective program design apply across all areas of health, social and educational services; therefore, the workshop will benefit anyone interested in designing programs, regardless of his or her area.

PARTICIPANTS WILL LEARN TO:

- Select an evidence-based program model and choose among different models
- Address issues in client selection and how to optimize the information gleaned from client assessment
- Apply the eleven essential steps for enhancing program integrity and program fidelity

LEARN MORE

TORONTO

March 10, 2015

SUITABLE FOR



NOTE:

This workshop comes with a comprehensive 250+ page soft cover handbook

REGISTRATION:

[click here](#)

Early Bird Fee: \$ 250.00

Regular Fee: \$ 275.00

“Fantastic, informative and helpful training for new managers. The structure, content and the presentation style was great!” – Participant from Managing Skills for New Managers

Project Management

Anne Bulstrode BBM, FICB

This one-day workshop will provide valuable theory (frameworks, tools for analyzing situations and programs, and guidelines) that can be applied immediately. The workshop will also build on the most positive and energizing aspects of participants' experience in the organization as well as with projects. In this way, we will reflect the best elements in their culture and structure, have fun, and stimulate creative thinking about Project Management.

PARTICIPANTS WILL LEARN TO:

- Define project management and identify how it differs from general management
- Recognize typical dilemmas with projects
- Identify the responsibilities of the project manager
- Establish project planning steps

[LEARN MORE](#)

Building Personal Resilience for Clinicians and Front-Line Workers

Louisa Jewell MAPP

In this two-part interactive workshop you will learn practical strategies and techniques for building your own personal resilience. In helping professions, our jobs can pose many challenges that make it difficult to stay happy and positive. As we face these challenges, we need new tools and strategies to help us maintain an optimistic mindset, improve our psychological strength and reduce overall stress. Louisa Jewell will discuss the five pillars of happiness and well-being and how you can put these into practice to truly flourish in your life. You will walk away from this talk standing taller, feeling inspired and more resilient than when you walked in.

PARTICIPANTS WILL LEARN TO:

- Define resilience and what we can learn from the latest research in resilience to keep them psychologically strong
- Learn how stress affects our health and what we can do to protect ourselves
- Describe the science of self-efficacy, four pathways and solution-focused techniques for building self-confidence
- Understand hope theory and techniques for increasing hope in difficult situations

[LEARN MORE](#)

Change Management

Susan Geary PhD and Faye Marcotte

This change management workshop is designed for directors, managers, supervisors and team leaders who are responsible for leading and implementing large or small scale change within their organizations. We will explore the best practices in facilitating change as well as how to help employees handle change constructively. Some employees embrace change while others react with denial or resistance. Participants will learn practical tools and techniques that will enhance their ability to manage these reactions to change and implement change effectively.

PARTICIPANTS WILL LEARN TO:

- Identify best practices in implementing change
- Develop and implement an effective communication plan and strategy
- Communicate change effectively and obtain buy-in
- Increase the readiness of individuals to embrace change
- Understand why individuals may react negatively to change and respond appropriately to move them forward

[LEARN MORE](#)

TORONTO

April 9, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

April 14 and 28, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 500.00

Regular Fee: \$ 575.00

TORONTO

May 26, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

Conflict Management for Managers

Heather Colquhoun BA, BSW, MA

Managers spend up to 20 percent of their time dealing with conflict, and its effects on the team can be dramatic. In this hands-on workshop, managers are exposed to a variety of tools for understanding conflict and team dynamics with an emphasis on managing conflict as a third party. Participants will increase their confidence in handling conflicts. Relevant case examples are used. This workshop is applicable to managers and supervisors.

PARTICIPANTS WILL LEARN TO:

- Understand the effect of conflict on team dynamics
- Gain and apply techniques for managing conflict as a third party
- Increase confidence in the management of interpersonal conflict
- Learn the "5M" process for conflict resolution

[LEARN MORE](#)

TORONTO

June 3, 2015

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

COURSES FOR MANAGERS

Courses are listed in date order.

For more details visit [**www.hincksdellcrest.org/institute/interprofessionalteams**](http://www.hincksdellcrest.org/institute/interprofessionalteams)



Holding Difficult Conversations

Marion Langford M.Ed

Using a combination of self-awareness and conversational tools, participants will have the opportunity to apply and practise the tools in a safe, confidential learning environment. They will leave the workshop with a communications toolkit that will increase their confidence and preparation for future difficult conversations.

PARTICIPANTS WILL LEARN TO:

- Discover their own strengths and style of communicating when stakes are high
- Prepare for the conversation by developing clarity about what they want and what their assumptions are
- Engage others in the conversation by creating an experience of safety, mutual respect, and purpose
- Use listening and inquiry skills to build shared meaning during the conversation

[LEARN MORE](#)

TORONTO

October 21, 2014

SUITABLE FOR



REGISTRATION:
[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00



Team Leadership: Balancing Task and Relationship for Optimum Collaboration and Results

Sandra Harris M.Ed

In this full-day experiential workshop, you will learn concrete tools for creating a more engaged team environment that you can easily incorporate into your day-to-day operations. Become the kind of leader who pulls out the best from everyone and who creates a whole that is greater than the sum of its parts.

PARTICIPANTS WILL LEARN TO:

- Define what team and team leadership mean
- Practise facilitating a typical team-building session
- Identify what a high performance team looks like within the healthcare setting
- Introduce a team effectiveness survey tool

LEARN MORE

Essential Skills for the New Supervisor

Susan Geary PhD

Supervisors will learn how to use their talents and skills to maintain a motivational environment for their staff. They will also learn how to implement change effectively. The course will focus on how to build a strong team. First-time supervisors, team leaders with supervisory responsibilities and new managers will find this course very useful.

PARTICIPANTS WILL LEARN TO:

- Clarify the difference between a supervisor, manager and leader
- Discuss how to make the transition to supervisor
- Delegate effectively
- Hire the right people

LEARN MORE



Working with Multigenerational Teams

Heather Colquhoun BA, BSW, MA

Learn the generational reasons behind behaviours and identify specific methods of communication to connect with each generation of employee on your team. Discuss the implications of the specific mix within your workplace and gain tools to effectively harness the unique characteristics of each generation.

PARTICIPANTS WILL LEARN TO:

- Increase awareness of the differences between the generations
- Discover the unique strengths of each team member
- Learn targeted approaches for each generation
- Practise techniques using customized scenarios

LEARN MORE

TORONTO

November 4, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

November 6, 2014

TORONTO

March 17, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

December 15, 2014

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00



Solution-Focused Leadership Conversations: Harnessing the Power of Questions

Marion Langford M.Ed

This workshop will introduce you to a powerful set of questions and tools you can use in your leadership conversations to bring focus and attention quickly to the most important aspects of the problem, and to generate unique and profoundly practical strategies as an action step following the conversation.

PARTICIPANTS WILL LEARN TO:

- Acquire an understanding of the power of questions to focus attention and to become more intentional in their questioning strategies
- Practise and build skill in working with each of the six tools in the solutions-focused model
- Develop skill in listening and focusing the conversation on the evidence that will be most helpful in addressing issues quickly and uniquely
- Apply the model to specific opportunities, projects or issues in their workplaces (during the workshop and in an action plan for use after the workshop)

LEARN MORE

TORONTO

January 14 - 15, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 350.00

Regular Fee: \$ 395.00

Managing Skills for New Managers

Susan Geary PhD and Anne Bulstrode BBM, FICB

Participants will have an opportunity to develop their feedback and coaching skills. Managers will explore the different personality types and how to manage each personality. Change is a constant in our world today, and managers will learn best practices to implement change and manage resistance.

PARTICIPANTS WILL LEARN TO:

- Find techniques for setting goals with employees and clarifying work expectations
- Delegate tasks to employees
- Give feedback and coach employees
- Devise strategies to motivate and engage employees

LEARN MORE

TORONTO

January 20, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00



Managing Employee Performance: A Toolkit for Managers

Linda Hills MA

This course is designed to provide supervisors and managers with a framework for on-going, regular employee performance management, as well as tools and language to support them in this process. It will consist of lecture and demonstration, but will focus on practice to successfully manage employee performance.

PARTICIPANTS WILL LEARN TO:

- Use a framework to provide some structure and predictability to employee performance management
- Set expectations with employees, and explain why they are important
- Conduct regular one-on-ones with employees and describe why they are important
- Determine when you should provide coaching, positive feedback and constructive feedback
- Use basic coaching techniques, provide positive and constructive feedback and find the language to use to help you through it

LEARN MORE

TORONTO

February 3, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

Let's Get Organized: Time Management

Susan Geary PhD and Anne Bulstrode BBM, FICB

This course is designed to help you take control of your time. By making the most of our time, we can go a long way toward making the most of our lives.

PARTICIPANTS WILL LEARN TO:

- Reduce stress by finding extra hours in the day for the most important activities in their lives and achieve more of their goals
- Accelerate performance, productivity and their own personal sense of achievement
- Improve quality, service and teamwork by sharing information with colleagues in the workplace
- Recognize that it is not just a matter of having the right equipment and tools, but more importantly the right habits to use the tools

LEARN MORE



Coaching Skills for Team Leaders, Managers and Supervisors

Susan Geary PhD and Faye Marcotte

Participants in this course will learn what coaching is and whom they should be coaching. They will understand the major steps involved in an effective coaching discussion. Participants will be able to use the right questions to unlock the potential of their employees.

PARTICIPANTS WILL LEARN TO:

- Understand the role of the coach
- Identify the skills required to be an effective coach
- Determine who should be coached
- Describe the concept of solution-focused coaching

LEARN MORE

Appreciative Inquiry

Marion Langford M.Ed

Appreciative Inquiry is a powerful and highly adaptable set of five steps which can be used - alone or in combination - to address organizational change issues such as: team building, problem-solving, organizational change, career development, board/staff relations, community development, strategic planning, organizational review and redesign, evaluation, diversity, and conflict resolution. It is invaluable in managing, coaching, facilitating, training and consulting. This introductory, two-day experience-based workshop is for leaders who wish to learn how to raise morale and mobilize their organization's strengths as well as people's individual gifts.

PARTICIPANTS WILL LEARN TO:

- Adopt a powerful and highly adaptable set of five steps that can be used - alone or in combination - to address organizational change issues
- Acquire an understanding of the research and theory base of appreciative inquiry, as well as tools for using the process

LEARN MORE

TORONTO

February 17, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

March 12, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

March 30 - 31, 2015

SUITABLE FOR



NOTE: Registration includes Appreciative Inquiry manual

REGISTRATION:

[click here](#)

Early Bird Fee: \$ 350.00

Regular Fee: \$ 395.00



From Self-Sacrifice to Self-Care: Skills for Whole-Hearted Leadership

Marion Langford M.Ed

This workshop will introduce leaders to a way of working with their own deep empathy so that it not only serves their staff and their clients but also can be put into serving their own lives and practices as whole-hearted leaders. This workshop will explore the characteristics of unbalanced and balanced expressions of empathy, and the thought and behavioural patterns that contribute to overwhelm. It will equip leaders with the tools and models required to shift towards more self-care resiliency.

PARTICIPANTS WILL LEARN TO:

- Develop an understanding of what healthy and unhealthy empathy is, and the particular vulnerability of leaders towards self-sacrifice
- Explore the underlying conditions and assumptions that contribute to overwhelm
- Practise the skills essential to restoring more balanced empathy and self-care
- Notice thinking patterns that interfere with effective boundaries, and question them

LEARN MORE

Emotional Intelligence

Susan Geary PhD and Anne Bulstrode BBM, FICB

High emotional intelligence is a crucial component for leaders today - contributing up to 85 or 90 per cent of their success. In this interactive and engaging workshop, you will find out what emotional intelligence is and how it can improve your leadership skills and overall success at work. You will be able to enhance your emotional quotient and apply this new-found knowledge to achieve your goals.

PARTICIPANTS WILL LEARN TO:

- Identify what emotional intelligence is and how it leads to success
- Understand how emotional intelligence will improve the way that they lead
- Evaluate their strengths and developmental needs regarding emotional intelligence
- Employ strategies to develop their emotional intelligence as leaders

LEARN MORE

Increasing Team Effectiveness

Susan Geary PhD and Faye Marcotte

The ability to lead teams is a crucial skill for today's leader. Team leadership involves being able to adapt to different types of team structures and requirements as well as different stages of group development. The effective team leader is able to help the team focus on achieving their goals, manage relationships and create an environment for development and learning. We will examine what to do when group conflict emerges and how to move the team towards peak performance.

PARTICIPANTS WILL LEARN TO:

- Build a cohesive team
- Recognize the importance of a team charter
- Adapt their leadership style to the current stage of team development
- Deal with individual and group conflict

LEARN MORE

TORONTO

April 27, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

TORONTO

April 29, 2015

SUITABLE FOR



NOTE: Prior to the workshop, you will complete the emotional intelligence assessment electronically, and you will receive your confidential results at the workshop.

REGISTRATION:

[click here](#)

Early Bird Fee: \$ 265.00

Regular Fee: \$ 275.00

TORONTO

May 11, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

Performance Management: A Human Resource Perspective

Tammy Brettle CHRP, CRSP

Performance appraisal and performance management are core management skills that can build competence in employees and align all efforts toward agency goals. Properly done, they can meet the needs of the employee for quality feedback on how they are doing, and encourage competent employees to do even better.

PARTICIPANTS WILL LEARN TO:

- Provide feedback while recognizing individual styles
- Utilize probationary periods with clear and fair expectations
- Manage problem performers
- Use documentation tools to chart performance and goals

LEARN MORE

TORONTO

June 18, 2015

SUITABLE FOR



REGISTRATION:

[click here](#)

Early Bird Fee: \$ 195.00

Regular Fee: \$ 205.00

“I really appreciated Susan’s style of teaching. I also learned a lot from everyone’s different perspectives and feedback. Thank you for such a useful and great training.” - Participant from Essential Skills for the New Manager





Summer 2014 - Spring 2015

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ABOUT THE TRAINING SERIES

BRIEF SERVICES DEFINITION

Brief Services provide “quick access” therapeutic encounters to address the immediate needs of children, youth and families. They provide a timely response to requests for service, maximizing the children, youth and families’ local knowledge, skills, abilities, preferences and hopes. Brief Services get them the help they need, when they need it. Brief services are provided through a variety of service-delivery mechanisms that establish frameworks for effective service (eg: walk-in clinic, single-session therapy, brief-focused consultation), to be delivered in a highly efficient and timely fashion.

WHY SHOULD YOU TAKE THIS TRAINING?

Brief Services have been designated as a core service by the Ministry of Children and Youth and are available in every community in the Province of Ontario. Brief Services make it possible to provide quick access to effective service for children and families, getting them the help they need, when they need it. In this training you will learn innovative practices that help people discover the strengths, knowledge and skills they can use to gain a renewed sense of confidence and personal agency. The training sessions will address a range of difficulties such as anger, low self-esteem, conflict, stress and trauma. They will also present a range of scenarios such as walk-in clinics, single-therapy, extended intakes, integrating neurobiology and brief services.

IN THIS TRAINING SERIES YOU WILL LEARN TO:

- Apply the guiding assumptions, operating principles and practices of brief, competency-based approaches to clinical work and casework with children, youth and families
- Build collaborative therapeutic relationships with people for short encounters
- Build knowledge and skills based in evidence-informed practice and practice-based evidence for providing effective and ethical brief services
- Implement service mechanisms that will improve your intake process and front-end service delivery
- Provide a timely and effective alternative to waiting lists
- Provide collaborative supervision and consultation with professionals who practise brief services
- Energize your practice as an antidote to burn-out and fatigue

WHO SHOULD TAKE THIS TRAINING?

This training is designed for counsellors, therapists, caseworkers, teachers, guidance counsellors, social workers, social service workers, child and youth workers, health care workers, supervisors and managers who work in the children's mental health sector. This sector includes child welfare, public health, schools, health care, and all related professionals who serve children, youth and families.

POLICY PAPER:

The Ontario Centre of Excellence for Child and Youth Mental Health provides policy papers, stating that “in order to make wise and effective public policy decisions, decision-makers need credible information that is based on reliable research evidence.” (<http://www.excellenceforchildandyouth.ca/resource-hub/policy-papers>)

Jim Duvall, Karen Young and Angela Kays-Burden, through a partnership between the Hincks-Dellcrest Centre and Reach Out Centre for Kids, and sponsored by the Ontario Centre for Excellence for Child and Youth Mental Health, wrote the policy paper *No More, No Less: Brief Mental Health Services for Children and Youth*, which provided the foundation for this training series.

For more information on the policy and to read the policy paper please visit:
http://www.excellenceforchildandyouth.ca/sites/default/files/policy_brief_mental_health_services_1.pdf

PLEASE NOTE:

ALL EARLY BIRD RATES END 1 MONTH BEFORE THE START OF THE WORKSHOP/CERTIFICATE COURSE.

ACCESSIBILITY STANDARDS FOR CUSTOMER SERVICE (AODA)-SUPPORT PERSONS:

The Hincks-Dellcrest Centre strives to create barrier-free training therefore welcomes support persons accompanying those with disabilities. As per our Operational Procedure Number 8-8-11, customers attending a training session at the Hincks-Dellcrest Centre will not be asked to pay a fee for the support person accompanying them to the training session.

www.hincksdellcrest.org/Institute/BriefCoreServices | (416) 924-1164 x8707

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CERTIFICATE COURSES

September 2014 - June 2015 (20 Days)

Brief and Narrative Therapies with Children, Families and Individuals:

A Year-Long Clinical Extern Training Program (Level 1)

Karen Young MSW, RSW, Jim Duvall M.Ed, RSW, Jill Freedman MSW, Marie-Nathalie Beaudoin PhD, David Paré PhD, Bonnie Miller MSW, RSW, Tod Augusta-Scott MSW, Nancy Webb MSW, RSW and Erin Rittich-Haber M.Ed

(A dual certificate program from the University of Toronto, Factor-Inwentash, the University of Toronto and Hincks-Dellcrest Institute, Brief Therapy Training Centres-International)

[Click here for course description](#)

Early: N/A Regular: \$3,200.00



UNIVERSITY OF
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BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE

September 2014 - June 2015 (30 Days)

Brief and Narrative Therapies with Children, Families and Individuals:

Advanced Year-Long Clinical Extern Training Program (Level 2)

Bonnie Miller MSW, RSW and Jim Duvall M.Ed, RSW

(A dual certificate program from the University of Toronto, Factor-Inwentash, the University of Toronto and Hincks-Dellcrest Institute, Brief Therapy Training Centres-International)

[Click here for course description](#)

Early: N/A Regular: \$3,000.00



UNIVERSITY OF
TORONTO



BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE

September 17 - 18; October 15 - 16; November 10 - 11, 2014

Competency-Based Counselling Skills (6-Day Program)

Bonnie Miller MSW, RSW

[Click here for course description](#)

Early: \$ 675.00 Regular: \$ 750.00

Fall session starting September 20th, 2014 | Spring session starting April 2nd, 2015

Online Certificate Course: Working with Families and Children

Bonnie Miller MSW, RSW and Eric King MSW, RSW

Requirements:

Internet access, email, MS Word, and word processing and file management knowledge. This is a Dual Certificate Program offered through the University of Toronto, Factor-Inwentash faculty of social work and The Hincks-Dellcrest Centre, Gail Appel Institute.

[Click here for course description](#)

Early: \$ 265.00 Regular: \$ 295.00



UNIVERSITY OF
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BRIEF THERAPY
TRAINING CENTRES
INTERNATIONAL
The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE

November 2014 - March 2015, **OAKVILLE**

A Five-Day Certificate Program: Narrative Therapy Training Program

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$895.00 Regular: \$ 975.00



BRIEF THERAPY
TRAINING CENTRES
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The Hincks-Dellcrest Centre
GAIL APPEL INSTITUTE

WORKSHOPS

October 1 - 2, 2014

Using Neurobiology to Help Young Clients Move From Impossible to In-possible Lives: Strategies to Invigorate Conversational Adventures and Overcome Therapeutic Challenges

Marie-Nathalie Beaudoin PhD

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

October 8, 2014

Collaborative Therapeutic In-Session Note Taking

Bonnie Miller MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

October 24, 2014

Externalizing Practices: A Playful Approach to Engaging Children of All Ages

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

November 12, 2014

An Integrative Approach to Brief Therapy: Finding Fit

Eric King MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

November 13, 2014

Narrative Therapy Put Simply: Understanding Narrative Practice

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

November 20 - 21, 2014

No More, No Less: Brief Service Delivery - Getting Children and Families the Help They Need When They Need It

Karen Young MSW, RSW and Jim Duvall M.Ed, RSW

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

November 24, 2014 and April 22, 2015

Anger Management: Working With Clients Through a Ten-Step Process

Bonnie Miller MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

November 25, 2014

Sharing Mindfulness With Children and Families: One Playful Breath at a Time

Sara Marlowe

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

November 28, 2014

The Therapeutic Use of Self: Our Way of Being in the Therapy Room

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

December 4, 2014

Narrative Approach to Working With Couples

Jill Freedman MSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

January 12, 2015

From Conflict to Collaboration: Getting Results When People Won't Stop Arguing

Bonnie Miller MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

January 16, 2015

Brief Therapy With Long-Term Clients

Eric King MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

January 23, 2015

Walk-in Clinic and Single Session Therapy: When All the Time You Have Is Now

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

February 5, 2015

Bringing Mindfulness Into the Therapy Session

David Paré PhD

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

February 12, 2015

Strategic Family Therapy: Compassionate Strategies for Working With Multi-Stressed Clients

Jerome Price MA, LMSW, LMFT

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

February 13, 2015

Working With Adolescents and Their Families: Navigating Through Tough Times

Jerome Price MA, LMSW, LMFT

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

February 20, 2015

Single Session Therapy: Maybe a Bit Beyond

Jim Duvall M.Ed, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

March 23 - 24, 2015

Developing Your Personal Approach to Supervision: The Contextual Functional Approach

Jeff Chang PhD

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

March 26 - 27, 2015

Children's Stories, Children's Solutions: Listening for Openings to Amplify Change

Jeff Chang PhD

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

April 7 - 8, 2015

Trauma With Children, Youth and Their Families: Rebuilding Safety and Connection

Erin Rittich-Haber M.Ed

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

April 24, 2015

Brief Narrative: A Guideline for Three-Session Therapy

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

May 15, 2015

A Narrative Therapy Practice Lab: Advancing Your Skills

Karen Young MSW, RSW

[Click here for course description](#)

Early: \$ 205.00 Regular: \$ 225.00

May 21 - 22, 2015

A Comprehensive Introduction to Brief Competency-Based Therapy: Key Assumptions, Operating Principles and Practices That Work

Jim Duvall M.Ed, RSW

[Click here for course description](#)

Early: \$ 345.00 Regular: \$ 375.00

FOR MORE INFORMATION

Please visit www.hincksdellcrest.org/Institute/BriefCoreServices or call (416) 924-1164 x8707

REGISTRATION

ONLINE - register online at www.hincksdellcrest.org/Institute/BriefCoreServices



www.hincksdellcrest.org/Institute/BriefCoreServices (416) 924-1164 x8707

PRESENTERS



Robin **Alter** PhD

Dr. Alter received her doctorate from the University of Florida in 1981 and has been working in Toronto as a child clinical psychologist ever since. She has been a consultant for the Hincks-Dellcrest Centre and Blue Hills Academy for over 30 years, has taught at York University, and also conducts fetal alcohol syndrome assessments for Anishnawbe Health Toronto. She is the author of *Anxiety and the Gift of Imagination*, which stems from her private practice work with children and adolescents for over 25 years. She is a trustee with the Psychology Foundation of Canada and author of *Stress Lessons* and *From Stressed Out to Chilled Out*. She is a major contributor to The ABCs of Mental Health. She has made numerous television and radio appearances, and given over a hundred talks to community groups of parents, educators, and mental health workers in both Canada and the United States.

Tod **Augusta-Scott** MSW

Tod Augusta-Scott is known internationally for his work with domestic violence and narrative therapy. He has spent almost 20 years as the coordinator of Bridges – a domestic violence counselling, research and training institute in Nova Scotia, Canada. He has taught in the department of social work, Dalhousie University, and continues to be a guest speaker in the department on a regular basis. Tod has presented his work in every province in Canada. His group manual for working with men who have abused has been officially adopted by the Departments of Justice in New Brunswick, Newfoundland and the Northwest Territories. Tod has also presented his work internationally in Asia, Europe, the United Kingdom and North America. He has numerous academic publications. He is the co-editor of and contributor to the critically acclaimed book *Narrative Therapy: Making Meaning, Making Lives*.

Catherine **Bancroft**

Catherine spent the first 11 years of her career working with youth and families as a mental health clinician. Most recently, as the coordinator of mental health and well-being, she developed the mental health strategy of the Toronto District School Board. Catherine brings extensive experience to skillfully implement collaborative processes with diverse stakeholders within a variety of group structures, including groups, meetings, committees and project teams.

Marie-Nathalie **Beaudoin** PhD

Marie-Nathalie Beaudoin is the director and founder of Skills for Kids, Parents, and Schools (SKIPS), which offers counselling services to children, parents, educators, and therapists of the San Francisco Bay Area. She has published numerous professional articles and books, including the popular *SKILL-ioneaire in Every Child: Boosting Children's Socio-Emotional Skills Using the Latest in Brain Research*, which is written for parents, teachers and therapists. Her most recent publication is titled *Boosting ALL Children's Social and Emotional Brain Power: Life Transforming Activities* (Corwin Press, 2014). Her work has been featured in a number of magazines such as *Educational Leadership*, *The California Educator*, and *Family Therapy*. She was also filmed in several Alexander Street Press videos including *Narrative Therapy & Neurobiology: Making Changes Stick in Everyday Lives*, and *From Bullies to Buddies: From Problem Management to the Development of Crucial Social Skills in All Children*. She is an acclaimed international speaker with her entertaining and thought-provoking presentations.

Nili Benazon PhD

Dr. Benazon did her PhD in clinical psychology at the University of Ottawa, graduating in 1997. She held academic positions at Wayne State University in Detroit and at the Centre for Addiction and Mental Health in Toronto. Dr. Benazon has published numerous articles in peer-reviewed medical and psychology journals. Dr. Benazon is currently in private practice, where she treats mood and anxiety disorders as well as sexual dysfunction and marital distress using empirically validated treatments, such as cognitive behaviour therapy and emotion-focused therapy. Dr. Benazon gives lectures and workshops to mental health professionals on how to apply empirically validated treatments for common psychiatric conditions. She is licensed as a child and adult psychologist.

Andrew Blake

Co-founder of Sarana Institute, a charitable education centre, Andrew is dedicated to bringing mindfulness and compassion skills and training opportunities to the hospice palliative care community. In 2010, he completed Upaya Institute's chaplaincy program, developed by Roshi Joan Halifax, PhD. His final thesis, *Mindful Listening at End-of-Life*, explores the neuroscience of mindfulness, empathy, and compassion as a means of understanding burnout and empathy fatigue. www.andrewblake.ca

Tammy Brettle CHRP, CRSP

Tammy Brettle has over 15 years experience working in the social services sector and possesses her certified human resources professional (CHRP) and Canadian registered safety professional (CRSP) designations as well as teaching and training adults certification. Past positions that she has held in both front-line and management have included working with developmentally challenged adults, young offenders in open custody and youth in a treatment setting. Tammy also has a post graduate diploma in human resources management, has worked as a human resources manager and is a human resources training consultant and a college professor. Tammy's wealth of knowledge from her past experiences and training has allowed her to develop training programs that address program issues in a realistic and helpful manner.

Anne Bulstrode BBM, FICB

Anne Bulstrode is an international speaker, trainer, personality specialist, business coach, and author with over 20 years of experience in helping people reach their goals. In her private practice, she works with individuals, corporations, non-profits, and government ministries. Her area of expertise is interpersonal and management development. This includes topics such as team leadership and building, emotional intelligence, conflict resolution, communications, problem solving, and project management. She is the co-author of *Colour Savvy: Helping You Achieve Success in Your Work Life*. Anne has always had a passion for working with people and helping them succeed. Wherever she has worked she has been known as the go-to person for anyone who needs help in understanding. She is always willing to sit down one-on-one or with a group and work with people to help them gain a better understanding of themselves and others, or of the task at hand.

Nanci Burns MSW, RSW

Nanci Burns co-authored *Take Your Temperament: Finding the Way to Family Harmony Through an Understanding of Diverse Temperaments*. Like most intense and highly active people, Nanci juggles many roles in her life. With humour and sensitivity, she has worked with children and adults in both the U.S. and Canada. For the past 22 years, she has worked at the Ottawa-Carleton district school board in various roles that have involved the development of initiatives to nurture the social and emotional intelligence of all students from kindergarten to high school. At the federal level, Nanci helped establish the National Clearinghouse on Family Violence/Health and Welfare Canada and then spent several years at the family research laboratory at the University of New Hampshire. As well as her day job as a school social worker, she speaks on the role temperament can play in nurturing resiliency, attachment, and empathy.

Jeff Chang PhD

Dr. Jeff Chang lives and works in Calgary, Alta. He is associate professor in the graduate centre for applied psychology at Athabasca University and director of the family psychology centre. As a family therapist and psychologist, he has worked in children's mental health, employee assistance programs, private practice, and universities. His passion is training and mentoring the next generation of counsellors and therapists. Jeff has supervised counsellors and therapists for over 20 years, and has presented his approach to supervision throughout North America, Europe, the Caribbean, and Asia. His writing and research focus on children's mental health, counsellor supervision, and family therapy. Jeff is the editor of *Creative Interventions with Children: A Transtheoretical Approach* (2013) and co-author of *Basic Family Therapy* (6th ed.) (2013). Jeff is known for his humorous, engaging, and practical presentations. His workshops at major conferences are consistently rated higher than average.

Heather Colquhoun BA, BSW, MA

Heather Colquhoun is an experienced, bilingual (English / French) facilitator, coach and consultant with a focus on leveraging the multicultural and generational diversity within a team. She is outcome-focused and action oriented, ensuring applicability of the solution to the needs within the existing environment. Since 1999, Heather has developed customized solutions and delivered sessions covering organizational and leadership development needs including diversity and inclusion, change management, conflict management, executive coaching, high performing teams, mentoring, and various foundational leadership skills. Heather's experience includes developing and delivering leadership solutions in the corporate and non-profit settings across industries including consumer packaged goods, healthcare, health and safety, insurance, mining, non-profit, social services, sport, and telecommunications, and facilitating interpersonal and multi-party conflicts. Heather is an experienced presenter who has spoken about inclusion, diversity, conflict and multi-generational strategies at conferences such as the annual Canadian Society for Training and Development conference, Strategic Capabilities Network, and various industry association conferences and events.

Lyndsey Davies MSW, RSW

Lyndsey Davies has been working at the Centre for Addiction and Mental Health (CAMH) since 1999 in the areas of both addictions and mental health and has provided numerous trainings and workshops in substance use and mental health issues. Lyndsey is a therapist at the Borderline Personality Disorder Clinic and an adjunct lecturer at the Factor-Inwentash faculty of social work, University of Toronto. At CAMH, she is both an individual therapist and skills group facilitator, utilizing dialectical behaviour therapy (DBT) in a comprehensive DBT program and a 20-week skills group. In addition, she offers supervision to other staff members and students. Lyndsey also has a private practice specializing in working with individuals with borderline personality disorder.

Eileena Denisoff PhD

Dr. Denisoff is a clinical psychologist and director of CBT Associates of Toronto, a private practice that offers assessment and treatment for a variety of disorders including depression, the full spectrum of anxiety disorders including panic disorder, social phobia, OCD and GAD, bipolar disorder and eating disorders. Dr. Denisoff has a strong interest and extensive experience in training and supervision of CBT. She is a member of the Academy of Cognitive Therapy.

Hester Dunlap PhD

Dr. Dunlap is a psychologist at the Centre for Addiction and Mental Health (CAMH). She is the clinic head in the psychological trauma/work, stress and health program at CAMH and assistant professor in the department of psychiatry at the University of Toronto. Dr. Dunlap has extensive experience in providing cognitive behavioural therapy (CBT) for anxiety, depression, and trauma with adults, and conducts psychological assessments following trauma exposure. She has a strong interest in CBT training and provides supervision to residents, interns, and students.

Doug Dunlop

Doug Dunlop is the creator of CORE Training and Consulting. CORE was established to provide exceptional training to direct service professionals in a wide variety of human service environments. Doug has a long history of teaching and supporting organizations in the GTA and abroad. Doug brings extensive and diverse experiences as a direct service professional and senior manager that blend the front-line experience into the leadership and management experience. CORE Training and Consulting specializes in topics that most affect direct-service environments. Doug brings a best-practice approach to his curriculum, offered in a manner that helps participants to transfer experiences in training into sustainable practice in their workplace. Doug focuses on ensuring that information is accessible, relatable and transferable. Training is grounded in a belief that participants should feel included, be able to practice experientially and that specific needs should be met as best as possible.

Jim Duvall M.Ed, RSW

Jim Duvall operates Dockside Clinical Consulting in Galveston, Texas, and is adjunct faculty with Our Lady of the Lake University. He was the previous director of training at Hincks-Dellcrest Centre, Gail Appel Institute and director of Brief Therapy Centres – International. He continues to serve in the role of consultant and adjunct faculty with the Hincks-Dellcrest Institute. He also serves as the senior editor of the *Journal of Systemic Therapies*. He has been involved for over 35 years as a therapist, teacher and co-investigator in numerous research projects exploring the characteristics and effects of brief service delivery and narrative therapy. These projects have included collaborative partnerships with the University of Toronto, faculty of social work, and with University of Western Ontario, Kings College. In addition to numerous articles, Jim published a book chapter (Duvall & Beres, 2007) *Narrative Therapy: Making Meaning, Making Lives; entitled; Movement of Identities: A Conversational Map for Working With Sexual Abuse and Trauma*. Sage Publications. His book, (Duvall & Beres, 2011) *Innovations in Narrative Therapy: Connecting Practice, Training and Research*, W.W. Norton & Company, is the first book to integrate practice, training and research with narrative therapy, resulting in a compelling evidence base. He is presently co-authoring an edited book with Marie-Nathalie Beaudion. Entitled *Interpersonal Neurobiology and Collaborative Practices*.

Sheri Eggleton BA

Sheri Eggleton is a therapeutic play specialist with the early assessment support and intervention program at Pathstone Mental Health in Thorold, ON. This is a multidisciplinary team that provides mental health treatment and supports to young children up to the age of six and their families.

Jill Freedman MSW

Jill Freedman is the director of Evanston Family Therapy Center, a narrative training centre in the Chicago area. With her partner, Gene Combs, she has authored 3 books- *Symbol, story and ceremony: Using metaphor in individual and family therapy*, *Narrative therapy: The social construction of preferred realities*, and *Narrative therapy with couples... and a whole lot more!* - and more than 30 journal articles and book chapters. She has a therapy practice in the Chicago area, consults to schools and organizations, and teaches internationally. She is known for making difficult ideas accessible.

Alexandra Fortier MSW, RSW

Alexandra Fortier is currently an implementation and leadership coach for SMH ASSIST, co-chair of the advisory committee of the Ontario Centre of Excellence for Children and Youth Mental Health, associate at Compassion Fatigue Solutions Inc., as well as an associate at Fisher and Associates. Formerly director of day treatment programs, her experience varies from systemic intervention of incestuous sexual abuse, children's aid, and families in crisis, to clinical and program supervision.

Susan Geary PhD

Susan Geary has over 20 years' experience as a trainer, coach, consultant, and corporate education manager. She has developed and facilitated workshops for managers, supervisors and employees in management, communication, influence, change management, supervision, teambuilding and coaching skills. Susan is passionate about adult learning and believes in creating a learning environment that is safe, energizing, focused on learning, practical, and relevant to the job. She is a dynamic presenter and her workshops are enthusiastically reviewed time and time again. Her mission is to help managers and employees develop the necessary skills and knowledge to perform optimally within organizations. Her clients include many organizations in the non-profit sector as well as major national and international organizations and the provincial and federal government. She has a PhD in adult education and is the co-author of the book *Colour Savvy: Helping you Achieve Success in Your Work Life* (2010).

Mariane Gocker MD, FRCP(C)

Marianne Gocker has worked as a child and adolescent psychiatrist in varied community settings. Currently Marianne is working at the Hincks-Dellcrest Centre, as a consultant at East Metro Youth Services, and in her private practice. Since beginning her own mindfulness practice more than 10 years ago, Marianne has become increasingly interested in sharing mindfulness practices in both individual and group psychotherapy with children and families struggling with anxiety and depression. Her private practice focuses on supporting children and families coping with grief or terminal illness within their family. Marianne's training in sharing mindfulness-based interventions includes training in mindfulness-based group practice at the Mount Sinai Psychotherapy Institute and the mindful practice: focus on serious and life-limiting illness program at the University of Rochester's Center for Experiential Learning.

Erin Rittich-Haber M.Ed

Erin has a masters of education in applied psychology specializing in counselling and adult education from the University of Toronto. She is a therapist/clinical manager at Reach Out Centre for Kids, working with a broad range of children's mental health issues in ROCK's *Walk-in, Brief Therapy, Trauma, Family and Individual Therapy* programs since 2000. Erin has completed certification as a trainer of the *Intergenerational Trauma Treatment Model*. She brings a unique combination of knowledge and skills to her work with children, youth and families blending her years of training in narrative therapy, attachment-focused therapy and trauma theory with recent studies in neuroscience. Erin has provided several trainings with a focus on assisting children with problems related to the areas of attachment and trauma to ROCK staff and community agencies. Erin teaches in the extern program Brief and Narrative Therapy with Children and Families at the Hincks-Dellcrest Centre-Gail Appel Institute.

Sandra Harris M.Ed

Sandra Harris brings over 30 years of business and organizational development experience to the health-care sector. Her expertise includes customized experiential learning, facilitation, coaching, mediation, and consulting services. She is passionate about creating psychologically safe workplaces to unleash untapped potential by engaging all stakeholders. In addition to her M.Ed, Sandra is certified in the MBTI, BarOn emotional intelligence, mindfulness-based stress reduction, and she has completed five years of professional psychotherapy training. Sandra is currently an independent OD consultant.

Christie Hayos MSW, RSW

Christie Hayos has co-developed Reflective Family Play and has been actively involved in teaching and training students in this modality as well as applying it to working with older children. She has been providing clinical services at the Hincks-Dellcrest Centre for the past seven years and is an adjunct lecturer with the University of Toronto Factor-Inwentash Faculty of Social Work. She graduated from the University of Toronto with a Master's in Social Work and has completed advanced training in coding of the Lausanne Trilogue Play paradigm assessing the family alliance from infancy and beyond as well as with high conflict divorce. She has a rich background in family therapy and has co-authored with Diane Philipp the RFP manual (2014, HDC Press).

Linda Hills MA

Linda is the executive director of the Hincks-Dellcrest Centre Gail Appel Institute and has been managing teams in both the private and non-profit sectors for over 15 years. With those teams having been primarily in training and instructional design, Linda has extensive experience leading the creation of management and leadership programs across multiple sectors. Linda's passion for helping employees be their best selves at work has led to in-depth work and collaborations in the area of emotional intelligence, which underpins much of the effort managers have to exert to manage employee performance. Linda is a certified emotional intelligence assessor, and is certified in people change management and human performance analysis.

Michel Jones MSW, RSW

Michel specializes in trauma care for marginalized populations. She is coordinator of telepsychiatry at the northern psychiatric outreach program at the Centre for Addiction and Mental Health (CAMH) in Toronto, where her counselling work includes individuals from First Nations communities who experience multiple layers of trauma including personal trauma and historical trauma. She has also served as a trauma counsellor for women living in poverty, people within the LGBT community, and seniors. Michel is working with CAMH to develop clinical supervision and educational support for direct service workers in northern communities who work with clients around issues of trauma and severe and persistent mental health problems.

Louisa Jewel MAPP

Louisa is the founder and president of the Canadian Positive Psychology Association (www.positivepsychologycanada.com) and principal of her own consulting practice (www.louisajewell.com). Louisa is considered one of Canada's leading experts on positive psychology and is a graduate of the master of applied positive psychology (MAPP) program at the University of Pennsylvania. Louisa is an instructor of positive psychology at the University of Toronto and regularly delivers talks, webinars, and workshops to audiences around the world. Louisa also has 16 years of experience as an organizational consultant, promoting positive organizational culture. Louisa's publications have appeared in the *European Handbook of Positive Psychology*, *Positive Psychology at Work* (Wiley, March 2011), *Choice Magazine*, *The Huffington Post* and *Positive Psychology News Daily*. For three years Louisa co-hosted a weekly radio show on CIUT-FM, where she interviewed a wide range of positive psychology experts and interesting guests on the topic of energizing organizations.

Eric King MSW, RSW

Eric is the director of family programs at Pine River Institute, a residential treatment and wilderness program for teens dealing with addiction and mental health issues. He has an extensive background in systemic and strength-based family and group therapy in a range of contexts, including mental health clinics, residential treatment centres, schools, and hospital settings. Since 1993, Eric has been on the faculty of Brief Therapy Training Centres-International, a post-graduate training centre for mental health professionals operating out of the Hincks-Dellcrest Centre. Eric has a cross-appointment with the department of child psychiatry in the faculty of medicine at the University of Toronto. He has maintained a private practice with families and individuals since 1990.

Marshall Korenblum MD, FRCP(C)

Marshall Korenblum is psychiatrist-in-chief of the Hincks-Dellcrest Centre for Children and Families in Toronto. He is an associate professor in the department of psychiatry at the University of Toronto faculty of medicine, and an active staff member of the division of youth psychiatry at Sunnybrook Health Sciences Centre. His particular interests include psychotherapy with adolescents who have mood and/or personality disorders, and he has published in the area of personality development.

Marion Langford M.Ed

Marion is an experienced and certified coach, facilitator, and organizational change specialist with over 25 years experience. Marion specializes in the practical how-to of difficult and transformational conversational methods and questions. Her focus is on supporting leaders in the creation of positive change in their relationships with staff, community partners, and funders, while operating from a deeply empathic set of values, skills, and premises. She specializes in innovative leadership development, team and group dynamics, workplace communications, mind/body integration, and career transitions and decisions.

Janine Lawford MSW, RSW

Janine is a senior social worker and psychotherapist with a specific interest and expertise in the area of trauma. Janine has extensive experience working with children, youth and their families. She works at the Hincks-Dellcrest Centre as a therapist, trainee supervisor and instructor. Janine co- leads both a trauma seminar and a trauma-focused assessment and treatment team. In her private practice, she offers psychotherapy and specialized training, as well as consultation to the Tele-Link mental health program at the Hospital for Sick Children in the area of trauma. Janine also works in the field of high-conflict divorce as a clinical investigator for the Office of the Children's Lawyer.

Adam Lodzinski PhD

Passionate about the application of psychology to real-world problems, over the last 25 years Dr. Lodzinski has contributed to many fields, including learning disabilities, adult literacy, child, youth and adult mental health, addictions, family violence, career development, youth employment, youth and adult justice services, community health promotion, and early childhood education. Over the span of his career, he has been involved in many projects, including program proposals and designs, program evaluations, organizational reviews, surveys and data analysis, as well as writing several widely used professional development resources. He is also a professor at the Adler Graduate Professional School, where he teaches in the M.Psy. program; additionally, he has a practice in individual and group work in career transition and conflict resolution.

Faye Marcotte

Faye Marcotte has over 20 years' experience in the design and facilitation of leadership and management development courses. She has extensive experience in leading development teams for major change initiatives and her services are often called on as trainer and coach for in-house facilitation teams. Faye's clients include organizations in the non-profit sector as well as major national and international organizations and provincial and federal agencies. Her courses integrate best practices and tools with applications to real work challenges. Her courses are lively and entertaining, and she is passionate about helping people and creating a welcome and positive learning environment. Faye has a particular interest in adult learning and has completed programs in educational technology and e-learning.

Sara Marlowe

Sara Marlowe is a clinical social worker, author, university lecturer, musician, and mindfulness practitioner and teacher. She has developed and facilitated numerous mindfulness programs for children, adolescents, parents, and families in children's mental health agencies, schools, and community settings. Sara has a private practice where she works collaboratively and creatively to support children and families move towards their hopes, dreams, and preferences for their lives. She integrates music, story, art, movement, nature, and play into her therapeutic work with children and families. Sara is the author of the children's picture book *No Ordinary Apple: A Story about Eating Mindfully*, which playfully teaches mindful awareness to children through the process of eating an apple. Sara can be found online at www.mindfulfamilies.ca.

Françoise Mathieu M.Ed, CCC

Françoise is director of Compassion Fatigue Solutions, whose aim is to offer consulting and training to helpers on topics related to self-care, wellness, burnout and compassion fatigue. Françoise is a certified mental health counsellor with the Canadian Counselling and Psychotherapy Association and a compassion fatigue specialist. Her experience stems from many years as a crisis counsellor, working in a hospital emergency ward, university counselling service and community mental health environments. Her positive outlook and commitment to helping clients grow are hallmarks of her work. Françoise is one of the leaders in Compassion Fatigue and Vicarious Trauma education in Canada. Since 2001, Françoise has given hundreds of seminars on compassion fatigue and vicarious trauma across the country to thousands of helping professionals in the fields of health care, trauma services, law enforcement, education and addiction treatment. She is the author of *The Compassion Fatigue Workbook* and *The Compassion Fatigue Train the Trainer Workbook*.

Bonnie Miller MSW, RSW

Bonnie Miller teaches at the Hincks-Dellcrest Centre, Gail Appel Institute, in the year-long advanced brief and narrative therapy extern program, providing skills development and live supervision to experienced practitioners in the helping professions. She has a busy private practice, where she specializes in working with people whose lives are influenced by anger, family conflict, depression, and anxiety. Bonnie also works part-time in a family health team setting, engaging in therapeutic conversations with people on a wide variety of issues, such as identity issues related to grief, loss and serious health concerns, the impact and meaning of growing older, concerns related to sexuality, couple conflict, parenting, and family change. Bonnie has been practising in the field since 1990 and has grounded her work in post-structural and narrative therapy practices since 2002. She has presented at conferences across Canada and in the U.S., and has an enormous appreciation for the important intersections between clinical work, reflective practices, and the rich opportunities for mutual influence in teaching and training.

Colleen Mousseau M.Ed

Colleen Mousseau is a psychotherapist with a certificate in cognitive behaviour therapy. For over 15 years she has been passionate about her work with children, youth, adults, and families. Her work has included supporting individuals facing a terminal illness, and grieving children and teens, including those living with autism spectrum disorder. She has focused her academic and professional careers on exploring ways to meet the unique needs of individuals living with grief and trauma through evidence-based and innovative approaches. Colleen maintains private psychotherapy practices in Toronto and Hamilton, dedicated to supporting youth and adults through their anxiety, depression, grief, trauma, and other social-emotional difficulties. She is also a counsellor at the Max and Beatrice Wolfe Children's Centre, Dr. Jay children's grief program.

Kristin Neff PhD

Kristin Neff received her doctorate in human development from the University of California at Berkeley in 1997. She is currently an associate professor of human development and culture at the University of Texas at Austin. She is a pioneer in the field of self-compassion research, conducting the first empirical studies on self-compassion over a decade ago. In addition to writing numerous academic articles on the topic, she is author of the book *Self-Compassion*, released by William Morrow in 2011. Kristin's work has received extensive media coverage, including the *New York Times*, MSNBC, National Public Radio, *Reader's Digest*, and *Psychology Today*. She offers workshops on self-compassion worldwide, and has developed an eight-week program to help people learn to be more self-compassionate in daily life. Information on self-compassion - including videos, guided meditations, exercises, research articles, and a way to test your own self-compassion level - is available at www.self-compassion.org. Kristin is also featured in the bestselling book and award-winning documentary *The Horse Boy* (www.horseboyworld.com), which chronicles her family's journey to Mongolia where they trekked on horseback to find healing for her autistic son.

David Paré PhD

David Paré is a registered psychologist and a full professor in the faculty of education at the University of Ottawa, where he teaches counselling and psychotherapy. In addition, David is director of the Glebe Institute, a centre for constructive and collaborative practice in Ottawa. David has written widely and presented internationally on the subject of narrative and postmodern therapies, as well as offering training and supervision in these areas. He is the author of *The Practice of Collaborative Counselling and Psychotherapy* (2012), and co-editor of *Collaborative Practice in Psychology and Therapy* (2004) and *Furthering Talk: Advances in the Discursive Therapies* (2004). He is currently editing a book on the topic of social justice and counselling.

Dr. Diane Philipp MD, FRCP(C)

Diane is a child and adolescent psychiatrist, The Hincks-Dellcrest Centre and assistant professor in the department of psychiatry at the University of Toronto. Over the last decade, Dr. Philipp has collaborated with Centre d'Etude de la Famille at the University of Lausanne, Switzerland, bringing family-based models of assessment to the infant and preschool population of Toronto. More recently she has worked on developing Reflective Family Play to meet the needs of families requiring an intervention that incorporates both parents as well as siblings into treatment.

Julia Porter

Julia is a therapeutic recreation and development professional with over 15 years of experience working with partners and communities in more than 20 countries around the world. For much of her career, Julia has been based in the field, working with and leading diverse multicultural teams in designing and facilitating programs for children, youth, and communities facing adversity. Julia's background is in social work with a specialization in bereavement and childhood illnesses. As the director, education and aboriginal initiatives at Right To Play, Julia is responsible for managing the Promoting Life-skills in Aboriginal Youth program in 57 First Nations and urban aboriginal organizations in Canada.

Jerome Price MA, LMSW, LMFT

Jerome Price is the founder and co-director of Michigan Family Institute and was a regional faculty member for the Family Therapy Institute of Washington, D.C. He is an internationally known supervisor and strategic therapist who consults for mental health centres, medical and psychiatric staffs, and outpatient programs. His articles on brief family-oriented therapy have been published in the *Journal of Systemic Therapies*, the *Family Therapy Networker*, *Professional Counselor*, and many others. Mr. Price is the author of *Power and Compassion: Working with Difficult Adolescents*, *Defusing the High Conflict Divorce*, *Take Control of Your Divorce*, and *The Right to Be the Grownup*. He is a contributing author of *Alternative Services in Community Mental Health*, *The Evolving Therapist*, *The Art of Psychotherapy*, and several other professional books and texts.

Mary Rella BA, Dip CS

Mary is the manager of clinical services at Yorktown Child and Family Services where she leads the clinical teams providing assessment, treatment and consultation services to infants, children, youth and their families. Having worked in clinical settings and in child welfare for over 27 years, Mary has significant experience and training, and has collaboratively developed and implemented new evidence-based approaches. Mary specializes in applying brain development and attachment science to infants, children and youth and in assessing and strengthening parent/child relationships and repairing relational trauma. Mary has a private practice working with individuals, families and couples and providing consultation and training to professionals in a range of roles and settings across Ontario in areas such as attachment, regulation, developmental trauma, caregiver mental health and parenting capacity. Mary is an energetic presenter; she is passionate about learning, teaching, and integrating new research, knowledge and ideas.

Bo Yih Thom MSW, RSW

Bo Yih Thom is a therapist and social change maker on the harm reduction outreach team at Breakaway Addiction Services. She has extensive experience supporting people who use drugs in both prison and community settings. She uses an integrated anti-oppression and trauma-informed approach, combined with mindfulness, acupuncture, and traditional Chinese medicine principles. In her private practice, Bo Yih offers clinical supervision and psychotherapy to both community-based front-line workers and therapists in private practice. She is a part-time professor at the assaulted women's and children's counsellor advocate program at George Brown College, and co-facilitates the introduction to harm reduction course at York University.

David F. Tolin PhD, ABPP

Dr. Tolin is the founder and director of the Anxiety Disorders Center and Center for Cognitive Behavioral Therapy at The Institute of Living and adjunct associate professor at Yale University school of medicine. He is president of the clinical psychology division of the American Psychological Association, and recipient of the awards for Distinguished Contribution to the Science of Psychology and Distinguished Contribution to the Practice of Psychology from the Connecticut Psychological association. Dr. Tolin is the author of over 1000 journal articles, books, and book chapters, and his research has been funded by the National Institute of Mental Health. A leading expert on obsessive-compulsive spectrum disorders, Dr. Tolin is the author of the book *Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding*. He was the first psychologist featured on the A&E series *Hoarders*, and was the host of the VH1 series *The OCD Project* and the Oxygen series *My Shopping Addiction*.

Lysa Toye Dip EXAT, MSW, RSW

Lysa Toye is a masters-trained social worker and an expressive arts therapist. She is currently employed at the Hospital for Sick Children in their burn program, as a grief counsellor with children, youth and their families at the Max and Beatrice Wolfe Children's Centre, Dr. Jay children's grief program, and she has a small private psychotherapy practice working primarily with adults living with grief and trauma. She is interested in the power of mindful creativity, art, ritual, and the natural world to ground and awaken us to the full experience of being human.

Andrea Warnick RN, MA

Andrea is an educator, grief counsellor, nurse, and thanatologist with 20 years of experience in providing grief support and education. Her passions lie both in working directly with families experiencing the dying or death of someone close to them, and in teaching others how to optimize their care of the dying and bereaved, particularly when children are involved. Recognizing the provision of support for grieving children and youth as a social justice issue, Andrea brings the topics of dying, death, and grief into the necessary realm of discussion, education, and advocacy. Andrea runs her own education and counselling practice in Toronto, Andrea Warnick Consulting.

Erica Watson MSW, RSW

Erica, a senior social worker and psychotherapist at the Hincks-Dellcrest Centre with a specific interest and expertise in trauma, has extensive experience working with children, youth and their families. Over the past twelve years, Erica has provided family and individual therapy at the Hincks-Dellcrest Centres Day Treatment and Outpatient Services. Erica has developed a strong passion for practising, teaching and training in the area of trauma assessment and treatment. Erica co-leads a trauma seminar and a trauma assessment and treatment team. In her private practice Erica provides psychotherapy, professional workshops and does clinical custody and access assessments for the Office of the Children's Lawyer.

Nancy Webb MSW, RSW

As provincial manager of clinical services for the Office of the Children's Lawyer (OCL), Ministry of the Attorney General, Nancy Webb is responsible for the management and leadership of in-house regional supervisors and the 250 clinicians throughout Ontario who complete custody/access assessments. Nancy has held director-level positions at a number of organizations such as the George Hull Centre for children and their families, The Huntington Society of Canada, Touchstone Youth Centre and the Massey Centre. With more than a decade of experience in teaching and training, she has presented numerous seminars on topics as diverse as family therapy and ethical reasoning. Nancy utilizes a very open, collaborative, empowering style of teaching geared to the adult learner. She encourages students in the development of critical, reflective thinking that supports them in locating their practice theoretically. Nancy's supervision and leadership expertise has been shaped by her extensive reading, practical work as a supervisor and direct experience working clinically with children, youth and their families.

Karen Young MSW, RSW

Karen is a faculty member with Brief Therapy Training Centres - International (a division of the Hincks-Dellcrest Institute) and manager of the Centre of Learning at Reach Out Centre for Kids. She is a therapist with 29 years of experience, using narrative practices for 23 years. Karen has provided narrative and brief training to agencies throughout Canada and internationally and assisted many to initiate their own walk-in clinics. Karen has numerous publications regarding narrative therapy, research, and walk-in therapy including the book chapters "When All the Time You Have is Now: Re-visiting practices and narrative therapy at a walk-in clinic" in *Innovations in Narrative Therapy: Connecting Practice, Training and Research*, and "Narrative practices at a walk-in clinic" in *When One Hour Is All You Have: Effective Therapy for Walk-in Clients*. She recently co-authored the policy paper, *No More, No Less: Brief Mental Health Services for Children and Youth* for the Ontario Centre of Excellence.

Natalie Zlodre MSW, RSW

Natalie Zlodre was head of the Trauma and Resiliency Centre and associate director of training at the Gail Appel Institute, Hincks-Dellcrest Centre. She is currently the director of Community Resources and Initiatives, a trauma-informed consulting firm located in Toronto. Her professional focus is in the areas of acute trauma, developmental/complex trauma and the impact of trauma on professionals and on mental health services. Natalie provides clinical consultation and supervision to mental health professionals and organizations. Her theoretical framework is trauma-informed and strength-based. Natalie is an experienced training facilitator and has provided hundreds of presentations nationally and internationally. She is known for her direct and lively style and her ability to translate complex theories about traumatic responses into relevant practices for post-traumatic growth in vulnerable populations.

"In 24 years this has been the best training that I've attended. I really enjoyed the practical nature of this course. I've developed skills and tools to apply to my practice, thank you." - Participant from the Certificate in Trauma Counselling for Front-Line Workers

REGISTRATION

GENERAL INFORMATION

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