

REGISTRATION FORM

April 30 & May 1, 2015 – London
David D. Burns, M.D.

5 FAST & EASY WAYS TO REGISTER FOR THE ADVANCED 2-DAY WORKSHOP

- ONLINE** Use promo code **SAVE10UK** to save £10. Enter at registration.jackhirose.com
- EMAIL** Completed registration forms can be emailed to registration@jackhirose.com
- FAX** Fax your completed registration form to **44.207.000.1329**
- MAIL** Please mail your completed registration form & cheque to:
Jack Hirose & Associates Inc. 363 Lynn Ave, North Vancouver, BC, Canada V7J 2C4
- PHONE** Call us at **020.3289.3370**

STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

Town/City _____ County _____ Postcode _____

Work Phone [] _____ Work Fax [] _____

Email _____

No, I do not want to stay informed of upcoming events, exclusive offers and receive the quarterly eNewsletter.

STEP 2 – REGISTRATION FEES

Fees include 20% VAT

	Super Early Bird	Early Bird	Regular
Individual	<input type="checkbox"/> £235 + DVD	<input type="checkbox"/> £235	<input type="checkbox"/> £255
*Group: 3-7	£215 + DVD	£215	£235
*Group: 8+	£205 + DVD	£205	£225
Deadline	January 30, 2015	April 1, 2015	

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

SUPER EARLY BIRD PERK



FREE DVD

Dr. David Burns' "Scared Stiff"
£101 VALUE | 9 HRS | 5 DISCS

Receive your copy at the workshop.

STEP 3 – PAYMENT

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Signature _____

SUPER & EARLY-BIRD DEADLINES

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

REGISTRATION FEE INCLUDES

Reference notes, certificate of completion, morning coffee & muffins and refreshment breaks. **Lunches are not included.**

SAVE £10! Use promo code: **SAVE10UK** at registration.jackhirose.com.

WORKSHOP DISCOUNTS

3-7 Registrants	Save £10 per person
8+ Registrants	Save £20 per person

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

ONLINE REGISTRATION DISCOUNT
Save £10 on registration fees for online registrations. Enter promo code **SAVE10UK** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS
To receive the early bird rate, registration and payment must be received by **Wednesday, April 1, 2015**. Registration forms submitted without payment will not be processed, and will not guarantee the early-bird rate.

WORKSHOP AIDE DISCOUNTS
Save £90 on a two-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for their workshop fees. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 2 workshop aides per workshop.

To apply for the workshop aides program, please email registration@jackhirose.com

HOTEL & ACCOMMODATIONS

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

HOLIDAY INN EXPRESS LONDON - WANDSWORTH
Riverside West Smugglers Way, Wandsworth
Phone #: 44-208-8775950
£144 per night

PREMIER INN - WANDSWORTH
45 Garratt Lane, London
Phone #: 0871-527-9486
£95 per night

TERMS & CONDITIONS

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

CANCELLATION POLICY
All cancellations must be submitted by email at registration@jackhirose.com. Non-attendance at a workshop will not be grounds for any or partial refund / credit under any circumstances. **Refunds will be available minus a £20 administration fee for cancellations made five business days or more prior to the event. No refund or credit under any circumstances will be available for cancellations less than five full business days prior to the event.** Exceptions to this will not be granted. If you are unable to attend, you are invited to send an alternate in your place at **no extra cost**. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

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

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

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM



jack hirose
& ASSOCIATES INC.
— JACKHIROSE.COM —

MAILING & CONTACT INFO

Jack Hirose & Associates Inc.
363 Lynn Ave, North Vancouver
BC, Canada V7J 2C4
T 020 3289 3370
F 44 207 000 1329
E registration@jackhirose.com

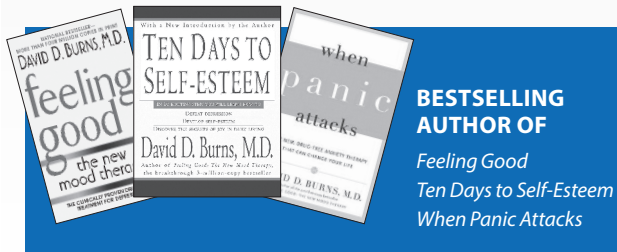


JACKHIROSE.COM

April 30 & May 1, 2015 | London, England
MENTAL HEALTH WORKSHOP

LOOK
INSIDE
FOR MORE INFO

FAST, EFFECTIVE TREATMENT FOR ANXIETY DISORDERS



BESTSELLING AUTHOR OF
Feeling Good
Ten Days to Self-Esteem
When Panic Attacks



Advanced 2-Day Workshop with
DAVID D. BURNS, M.D.

APRIL 30 & MAY 1, 2015 | LONDON, ENGLAND, UK

LEARNING OBJECTIVES

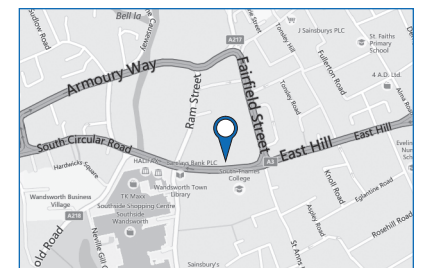
- ✓ Track therapeutic progress
- ✓ Describe why therapists and patients alike avoid exposure
- ✓ Learn ultra-high speed techniques for treating Panic Disorder
- ✓ Develop a creative, individualized treatment plan for each patient
- ✓ Distinguish Outcome from Process Resistance
- ✓ Learn to melt away therapeutic resistance
- ✓ Integrate Four powerful treatment models
- ✓ Select the most effective interventions for each anxiety disorder

WHO SHOULD ATTEND

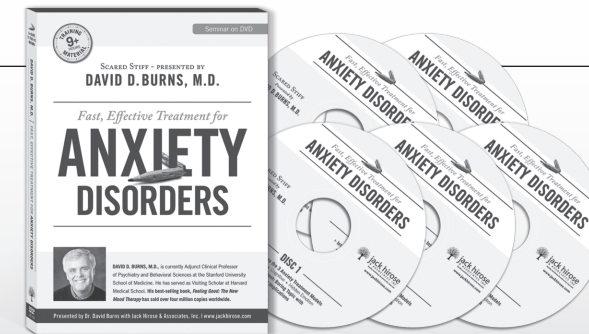
All Mental Health Professionals, including Psychologists, Psychiatrists, Family Physicians, Social Workers, Psychiatric Nurses, Occupational Therapists, Nurses, Speech Language Pathologists, Dietitians Therapists, Alcohol & Drug Counselors, Employee Assistance Counselors, School Counselors, Youth Workers, Sexual Abuse Counselors, Vocational Rehabilitation Consultants, Social Service Coordinators, Street Workers, and Crisis Counselors who work directly with clients and are seeking practical, proven methods to enhance their therapeutic skills.

VENUE & LOCATION

Wandsworth Town Hall – Civic Suite
Wandsworth High Street
London SW18 2PU



£101 VALUE
9 HRS | 5 DISCS



SCARED STIFF
*Fast, Effective Treatment
for Anxiety Disorders*

A DVD presentation by Dr. David Burns

JACKHIROSE.COM | CALL 020 3289 3370

JACK HIROSE & ASSOCIATES

Jack Hirose and Associates Inc. was founded in 1998 by clinical counselor Jack Hirose, MA., CCC. Throughout his twenty years as a mental health professional, Jack attended many workshops and training sessions hosted by a variety of organizations. However, he was unable to find the quality and standards of continuing education he felt essential to himself and his fellow practitioners. Taking the knowledge he had gained through experience garnered in the field, Jack Hirose organized his first workshops out of his home in North Vancouver and began hosting and teaching small-scale events and workshops.

In 1999, Jack signed on his first international presenter, the late Insoo Kim Berg, MSW., followed by Bill O'Hanlon, M.S. and Christine Padesky, Ph.D. in 2001. By 2005, Jack had partnered with David Burns, M.D. and Ross Greene, Ph.D. Jack continues to work with these world renowned presenters to this day. This was the beginning of what would become a faculty of over 100 presenters affiliated with prestigious universities and institutions from around the world.

Since 1998, Jack Hirose and Associates has provided quality training to more than 50,000 mental health and education professionals throughout Canada and the United States. The annual Healing and Treating Trauma, Addictions and Related Disorders Conference, hosted by Jack Hirose and Associates and Edgewood Treatment Centre, brings together eleven to fourteen world-class presenters and trains over 500 professionals each year. To this day, Jack Hirose selects and corresponds directly with each of his presenters.

You can feel confident your money is going towards:

- » Our faculty of highly qualified, world-class presenters
- » Complimentary continental breakfast and refreshments
- » Workshop aides & an on-site event coordinator
- » Workshop materials & a certificate upon completion

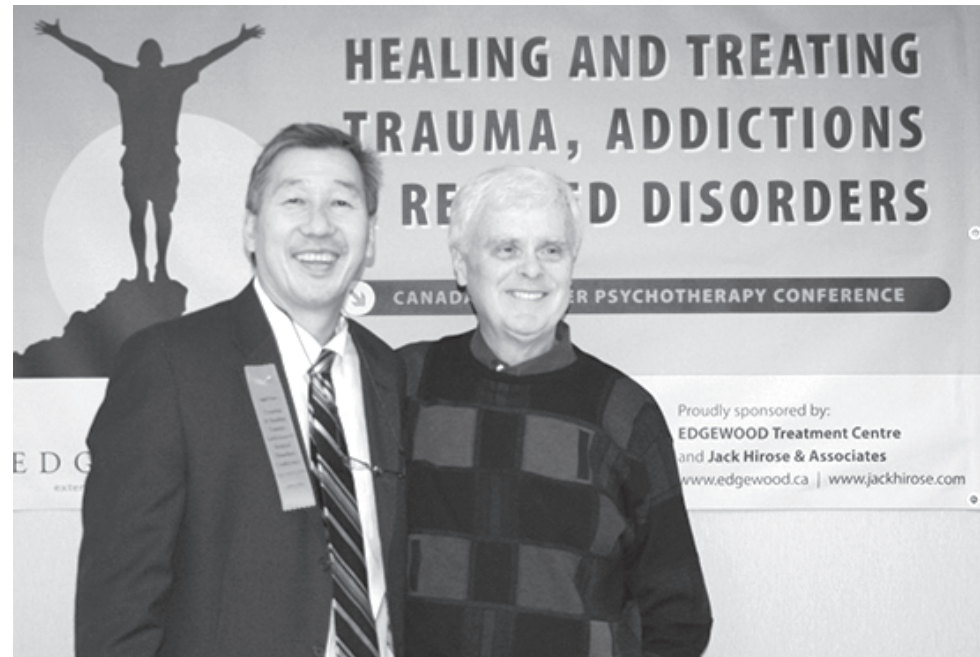
We also offer discounted rates when you register online, in groups, or participate as a workshop aide.

CONNECT WITH US

LIKE US: [FACEBOOK.COM/JACKHIROSE](https://www.facebook.com/jackhirose)

FOLLOW US: [@JACKHIROSEASSOC](https://twitter.com/jackhiroseassoc)

SUBSCRIBE: MAILOPTIONS.JACKHIROSE.COM



Jack Hirose & Dr. David Burns at the Healing and Treating Trauma, Addictions and Related Disorders Conference

WORKSHOPS WITH DR. BURNS

Established in 1998, Jack Hirose and Associates Inc. have proudly sponsored many of Dr. David Burns' two-day workshops over the past 10 years. During the past 5 years over 1,200 therapists have attended Dr. Burns four-day intensives in Canada. Our workshop participants have consistently rated Dr. Burns as our most outstanding presenter among our faculty of over 250 guest presenters. We take great pride in our training and it is our pleasure to host Dr. Burns in London, England this spring, 2015.

OVER
1,200
THERAPISTS HAVE
ATTENDED DR. BURNS
INTENSIVES

10
YEARS
OF WORKSHOPS
WITH JACK HIROSE
& ASSOCIATES

OVER
50
WORKSHOPS
PRESENTED WITH JACK
HIROSE & ASSOCIATES

“Very pleased to have this calibre of speaker – just a dream come true!”

“Dr. Burns has a wonderful presenting style. The opportunity to have roleplays was amazing learning. Thank you for your ‘realness’ and ‘humanness.’”

“Enriching personally and professionally. Inspiring insight into human psychology. Entertaining delivery, conducted compassionately and respectfully.”

FAST, EFFECTIVE TREATMENT FOR ANXIETY DISORDERS

DEAR PROSPECTIVE PARTICIPANT,

I was thrilled when Jack Hirose invited me to do my first professional workshop in London, England. We have worked together for more than ten years, and I can tell you that Jack is simply THE BEST. He is totally dedicated to creating amazing training programs and does superb work. I know you will have an extremely enjoyable two days, jam-packed with training, tears, and laughter, and hope that you can join us!

Anxiety is arguably the single most common mental health problem. Although many people turn to pills for a solution, the latest research indicates that the most effective treatments are drug-free. In this workshop, I will illustrate how to integrate the Motivational, Cognitive, Exposure, and Hidden Emotion Models in the treatment of

Generalized Anxiety Disorder (GAD), Phobias, Agoraphobia, Panic Disorder, Shyness, Public Speaking Anxiety, Obsessive-Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), Performance Anxiety, Body Dysmorphic Disorder (BDD), and Hypochondriasis. The goal of the treatment is complete, high-speed recovery and lasting change.

You will learn how to use a multitude of innovative, rapid treatment methods, including

the Experimental Technique, Feared Fantasy, Acceptance Paradox, Hidden Emotion Technique, Cognitive Flooding, Externalization of Voices, Time-Travel, Shame-Attacking Exercises, and many more. I will not simply present a grab bag of techniques or formulas for various "disorders." I will show you how to create a warm, vibrant collaborative relationship, overcome the patient's resistance to change, and develop a systematic, individualized treatment plan that specifically targets each patient's unique problems and needs.

I will illustrate these new approaches with dramatic video excerpts from therapy sessions with individuals who are struggling with severe anxiety and depression. I will also do a live therapy session on the evening of day 1 with a volunteer from the audience who is struggling with anxiety.

Although this will not be a therapy group, but a training workshop, the "patient" experience can make these techniques far more meaningful, and will make you a more sensitive and effective clinician.

I warmly invite you to join us in London, England this spring, 2015. I'll do everything I can to make this one of the best learning opportunities of your career. I look forward to meeting you in April!
- David Burns, M.D.

Come prepared to have fun while you learn from one of America's most highly acclaimed psychiatrists, innovators, and teachers.

WORKSHOP AGENDA – KEY TOPICS COVERED

DAY 1 - Thursday, April 30, 2015 - 8:30am-4:30pm

Anxiety Hypnosis

- » How Your Anxious Patients Cast a Spell on You and Sabotage the Treatment

Four Powerful Treatment Models for Anxiety Disorders:

- » The Cognitive Model: I THINK therefore I FEAR
Ex: *Panic Disorder*
- » The Exposure Model: Taking a Page from the Tibetan Book of the Dead Ex: *Blood Phobia*
- » The Hidden Emotion Model: Cycling Back to Freud?
Ex: *The Burrito Slasher*
- » The Motivational Model: Heading Off the Resistance at the Pass Ex: *A Case of Severe Post-Traumatic Stress Disorder*

Optional Luncheon Presentation
12:30 - 1:00 (Lunch not provided)
"Measurement: A Boring Topic with Exciting Implications"

Overcoming Outcome and Process Resistance:

The KEY to Successful Treatment

- » Magic Button
- » Acid Test
- » Magic Dial
- » Gentle Ultimatum
- » Dangling the Carrot
- » Sitting with Open Hands

Clinical Example

- » Engineer with Severe Body Dysmorphic Disorder
 - Daily Mood Log
 - Recovery Circle: Failing as Fast as You Can
- Individualizing the Treatment: A Visit to the Shopping Center from Hell

The Cognitive Model

- » Truth-Based Techniques
- » Compassion-Based Techniques
- » Uncovering Techniques
- » Motivational Techniques
- » Quantitative Techniques
- » Visual Imaging Techniques
- » Humor-Based Techniques
- » Role-Playing Techniques
- » Spiritual Techniques

Optional Luncheon Presentation
12:30 - 1:00 (Lunch not provided)
"Controversies in Biological Psychiatry: Facts vs. Fiction"

The Hidden Emotion Model

- » The Niceness Dynamic that Causes (almost) All Anxiety
- » Detective Work: Bringing Hidden Feelings to Conscious Awareness
Ex: *Woman Who Was Terrified of Losing Her Family and Pathologist Who Feared Cadavers*

Innovations in Exposure Therapy

- » Classic Exposure
 - Flooding
 - Gradual Exposure
 - Response Prevention
- » Cognitive Exposure
 - Feared Fantasy
 - Acceptance Paradox
 - Time Travel
- » Interpersonal Exposure
 - Self-Disclosure
 - Shame-Attacking Exercises
 - Rejection Practice
 - Smile and hello Practice
 - David Letterman Technique

Treatment Algorithms

- » What are the Most Effective Techniques for Each Anxiety Disorder
- » Who Do We Treat? The Person or the Disorder?

Getting Better vs. Feeling Better: Relapse Prevention

Registration Opens at 7:45am
Lunch Break from 12:00pm to 1:00pm (Lunch Not Provided)



DAVID D. BURNS, M.D.

David D. Burns, M.D. is an Emeritus Adjunct Clinical Professor of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. He has served as Visiting Scholar at Harvard Medical School and Acting Chief of Psychiatry at the Presbyterian / University of Pennsylvania Medical Center. His best-selling book, has sold over five million copies worldwide. Although he is best-known for his pioneering work in the development of cognitive behavior therapy (CBT), in the past ten years he has created an even more powerful approach called T.E.A.M. TEAM includes CBT, but much more, and addresses some of the limitations of traditional CBT.



BESTSELLING AUTHOR OF

Feeling Good
Ten Days to Self-Esteem
When Panic Attacks