

MAKING SENSE OF ANXIETY

HALIFAX, NS | JUNE 1 & 2, 2015

Dalhousie University, Marion McCain Arts & Sciences Bldg, Scotiabank Auditorium, 6135 University Ave

THE ESCALATING LEVEL OF ANXIETY IN OUR CHILDREN BEGS FOR AN EXPLANATION AS

well as a solution. Dr. Neufeld sheds light on this age-old problem, paving the way for natural interventions that can actually get to the root causes as opposed to just managing symptoms. This workshop brings a fresh and promising perspective to one of our most troubling and perplexing human problems. Although the focus is on children, this enlightening material will benefit anyone suffering from anxiety. The time has finally come to be able to answer the problem of anxiety. 🌱

LEARNING OBJECTIVES

- » The anatomy and working model of the human alarm system
- » How to recognize anxiety in all its various manifestations
- » An updated and insight-based working definition of anxiety
- » Why anxiety is increasing in our children
- » Why current discipline methods are alarming our children
- » The relationship of courage and anxiety
- » Addressing anxiety without relying on medication
- » What parents and teachers can do to help their anxious children

WORKSHOP AGENDA

Session 1 - Neuroscience of Anxiety

- » The key discovery here is of a complex and comprehensive human alarm system

Session 2 - Anxiety, Attachment & Vulnerability

- » To discover what alarms us, we need to go to the science of attachment and redefine our understanding of human threat

Session 3 - Working Model of Anxiety

- » Understanding where obsessions and compulsions come from and outlining seven classical themes in our anxieties

Session 4 - Addressing Anxiety

- » Six surprising solutions are described for reducing the anxiety in our children



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Quality workshops & community resources

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MAKING SENSE OF ATTENTION PROBLEMS

HALIFAX, NS | JUNE 3, 2015

Dalhousie University, Marion McCain Arts & Sciences Bldg, Scotiabank Auditorium, 6135 University Ave

THE ATTENTION DEFICIT DISORDER LABEL HAS BROUGHT CONCERNS REGARDING ATTENTION

to the fore of public consciousness but unfortunately without the foundational knowledge that enables parents and teachers to find their way through a glut of confusing and often conflicting information. The professionals in charge of diagnosing are often experts at describing the symptoms but tend to come up short when it is time for explanations. This workshop brings all the pieces of the puzzle together, bringing fresh insight to this problem and providing clear suggestions for how to deal with it. 🌱

LEARNING OBJECTIVES

- » Provide a basis of understanding from which to assess the nature of an attention problem
- » Equip participants with strategies to address the roots of the attention problems where possible
- » Provide a natural approach to treatment that has greater promise for effecting a lasting difference than a symptom management approach
- » Provide an appreciation of the maturational factors in attention and how to address these
- » Equip participants to differentiate between attention problems rooted in developmental arrest, attention problems rooted in defensive blindness, and attention problems rooted in neurological dysfunction

WORKSHOP AGENDA

Session 1 - The Anatomy of Attention

- » An overview of the structure of attention and how it is meant to develop

Session 2 - Two Types of Attention Problems

- » An overview of attention problems rooted in hypersensitivity and attention problems rooted in defensive blindness

Session 3 - A Natural Explanation of ADD

- » An overview of the 'agitation without apprehension' syndrome and how it manifests as ADD

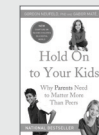
Session 4 - Helping Children Grow Out of Attention Problems

- » An overview of how to help children mature out of their attention problems regardless of the cause



GORDON NEUFELD, PH.D.

Gordon Neufeld, Ph.D. is a Vancouver-based developmental psychologist who consults with parents and professionals regarding children and their problems. He brings to us his unique synthesis of the developmental literature and his exceptional ability to make children understandable. He has a widespread reputation for being able to make sense of difficult and complex problems regardless of one's degree of exposure to the psychological literature and for opening doors for change. Dr. Neufeld has a reputation for educating in a most engaging way, speaking with passion and compassion. His style is dynamic, his approach is refreshing and his effect is to affirm intuition. Dr. Neufeld has provided continuing education and in-service training to various professional groups including physicians, nurses, psychologists, clinical counselors, families and youth workers.



BEST SELLING AUTHOR

*Hold On to Your Kids:
Why Parents Need to Matter
More Than Peers*

WHO SHOULD ATTEND

- K-12 Classroom Teachers
- School Counsellors/Psychologists
- Learning Assistance/Resource Teachers
- School Administrators
- School Paraprofessionals including Special Education Assistants, Classroom Assistants and Childcare Workers
- All other professionals who support students with behavioural challenges and complex learning needs including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Nurses, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers and Community Police Officers.

► 3 DAY OPTION - ATTEND BOTH WORKSHOPS & SAVE - SEE BACK FOR DETAILS

REGISTRATION FORM

Gordon Neufeld, Ph.D. | Halifax, NS

► STEP 1 – CONTACT INFO

Name _____

Position _____ School / Organization _____

Address _____

City _____ Province _____ Postal Code _____

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 – SELECT WORKSHOP & APPLICABLE FEE

Making Sense of Anxiety Halifax, NS - June 1 & 2, 2015

	Individual	* Group: 3-7	* Group: 8+
(Deadline: May 15, 2015) Earlybird Fee	<input type="checkbox"/> \$369 + 15% HST	\$354 + 15% HST	\$339 + 15% HST
Regular Fee	<input type="checkbox"/> \$389 + 15% HST	\$374 + 15% HST	\$359 + 15% HST

Making Sense of Attention Problems Halifax, NS - June 3, 2015

	Individual	* Group: 3-7	* Group: 8+
(Deadline: May 15, 2015) Earlybird Fee	<input type="checkbox"/> \$229 + 15% HST	\$219 + 15% HST	\$209 + 15% HST
Regular Fee	<input type="checkbox"/> \$249 + 15% HST	\$239 + 15% HST	\$229 + 15% HST

Attend Both Workshops & Save - 3 Days Halifax, NS - June 1, 2 & 3, 2015

	Individual	* Group: 3-7	* Group: 8+
(Deadline: May 15, 2015) Earlybird Fee	<input type="checkbox"/> \$499 + 15% HST	\$474 + 15% HST	\$469 + 15% HST
Regular Fee	<input type="checkbox"/> \$519 + 15% HST	\$494 + 15% HST	\$489 + 15% HST

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

EARLY BIRD DEADLINE: MAY 15, 2015

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

REGISTRATION FEE INCLUDES

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

► STEP 3 – PAYMENT

Visa Credit Card # _____ Expiry _____ / _____

MasterCard Cardholder Name _____

Cheque Signature _____ Cheque # _____

4 WAYS TO REGISTER

 ONLINE registration.jackhirose.com	 EMAIL registration@jackhirose.com
 PHONE or FAX <i>See numbers on the right.</i>	 MAIL <i>See address on the right.</i>

3 WAYS TO SAVE

	ONLINE PROMO CODE: SAVE10NS registration.jackhirose.com
	EARLY BIRD DISCOUNT <i>Deadline: May 15, 2015</i>
	GROUP DISCOUNTS (online only) <i>See Step 2 for savings & fees.</i>

WORKSHOP FEE DISCOUNTS

GROUP DISCOUNTS	1 Day Workshop	2 Day Workshop	3 Day Workshop
3-7 Registrants	\$10 off / person	\$15 off / person	\$25 off / person
8+ Registrants	\$20 off / person	\$30 off / person	\$30 off / person

Individuals must attend both days to be eligible for the group rates. All groups must register online to receive the group discount. Register your group at: registration.jackhirose.com

ONLINE REGISTRATION DISCOUNT

Save \$10 on registration fees for online registrations. Enter promo code **SAVE10NS** at registration.jackhirose.com.

EARLY-BIRD DISCOUNTS

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

WORKSHOP AIDE DISCOUNTS

Save \$115 on a one-day workshop. By working as an assistant to the workshop coordinator, workshop aides will receive a discount for the workshop of their choice. Workshop aides must arrive by 7:00am on all days of the event and be willing to assist at all breaks, throughout the lunch break, and stay 30 minutes after the end of the workshop. Please keep in mind that we can accommodate a maximum of 2 workshop aides per workshop.

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

CONTINUING EDUCATION CREDITS

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

HOTEL & ACCOMMODATIONS

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

ATLANTICA HOTEL HALIFAX

1980 Robie Street
902-423-1161

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only.

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

CANCELLATION POLICY

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

CERTIFICATES

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

RECEIPTS

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

PLEASE REVIEW OUR PRIVACY POLICY: WWW.JACKHIROSE.COM

PLEASE COMPLETE & RETURN WITH YOUR PAYMENT TO:



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