

**MISSISSAUGA, ON**  
MISSISSAUGA CONVENTION CENTRE  
75 Derry Rd, L5W 1G3. (905) 564-1920

Monday, June 5

**OSHAWA, ON**  
BEST WESTERN PLUS DURHAM HOTEL & CONFERENCE CENTRE  
559 Bloor St W, L1J 5Y6. (905) 723-5271

Wednesday, June 7

**HAMILTON, ON**  
CROWNE PLAZA HAMILTON HOTEL & CONFERENCE CENTER  
150 King St E, L8N 1B2. (905) 528-3451  
Parking: \$7

Thursday, June 8

**LONDON, ON**  
DOUBLETREE BY HILTON LONDON  
300 King St, N6B 1S2. (519) 439-1661  
Parking: \$12

Friday, June 9

**MARKHAM, ON**  
EDWARD HOTEL MARKHAM  
50 Valhalla Dr, L3R 0A3. (905) 477-2010

Monday, June 19

Please do not contact venues except for driving instructions.  
Complimentary parking is available unless otherwise noted.

## REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

✓ one:

- Mississauga, Jun 5       Oshawa, Jun 7       Hamilton, Jun 8
- London, Jun 9       Markham, Jun 19

Name (PLEASE PRINT) \_\_\_\_\_

Home Address \_\_\_\_\_

City/State \_\_\_\_\_, \_\_\_\_\_ Zip \_\_\_\_\_

Work Phone (\_\_\_\_) \_\_\_\_\_ Home Phone (\_\_\_\_) \_\_\_\_\_

Fax (\_\_\_\_) \_\_\_\_\_ (PLEASE PRINT EMAIL IF AVAILABLE)

Email \_\_\_\_\_

Profession(s) \_\_\_\_\_

### PRE-REGISTRATION

- \$105 Individual Rate
- \$100 Group Rate (3 or More Persons Registering Together)
- \$110 On-Site Registration (if space is available)

### FOUR WAYS TO REGISTER

1. Internet: [www.ibpca.com](http://www.ibpca.com)
2. Mail: 2 Toronto Street, Suite 101, Toronto, ON M5C 2B5  
(make cheque payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Please make payment in Canadian dollars.

Credit Cards will be charged in US funds using the daily exchange rate.

All major credit cards accepted: \_\_\_\_\_ Type of card \_\_\_\_\_

Card # \_\_\_\_\_ Exp Date \_\_\_\_\_ / \_\_\_\_\_

Signature \_\_\_\_\_

PLEASE POST



## REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

MISSISSAUGA: Monday, June 5

OSHAWA: Wednesday, June 7

HAMILTON: Thursday, June 8

LONDON: Friday, June 9

MARKHAM: Monday, June 19

A New 6-Hour Seminar for Health Professionals, Spring, 2017 \$105



## REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION A 6-Hour Seminar for Health Professionals

**Schedule:** Check in: 8:15-9 AM, program starts: 9 AM, lunch (on own): 11:30 AM, Q&A and discussion with instructor: 12-12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and arrive before the start time. Space is limited.

**Group Registrations:** Rates apply for 3 or more pre-registered guests enrolling together. Please complete a separate registration form for each person. Members of a group can attend on different dates.

**Confirmation Notices and Certificates of Completion:** We will confirm your registration by email or by letter. Please attend even if you do not receive a confirmation. Registrants are responsible for parking fees, if any. Successful completion includes full attendance and submission of the evaluation form. No partial credit will be given. Certificates of completion are provided at the time of adjournment.

**Transfers and Cancellations:** Registrants can transfer to another seminar if space is available. Registrants canceling up to 48 hours before a seminar will receive a tuition refund less a \$15 administrative fee, an audio CD or DVD recording of the seminar with the instructional outline, if available, or if requested, a full-value voucher good for one year, for a future seminar. In the unlikely event that the seminar cannot be held (e.g., an act of God), registrants will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. All requests must be made in writing or online. No IBP program has ever been cancelled as the result of low attendance. We anticipate that participants will have desks at most locations.

**Customer Service:** Call 888-202-2938 to ask about course content, instructors, request accommodations for disability, submit a formal grievance, or remove your name from a list. For other questions, call 866-652-7414.

**Institute for Brain Potential:** We are the leading provider of accredited programs on the brain and behavioral sciences. Our non-profit organization (US tax ID 77-0026830) has presented cost-effective, informative and practical seminars by outstanding speakers since 1984.

# REASONING WITH UNREASONABLE PEOPLE: FOCUS ON DISORDERS OF EMOTIONAL REGULATION

This program is designed to contribute to the learning plans and self-assessments of Canadian health professionals. The following accreditations indicate the rigor and quality of our programming. Each participant will receive a course outline and certificate of completion indicating the hours of continuing education. Please contact your licensing board or association for information about their specific program approval requirements.

To obtain the 6 contact hours associated with this course, the health professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health professional successfully completing the course will receive a statement of credit. This is an intermediate-level activity.

**NURSES:** This program designed to meet the criteria for self-assessment of the **College of Nurses of Ontario** for 6 hours of continuing education. Institute for Brain Potential (IBP) is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation**. This program provides 6 contact hours of ANCC-approved continuing education credit. IBP is awarded "accreditation with distinction," the highest recognition awarded by the ANCC.

**PSYCHOLOGISTS:** Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. IBP maintains responsibility for this 6-hour program. This continuing education activity is pending approval by the **Canadian Psychological Association** for 6 CE hours and by the **General Practice Psychotherapy Association** for 6 hours of Continuing Professional Development (CPD) credit.

**SOCIAL WORKERS:** Institute for Brain Potential, provider 1160, is approved as a provider for continuing education by the Association of Social Work Boards (ASWB), 400 South Ridge Parkway, Suite B, Culpeper, VA 22701. www.aswb.org. ASWB Approval Period: 11/11/2014 – 11/11/2017. Social workers should contact their regulatory board to determine course approval. Social workers will receive 6 clinical CE clock hours for participating in this intermediate-level course.

**ADDICTION COUNSELORS:** This program is pending approval by the **Canadian Addiction Counselors Certification Federation (CACCF)** for 6 credits. Institute for Brain Potential is approved by the NAADAC Approved Education Provider Program, Provider #102949. This program provides 6 continuing education hours (CEHs).



**PHARMACISTS:** Institute for Brain Potential is accredited by the **Accreditation Council for Pharmacy Education** as a provider of continuing pharmacy education. This knowledge-based activity provides 6 contact hours (6 CEUs).  
UANs: 0492-0000-17-001-L04-P and 0492-0000-17-001-L04-T



**Academy of General Dentistry**  
**PACE**  
Program Approval for Continuing Education

**DENTAL PROFESSIONALS:** Institute for Brain Potential is designated as an Approved PACE Program Provider by the Academy of General Dentistry (AGD). The formal continuing dental education programs of this provider are accepted by the AGD for Fellowship/Mastership and membership maintenance credit. Approval does not imply acceptance by a state or provincial board of dentistry or AGD endorsement. The current term of approval extends from 12/01/14 – 11/30/18. Provider ID# 312413. Subject Code: 557. This program provides 6 CE hours.

**OCCUPATIONAL THERAPISTS:** Institute for Brain Potential is an American Occupational Therapy Association (AOTA) Approved Provider, #6050. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. This program provides 0.6 AOTA CEUs or 6 contact hours. Content Level: Intermediate. Content Focus: Domain of OT (Performance Skills) and Professional Issues (Supervision).

*In this six-hour program, health professionals will learn how people reason with selected disorders of mood, anxiety, OCD, anger, and personality.*

*Practical strategies will be presented to facilitate meaningful change in patients and health professionals working in medical, dental, and behavioral health settings.*

*Participants completing this program should be able to:*

- 1. List several paths to achieving effective emotional communication.*
- 2. Outline an effective strategy to reason with a person who has a disorder of mood, anxiety, OCD, anger, or personality.*
- 3. Describe a strategy for reasoning or having a difficult conversation with a person who is experiencing pain, illness or vulnerability.*
- 4. Describe a calming strategy including the practice of mindfulness for health professionals who are experiencing strong emotions.*

## Pathways to Effective Reasoning

- **Assuring the Person Feels Heard:** emotional healing begins when the patient's concerns are acknowledged.
- **Focusing on Feelings:** identifying unresolved emotional stressors.
- **Emotion-Sustaining Beliefs:** What purpose does this emotional state serve? What beliefs sustain it? Are there unresolved emotional stressors?
- **Identifying the Patient's Strengths:** channeling the wellness with the mental or physical illness to facilitate healing.
- **Core Emotional Concerns:** to feel appreciated, to be treated as an equal, to have the freedom to decide, and to be respected.
- **Beyond Reason:** rage, acute mania, delirium, substance-induced states, psychosis, and dementia.

## Mood Disorders

- **Depressive Disorders:** Major Depressive Disorder and Persistent Depressive Disorder (Dysthymia); understanding the mindset that one's problems are personal, pervasive and permanent.
- **Bipolar Disorders:** Bipolar I, II and Cyclothymic Disorders; the role of mania, hypomania and chronicity; the manic mindset of feeling invulnerable, brilliant, euphoric, and infallible.

## Generalized Anxiety, Obsessive Compulsive Disorder and Perfectionism

- **Generalized Anxiety:** understanding chronic, uncontrollable and irrational anxiety; how feeling "unsafe" perpetuates chronic worrying.
- **Obsessive Compulsive Disorders:** key triggers underlying unwanted and habit-based, automatic thoughts and overvalued ideas associated with impulses and rituals.
- **Perfectionism:** understanding people who have unrealistic standards for themselves or others and are highly critical when they are not met; how perfectionism, an OCD spectrum trait, can lead to emotional burnout.

## Passive and Aggressive Forms of Anger

- **Passive Anger:** covert efforts to undermine another person's effectiveness; identifying the "hidden agenda."
- **Aggressive Anger:** blaming, shaming, provoking, threatening, bullying, avenging; understanding the "hurt" behind the anger, the person's justification for not being able to forgive, and the adverse health risks of experiencing chronic anger.

## Selected Personality Disorders

- **Key Features:** inflexibility, crisis, cluelessness, impaired problem-solving, avoidance of treatment; distinguishing between character and traits.
- **Antisocial (Sociopathic):** the view that rules are meant to be broken, intolerance for frustration, need for immediate gratification, and exaggerated sense of intelligence.

- **Borderline:** impaired sense of identity, fear of abandonment, intense psychic pain, anger, idealization or demonization; risk of self-harm.
- **Narcissistic:** exaggerated self importance, need for special attention, and the entitlement to seek pleasure, status or power.

## Strategies for Helping Patients With Strong Emotions

- **Cognitive Restructuring:** reframing automatic negative thoughts.
- **Shifting the Focus to Problem Solving:** identifying solutions and using pros and cons.
- **Exposure-Based Treatments:** confronting and overcoming fears and reducing compulsions.
- **Emotion Regulation Techniques:** personalized approaches to calming, breathing training, imagery, and relaxation.
- **Dialectical Behavioral Therapy:** focus on Mindfulness, Distress Tolerance, Emotion Regulation and Interpersonal Effectiveness.
- **Disengaging from Pathological Interactions:** Gottman's Four Horsemen of the Apocalypse: contempt, criticism, stonewalling, and defensiveness.
- **Handling Difficult Conversations:** six rules of thumb to communicate in ways that lead to meaningful change.

## Calming Strategies for Health Professionals

- **Resilience-Based Reasoning:** focusing on ways we can manage stressors and recover from setbacks by identifying our strengths.
- **Balancing Priorities:** reducing excessive demands by reviewing complex challenges at home and at work.
- **Changing the Narrative:** rethinking how we view the past, respond to the present, and reimagine the future to increase happiness.
- **Acceptance:** learning to accept in self and others the traits that are unlikely to change.
- **Practicing Mindfulness-Based Stress Reduction:** non-judgmental, moment-to-moment awareness by staying calm in the moment.

## ABOUT THE INSTRUCTOR

*Martin M. Antony, PhD an internationally recognized expert in assessing anxiety and related disorders, is Professor of Psychology at Ryerson University in Toronto and the past President of the Canadian Psychological Association. Dr. Antony has written extensively on thoughts that perpetuate disorders of mood, anxiety, anger, and personality and effective ways for health professionals to reason with individuals with disorders of emotional regulation. Further, his research and texts provide practical calming strategies for health professionals to help facilitate meaningful change.*

*An outstanding speaker, Dr. Antony has given over 400 presentations and seminars to health professionals around the world. Audiences highly recommend his presentations for their abundance of practical information, insightful case examples, and clinical wisdom. Participants receive a detailed outline prepared by Dr. Antony including key references and resources. In addition to Q & A sessions in class, Dr. Antony will answer your questions during the second half of the lunch break and by email after the program concludes.*