

The Hincks-Dellcrest Centre  
**GAIL APPEL INSTITUTE**

# Fall Training Calendar 2004



Ronald T. Potter-Efron, M.S.W., Ph.D.

**ANGER MANAGEMENT:**

Cognitive, Behavioural, Affective & Spiritual

Eileen Bobrow M.A.

**THERAPY IN THE TRENCHES:**

Strategies for Working with Difficult Cases

Jeffrey Zieg Ph.D.

**HABIT CONTROL:**

Integrative Approaches to  
Entrenched Problems

Robert Schwarz Psy.D.

**TOOLS FOR TRANSFORMING TRAUMA:**

Ericksonian & Solution-Focused Approaches  
for Treating Survivors of Trauma Abuse

Preview Winter/Spring 2005 Training

Please visit our website [www.hincksdellcrest.org/gai-cit](http://www.hincksdellcrest.org/gai-cit)

# MORE GREAT INSTITUTE TRAINING

## EXCITING NEW WORKSHOPS IN THE WINTER/SPRING 2005 SERIES!

### "What Works" in Alcohol & Drug Treatment

Scott D. Miller Ph.D.

February 2 & 3, 2005

### Playing with Trouble: Playful Approaches to Working with Challenging Children & Their Families

Diane Gehart Ph.D.

February 18, 2005

### Working With Challenging & "Difficult" Clients

Insoo Kim Berg & Yvonne Dolan

February 24 & 25, 2005

### Autism Spectrum Disorders: Strategies for Intervention

Diane Yapko, MA

March 10, 2005

### Social Skill Development in Autistic & Asperger's Children

Diane Yapko, MA

March 11, 2005

### Current Innovations in Narrative Therapy 5-Day Intensive Training

Michael White

April 4 – 8, 2005

### Mapping Narrative Conversations

Michael White

Toronto: April 11 & 12, 2005

Miami: April 14 & 15, 2005

See our website at  
[www.hincksdellcrest.org](http://www.hincksdellcrest.org)  
for more information.

## OUR CERTIFICATE PROGRAMS

### Brief and Narrative Therapy Clinical Extern Training Programs, Levels 1, 2 & 3

Now interviewing for 2005/2006.

[www.hincksdellcrest.org/brief-therapy-training](http://www.hincksdellcrest.org/brief-therapy-training)

2004/05  
already  
filled!

### Certificate in Trauma Counselling for Front-Line Workers

This 8-day course is designed for experienced front-line workers who provide short-term (non psychotherapy) counselling contact with vulnerable populations in community-based settings.

[www.hincksdellcrest.org/gai-trauma](http://www.hincksdellcrest.org/gai-trauma)

### The Coaching Series: Solution-Oriented Management Tools

A four-module course for directors, managers and supervisors who wish to develop their coaching skills to improve communication, increase team effectiveness, facilitate change and encourage personal growth within an organization.

[www.hincksdellcrest.org/gai-results](http://www.hincksdellcrest.org/gai-results)

### Counselling Skills - Level 1

A six-day introductory program designed to provide counselling skills to professionals working in a wide variety of settings.

[www.hincksdellcrest.org/gai-focus](http://www.hincksdellcrest.org/gai-focus)

Call 416-972-1935, ex 3345 to receive a brochure.

## TRAINING AND CONSULTATION AT YOUR AGENCY

Contact us for custom designed training or consultation at your agency. Our faculty will work with you to apply a collaborative, strength based approach to specific training, special projects or organizational change management in order to fit the specific needs and goals of your agency. **For more information, contact Edythe Nerlich today. Tel: (416) 972-1935, ex 3341 or e-mail: [enerlich@hincksdellcrest.org](mailto:enerlich@hincksdellcrest.org).**

[www.hincksdellcrest.org](http://www.hincksdellcrest.org)

# WORKSHOPS FROM THE INSTITUTE



**RONALD T. POTTER-EFRON, M.S.W., Ph.D.,** is a clinical psychotherapist and anger problems specialist at First Things First Counselling and Consulting Center in Eau Claire, Wisconsin. He is the author of several popular books on the topic of anger, including *Angry All the Time*; *Letting Go of Anger*; and *Stop the Anger Now*. Dr. Potter-Efron also writes for a professional audience. His latest work (due out late 2004) is entitled *Handbook of Anger Management*. Dr. Potter-Efron has been facilitating professional seminars on anger management and shame/guilt counselling for over fifteen years. His style is informal, humorous and practical.



**EILEEN BOBROW, M.A.,** a Senior Research Fellow, is the Founder and Director of the Mental Research Institute's Strategic Family Therapy and Training Center. She is also MRI's Training Director. Eileen trained for three years with Jay Haley and Cloe Madanes at the Family Therapy Institute of Washington, D.C.. Later she was invited to become one of the Institute's Regional Faculty. She joined MRI five years ago and began the Strategic Family Therapy and Training Center, bringing back to MRI the ideas and influence of Jay Haley, one of the original Bateson Team at MRI.

## ANGER MANAGEMENT: *Cognitive, Behavioural, Affective & Spiritual Interventions*

Anger problems are varied and complex, ranging from persons with an almost phobic anger and conflict avoidance at one extreme to people whose daily life has become dominated by anger and aggression. Topics discussed in this seminar include: assessment for anger problems; identification of each client's specific anger problems (including ten common anger styles such as passive aggression and sudden anger); treatment planning; core interventions that promote cognitive, behavioural, affective and spiritual change; detailed description of a twelve-week anger management program; working with angry families, children, adolescents and couples; and the relationship of attachment difficulties to anger and aggression problems.

### Participants will be able to:

1. Identify and plan treatment for clients with a wide range of anger problems as varied as anger avoidance to chronic anger and resentment.
2. Gain treatment materials that facilitate client change in four distinct areas: cognitive, behaviour, affect and existential meaning/spirit.
3. Utilize three separate anger assessment tools.
4. Implement one of three separate 12 week anger management programs, utilizing materials at the seminar.
5. Describe practical approaches to working with angry families, children, adolescents and couples.
6. Identify how specific adult attachment styles interact with anger problems to increase the probability for domestic violence as well as treatment suggestions in this sphere.

**Presenter:** Ronald T. Potter-Efron, M.S.W., Ph.D.

**Dates:** September 27 & 28, 2004

**Location:** Metro Central YMCA,  
20 Grosvenor Street, Toronto

## THERAPY IN THE TRENCHES: *Strategies for Working with "Difficult" Cases*

A disproportionate amount of resources are directed toward servicing "difficult" cases. These cases tax agencies' financial resources and challenge mental health professionals, often contributing to fatigue and burnout.

This two-day workshop will provide participants with the theory, practical ideas, strategies, and knowledge of therapeutic interventions that are effective for working with "difficult" cases.

Participants will gain knowledge of short-term, problem-focused interventions with an emphasis on modifying maladaptive patterns of interactions. Success with difficult cases is based on the assumption that the therapist conceptualizes the problem within the system that it occurs and attempts to solve the problem accordingly. The P.U.S.H. method, which includes four essential variables of assessment and treatment, will be thoroughly illustrated as a practical way to increase your effectiveness in working with difficult cases.

Specific areas of focus will include methods of working with behaviourally "difficult" children, family violence, eating disorders, multi-stressed families, sexual molestation, incest, court-ordered therapy, as well as larger systems.

### Participants will learn:

1. How to decide whom is best to include in the session.
2. How to think about and define a problem.
3. What is a useful contract and how to negotiate one.
4. How to work with clients to develop goals.
5. How to think about and do direct and non-direct intervention.
6. How to plan therapy in crisis versus non-crisis cases.
7. How to close therapy cases for the best prognosis.

**Presenter:** Eileen Bobrow, M.A.

**Dates:** October 14 & 15, 2004

**Location:** Hincks-Dellcrest Centre,  
Gail Appel Institute, Toronto



**ROBERT SCHWARZ, PsyD.**, is the author of *Tools for Transforming Trauma*, and *Post-Traumatic Stress Disorder: A Clinician's Guide*, as well as a variety of professional articles, and two self-help audiotapes for survivors of trauma. He has organized eight national conferences on treating survivors of trauma and abuse, four regional conferences on Ericksonian Hypnosis & Brief Therapy and two international conferences on brief approaches to psychotherapy. He is a Licensed Psychologist and clinical member of AAMFT, and an approved consultant for the American Society of Clinical Hypnosis.



**JEFFREY K. ZEIG, Ph.D.** is founder, director and president of the Board of Directors of the Milton H. Erickson Foundation in Phoenix, Arizona, and has spent more than six years in intermittent study with Erickson. He is the architect of *The Evolution of Psychotherapy* and the *Brief Therapy Conferences*, as well as the organizer of international Congresses on Ericksonian Approaches to Hypnosis and Psychotherapy. Zeig has edited, co-edited or authorized seventeen professional books and five monographs covering Ericksonian psychotherapy, hypnosis, brief therapy and eclectic psychotherapy. He is a clinical psychologist in private practice and consulting and is president of Zeig, Tucker & Company, psychiatric publishers in Phoenix.

## TOOLS FOR TRANSFORMING TRAUMA: Ericksonian & Solution Oriented Approaches for Treating Survivors of Trauma & Abuse

Treating trauma and abuse are some of the most challenging problems for therapists today. Trauma involves intense, fearful, painful and disruptive experiences that overwhelm an individual's ability to process the event and respond in an adaptive manner. The Ericksonian and Solution Oriented Approach to trauma emphasizes the importance of privileging and building on clients' inner resources as well as interpersonal and social resources. Treatment of Trauma is viewed as developing and connecting a client's resources to transform the negative response to trauma. The goal is to "dissolve the trauma in a sea of resourcefulness". Both approaches emphasize the power of language and suggestion to either impede or facilitate healing.

This workshop integrates the lessons of Ericksonian and Solution Oriented approaches with the newer models of trauma that focus on the dysregulation of affect as one of the central features of trauma based problems. These approaches can be applied to the spectrum of trauma disorders from PTSD to Dissociative Identity Disorder. Attendees will receive specific hands-on training through demonstrations, video-taped examples and experiential exercises.

### This two-day workshop will provide:

1. An integrated framework upon which clinicians can base treatment decisions.
2. Specific skills that will allow clinicians to work with survivors of abuse and trauma in a manner that rapidly facilitates the containment and transmutation of negative affect, increased coping skills, and alleviation of flashbacks.
3. Specific skills to help clients reconnect with their own inner resources as well as connect with new resources.
4. Specific methods to manage difficult therapy relationship issues with highly traumatized clients.

**Presenter:** Robert Schwarz, Psy.D.

**Dates:** October 28 & 29, 2004

**Location:** Hincks-Dellcrest Centre,  
Gail Appel Institute, Toronto

## HABIT CONTROL: Integrative Approaches to Entrenched Problems

People suffering from the effects of harmful habits populate a significant proportion of mental health caseloads. Often these habits represent years of entrenched patterns and present a significant challenge for psychotherapists.

Dr. Zieg will introduce participants to this highly effective, integrative model of habit control. This phenomenological approach to the psychotherapy of habits will include applications to smoking, weight control, tricotillomania and nail biting. He will also address alcoholism, chemical dependency and bulimia to the extent that they are habits. Assessment is intervention and treatment should be effected during the assessment process. Intervention should be experiential rather than didactic. Strategic assessment and experiential intervention can be amalgamated to elicit rapid change. Pattern disruption procedures will be emphasised. The integrative techniques of brief therapy to be used will include Ericksonian methods, enactment techniques, gestalt therapy, and systemic approaches.

Didactic lecture, demonstration and experiential exercises will be used to provide a comprehensive learning experience.

### This workshop will provide:

1. Tools for conducting an action assessment.
2. An overview of the phenomenology of addiction
3. How to determine stages of treatment and effective task assignment.
4. Clear and effective training demonstrations.
5. Principles for intervening with patients regarding habit control.
6. Strategies for intervening with patients regarding habit control.
7. An integrative model for effective habit control,

**Presenter:** Jeffrey K. Zeig, Ph.D.

**Dates:** November 9 & 10, 2004

**Location:** Jackman Hall,  
Art Gallery of Ontario, Toronto



**ANNETTE KUSSIN, M.S.W., R.S.W.**  
*is a Registered Social Worker and Registered Marriage and Family Therapist. Annette has worked in Children's Mental Health as a therapist, supervisor, manager and clinical director. For the past 5 years she was a partner in Crisci, Kussin and Mayer a group private practice. Annette has taught at the faculty of Social Work, was a lecturer for the Department of Psychiatry, Faculty of Medicine and has provided training to a number of organizations throughout Ontario. Annette offers individual, marital, family therapy, parenting capacity assessments and attachment and trauma assessments in her private practice. She specializes in problems related to trauma and attachment in children and adults. She offers consultation to individuals and to child and adult mental health services in the community.*

## **TRAUMATIZED ATTACHMENT DISORDERED CHILDREN: "Understanding & Changing Behaviour, Beliefs & The Brain."**

Attachment is a deep and lasting connection that is established between an infant and caregiver in the early years of life. It affects every aspect of a developing child. Children raised by nurturing and stable caregivers develop healthy attachments and a secure sense of self. The brains of such infants also have opportunity for optimal development.

Children who are raised in neglectful, abusive, or unpredictable environments are at risk for developing attachment disorders and deficits in brain development. Such children often present oppositional, impulsive, aggressive and mistrustful behavior. They have poor affect regulation and an inability to trust and care for others. They are often very difficult to reach and treat. They are the children who challenge and drain the resources of parents, caregivers, and professionals.

This workshop will present information on attachment theory and brain development and the impact on child maturation. The training will include practical methods of treating such challenging children.

### **Participants will have an opportunity to learn about:**

1. Attachment categories and their internalization.
2. The neurology and chemistry of brain development.
3. Applying treatment interventions for children, families, and alternative caregivers.
4. Creating secure environments for change.
5. Mourning losses.
6. Helping children develop trust, self-control, empathy, and mutuality in relationships.
7. The Use of medication and Holding Therapy.

This workshop will be useful for all professionals working with troubled children and adults. Overheads, videos, and case consultation will be included in the training.

**Presenter:** Annette Kussin, M.S.W., R.S.W.

**Dates:** November 5, 2004

**Location:** Hincks-Dellcrest Centre,  
Gail Appel Institute, Toronto

The 2<sup>nd</sup> Maritime Family Therapy Conference &  
The 3<sup>rd</sup> Annual Brief Therapy Network Conference  
come together to present

## *Catching the Winds of Change*

*Inspiring healing conversations and hopeful stories with individuals, families and communities*

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two thousand and five**

### **A Collaboration Between...**

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**&**

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[www.hincksdellcrest.org/brief-therapy-training](http://www.hincksdellcrest.org/brief-therapy-training)  
[www.brieftherapynetwork.com](http://www.brieftherapynetwork.com)

## *Announcing new dual certificate program*

### **COGNITIVE BEHAVIOURAL THERAPY TRAINING PROGRAM**

Eight-session Course Commencing January 2005

### **Faculty & Guest Faculty**

Dr. Nina Njosefowitz,  
Dr. David Myran &  
Dr. Marsha Rothstein

### **A Collaboration Between...**

The Hincks-Dellcrest Centre/Gail Appel Institute

**&**

The Department of Adult Education & Counselling Psychology, OISE/University of Toronto

For more information check our website at:

[www.hincksdellcrest.org/gai-cit](http://www.hincksdellcrest.org/gai-cit)

# REGISTRATION

## REGISTER BY MAIL, PHONE, FAX OR E-MAIL:

The Hincks-Dellcrest Centre – Gail Appel Institute, 114 Maitland Street, Toronto, ON M4Y 1E1

Telephone: 416-972-1935, x3345 Fax: 416-924-9808 E-mail: training@hincksdellcrest.org

All Certificate Programs and workshops will take place at 114 Maitland Street, Toronto.

Please one form per person. Please print clearly.

Name: \_\_\_\_\_ Position: \_\_\_\_\_

Department: \_\_\_\_\_ Organization: \_\_\_\_\_

Address:  Home  Business \_\_\_\_\_

Day Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

I wish to be on the mailing list.

### I WISH TO REGISTER FOR

#### Anger Management

\$280 to Sept 1;

September 27 & 28, 2004

\$295 thereafter

#### Tools For Transforming Trauma

\$280 to Sept 14;

October 28 & 29, 2004

\$295 thereafter

#### Therapy In The Trenches

\$280 to Sept 28;

October 14 & 15, 2004

\$295 thereafter

#### Traumatized Attachment Disordered Children

\$126 to Oct 8;

November 5, 2004

\$140 thereafter

#### Habit Control

\$280 to Oct 9;

November 9 & 10, 2004

\$295 thereafter

### METHOD OF PAYMENT

Payment must be made by cheque or credit Card (Visa or Mastercard) and must accompany the registration form. Registration by phone, fax or e-mail accepted with credit card payment only. Cheques to be made payable to Gail Appel Institute. Post-dated cheques not acceptable for early registration.

I wish to pay by:  Cheque  Visa  Mastercard

Total Fee Enclosed: \_\_\_\_\_

Card Number: \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Name On Card: \_\_\_\_\_

Signature: \_\_\_\_\_

### GROUPS AND STUDENT RATES

Registrations of six or more mailed in the same envelope and students in a university or college program will receive a 10% discount. Copy of student identification must accompany registration.

### CANCELLATION POLICY

An administrative fee of \$40 will be charged for all cancellations. For a refund, notice of cancellation must be received in writing 14 days prior to the workshop date. After that time, you may elect to receive a credit which may be applied to a future workshop of similar value. This credit must be used within one year of date of issue. Or, a colleague may be substituted for attendance. We regret that a refund cannot be offered after the cancellation deadline.

### CONTINUING EDUCATION CREDITS

Each participant will receive a Certificate of Participation. These may be used to qualify for eligibility for Continuing Education Credits from licensing boards and professional colleges that are not listed below when the course outline and Certificate of Participation are submitted. Contact your own organization to confirm their requirements.

#### Social Workers and Social Service Workers

may be eligible professional development credits. The Ontario College of Social Workers and Social Service Workers is currently determining its continuing education policy.

**Psychologists** All workshops have been approved by the Ontario Psychological Association for 6 hours per day of continuing education credits for psychologists and psychological associates.

\* Traumatized Attachment credits pending.

#### General Practice Psychotherapy Association

All workshops qualify for continuing education credits by the GPPA (6 units per day).

#### Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists

Workshops are eligible for continuing education credits (6 units per day).

#### Canadian Addiction Counsellors Certification Board

Anger Management, Habit Control and Therapy in the Trenches are eligible for 12 Core ceu hours. Tools for Transforming Trauma for 12 Related ceu hours.

#### Royal College of Physicians and Surgeons of Canada (Psychiatry)

This event is an accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

**The Hincks-Dellcrest Centre**  
**Gail Appel Institute**  
114 Maitland Street  
Toronto, ON  
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