

AGENDA

7:45 - 8:30	Registration
8:30 - 12 noon	Morning Session (break 10:15 - 10:30)
12 noon to 1:15	Lunch (on your own)
1:15 - 4:30	Afternoon Session (break 2:45 to 3:00)

Morning Session

8:30 to 12 noon

- Introduction
- Assessment/Fear Ladder
- Psychoeducational points
- Exposure basics part 1

Afternoon Session

1:15 to 4:30

- Exposure basics part 2
- Exposure variations
- Using coping skills in exposure
- Wrapping up and questions

LEARNING OBJECTIVES:

By the end of the training, participants will

- Increased competence in producing fear ladders that include practical items for use in exposure therapy
- Demonstrate understanding of the psychoeducational teaching points critical to exposure therapy
- Demonstrate competence in the basic sequence used in exposure therapy
- Role play multiple techniques used in exposure therapy for children and adolescents to increase confidence treating a range of child and adolescent clients with anxiety disorders
- Understand how to integrate coping skills into this therapeutic approach with a focus on relaxation and mindfulness.

DESCRIPTION OF WORKING SESSION

Anxiety has many benefits, motivating us to put in maximum effort and helping us know what matters to us most. When anxiety persists however, it can interfere with functioning and lead to diagnosable mental health problems in children and adolescents. Anxiety disorders are one of the most common issues found in pediatric clinics today. In addition to long-term anxiety related disorders, untreated anxiety can lead to other problems such as depression and substance abuse. Fortunately, there are effective, evidenced-based treatments available. Supported by more than 75 studies, cognitive-behavioral therapy (CBT) is considered the go-to, "gold star" talk therapy for child and adolescent anxiety.

Exposure is a key ingredient of CBT. The principle is simple: "face the fear" by having the child or adolescent engage with situations or objects that they fear many times to reduce the fear response. The simplicity of the idea is deceptive. The intervention is complex and requires training to learn how to do it well. In this workshop, Dr. Southam-Gerow provides an engaging and practical look at how to do exposure therapy for anxious children and adolescent. Using clinical examples, an interactive format, and ample opportunities for practice during the workshop, participants will learn well-validated strategies to do exposure therapy. The workshop will include a focus on: (a) how a strong initial assessment leads to fear ladders that promote treatment success; (b) foundational psychoeducational principles needed for exposure; (c) the basic exposure approach; and (d) variations across diagnostic categories.

For More Information

HQS PROFESSIONAL DEVELOPMENT
207E – 1780 Grant Avenue, Winnipeg, MB R3N 2B9
Ph: (204) 477-5656 • Email: LEIGH@HQS.CA

VISIT OUR WEBSITE AT
www.hqs-pd.ca

"SOUTHAM-GEROW"

REGISTRATION FORM

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By providing your email address you are authorizing HQS to email you twice a year about upcoming conferences

METHOD OF PAYMENT:

CHEQUE / MONEY ORDER
AMOUNT ENCLOSED: \$ _____

AGENCY PAYMENT \$ _____
IF INVOICE IS REQUIRED PLEASE EMAIL
INFORMATION TO LEIGH@HQS.CA

VISA MASTERCARD

CARD # _____

EXPIRY DATE _____

TYPE OF REGISTRATION:

ADVANCED SINGLE 190.00 ADVANCED GROUP 170.00

REGULAR SINGLE 210.00 REGULAR GROUP 200.00

FULL-TIME STUDENT 140.00

PLEASE MAKE CHEQUES PAYABLE TO: HQS PROFESSIONAL DEVELOPMENT

TO REGISTER MAIL TO:

HQS Professional Development
207E – 1780 Grant Avenue,
Winnipeg, MB, R3N 2B9

PHONE: (204) 477-5656

ONLINE: Register online at:

www.hqs-pd.ca



REGISTRATION FEES

EARLY REGISTRATION:

RECEIVED ON OR BEFORE MARCH 30TH, 2020

SINGLE \$190.00 Full payment must be received on or before March 30th, 2020.

GROUP \$170.00 PER PERSON For groups of 3 or more, registration MUST be submitted together with full payment by March 30th, 2020.

REGULAR REGISTRATION:

AFTER MARCH 30TH, 2020

SINGLE \$210.00 Full payment must be received prior to conference date.

GROUP \$200.00 PER PERSON For groups of 3 or more, registration MUST be submitted together with full payment prior to conference date.

FULL-TIME STUDENTS \$140.00 For students who are attending 3 or more university credit courses this academic term. Full payment MUST be received prior to conference date.

RECEIPTS WILL BE DISTRIBUTED
APRIL 27TH, 2020
AT THE REGISTRATION TABLE

PARKING There is plenty of FREE parking

Cancellation / Refund Policy

If unable to attend, we will be happy to refund the full amount if notified IN WRITING or EMAIL 14 days prior to the conference date. OR a substitution may be made if notification IN WRITING or EMAIL is received prior to the conference.

Refunds will not be given to those participants who do not attend the conference and do not provide HQS with notice of their absence prior to the conference. In these circumstances, a voucher will be provided for the participants to attend an upcoming conference organized by HQS.

ABOUT THE PRESENTER



Michael Southam-Gerow, Ph.D. is Professor and Chair of the Psychology Department at the Virginia Commonwealth University (VCU). As co-founder and co-director of the Anxiety Clinic at VCU (a clinic that provided low-cost services for children, adolescents, and adults with anxiety and related problems), he has

trained, and supervised scores of doctoral students in CBT for anxiety. Dr. Southam-Gerow has consulted to hundreds of therapists with various levels of experience over his more than 20-year career. As a national trainer for PracticeWise, LLC, he has conducted more than 40 multi-day trainings; and presented to numerous professional groups across the US and Australia on topics of child therapy. He is the author of two scholarly books: *Emotion Regulation in Children and Adolescents: A Practitioner's Guide*, published in 2013 (translated into Korean and Dutch) and most recently: *Exposure Therapy with Children and Adolescents*, published in 2019. He is Associate Editor of the *Journal of Consulting and Clinical Psychology*, the author of dozens of scholarly papers, and the recipient of several National Institutes of Health research grants. Dr. Southam-Gerow is also an active researcher, focusing on the dissemination and implementation of psychological treatments, emotion regulation, and treatment integrity.

Location / Hotel Discount

CANAD INNS DESTINATION CENTRE POLO PARK
1405 St. Matthews

Phone for reservations: 1-888-332-2623

When making hotel reservation please quote
"group reservation number #391357" for room discounts.
Rooms must be booked 30 days prior to conference.
Reserve early as rates are based on availability



HQS PROFESSIONAL DEVELOPMENT
PRESENTS

MICHAEL
SOUTHAM-GEROW,
PhD

Effective Treatment for Anxiety
in Children & Adolescents:
CBT Exposure Therapy
and Relaxation Techniques

Monday
APRIL 27th, 2020
8:30 a.m. to 4:30 p.m.

Canad Inns Destination Centre
Polo Park
1405 St. Matthews Avenue
Winnipeg, MB
R3G 0K5



HQS PROFESSIONAL DEVELOPMENT
IS COMMITTED TO ORGANIZING QUALITY CONFERENCES AND
CONTRIBUTING TO THE PROFESSIONAL DEVELOPMENT
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