

▶ STEP 1 – CONTACT INFO

Name

Position

Address

City

Province

Postal Code

Work Phone [       ]

Work Fax [       ]

Email

▶ STEP 2 – SELECT ATTENDING DATE(S) & WORKSHOPS

I WILL BE ATTENDING:	<input type="checkbox"/> DAY 1 - Nov 6	<input type="checkbox"/> DAY 2 - Nov 7	<input type="checkbox"/> DAY 3 - Nov 8
Please choose one morning workshop for each day.	<input type="checkbox"/> Workshop #1 (AM)	<input type="checkbox"/> Workshop #5 (AM)	<input type="checkbox"/> Workshop #9 (AM)
	<input type="checkbox"/> Workshop #2 (AM)	<input type="checkbox"/> Workshop #6 (AM)	<input type="checkbox"/> Workshop #10 (AM)
Please choose one afternoon workshop for each day.	<input type="checkbox"/> Workshop #3 (PM)	<input type="checkbox"/> Workshop #7 (PM)	<input type="checkbox"/> Workshop #11(PM)
	<input type="checkbox"/> Workshop #4 (PM)	<input type="checkbox"/> Workshop #8 (PM)	<input type="checkbox"/> Workshop #12 (PM)

▶ STEP 3 – SELECT APPLICABLE FEE | Fees do not include tax (5% GST).

REGISTRATION	EARLY BIRD FEE	REGULAR FEE
Individual 1 Day Enrollment	<input type="checkbox"/> \$279	<input type="checkbox"/> \$299
Individual 2 Day Enrollment	<input type="checkbox"/> \$499	<input type="checkbox"/> \$519
Individual 3 Day Enrollment	<input type="checkbox"/> \$699	<input type="checkbox"/> \$719
Group 3-7	<input type="checkbox"/> \$679	<input type="checkbox"/> \$699
Group 8-14	<input type="checkbox"/> \$659	<input type="checkbox"/> \$679
Group 15+	<input type="checkbox"/> \$639	<input type="checkbox"/> \$659
Full-Time Student	<input type="checkbox"/> \$639	<input type="checkbox"/> \$659

**Early Bird Cutoff Date: October 23, 2023** - Registration and payment must be received by this date.

**Group Rate:** Online registration only and individuals must attend all 3 days to be eligible for group discounts.

**Full-Time Student Rate:** Please contact [registration@jackrhiose.com](mailto:registration@jackhirose.com) for more information on our full-time student rates. Registrants must provide proof of full-time enrolment at a minimum of three courses (e.g., transcript or confirmation letter of enrolment)

**Please Note:** Multi-day registrations can NOT be shared. All registration fees are per person. Different individuals cannot be sent on different days under one registration fee. Name badges will be checked at the door.

▶ STEP 4 – PAYMENT | FEES DO NOT INCLUDE TAX (5% GST)

☐ Visa

Credit Card #

Expiry

/

☐ MasterCard

Cardholder Name

☐ Cheque

Signature

Cheque #

4 WAYS TO REGISTER

ONLINE  
[www.jackhirose.com](http://www.jackhirose.com)

EMAIL  
[registration@jackhirose.com](mailto:registration@jackhirose.com)

PHONE or FAX  
See numbers below right

MAIL  
See address below right

2 WAYS TO SAVE

\$20 OFF

EARLY BIRD DISCOUNT  
*Deadline: October 23, 2023*

UP TO \$60 OFF

GROUP DISCOUNTS  
*See Step 3 for Savings & Fees.*

**HOTEL & ACCOMMODATIONS**

**HILTON GARDEN INN SASKATOON DOWNTOWN**  
**90 22<sup>nd</sup> STREET E**

**RATES:**  
King Room: \$169+tax (Parking: \$15.95+tax)

**HOW TO BOOK**

A. Please contact the hotel directly for current group rates, when booking please reference “Jack Hirose & Associates”. To make a reservation over the phone, please call 306 244-2311 and use the group code JHANOV

B. Email your reservation request to [hgisaskatoon@gmail.com](mailto:hgisaskatoon@gmail.com)

\*Please note, room reservations are subject to availability\*

Please keep in mind when booking Jack Hirose and Associates corporate guest rooms, reservations booked for most hotels can be cancelled within 48 hours. If you are booking guest rooms through third-party websites in many instances the reservations booked cannot be cancelled.

**DISCOUNT RATES**

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Please note, a **\$10** manual registration fee will apply for groups not registering online. Full time students (3+ classes per semester) must provide proof of enrolment. Please contact: [registration@jackhirose.com](mailto:registration@jackhirose.com) for more info.

**EARLY BIRD DEADLINE**

Registration and payment must be received by this date. Upon receipt of registration and payment, a confirmation email will be sent.

**REGISTRATION FEE INCLUDES**

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

**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), Indigenous Certification Board of Canada (ICBOC).

**TERMS & CONDITIONS**

**Our liability is limited to refunds for conference fees only.** Jack Hirose & Associates Inc. reserves the right to cancel a event; please make hotel & travel arrangements with this in mind. In the event of a cancelled conference, we will issue a full refund for **conference 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 conference participants is not permitted at any session. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals.

**CANCELLATION POLICY:** All cancellations must be submitted by email to [registration@jackhirose.com](mailto:registration@jackhirose.com). Non-attendance at a conference 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 14 days or more prior to the event. For cancellations less than 14 days prior to the event, **credit minus a \$40 administration fee** will be available. **No refund or credit under any circumstances will be available for cancellations less than one full business day 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 contact our office 14 days prior to the event, so we can provide the participant with an accurate name badge, certificate and to minimize confusion at check in. Please **notify us** of the alternate's full name and contact information, including their email address. Please double check your spelling.

**CERTIFICATES:** PDF downloads of the certificate will be available after the event has ended: Please go to: <http://registration.jackhirose.com/certificates/>.

**RECEIPTS:** Sent by email once you're registration has been processed. 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 downloaded from **certificates.jackhirose.com**.


**PLEASE REVIEW OUR PRIVACY POLICY: [WWW.JACKHIROSE.COM](http://WWW.JACKHIROSE.COM)**



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North Vancouver, BC, Canada  
V7H 0A6

T 604 924 0296 F 604 924 0239  
TF 1 800 456 5424  
E [registration@jackhirose.com](mailto:registration@jackhirose.com)



NEUFELD  
INSTITUTE

WHEN

November 6–8, 2023

3 Days


Monday – Wednesday | 8:30AM – 4:00PM

WHERE


Saskatoon, SK

Hilton Garden Inn Saskatoon Downtown


90-22nd Street E




Gordon  
Neufeld  
PH.D.



Tamara  
Strijack  
M.A.



Deborah  
MacNamara  
PH.D.




Eva de  
Gosztonyi  
M.A.

WHO SHOULD ATTEND

Education and Clinical Professionals: 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 including but not limited to: Nurses, Social Workers, Psychologists, Clinical Counsellors, Family Therapists, Occupational Therapists, Speech Language Pathologists, Addiction Counsellors, Youth Workers, Mental Health Workers, Probation Officers, Police Officers, and Early Childhood Educators.


Parents, Caregiver, Foster Parents, Grandparents, and Extended Family raising a child.

FOR MORE INFORMATION & REGISTRATION: [JACKHIROSE.COM](http://JACKHIROSE.COM) | 1.800.456.5424

LIVE IN-PERSON & LIVE STREAM CONFERENCE

A Neufeld Institute & Jack Hirose Associates Conference

EMOTIONAL HEALTH  
& WELL-BEING  
Towards Flourishing  
Children & Youth



CHOOSE FROM 12 WORKSHOP SESSIONS

A Conference Tailored to Mental Health and Education Professionals at  
All Levels and Any Professional that Applies Developmental Science to Practice



# CONFERENCE DESCRIPTION



The Neufeld Institute is once again joining forces with Jack Hirose Seminars to present a live three-day conference in Saskatoon on November 6-8, 2023. Our theme is Towards Flourishing Children and Youth. Although there is significant alarm these days concerning the deteriorating mental health of our children, there is still much confusion about how to reverse this disturbing trend. The ultimate answers lie in providing the conditions that are conducive to the unfolding of human potential. I am delighted to be joined by three of our most outstanding Neufeld Institute speakers – Deborah MacNamara, Tamara Strijack, and Eva de Gosztanyi. Together we will walk around the subject, using the attachment-based developmental approach to shed light on the dynamics, and based on this insight, to point to a way through. Whether a medical or mental health professional, a therapist or counselor, a teacher or school administrator, a day care provider or early childhood educator, a youth and family worker, a concerned parent or grandparent, this conference will help set the stage for turning stress around, in our children, our students, and even in ourselves. On behalf of the entire conference team, we look forward to engaging you in this timely theme.

# JACK HIROSE & ASSOCIATES



Since 1998, Jack Hirose and Associates has provided quality training to more than 100,000 mental health and education professionals in Canada. Our mission is to offer effective and stimulating training opportunities that respond to the ever changing needs of general education teachers K-12, school administrators, special education teachers, instructional/educational assistants, school counselors, behavior specialists, curriculum specialists, speech-language specialists, autism specialists, school psychologists, social workers, occupational therapists, nurses, early childhood educators, addiction counselors, and all other mental health professionals.

WWW.JACKHIROSE.COM

# A MESSAGE FROM DR. NEUFELD

We all want our children and students to thrive – to become all they were meant to be, despite the challenges they may face. But how is this to be accomplished? What conditions are required for optimal functioning? What experiences are essential to the unfolding of human potential regardless of the circumstances that may exist.

There could not be a more timely and important subject to address as the answers to flourishing are also the answers to mental health and well-being – the pressing topics of the day. And the current news is not good as the mental health of our children has been disintegrating so significantly that many experts have declared this an unprecedented crisis. In addition, learning and behaviour problems have also been increasing of late.

We will be addressing this important issue from a number of different angles, with each perspective adding to the understanding necessary to make a significant difference. It only makes sense that emotional health and well-being should become our collective priority, whether it be at home, at school, or at work.

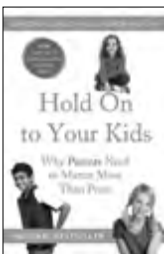
This conference is a fundraiser for the Neufeld Institute and the offspring of a collaborative effort between Jack Hirose of Jack Hirose and Associates and Dr. Gordon Neufeld of the Neufeld Institute – a worldwide charitable organization delivering developmental science to those responsible for our children. The Neufeld Institute is deeply grateful for all who have extended themselves to make this event a success.

**The three-day conference will consist of twelve presentations in total, with each day consisting of a morning and an afternoon block with two options each.** The format will allow for sufficient immersion into the material without becoming too overwhelmed with input. The topics have been carefully chosen for the consistency of the approaches, the insights they provide, and the practical suggestions they offer.

We hope you will be able to join us for a learning experience that couldn't be more significant or beneficial to the children in our care.

Yours sincerely,

Gordon Neufeld, Ph.D.  
*Clinical & Developmental Psychologist*



Best Selling Author:  
**Hold On to Your Kids**



# DISTINGUISHED FACULTY



## GORDON NEUFELD, PH.D.

Before he retired, Dr. Gordon Neufeld had accumulated more than 40 years of experience as a clinical psychologist with children and youth and those responsible for them. A foremost authority on child development, Dr. Neufeld continues to be an international speaker, a best-selling author (Hold On to Your Kids) and a leading interpreter of the developmental paradigm. Dr. Neufeld has a widespread reputation for making sense of complex problems and for opening doors for change. While formerly involved in university teaching and private practice, he has devoted the best part of the last two decades to creating courses for parents, teachers and helping professionals. These courses are offered primarily through the Neufeld Institute – an online educational institute and world-wide charitable organization devoted to applying developmental science to the task of raising children. Dr. Neufeld's life's work has been to help adults provide the conditions for children to flourish. He is a father of five and a grandfather to seven.

## Biographical Highlights

- Received his undergraduate degree from the University of Winnipeg and graduate degrees from the University of B.C. His doctorate was received in 1975 for study and research in the fields of clinical and developmental psychology. He received distinguished awards for both his academics (Governor General's Medal) and his doctoral research (BC Psychologists Award).
- Taught highly popular courses in personality theory, developmental psychology and parent-child relationships at the University of British Columbia for almost 20 years. This broad exposure to academic theory and research provided a strong foundation for ultimately forming his own comprehensive theory of human development.
- Worked in forensic psychology for several years, specializing in the area of violent young offenders. His immersion into a culture of aggression and violence propelled his attempts to make sense of this dark dynamic from inside out and ultimately resulted in a ground-breaking theory of aggression.
- Worked as a therapist and consultant for 40 years (now retired) pioneering the parent consulting approach to the treatment of children. This approach focuses on helping parents become the answer to their children regardless of the origins of the troubling behaviour. The parent consulting approach puts parents back into the driver's seat with regards to their children. He now trains other therapists in this treatment modality.
- Authored (with the help of his colleague Gabor Mate) the best-seller Hold On To Your Kids in 2004, published by Knopf Canada and then Random House of New York.



## TAMARA STRIJACK, M.A.

is a Registered Clinical Counsellor who lives and works in the Vancouver Island area. She is co-author (with Hannah Beach) of the book, Reclaiming our Students: Why our children are more anxious, aggressive and shut down than ever, and what we can do about it. Tamara has worked with children and adolescents in various roles over the last thirty years. She is currently the Academic Dean of the Neufeld Institute, where she develops and delivers courses on child development for parents, teachers and helping professionals. She is a keynote speaker, workshop facilitator, and educator of counsellors and educators in training. Tamara works primarily as a parent and educational consultant, helping put adults back in the driver's seat in a way that facilitates growth and learning for the child. Connection, relationship and play continue to be central themes in all her roles, both personally and professionally.



## DEBORAH MACNAMARA, PH.D.

is a clinical counsellor and educator with more than 25 years' experience working with children, youth, and adults. She is on faculty at the Neufeld Institute, operates a counselling practice, and speaks regularly about child and adolescent development to parents, child care providers, educators, and mental health professionals. She is also the author of the best-selling book Rest, Play, Grow: Making Sense of Preschoolers (Or Anyone Who Acts Like One), which provides a 360-degree developmental walk around the young child, and The Sorry Plane, a children's picture book. Her new book, Nourished: Connection, Food, and Caring for our Kids (and everyone else we love), will be released September 19, 2023. Deborah resides in Vancouver, Canada with her husband and two children.



## EVA DE GOSZTONYI, M.A.

is a psychologist who has worked for over 45 years in schools across Canada. For 22 years she was the Coordinator of the Centre of Excellence for Behaviour Management, a support to the ten English School Boards of Quebec, helping adults in the school setting provide effective interventions for students with behavioural challenges. Since retiring she has continued to share her expertise with schools in Canada, including First Nations schools and communities, the US, New Zealand, and Singapore. The interventions that she suggests are guided by neuroscience, are trauma-informed and trauma-responsive, and they are attachment-based and developmentally friendly. These interventions have made a difference in the schools in Quebec where they have been used successfully for many years. Eva is on Faculty at the Neufeld Institute and is an authorized presenter of the Neufeld paradigm.

WORKSHOP #1 | 8:30AM - 11:45AM

TOWARDS FLOURISHING CHILDREN  
Answering the Four Irreducible Needs of a Child

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

We all want our children and students to thrive – to become all they were meant to be, despite the challenges they may face. But how is this to be accomplished? What conditions are required for optimal functioning? What experiences are essential to the unfolding of human potential? Dr. Neufeld will put the pieces together to reveal rather surprising answers to this quintessential question of human development. A consciousness of the irreducible needs of children and youth is a much-needed antidote to a society that has become outcome driven and a culture that has lost its intuitive wisdom.

Course Objectives

- Updating Maslow’s hierarchy of needs
- Learning the keys to emotional health and well-being
- Appreciating the role of play and playfulness in the unfolding of potential
- Learning the natural blueprint for spontaneous development

WORKSHOP #2 | 8:30AM - 11:45AM

THE NEUROSCIENCE OF FLOURISHING  
How the Brain Works & What It Needs to Work

- EVA DE GOSZTONYI, M.A.



Live-Stream Option Available

The human brain is complex and we very far from uncovering its many mysteries. Neuroscientific research is starting to get a glimmer of the complexity of its functioning. This presentation will outline the broad strokes of some of the key findings and their implications for those raising and educating children. It will then focus on what we as caring adults can do to help our children so their brains can flourish. The Neufeld paradigm provides us with the keys to understanding what our children need – faith in maturation, respect for vulnerability and defenses, the role of emotional expression, the need for play, and the all-important role of a strong child-adult attachment. These guiding principles have been used in schools in Quebec for a number of years and many easily applicable practices are now being used successfully. These include how to create strong child-adult relationships; how to protect vulnerable students and help them to stay out of trouble; ways of increasing emotional expression in the classroom, and guidelines for ensuring that essential play time is protected.

Course Objectives

- Explain the role of key areas of the brain in the developing child
- Increase child-adult attachment using strategies presented
- Describe a procedure for helping students to stay out of trouble
- Implement at least one activity for increasing emotional expression in the classroom

WORKSHOP #3 | 12:45PM - 4:00PM

MAKING SENSE  
OF ATTENTION PROBLEMS

- DEBORAH MACNAMARA, PH.D.



Live-Stream Option Available

What has happened to our kid’s attention and lack of engagement in play or learning? Can we simply blame technology or is there something else we have missed? Attention and agitation issues are increasing at alarming rates among our children and youth. Restlessness can pose challenges for learning and behaviour at home and school leaving adults overwhelmed in wondering how to make headway with a child or teen. In trying to alleviate symptoms we can unknowingly employ measures that serves to exacerbate their attention problem. There is much that can be done to help bring a child to rest by understanding the two common roots of attention problems.

Course Objectives

- Understand the role of immaturity and alarm in attention problems
- Examine the role of emotional defenses in creating attention issues
- Provide strategies for making headway on attention issues based in immaturity
- Provide strategies for making headway on attention issues based in heightened and stuck alarm

WORKSHOP #4 | 12:45PM - 4:00PM

NEUFELD’S TRAFFIC CIRCLE OF  
FRUSTRATION A Revolutionary Approach  
to Aggression, Depression & Suicide

- TAMARA STRIJACK, M.A.



Live-Stream Option Available

We all get frustrated, as this primal emotion is automatically evoked when something – anything for that matter – doesn’t work. There are several indicators that the groundswell of frustration is rising. This powerful emotion can be experienced in many ways and have a myriad of outcomes. Included in the array of emotional outcomes are compulsions regarding change, attacking impulses, suicidal impulses, aggression, and even frustration-based depression. Frustration can also result in healthy change and inner transformation. Tamara Strijack will help us walk through the traffic circle of frustration in a way that benefits all. Given the critical importance of developing a healthy relationship with frustration, we should all be ready to serve as traffic directors when needed.

Course Objectives

- Understanding the underlying roots of aggression and depression
- Appreciating the key role that frustration is meant to play in our lives
- Recognizing when pivotal feelings are missing that need restoring
- Knowing the symptoms, signs and challenges when frustration gets stuck

WORKSHOP #5 | 8:30AM - 11:45AM

RESILIENCE & THE STRESS RESPONSE  
Addressing Emotional Stuckness Including Trauma

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

New understandings reveal that there is much wisdom to the stress response. Rather than focusing on dysfunction, we should begin by appreciating how our brains are brilliantly programmed to not only summon the strength required to deal with distressing situations, but to also serve as an emotional first-aid response. The problem is not with the stress response per se, but when the stress response is not followed in a timely fashion by its partner, the resilience response. We will be much more effective in our interaction with distressed children, youth, and students if we first come alongside how their brains are trying to take care of them, and from this stance, proceed to help the stress response become unstuck.

Course Objectives

- Updating an understanding of the stress response through the lenses of attachment and emotion
- The ability to differentiate between the two kinds of strength that is often associated with resilience
- An appreciation of what has to bounce back for emotional health and well-being
- An understanding of the wisdom of the stress response and how to come alongside it

WORKSHOP #6 | 8:30AM - 11:45AM

MAKING SENSE OF TODAY’S  
FEEDING & EATING PROBLEMS

- DEBORAH MACNAMARA, PH.D.



Live-Stream Option Available

We have never known so much about food and what our bodies need to survive yet we continue to face increasing feeding and eating issues with our kids. What has come undone and what do we need to do to get back on track? What if it wasn’t just about food, or the table, or sitting beside each other to eat? We have missed something more critical to well-being that was meant to go along with eating. This issue couldn’t be more urgent with eating issues mounting in our kids and with children eating at least one meal away from home in the care of other adults. It is no longer about what happens at home with the responsibility for feeding our kids shared among many in a food obsessed context. Based on over ten years of research, Dr. Deborah MacNamara will share her findings based on her new book, Nourished: Connection, Food, and Caring for our Kids (and everyone else we love).

Course Objectives

- Understand the connection between attachment issues and feeding problems
- Deconstruct the role of emotional defense in eating challenges
- Provide a developmental and relational lens on the roots of picky eating to eating disorders

WORKSHOP #7 | 12:45PM - 4:00PM

THE VITAL ROLE OF EMOTIONAL  
PLAYGROUNDS IN FLOURISHING  
From Toddlerhood To Elderhood

- TAMARA STRIJACK, M.A.



Live-Stream Option Available

Emotions need room to play, for their sake, for our sake, for everyone’s sake. Just as the brain has to sleep for optimal functioning, emotions need to play in order to do its work in moving us towards health and well-being. Fresh insights from developmental science reveal play as the care-taker of emotion and thus key to emotional health and well-being. What play can do for emotion is remarkable, providing safety for expression as well as acting as a sanctuary for feeling, a womb for adaptation, a hospital for healing, and a greenhouse for development. Once upon a time, the kind of play we needed was built in to our culture. Unfortunately, the wisdom of true play is becoming eclipsed today and therefore we are left to create what culture no longer provides. In this session, Tamara Strijack will guide us as we consider the emotional playgrounds that can best serve the emotional health and well-being of those in our care, as well as ourselves. It is never too late to invite emotions to come out and play, and never too early to put emotions into the hands of play.

Course Objectives

- Appreciating the role of emotion in our well-being
- Recognizing the signs and symptoms of emotional stuckness
- Awareness of what gets in the way of healthy expression

WORKSHOP #8 | 12:45PM - 4:00PM

SHIELDING THE VULNERABLE  
How to Protect Their Hearts & Minds

- EVA DE GOSZTONYI, M.A.



Live-Stream Option Available

For those who spend their days interacting with the young, be it in schools, group homes, daycares and in our own homes, we sometimes forget how vulnerable they are. Developing beings are entirely dependent on the care of the more mature. Yet so many common practices we use, especially when behaviour is challenging, increase feelings of vulnerability and inadvertently lead to other unanticipated problems, including mental health issues. This session will focus on creating a better understanding of what our children need from us and on analyzing the pitfalls of some of our most commonly used interventions and interactions, including the use of praise, rewards, consequences, time outs, democratic or child-led practices, and self-regulation. The presentation will then provide alternatives to these, as well as encouraging adults to find ways to support children in the most important task of all, helping their emotions to move through.

Course Objectives

- Explain why at least three common practices increase vulnerability
- Improve their ability to increase child-adult attachment using strategies presented



WORKSHOP #9 | 8:30AM - 11:45AM

DISORDERED & TROUBLED ATTACHMENTS & THE CURRENT YOUTH MENTAL HEALTH CRISIS

- GORDON NEUFELD, PH.D.



Live-Stream Option Available

The alarming rise in anxiety, depression, despair, and attention problems, begs for an explanation. The prevailing premise blames the social isolation experienced during the pandemic. When the dots are joined however, another picture emerges that reveals the attachment roots of mental health. This current mental health crisis provides us with a unique opportunity to understand the underlying dynamics, giving us a guide to better take care of our children, our students and ourselves.

Course Objectives

- Gaining insight as to the attachment and emotional roots of mental health
- Making sense of how the pandemic affected the mental health of students
- Appreciating how peer orientation predisposes to mental health problems

WORKSHOP #10 | 8:30AM - 11:45AM

TOWARDS FLOURISHING IN ADOLESCENCE Special Challenges in Helping Teens Navigate Their Emotional World

- TAMARA STRIJACK, M.A.



Live-Stream Option Available

Adolescence is a unique time – no longer a child, but not yet an adult. And navigating this time seems to be more difficult these days – with the impact of social media, bullying, depression, higher rates of suicide, and increasing diagnoses of disorders. Making sense of what is going on during this time can shed light on what is needed to restore emotional health. How do we make room for all that is stirred within them on this journey from childhood to adulthood and compensate for stuckness, especially when we can often feel stuck ourselves in dealing with them? How do we make it safe to process their inner world and the often-wounding world they find themselves in. In this session, we will explore the developmental changes, the emotional drives and the body’s natural defense system that is designed to protect from too much wounding, as well as the natural ways through to emotional health. And most importantly, we will look at our vital role as caring adults in our adolescents’ lives – whether coming as an educator, counsellor, parent or mentor.

Course Objectives

- Making sense of what’s going on emotionally and why
- Appreciating what adolescents still need from us
- Recognizing the signs and symptoms of an adolescent in trouble

WORKSHOP #11 | 12:45PM - 4:00PM

MANAGING BEHAVIOUR WITHOUT REWARDS

- EVA DE GOSZTONYI, M.A.



Live-Stream Option Available

When students have difficulty with their behaviours teachers are often advised to implement a reward system. However, developmental science and trauma research do not support these systems, warning of unwanted side-effects for children’s development. These systems are known to lose their effectiveness over time, are complicated to implement, and rarely result in long-term change. Of concern is that they can significantly affect the all-important child-adult attachment relationship, can increase anxiety even among the “well-behaved”, and can cause discouragement and a sense of shame for the student who cannot do better despite best intentions. This presentation will provide an analysis of what works and does not work, and why. Then effective alternatives to help manage behaviour in the classroom such as increasing the students’ desire to please their teacher, simple classroom alterations that can make behaving appropriately easier, and suggestions for how to respond when behaviour is challenging, will be described.

Course Objectives

- Describe at least 3 reasons why rewards systems are not advised for the optimal development of a child
- Increase child-adult attachment using strategies presented

WORKSHOP #12 | 12:45PM - 4:00PM

WHEN FEELINGS GO MISSING Moving Through Emotional Defense

- DEBORAH MACNAMARA, PH.D.



Live-Stream Option Available

We are meant to be full of emotion but sometimes there is simply too much emotion or there isn’t time for feelings. What gets in the way of feeling? We have an emotional unconsciousness that operates outside of direct awareness. This is not a mistake, but part of the brain’s sophisticated capacity to defend and inhibit emotional awareness to serve survival needs. How does the brain inhibit vulnerable emotion? How can we create the conditions for the defenses to come down? How can we become conscious of defenses operating when they are meant to blind us in the first place? Developmental science helps to provide answers to these puzzling emotional questions.

Course Objectives

- Understand the role of emotional defense by integrating neuroscience, attachment science and developmental approaches
- Outline the three types of emotional defenses and their corresponding symptomology
- Distinguish between emotion and feelings, and the impact of defenses on learning and behaviour
- Provide strategies for reducing emotional defenses using a relational and developmental approach

AGENDA	DAY 1 Monday, November 6	DAY 2 Tuesday, November 7	DAY 3 Wednesday, November 8
<div>Morning Session 8:30 AM – 11:45 AM</div> <div>Break 10:30 AM – 10:45 AM</div> <div>Choose one morning workshop per day.</div>	<div>1. Towards Flourishing Children: Answering the Four Irreducible Needs of a Child <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.</div>	<div>5. Resilience &amp; The Stress Response: Addressing Emotional Stuckness Including Trauma <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.</div>	<div>9. Disordered and Troubled Attachments &amp; The Current Youth Mental Health Crisis <i>Live-Stream Option Available</i> - Gordon Neufeld, Ph.D.</div>
	<div>2. The Neuroscience of Flourishing: How the Brain Works &amp; What It Needs to Work <i>Live-Stream Option Available</i> - Eva de Gosztanyi, M.A.</div>	<div>6. Making Sense of Today’s Feeding &amp; Eating Problems <i>Live-Stream Option Available</i> - Deborah MacNamara, Ph.D.</div>	<div>10. Towards Flourishing in Adolescence: Special Challenges in Helping Teens Navigate Their Emotional World <i>Live-Stream Option Available</i> - Tamara Strijack, M.A.</div>
<div>Lunch Break 11:45 AM – 12:45 PM</div>	<div>Lunch Buffet \$25 per person, per day includes taxes and 18% gratuity <i>More information about food items available for the buffet lunches can be found on our website</i></div>	<div>Lunch Buffet \$25 per person, per day includes taxes and 18% gratuity <i>More information about food items available for the buffet lunches can be found on our website</i></div>	<div>Lunch Buffet \$25 per person, per day includes taxes and 18% gratuity <i>More information about food items available for the buffet lunches can be found on our website</i></div>
<div>Afternoon Session 12:45 PM – 4:00 PM</div> <div>Break 2:15 PM – 2:30 PM</div> <div>Choose one afternoon workshop per day.</div>	<div>3. Making Sense of Attention Problems <i>Live-Stream Option Available</i> - Deborah MacNamara, Ph.D.</div>	<div>7. The Vital Role of Emotional Playgrounds in Flourishing: From Toddlerhood To Elderhood <i>Live-Stream Option Available</i> - Tamara Strijack, M.A.</div>	<div>11. Managing Behaviour Without Rewards <i>Live-Stream Option Available</i> - Eva de Gosztanyi, M.A.</div>
	<div>4. Neufeld’s Traffic Circle of Frustration: A Revolutionary Approach to Aggression, Depression &amp; Suicide <i>Live-Stream Option Available</i> - Tamara Strijack, M.A.</div>	<div>8. Shielding the Vulnerable: How to Protect Their Hearts &amp; Minds <i>Live-Stream Option Available</i> - Eva de Gosztanyi, M.A.</div>	<div>12. When Feelings Go Missing: Moving Through Emotional Defense <i>Live-Stream Option Available</i> - Deborah MacNamara, Ph.D.</div>

LIVE STREAM FROM HOME

This conference will be live streaming from Saskatoon, SK to online participants on November 6 – 8, 2023 from 8:30am – 4:00pm CST. Recorded footage and all course content will be available until January 6, 2024. Please allow 3 – 5 business days after the conference has ended for recorded footage to become available. Please note, in-person registration does not include access to the live stream or recorded footage. More information & live stream registration: <https://webinars.jackhirose.com/product/neufeld-conf>