

Emotional Regulation Workshop:

Helping clients reduce their self-harm behaviours (e.g., over/under eating, cutting) by increasing their tolerance for affect, helping them shift into positive states, and expanding their awareness of the cognitive and somatic domains.

A full day will be devoted to exploring and practicing a wide and rich variety of interventions to help clients (of all ages) tolerate, manage, and shift their affect states so they can reduce their dependency on self-harming actions (e.g., bingeing, cutting, addiction). An extensive handout package will be available along with a display table of many counselling props Dr. Dawn frequently uses with her clients.

Objectives:

- Identify the range and function of the types of harm to self (e.g., drinking, under/over eating, engaging in high-risk situations, burning oneself).
- Distinguish between suicide threat and self-injury, and when it is a fad vs. the adoption of a coping mechanism.
- Describe, in client friendly terms, how harming self has roots in poor regulation of the nervous system (e.g., in the brain the amygdala is easily hijacked promoting defense responses such as fight, flee, and freeze actions), poor tolerance of affect states, and faulty belief systems that limit insight and cognitive reflection. Include a description of the cycle of self-injury.
- List the guiding principles of treatment: (a) the 4C approach to respond to "I cut myself" or to a similar disclosure such as bingeing, (b) a Bill of Rights for those who harm themselves on purpose, and (c) when involving the parents.
- Describe how the ABC model can be used to debrief a disclosure of harming behaviour and how this process can invite motivation to change.
- Describe specific strategies to assess and treat cutting and other skin wounding actions (e.g., burning).
- Explore a variety of rich and diverse interventions, following an ABC framework, to help decrease clients' dependence on self-harm actions and to increase their ability to identify and process their thoughts, feelings, and actions. For example, we will explore ample expressive art therapies, the use of metaphors and props to promote pendulation and titration regulation, and how the 3B wheel can be used to promote cognitive awareness.
- Explain why some clients are triggered by mindfulness including when attention is made to their breath.



Presenter:

Dr. Dawn Lorraine McBride is a Registered Psychologist (clinical), supervisor, consultant, and associate professor at the University of Lethbridge (counsellor education). Her teaching, counselling, and research focus on the assessment and treatment of family violence, trauma, disordered eating, group therapy, ethics, multicultural issues, play therapy, EMDR, & somatic experiencing. She has won numerous teaching awards, has an active research agenda, and presents at international conferences. She maintains a small private practice (DPS) in Lethbridge specializing in relational psychodynamic therapy for teens/adults.

Rates

• **Early Bird:**

\$125 + \$6.25 GST = \$131.25

- full payment must be received on/before Dec 21, 2018.

• **Regular:**

\$140 + \$7 GST = \$147.00

- If the same organization registers 6 participants at the same time, a 10% discount will be applied to the early bird or regular rate.

To Register:

Please go to www.dawn-mcbride.com, to complete registration details (step 1: use the registration tab) and to receive the payment directions (step 2: e-transfer or mail).

Things to Know:

- Receipts & certificates will be distributed at the workshop.
- Refunds: A full refund is available if requested via email on/before December 21, 2018; minus a \$3 processing fee. FYI: If the workshop has to be cancelled due to lack of registrants, full refunds will be sent on/before the day of the workshop.
- **BONUS** self-care time: A Registered Massage Therapist will be on site to offer chair massages for \$1 a minute (up to 15 mins). Sign up on the day of the workshop.

Lethbridge

January 9, 2019
8:30 a.m. for registration
9:00 a.m. - 4:00 p.m.

Lethbridge, Main Library
810 5th Ave South

Red Deer

January 11, 2019
8:30 a.m. for registration
9:00 a.m. - 4:00 p.m.

The Outreach Centre,
4101 54 Ave, Red Deer,
AB T4N 7G3

Edmonton

January 14, 2019
8:30 a.m. for registration
9:00 a.m. - 4:00 p.m.

Location: McClure United
Church, 13708 - 74 Street
NW. Edmonton T5C 3R1

Questions & Contact Details:

Jarvis Larson, Manager of DPS Workshops

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- Email: DPS.workshops@yahoo.com
- Website: www.dawn-mcbride.com