

# Cognition

## April 2018



## Addiction and Mental Health Learning Events

Daily Event Listings  
Online Learning Resources

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### April

Healthy Minds/Healthy Children, Online Continuing Professional Development, *Prescribing practice for ADHD, anxiety and depression in children and youth* and *Trauma informed treatment strategies*.

Call (403) 220-4310 [hmhc@ahs.ca](mailto:hmhc@ahs.ca) Register at [https://survey.albertahealthservices.ca/CPD\\_Reg?bO=1#](https://survey.albertahealthservices.ca/CPD_Reg?bO=1#)

**April 2- 8 National Health Ethics Week** <https://www.bioethics.ca/national-health-ethics-week>

### April 2- May 11

Online Course, *Trauma and addictions* with Ian Robertson and Michelle Graham. (\$275)

<https://wlu.ca/academics/faculties/faculty-of-social-work/professional-development/certificates/addictions-certificate.html>

### April 2- June 10

Psychiatry Online Literature Review Course for all psychiatrists through the University of Calgary.

<https://cumming.ucalgary.ca/cme/event/2018-04-02/psychiatry-online-literature-review-course>

### April 4

Education Series, *Harm reduction- A way of thinking* with Kari Jesswein and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Presented by the AHS Prevention and Health Promotion team.

### April 5- 6

Emotion-Focused Family Therapy Training with Dr Adèle Lafrance and Natash Files. 9 am- 4:30 pm daily in Calgary. (\$450) <http://www.mentalhealthfoundations.ca/calgary-corefft>

### April 5- 6

University of Alberta, Department of Psychology, 32<sup>nd</sup> Annual Royce and Harder Conference. In Edmonton.

<https://www.ualberta.ca/psychology/events/psychology/55ma9p4munm6edl8f475o5g23u>

### April 5- 7

CANAC 26<sup>th</sup> Annual Conference, *Acting up, reducing harm: Clinical practice and advocacy in the context of crisis*. In Vancouver. <http://canac.org/annual-conference/>

### April 5- 7

Alberta Provincial Victim Service Conference in Banff. <http://www.victimserviceconference.com/home.html>

### April 5- May 15

Certificate in *Cognitive Behaviour Therapy (CBT) fundamentals* with Dr Deborah Dobson. In Edmonton.

<https://www.gifttool.com/registrar/ShowEventDetails?ID=2208&EID=24968>

### April 6

PAA Workshop, *When my soul connects with their soul- Decolonizing and Indigenizing psychological practice with Indigenous peoples* by Dr Karlee Fellner. In Edmonton.

[http://www.psychologistsassociation.ab.ca/site/paa\\_workshops\\_forum?type=event&id=59](http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=59)

### April 6

Health Ethics Seminars, *MAID, conscience, and Catholic thought* by Doris Kieser. 12- 1 pm in Edmonton or

by telehealth. <https://ischeduler.albertahealthservices.ca/ischeduler/eceptionist.asp>

<http://www.bioethics.ualberta.ca/en/Health%20Ethics%20Seminars.aspx>

### April 6- 7

Hakomi Edmonton Workshop, *Shame and self-compassion: An introduction to Hakomi Mindfulness-Centred Somatic Psychotherapy* with Magi Cooper. <http://hakomiedmonton.ca/shame-and-self-compassion/>

### April 7- 13

19<sup>th</sup> Annual Conference, *Systems-Centered Training* in San Francisco, USA.

<https://www.systemscentered.com/SCT-Conference-2018/Welcome-to-the-2018-SCT-Conference>

### April 9- 10

DBT Intensive, *Using DBT to treat emotion dysregulation disorders* with Sheri Van Dijk. 9 am- 4 pm in

Edmonton. <http://www.jackhirose.com/workshop/van-dijk-edmonton-2018/>

### April 9 - 29

Online Workshop, *Introduction to sexual and gender diversity* with Tammy Troute-Wood, Heather Cobb and

Marni Panas. [https://docs.wixstatic.com/uqd/b053e1\\_4879605b803a4331853acab7b6a73029.pdf](https://docs.wixstatic.com/uqd/b053e1_4879605b803a4331853acab7b6a73029.pdf)

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### April 10

CTRI Workshop, *Borderline Personality Disorder- Understanding and supporting* with Danielle Forth. 9 am - 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/borderline-personality-disorder-edmonton4-10/#tickets> **April 11** in Calgary with Lana Dunn. <https://ca.ctrinstitute.com/workshops/borderline-personality-disorder-calgary4-11/#tickets>

### April 10

Education Series, *What is non-suicidal self-injury and how do we intervene?* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

### April 10

REACH Workshop, *Understanding the pre-migration context and supporting newcomer families with trauma* with Karin Linschoten 9 am- 12:30 pm <https://reachedmonton.ca/pageEvent/Understanding-the-pre-migration-context-April10-2018>

### April 11

Education Series, *Vaping and shisha: What's trending in tobacco* with Kari Jesswein and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

### April 11

CLPNA Workshop, *New culture nursing: An approach to person-centered care* with Dr David Sheard. 8:30- am- 4 pm in Edmonton and **April 13** in Calgary. (\$50) <https://www.clpna.com/2017/12/workshop-new-culture-nursing-approach-person-centred-care-dr-david-sheard/>

### April 12- 14

Alberta Gambling Research Institute 17<sup>th</sup> Annual Conference on Gambling Research in Banff. <http://www.abgamblinginstitute.ca/events>

### April 13

Neuroscience Nurses Annual Conference Day, *From insult to injury: the many faces of brain trauma*. 8:15 am- 3:30 pm in Calgary. <https://www.eventbrite.ca/e/from-insult-to-injury-the-many-faces-of-brain-trauma-annual-conference-day-tickets-42224239838?aff=es2>

### April 13

CAOT Workshop, *Very brief coaching skills for very busy professionals in healthcare* with Haesun Moon. 8 am- 4 pm in Edmonton. [https://caot.ca/viewEvent.html?no\\_header=true&productId=9706](https://caot.ca/viewEvent.html?no_header=true&productId=9706)

### April 13

Workshop, *Anger modification: Cognitive, behavioural and affective approaches* with Dr Ephrem Fernandez. 9 am- 4:30 pm in Vancouver. <https://www.psychologists.bc.ca/civicrm/event/info?reset=1&id=178>

### April 13- 14

Inclusion Alberta Family Conference, *Family- The heart of the community*. In Edmonton. <http://inclusionalberta.org/2018familyconferencereg>

### April 13- June 13

Online Course, *CAMH opioid dependence treatment core course (Alberta version)* <https://cumming.ucalgary.ca/cme/event/2018-04-13/camh-april-june>

### April 14

CAOT Workshop, *Coping strategies to promote occupational engagement and recovery* with Mary McNamara and Theresa Straathof. 8 am- 4 pm in Leduc. [https://caot.ca/viewEvent.html?no\\_header=true&productId=9763](https://caot.ca/viewEvent.html?no_header=true&productId=9763)

### April 14

5<sup>th</sup> Annual Conference, *Spring into inclusion*. In Edmonton. Presented by Community Options. <https://aecea.ca/community-options-spring-inclusion-conference-registration-now-open>

### April 15- 18

Canadian Agency for Drugs and Technology in Health Symposium. In Halifax, Nova Scotia. <https://www.cadth.ca/events/2018-cadth-symposium>

### April 17

Education Series, *Tobacco: How to support your clients in making a change* with Kari Jesswein and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

### April 17- 18

Grounding Trauma Conference, *Challenging paradigms and innovative solutions*. In Alliston, Ontario. <http://www.cast-canada.ca/conference.html>

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### April 18

CME Workshop, *Cannabis update 2018: A framework for conversations with patients* in Calgary.  
<https://cumming.ucalgary.ca/cme/event/2018-04-18/cannabis-update-2018-framework-conversations-patients>

### April 18

Community Education Series Videoconference, *Understanding the risk and protective factors of child resilience: "Bending and not breaking"* 10:30 am- 12:30 pm. In Calgary and by telehealth.  
<http://community.hmhc.ca/sessions/?p=telehealth>

### April 18

Workshop, *Autism Spectrum Disorder- Effective strategies and interventions for children and adolescents* with Dr Cara Daily. 9 am- 4 pm in Calgary. <http://www.jackhirose.com/workshop/autism-spectrum-calgary-2018/>

### April 18

Education Series, *Concurrent disorders and treatment considerations* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

### April 18

University of Calgary, Neuropsychiatry Rounds, *Confronting language, history, and trauma in the clinical setting* with Roger Frie. 12- 1 pm in Calgary. <https://www.ucalgary.ca/psychiatry/event/2018-04-18/neuropsychiatry-rounds-confronting-language-history-and-trauma-clinical-setting>

### April 18- 21

8<sup>th</sup> International Research Conference on Adolescents and Adults with FASD, *Review, respond, relate- Integrating research, policy and practice around the world*. In Vancouver.  
<http://interprofessional.ubc.ca/initiatives/adults2018/>

### April 18- May 16

Online Training, *Advanced Solution Focused Strategies* (\$195)  
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

### April 19

Education Series, *Building better mental health and emotional wellness* with Crystal Cleland and Jennifer Pollard. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Presented by the AHS Prevention and Health Promotion team.

### April 19- 20

Alberta Family Mediation Society, Spring Conference in Calgary. <https://afms.ca/afms-spring-conference-2018/>

### April 19- 22

Four Day Externship in Emotionally Focused Therapy with Dr David Fairweather and Murray Armstrong. 9 am- 5 pm daily in Edmonton. (\$875) <https://eftedmonton.com/training-events-1>

### April 23

CTRI Workshop, *Anxiety- Practical intervention strategies* with Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/anxiety-edmonton4-23/#tickets> **April 24** in Calgary with Lana Dunn. <https://ca.ctrinstitute.com/workshops/anxiety-calgary4-24/#tickets>

### April 23

Webinar, *Using Emotion Focused Family Therapy in acute crisis settings* with Jenna Fletcher. 10- 11 am.  
<http://www.mentalhealthfoundations.ca/clinical-supervision>

### April 23- 24

Basic Training, *Mental Health First Aid* by Nelson Presley. 8:30 am- 4:40 pm in Edmonton. (\$140)  
[npresley@upcs.org](mailto:npresley@upcs.org) Call 780-440-0708 (X 223)

### April 23- 24

CMHA Training, *Applied Suicide Intervention Skills Training (ASIST)* 8:30 am- 4:30 pm in Edmonton(\$250)  
<https://edmonton.cmha.ca/programs-services/applied-suicide-intervention-training-asist/>

### April 24

Education Series, *Understanding substance use and addiction and intervention strategies* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email [prevention.edmonton@albertahealthservices.ca](mailto:prevention.edmonton@albertahealthservices.ca) for pre-registration form. Presented by the AHS Prevention and Health Promotion team.

### April 24

CTRI Workshop, *Depression- Practical intervention strategies* with Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/depression-edmonton4-24/#tickets> **April 25** in Calgary with Rachel Clare. <https://ca.ctrinstitute.com/workshops/depression-calgary4-25/#tickets>

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## Addiction and Mental Health Learning Events

### April 24

Harm Reduction Workshop, *Build Bridges, Not walls* by the AHS Prevention and Health Promotion team. 9 am- 4 pm in Leduc. Hosted by the Leduc Community Drug Action Committee. (free) Call Heather at 780-7184 or [hgraham@leduc.ca](mailto:hgraham@leduc.ca)

### April 25

University of Calgary Neuropsychiatric Rounds, *Clinically meaningful measures in at risk youth mental health* with Skye Barbic. 12- 1 pm in Calgary and by telehealth. <http://www.ucalgary.ca/psychiatry/event/2018-04-25/neuropsychiatry-rounds-clinically-meaningful-measures-risk-youth-mental-health-skye>

### April 26- 27

Workshop, *Mindfulness and psychotherapy- Wisdom and compassion in clinical practice* with Dr Ronald Siegel. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/edmonton-siegel-2018/>

### April 26- 27

Workshop, *Engaging traumatized clients who avoid attachment, closeness and painful feelings* with Dr Robert Muller. 9 am – 5 pm daily in Calgary. <http://www.talk-therapy.ca/avoidant-clients/>

### April 26- 27

Basic Course, *Mental Health First Aid*. 9 am- 4:30 pm in Edmonton. (\$185)  
<https://edmonton.cmha.ca/programs-services/mental-health-first-aid/>

### April 27

Women's Mental Health Day Conference. In Calgary. <http://cumming.ucalgary.ca/cme/event/2018-04-27/womens-mental-health-day-conference>

### April 27

PAA Workshop, *Geropsychology research and practice: Helping our clients, Helping ourselves* with Dr Candace Konnert. In Edmonton.  
[http://www.psychologistsassociation.ab.ca/site/paa\\_workshops\\_forum?type=event&id=61](http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=61)

### April 28

Institute of Child Psychology Workshop, *Childhood ADHD: From struggling to thriving* in Grand Prairie.  
<https://www.instituteofchildpsychology.com/workshops>

### April 28

Workshop, *The experience of being envied: One of the many hazards of psychoanalysis* by Dr Angela Sheppard. 8:30 am- 12:30 pm in Vancouver. <http://www.wbcps.org/the-dr-elmor-smit-memorial-lecture-saturday-april-28-2018/>

### April 28

Institute of Child Psychology Workshop, *Childhood anxiety: Understanding and helping children heal*. In Fort McMurray <https://www.instituteofchildpsychology.com/workshops>

### April 29

Institute of Child Psychology Workshop, *Relationship-based discipline: Raising resilient children* In Fort McMurray <https://www.instituteofchildpsychology.com/workshops>

### April 29

Institute of Child Psychology Workshop, *Anger in children: Working through tempers and aggression*. In Grand Prairie. <https://www.instituteofchildpsychology.com/workshops>

### April 30

Workshop, *Proven and effective self-regulation skills: Mindset plus skill set equals results* with Kathleen Kryza. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/kryza-edmonton-2018/> **May 1** in Calgary. <http://www.jackhirose.com/workshop/kryza-calgary-2018/>

### April 30

CTRI Workshop, *Anxiety- Practical intervention strategies* with Rachel Clare. 9 am- 4 pm in Grande Prairie.  
<https://ca.ctrinstitute.com/workshops/anxiety-grandeprairie4-30/#tickets>

### April 30- August 24

24<sup>th</sup> Annual McGill Summer Program in Social and Cultural Psychiatry. In Montréal.  
<https://www.mcgill.ca/tcpsych/training/summer#GENERAL>

### May

Healthy Minds/Healthy Children, Online Continuing Professional Development, *The role of spirituality in mental wellness and everyday life* and *Cannabis legalization in Canada: Implications for youth education and prevention*. Call (403) 220-4310 [hmhc@ahs.ca](mailto:hmhc@ahs.ca) [https://survey.albertahealthservices.ca/CPD\\_Reg?bO=1#](https://survey.albertahealthservices.ca/CPD_Reg?bO=1#)



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## Addiction and Mental Health Learning Events

### May 1- June 3

Couple and Family Therapy Certificate, Level 1 (4 courses) in Calgary.  
<https://www.gifttool.com/registrar/ShowEventDetails?ID=2208&EID=24709>

### May 2

SAOT Webinar, *MagnusCards: Assistive technology as a life skills companion for individuals with cognitive special needs* with Megan Robinson. 12- 1 pm. <https://www.saot.ca/event/webinar-magnuscards-assistive-technology-as-a-life-skills-companion-for-individuals-with-cognitive-special-needs/>

### May 2- 6

Foundations Training, 5 Day Certificate Narrative Therapy Intensive. In Vancouver. (\$800)  
<http://therapeuticconversations.com/week-long-narrative-therapy-intensive-certificate-program/>

### May 3

Conference, *TOO MUCH STUFF: Understanding Hoarding Disorder, interventions and strategies*. 8:30 am- 4:30 pm in Calgary. <http://calgaryaddictionandmentalhealth.ca/training.php>

### May 3- 4

Development 2018- A Canadian Conference on Developmental Psychology in St Catharines, Ontario.  
<https://development2018.com/>

### May 4

Conference, *The art of the journey: Psychotherapeutic approaches with the older adult*. Keynote by Dr Ken Schwartz. In the Royal Alexandra Hospital, Edmonton. Contact [Lynda.rodas@ahs.ca](mailto:Lynda.rodas@ahs.ca) for information.

### May 4 - 5

13<sup>th</sup> Biennial Western Canada Conference on Sexual Health, *Diverse approaches for diverse communities* in Edmonton. <https://www.aspsh.ca/>

### May 4 - 5

5<sup>th</sup> Annual Western Canada Addiction Forum in Kelowna, BC. <https://wcaforum.ca/>

### May 4- 5

APTA Workshop, *Synergistic Play Therapy with a focus on aggression in play therapy and a neurological approach to integrating intensity* with Lisa Dion. In Calgary.  
<http://www.albertaplaytherapy.ca/eventRegister.php?id=79>

### May 4 - 6

Canadian Association for Play Therapy, AGM and Workshop, *Responding to trauma using Play Therapy*. In Niagara Falls, Ontario. <https://cacpt.com/2018-annual-general-meeting-agm-and-workshops/>

### May 5 - 6

Annual Meeting of the Association for the Advancement of Philosophy and Psychiatry, *Philosophical perspectives on affect, emotion and mood in psychiatric disorders*. In New York City.  
<https://philosophyandpsychiatry.org/meetings-conferences/>

### May 6 -8

National Conference on Peer Support in Calgary. <http://www.ncps-canada.com/>

### May 7- 9

Certificate Training, *Sandplay with special populations using Play Therapy skills and techniques* in Calgary.  
<http://rmpti.com/calendar/>

### May 7- 13

67<sup>th</sup> Annual CMHA Mental Health Week. <https://edmonton.cmha.ca/events/mental-health-week/>

### May 9

Workshop, *The opiate crisis: Heroin, fentanyl and its analogues- Understanding and treating the emerging epidemic* with Dr Cardwell Nuckols. 9 am- 4 pm in Edmonton. <http://www.jackhirose.com/workshop/opiate-crisis-edmonton-2018/> **May 10** in Calgary <http://www.jackhirose.com/workshop/opiate-crisis-calgary-2018/>

### May 9 - 11

CLPNA Annual General Meeting and Conference, *Shifting reality*, at the Edmonton Marriott River Cree Resort. <http://www.clpnaconference.com/>

### May 10- 11

Workshop, *Introduction to Emotionally Focused Therapy with individuals* with Dr Veronica Kallos-Lilly. 9 am- 4:30 pm in Calgary. <http://www.talk-therapy.ca/eft-individuals-intro/>

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### May 10- 11

Workshop, *Foundations in Dialectical Behaviour Therapy* with Dr Janice Kuo. In Toronto.  
<http://www.ebt3.com/upcoming-workshops/dbt-toronto-2018>

### May 10- 11

Forensic Psychiatry Conference, *Security vs recovery: Finding a safe balance*. In Ottawa.  
<http://www.theroyal.ca/mental-health-centre/education-and-conferences/security-vs-recovery-finding-a-safe-balance/>

### May 10- 13

Annual Conference, Canadian Counselling and Psychotherapy Association, in Winnipeg. <https://www.ccpa-accp.ca/continuing-education/annual-conference/>

### May 11

Webinar, *Working with shame in Emotion Focused Family Therapy: The child, the parent and the self* with Dr Adam Kayfitz. 10– 11 am. <http://www.mentalhealthfoundations.ca/clinical-supervision>

### May 11

Workshop, *Promoting self-recovery from substance misuse and gambling problems with brief motivational interventions* by Dr David Hodgins. 9 am- 4:30 pm in Vancouver.  
<https://www.psychologists.bc.ca/civicism/event/info?reset=1&id=180>

### May 11- 12

Canadian Association of Cognitive and Behavioural Therapies, 8<sup>th</sup> Annual Conference, *Innovations and advances in CBT*. In Vancouver <http://www.cacbt.ca/en/2018-Vancouver-Conference>

### May 13- 16

12<sup>th</sup> Annual Canadian Neuroscience Meeting in Vancouver <http://can-acn.org/meeting-2018>

### May 13- 16

11<sup>th</sup> Organizational Behaviour in Health Care Conference, *Coordinating care across boundaries and borders*, in Montreal. <http://shoc.org.uk/future-conferences/>

### May 14

Workshop, *Working with oppositional, defiant and anger issues in children and adolescents* with Dr Jay Berk. 9 am- 4 pm in Calgary. <http://www.jackhirose.com/workshop/oppositional-children-calgary-2018/>

### May 14- 15

High Risk Youth Conference, *Revitalizing practice*, in Edmonton. <http://www.hryc.ca/>

### May 14- June 22

Online Course, *Concurrent Disorders* with Melissa Pyne. (\$275) <https://wlu.ca/academics/faculties/faculty-of-social-work/professional-development/certificates/addictions-certificate.html>

### May 15

CARNA Online Education Session, *Professional boundaries for Registered Nurses*. 2- 3 pm.  
<http://www.nurses.ab.ca/content/carna/home/practice-and-learning/learning-opportunities/events-calendar/05-15-18.html>

### May 15

Workshop, *Navigating difficult conversations* with Danielle Forth. In Edmonton.

<https://ca.achievecentre.com/workshops/navigating-difficult-conversations-edmonton5-15/#tickets>

**May 16** in Calgary with Shelly Qualtieri. <https://ca.achievecentre.com/workshops/navigating-difficult-conversations-calgary5-16/#tickets>

### May 16- 18

12<sup>th</sup> International Society for the Study of Drug Policy Conference in Vancouver.

<http://www.issdp.org/conferences-and-events/>

### May 17

Legal Education Society of Alberta Workshop, *Legalization of marijuana*. 9 am- 4:30 pm in Edmonton.

<https://www.lesaonline.org/product/legalization-of-marijuana-edmonton/> **May 24** in Calgary.

<https://www.lesaonline.org/product/legalization-marijuana-calgary/>

### May 19- 21

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500)

<https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-051918/>

### May 22- 25

Canadian Pain Society, 39<sup>th</sup> Annual Scientific Meeting in Montréal.

<http://www.canadianpainsociety.ca/page/2018ASM>

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## April 2018



## Addiction and Mental Health Learning Events

### May 23- 25

4<sup>th</sup> Canadian Conference on Positive Psychology in Toronto. <http://www.positivepsychologycanada.com/CPA2018>

### May 23- 25

Annual Conference of the Canadian Bioethics Society, *Just health: Balancing interests, needs and obligations*. In Halifax. <https://www.santepop.qc.ca/en/node/2477>

### May 24- 25

Workshop, *Couples counselling: Theory and practice essentials* with Sig Taylor. 9 am- 4 pm in Calgary. <https://ucalgary.ca/pd/couples2018>

### May 24- 25

3<sup>rd</sup> Biennial Indigenous Health Conference, *Walking together*. In Toronto. <https://www.cpd.utoronto.ca/indigenoushealth/>

### May 24- 25

20<sup>th</sup> International Conference on Equality, Diversity and Inclusion. In Montréal. <https://www.waset.org/conference/2018/05/montreal/ICEDI>

### May 24- 26

44<sup>th</sup> Annual Canadian Association of Music Therapists Conference, *Keeping us anchored: Music therapy, connection and culture*. In St John's, Newfoundland. <https://www.musictherapy.ca/conference/>

### May 24- 25

CMHA Workshop, *Mental Health First Aid* in Edmonton (\$185) <https://edmonton.cmha.ca/programs-services/mental-health-first-aid/>

### May 25

Webinar, *Emotion Focused Family Therapy and end-of-life: Crossing the bridge with family caregivers* with Dr Allen Sabey. 10– 11 am. <http://www.mentalhealthfoundations.ca/clinical-supervision>

### May 25- 26

Canadian Federation of Clinical Hypnosis Spring Conference and Workshop. In Banff. [http://www.clinicalhypnosis.ca/event/cfch-ab-2018-spring-conference-workshops-2/?instance\\_id=51](http://www.clinicalhypnosis.ca/event/cfch-ab-2018-spring-conference-workshops-2/?instance_id=51)

### May 25- 26

31<sup>st</sup> Annual Conference of the Medical Psychotherapy Association of Canada. In Toronto. <https://www.mdpcac.ca/annual-conferences.html>

### May 27- 29

6<sup>th</sup> Annual Addictions and Mental Health Conference in Toronto. <http://www.addictionsandmentalhealthontario.ca/annual-conference.html>

### May 28

Workshop, *Anxiety and Depression* with Sandra Reich. 8:30 am- 4 pm in Calgary. **May 29** in Edmonton. [http://www.nursinglinks.ca/info\\_anxiety.html](http://www.nursinglinks.ca/info_anxiety.html)

### May 28

REACH Workshop, *A self starter kit: An essential tool for helping professionals* with Kathleen Gorman. 12:30- 4 pm in Edmonton. <https://reachedmonton.ca/pageEvent/A-Self-Care-Starter-Kit-May28-2018>

### May 28- 29

Workshop, *Making sense of anxiety and related problems* with Dr Gordon Neufeld. 9 am – 4 pm in Edmonton. <http://www.jackhirore.com/workshop/neufeld-anxiety-edmonton-2018/>

### May 28- 29

Workshop, *Brief focused counselling skills- Strategies from leading frameworks*. 9 am – 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/brief-focused-counselling-skills-edmonton5-28/#tickets> **May 30- 31** in Calgary with Alexis Power. <https://ca.ctrinstitute.com/workshops/brief-focused-counselling-calgary5-30/#tickets>

### May 28- 30

Gottman Level 3 Practicum Workshop, *Gottman couples therapy* in Calgary. <http://bestmarriages.ca/workshops-training/gottman-level-3-training/>

### May 28- 31

Canadian Public Health Association Conference in Montréal. <https://www.cpha.ca/public-health-2018>

### May 29

Workshop, *Sexual harassment - Awareness and prevention* with Shelly Qualtieri in Calgary. <https://ca.achievecentre.com/workshops/sexual-harassment-calgary5-29/#tickets> **May 31** in Edmonton with Danielle Forth <https://ca.achievecentre.com/workshops/sexual-harassment-edmonton5-31/#tickets>

# Cognition

## April 2018



## Addiction and Mental Health Learning Events

### May 30

University of Alberta Psychiatry Research Day. 8 am- 4 pm in Edmonton.

<https://www.ualberta.ca/medicine/events/psychiatry/417df922ms2b9kvl9tmc05quds>

### May 30

Workshop, *Working with stuck kids* with Dr Gordon Neufeld. 9 am- 4 pm in Edmonton.

<http://www.jackhirore.com/workshop/neufeld-kids-edmonton-2018/>

### May 30- 31

Tobacco Control Forum in Montréal <https://www.cpha.ca/tobaccoforum2018>

### May 30- June 1

Provincial Child and Youth Care Conference, *Reconsidering care: Exploring possibilities*. At MacEwan University, Edmonton. <http://www.cycaa.com/career-development/conference-and-workshops/>

### May 30- June 3

43<sup>rd</sup> Annual Congress of the Canadian Psychoanalytic Society, *Symbol formation and transformation in theory and practice*. In Montréal. <http://www.en.psychoanalysis.ca/43rd-annual-congress-of-the-canadian-psychoanalytic-society/>

### June 1

10<sup>th</sup> Annual Addiction Day, *Truth and reconciliation* in Calgary. <http://www.addictionday.ca/>

### June 1

PAA Workshop, *The essentials of working with LGBT clients and/or students* with Dr Kevin Alderson. 9 am- 4:30 pm in Calgary. [http://www.psychologistsassociation.ab.ca/site/paa\\_workshops\\_forum?type=event&id=66](http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=66)

### June 1- 2

CAOT Workshop, *Integrating Cognitive Behavioural Therapy into your occupational therapy practice (level 1)* with Gord Hirano. 8 am- 4 pm daily in Calgary. [https://caot.ca/viewEvent.html?no\\_header=true&productId=9770](https://caot.ca/viewEvent.html?no_header=true&productId=9770)

### June 1- 2

19<sup>th</sup> Canadian Collaborative Mental Health Care Conference, *Collaborating across cultures*. In Toronto. <https://casw-acts.ca/en/19th-canadian-collaborative-mental-health-care-conference>

### June 2- 5

Canadian Pharmacists Conference, *Our value, Our story*. In Fredericton, New Brunswick.

<https://www.pharmacists.ca/canadian-pharmacists-conference/?lang=en>

### June 4- 5

Workshop, *Scared stiff: Fast, effective treatment for Anxiety Disorders* with Dr David Burns. 8:30 am- 4:30 pm in Calgary. <http://www.jackhirore.com/workshop/all-your-fault-calgary-2018/>

### June 4- 5

CMHA Community Mental health Conference, *Now we are stronger*. In Edmonton.

<https://alberta.cmha.ca/events/conference-now-we-are-stronger/>

### June 4- 5

CAOT Workshop, *Integrating Cognitive Behavioural Therapy into your occupational therapy practice (level 2)* with Gord Hirano. 8 am- 4 pm daily in Calgary. [http://www.caot.ca/viewEvent.html?no\\_header=true&productId=9773](http://www.caot.ca/viewEvent.html?no_header=true&productId=9773)

### June 6- 7

Annual Cochrane Canada Symposium 2018 in Calgary. <https://www.eventbrite.ca/e/cochrane-canada-symposium-2018-registration-41758605112?aff=es2>

### June 8- 10

*Working with couples: A professional development workshop for Hakomi grads* with Beth Falch-Nielsen.

In Calgary. [http://hakomiedmonton.ca/working\\_with\\_couples/](http://hakomiedmonton.ca/working_with_couples/)

### June 12- 14

3<sup>rd</sup> International Neurosequential Model Symposium, *Reflecting on a decade of progress- Envisioning a better future for children*. In Banff. <http://childtrauma.org/3rd-intl-nm-symposium-2018/>

### June 12- 14

18<sup>th</sup> Annual Conference, International Association of Forensic Mental Health Services, *Service development is the laboratory of forensic mental health: Integrating science and treatment into outcome*. In Antwerp, Belgium. <http://www.iafmhs.org/2018conference>



# Cognition

## April 2018



## Addiction and Mental Health Learning Events

### June 13

Addiction and Mental Health, Edmonton Zone, Annual Pie and CQI event. 11:30- 3:30 in the Bernard Snell Hall, University of Alberta Hospital. Hosted this year by the Children, Youth and Families program.

[Priscilla.asamoah@ahs.ca](mailto:Priscilla.asamoah@ahs.ca)

### June 13- 15

Canadian Therapeutic Recreation Association Conference, *Navigating the tide, Revitalizing our practice*. In Halifax. <https://canadian-tr.org/professional-development/ctra-conference-june-13-15th-2018/>

### June 14

Seminar, *The changing face of health care Social Work* with Dr Sophia Dziegielewski. 9 am- 4 pm in Calgary. <https://ucalgary.ca/pd/healthcarepharmaseminars>

### June 14- 15

40<sup>th</sup> Annual Guelph Sexuality Conference, *Innovations in sexual health and wellbeing*. In Guelph, Ontario. <http://www.guelphsexualityconference.ca/>

### June 15

Seminar, *Psychopharmacology for the non-medically trained professional* with Dr Sophia Dziegielewski. 9 am- 4 pm in Calgary. <https://ucalgary.ca/pd/healthcarepharmaseminars>

### June 18- 19

CTRI Workshop, *Walking through grief- Helping others deal with loss* by Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/walking-through-grief-edmonton7-18/#tickets> **June 20- 21** in Calgary with Lana Dunn <https://ca.ctrinstitute.com/workshops/walking-through-grief-calgary6-20/#tickets>

### June 18- 20

Canadian Nurses Association Biennial Convention, *From insight to impact: It starts with nursing*. In Ottawa. <https://www.cna-aiic.ca/en/events/2018-cna-biennial-convention>

### June 19

Webinar, *Adapting Emotion Focused Family Therapy for foster and adoptive families* with Lois Ells. 10- 11 am. <http://www.mentalhealthfoundations.ca/clinical-supervision>

### June 19

CARNA Online Education Session, *Professional communication*. 2- 3 pm. <http://www.nurses.ab.ca/content/carna/home/practice-and-learning/learning-opportunities/events-calendar/06-19-18.html>

### June 20- 22

Training, *The DBT skills* with Dr Alexander Chapman and Dr John Wagner. 9 am- 4:30 pm daily in Vancouver. <http://dbtvancouver.com/our-events/dbt-skills-three-day-training-van/>

### June 20- 22

International Conference, *Promoting healthy brain aging and preventing dementia: Research and translation*. In Banff. <http://can-healthybrains.com/>

### June 20- 23

CAOT National Conference in Vancouver. <https://caot.in1touch.org/site/pd/conferences?nav=sidebar>

### June 21

Workshop, *Challenging cases in opioid use and misuse*. 8:30 am- 4 pm in Edmonton. <https://facmed.registration.med.utoronto.ca/search/publicCourseSearchDetails.do?method=load&courseId=850141>  
Presented by the University of Toronto, Faculty of Medicine.

### June 21- 22

Conference, *Harm and harm reduction in the criminal justice system*. In Halifax, Nova Scotia. <https://www.ccja-acjp.ca/pub/en/event/harm-and-harm-reduction-in-the-criminal-justice-system-conference/>

### June 22

Workshop, *Treating trauma in adolescents and emerging adults: Development, attachment and the therapeutic relationship* with Dr Martha Straus. 9 am- 5 pm in Calgary. <http://www.talk-therapy.ca/treating-trauma/>

### June 22- 23

21<sup>st</sup> Annual Meeting of the Society for Interpersonal Theory and Research in Montréal. <https://sitar2018.wordpress.com/>

### June 23- 26

76<sup>th</sup> Annual International Council of Psychologists Conference, *Human rights, dignity and justice* in Montréal. <http://www.icpinc2018.org/>

# Cognition

## April 2018



## Addiction and Mental Health Learning Events

### June 25- 30

International LGBTQ Psychology Conference, *Preaching to the choir: Moving LGBTQ psychology forward together*. In Montréal. <https://cpasogii.com/call-for-papers/>

### June 26- 28

23<sup>rd</sup> Annual CyberPsychology, CyberTherapy and Social Networking Conference. In Gatineau, Québec. <http://interactivemediainstitute.com/cypsy23/>

### June 26- 30

29<sup>th</sup> International Congress of Applied Psychology, *Psychology connecting science to solutions* in Montréal. <http://www.icap2018.com/>

### June 28- 30

42<sup>nd</sup> Annual Meeting, Canadian College of Neuropsychopharmacology in Vancouver <https://ccnp.ca/>

### June 30- July 2

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500) <https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-063018/>

### July 1- 5

24<sup>th</sup> Congress of the International Association for Cross-Cultural Psychiatry, *Multiculturalism in a global perspective: Benefits and challenges*. In Guelph, Ontario. <http://iaccpconference.com/>

### July 3- 6

Intensive, *Cognitive Behavioural Therapy and T.E.A.M. techniques* by Dr David Burns in Whistler, BC. <http://www.jackhirose.com/workshop/burns-4day-whistler-2018/>

### July 4- 8

28<sup>th</sup> Annual Meeting of the Canadian Society for Brain, Behaviour and Cognitive Science. In St. John's, Newfoundland. <https://www.csbbcs.org/ocs/index.php/2018/csbbcs2018>

### July 8- 12

59<sup>th</sup> Annual Institute on Addiction Studies in London, Ontario. <http://addictionstudies.ca/>

### July 11- July 13

Mindfulness Retreat for Counsellors, Therapists and Caregivers with Vicki Enns. 9 am- 4 pm daily in Banff. <https://ca.ctrinstitute.com/workshops/mindfulness-retreat-july2018/#tickets>

### June 13- 14

3<sup>rd</sup> Annual Workplace Mental Health Accommodation Conference in Calgary or by webcast. <https://www.canadianinstitute.com/3rd-workplace-mental-health-accommodation/>

### July 16- 17

Workshop, *Somatic interventions for treating complex trauma* with Dr Janina Fisher. 9 am- 4 pm in Banff. <http://www.jackhirose.com/workshop/fisher-banff-2018/>

### July 16- 18

CTRI Workshop, *Attachment and Families- Strategies for engaging and helping* with Danielle Forth. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/attachment-and-families-edmonton7-16/#tickets>

### July 16- 18

Workshop, *Medical CBT for Depression* with Dr Greg Dubord in Banff <http://cbt.ca/locations/cbt-banff/>

### July 16- 24

Workshop, *Foundations of Play Therapy* in Calgary. <http://rmpti.com/calendar/>

### July 18

Workshop, *Healing the fragmented selves of trauma survivors* by Dr Janina Fisher. In Banff. <http://www.jackhirose.com/workshop/fisher-banff-healing-2018/>

### July 18- 19

CTRI Workshop, *Motivating change- Strategies for approaching resistance* with Marwa Fadol. 9 am- 4 pm in Calgary. <https://ca.ctrinstitute.com/workshops/motivating-change-calgary7-18/#tickets>

### July 23- 25

3 Day Intensive, *The science of emotion* with Dr Gordon Neufeld. 9 am- 4 pm in Banff. <http://www.jackhirose.com/workshop/neufeld-emotion-banff-2018/>

### July 24- 25

Workshop, *Mediation- Facing difficult conversations* with Alan Edwards. 9 am- 4 pm in Edmonton. <https://ca.ctrinstitute.com/workshops/mediation-edmonton7-24/>

# Cognition

## April 2018



## Addiction and Mental Health Learning Events

### July 24- 29

16<sup>th</sup> Annual World Conference, Association for Contextual Behavioral Science in Montréal.  
<https://contextualscience.org/WC16>

### July 28- 30

Research Society on Marijuana, 2<sup>nd</sup> Annual Conference, in Colorado, USA. <https://researchmj.org/>

### August 1- 4

20<sup>th</sup> International Association for Group Psychotherapy Congress, *Rising tides of challenge and hope: Healing identity in society, groups and individuals*. In Malmö, Sweden. <http://www.iagpcongress.org/>

### August 2- 5

10<sup>th</sup> Biennial Personal Meaning Conference, *Courage, faith and meaning: Existential Positive Psychology's response to adversity*. In Vancouver. <http://meaning.ca/conference/>

### August 4- 6

Training, *Basic Accelerated Resolution Therapy*. In Calgary. (\$1500)  
<https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-080418/>

### August 8- 10

International Federation on Ageing, 14<sup>th</sup> Global Conference, *Towards a decade of healthy ageing- From evidence to action* in Toronto. <https://www.ifa2018.com/>

### August 13- 21

Workshop, *Advanced theories and techniques in Play Therapy*. In Calgary. <http://rmpti.com/calendar/>

### August 14- 19

14<sup>th</sup> Biennial Conference, Association for the Advancement of Gestalt Therapy, *Radical respect: Contemporary Gestalt Therapy in troubled times*. In Toronto. <http://www.aagttoronto2018.com/>

### August 22- 25

21<sup>st</sup> World Congress of Medical and Clinical Hypnosis in Montréal. <http://www.hypnosis2018.com/en/>

### August 31 **International Overdose Awareness Day** *Time to remember, Time to act*

<https://www.overdoseday.com/>

### September 5- October 3

Online Training, *Introduction to Solution Focused Strategies* (\$195)  
<https://solutiontalk.ca/ssl/registration.php?product=elearning>

### September 6- 7

Recovery Capital Conference of Canada, *Stronger connections= Stronger communities* in New Westminster, BC. <http://recoverycapitalconference.com/>

### September 16- 18

Canadian Academy of Child and Adolescent Psychiatry, 38<sup>th</sup> Annual Meeting, *Challenges in child and adolescent psychiatry: Caring for populations with complex needs*. In Halifax, Nova Scotia.  
<https://uottawacpd.eventsair.com/QuickEventWebsitePortal/cacap2018/abstracts>

### September 17- 18

Working Stronger Workplace Mental Health Conference. 8 am- 4 pm in Edmonton. Hosted by CMHA  
<https://alberta.cmha.ca/events/working-stronger-workplace-mental-health-conference/>

### September 22

Alberta Sexual Assault Course and Conference with Dr Marci Bowers.  
<http://cumming.ucalgary.ca/cme/event/2018-09-22/alberta-sexual-assault-course-and-conference>

### September 23- 28

Training, *Mindfulness-Based Cognitive Therapy (MBCT)* with Dr Mark Lau. In Cortes Island, BC.  
[http://www.vancouvercvt.ca/cvt\\_training.html](http://www.vancouvercvt.ca/cvt_training.html)

### September 27- 29

Canadian Psychiatric Association Annual Conference in Toronto. <https://www.cpa-apc.org/annual-conference/>

### September 27- November 6

Certificate in Cognitive Behavioural Therapy (CBT) Fundamentals with Dr Deborah Dobson. In Calgary.  
<https://www.ucalgary.ca/pd/CBT2018Cgy>

# Cognition

## April 2018



## Addiction and Mental Health Learning Events

### September 29

Workshop, *Dreaming for two: the status of dreams and dreaming in psychoanalytic couple therapy* with Dr Klaus Wiedermann. 8:30 am- 12:30 pm in Vancouver. <http://www.wbcps.org/dreaming-for-two-the-status-of-dreams-and-dreaming-in-psychoanalytic-couple-therapy-saturday-september-29-2018/>

**October 1- 7 Mental Illness Awareness Week (MIAW)** <http://www.camimh.ca/mental-illness-awareness-week/about-miaw/>

### October 3- 5

National Harm Reduction and Drug Policy Conference in Edmonton. More information when available.

### October 3- 6

International Nurses Society on Addictions, 42<sup>nd</sup> Annual Educational Conference, *Substance use and recovery oriented care: 21<sup>st</sup> century challenges and opportunities*. In Denver, Colorado, USA. <http://www.intnsa.org/conference>

### October 10

REACH Workshop, *Effective intercultural practice* with Kaitlin Lauridsen. 9 am- 4 pm in Edmonton. <https://reachedmonton.ca/pageEvent/Effective-Intercultural-Practice-Oct10-2018>

### October 10

REACH Workshop, *Understanding the pre-migration context and supporting newcomer families with trauma* with Karin Linschoten 9 am- 12:30 pm in Edmonton <https://www.reachedmonton.ca/public/Understanding-Pre-migration-Context-Supporting-Newcomer-Families>

### October 10- November 7

Online Training, *Advanced Solution Focused Strategies* (\$195) <https://solutiontalk.ca/ssl/registration.php?product=elearning>

### October 12- 13

Canadian Academy of Geriatric Psychiatry, Annual Scientific Meeting, *Integrated mental health and medical care for older adults: Bringing science and practice together*. In Halifax. <http://www.cagp.ca/Annual-Scientific-Meeting-2018/>

### October 12- 14

Canadian Association of Art Therapy Annual Conference in Montréal. <http://www.canadianarttherapy.org/>

### October 17- 19

CIAJ Annual Conference, *Justice and mental health*. In Ottawa. <https://ciaj-icaj.ca/en/training-programs/2018-annual-conference/>

### October 17- 20

Association for the Treatment of Sexual Abusers, 37<sup>th</sup> Annual Research and Treatment Conference, *Better together*, in Vancouver. <http://www.atsa.com/atsa-conference>

### October 18- 20

Canadian Association on Gerontology, 47<sup>th</sup> Annual Scientific and Educational Meeting, *Making it matter: Mobilizing aging research, practice and policy*. In Vancouver. <http://cag2018.ca/>

### October 21- 24

4<sup>th</sup> International Conference on Law Enforcement and Public Health in Toronto. <https://leph2018toronto.com/>

### October 22

REACH Workshop, *A self starter kit: An essential tool for helping professionals* with Kathleen Gorman. 12:30- 4 pm in Edmonton. <https://reachedmonton.ca/pageEvent/A-Self-Care-Starter-Kit-Oct22-2018>

### October 22- 24

3<sup>rd</sup> Annual CMHA Mental Health for All Conference, *Ahead by a century: The shape of things to come*. In Montréal <http://conference.cmha.ca/>

### October 24- 26

CGPA Conference, *Group therapy: It's about time*. In Winnipeg. <http://cgpa.ca/conference/>

### October 24- 26

7<sup>th</sup> Conference on Recent Advances in the Prevention and Treatment of Childhood and Adolescent Obesity, *Beyond the clinic*. 9 am- 5 pm in Calgary. <http://interprofessional.ubc.ca/initiatives/obesity2018/>

### October 24- 26

6<sup>th</sup> International Conference on Violence in the Health Sector, *Advancing the delivery of positive practice*. In Toronto. [http://oudconsultancy.nl/toronto\\_6\\_ICWV/index.html](http://oudconsultancy.nl/toronto_6_ICWV/index.html)



# Cognition

April 2018



## Addiction and Mental Health Learning Events

### October 25- 26

Alberta Therapeutic Recreation Association, 32<sup>nd</sup> Annual Symposium, *On the right track*. In Edmonton. <http://www.alberta-tr.org/annual-symposium.aspx>

### October 26- 28

Canadian Counselling Psychology Conference, *Advocating for ourselves, advocating for our communities: Canadian counselling psychology into the next decade and beyond*. In Calgary. <http://www.werklund.ucalgary.ca/ccpc>

### October 29- 30

Workshop, *Advanced Emotionally Focused Therapy with individuals* with Dr Veronica Kallos-Lilly. 9 am- 4:30 pm in Calgary. <http://www.talk-therapy.ca/eft-individuals-adv/>

### November 2- 3

Canadian Sleep Society, Annual Education Meeting in Québec City. <https://www.eiseverywhere.com/ehome/cssquebec2018/>

### November 7- 9

Health and Wellbeing in Children, Youth and Adults with Developmental Disabilities, *Creating Partnerships*. In Vancouver. <http://interprofessional.ubc.ca/initiatives/hw2018/>

### November 8- 11

The Society for the Scientific Study of Sexuality Annual Meeting in Montréal. <http://www.sexscience.org/events>

### November 12- 13

Gottman Level 1 Training, *Gottman couples therapy* in Calgary. <http://bestmarriages.ca/events/gottman-level-1-calgary-ab-2/>

### November 12- 15

Workshop, *Emotionally Focused Therapy (EFT) externship* with Dr Veronica Kallos-Lilly. 9 am- 5pm daily in Calgary <http://www.talk-therapy.ca/eft-externship/>

### November 12- 18 National Addiction Awareness Week *Words matter.*

<http://www.ccdus.ca/Eng/newsevents/national-addictions-awareness-week/Pages/default.aspx>

### November 14- 16

Gottman Level 2 Training, *Gottman couples therapy* in Calgary. <http://bestmarriages.ca/events/gottman-level-2-calgary-ab-2/>

### November 24

Workshop, *Dreams of zombies and the schizoid world* with Dr Elizabeth Wallace. 9:30 am- 12:30 pm in Vancouver. <http://www.wbcps.org/dreams-of-zombies-and-the-schizoid-world-saturday-november-24-2018/>

### Alberta Health Services Staff Wellness Resources

AHS provides staff with free, one hour, wellness seminars on the following topics. They must be booked one month in advance by a manager or supervisor and are intended for 5- 30 participants. The same seminars are also available by Lync/Skype. More information is at <http://insite.albertahealthservices.ca/2967.asp>

- Boosting your Positive Outlook • Building Bridges – Collaboration at Work • Bullying in the Workplace • Caring for the Aging • Care for the Caregiver • The Art of Managing Conflict (Basic) • Conflict Resolution in the Workplace (Advanced)
- Creating a Great Family Life • Creating Balance in your Life • Dealing with Difficult Personalities • Effective Communication at Work • Enhancing Couple Relationships • Getting A Restful Sleep • Healthy Active Living • Healthy Tips for Commuting and Business Travel • Lighten up Your Day • Living Well with Shift Work • Living Well with Stress • Making Time Work for you • Parenting - The Early Years (0-6) • Parenting – The Tween Years (7-12) • Parenting - The Teen Years • Seasonal Stress • Setting and Achieving your Goals • Smoking Cessation/Time to Quit • Stress Relaxation Techniques • Successful Transition to Retirement • The Sandwich Generation • Understanding Depressive Illness • Understanding Suicide • Understanding Loss and Moving Beyond • Welcoming Change into your Life • Working Mobile




Following a traumatic event, AHS managers and supervisors can also request:

- Onsite individual and group intervention
- In-person Workshops, *Expect the unexpected* and *Thriving under pressure*
- 1:1 counselling by phone, online or in-person.

More information is at <http://insite.albertahealthservices.ca/2984.asp>



## Online Learning Resources

- ☀ **Knowledge Resource Service** The online library for Alberta Health Services staff. Access to journals, data bases, books, drug information, patient teaching information, and other professional resources. Includes an online, searchable, DSM-5 with related texts. <http://krs.libguides.com/mentalhealth>
- ☀ The **Cochrane Collaboration** provides a systematic review of healthcare treatment practices and promotes the search for evidence in the form of clinical trials and other treatment studies. <http://summaries.cochrane.org/>
- ☀ **Alberta Family Wellness Initiative** Provides resources for the application of science to addiction and mental health treatment issues. Includes a series of education modules with certification <http://www.albertafamilywellness.org/resources/search>
- ☀ **Addiction E-Learning** Primer on the biopsychosocial approach to addiction. Includes virtual clients, textbook and podcast series. <https://chec-cesc.afmc.ca/en/afmc-addiction-e-learning-undergraduate-medical-education-ume>
- ☀ **Canadian Centre on Substance Abuse (CCSA)** Online publications intended to contribute to CCSA's national mandate to promote and increase awareness of matters relating to alcohol and drug abuse. <http://www.ccsa.ca/>
- ☀ **Substance Abuse and Mental Health Services Administration (SAMHSA)** Includes the Treatment Improvement Protocol (TIP) Series of best-practice guidelines for the treatment of substance abuse and numerous other resources. <http://www.samhsa.gov/kap>
- ☀ **McMaster University** provides a set of reliable and current reviews evaluating the effectiveness of healthcare practices and health promotion. <http://www.healthevidence.org/>
- ☀ **Alberta Addiction and Mental Health Research Partnership Program** Knowledge Notes are concise summaries of current research in a specific area. <http://www.albertahealthservices.ca/research/Page11217.aspx>
- ☀ Published clinical guidelines from the **National Institute for Health and Clinical Excellence (NICE)** <http://www.nice.org.uk/guidance/index.jsp?action=byType&type=2&status=3>
- ☀ A comprehensive collection of psychiatric rating scales and diagnostic aids from the **University of Adelaide** <http://libguides.adelaide.edu.au/content.php?pid=457647&sid=5139266>
- ☀ **Bridging the Gap** is an e-newsletter from the Alberta Addiction and Mental Health Research Partnership Program. It provides a brief summary of some of the latest addiction and mental health research and highlights their implications for practice. Archived issues of Bridging the Gap can be found here: <http://www.albertahealthservices.ca/research/Page11235.aspx>
- ☀ The **Canadian Agency for Drugs and Technologies in Health (CADTH)** provides decision-makers with the evidence, analysis, advice, and recommendations they require to make informed decisions in health care. <https://www.cadth.ca/evidence-bundles/evidence-on-mental-health>
- ☀ **Anxiety BC** Video library and other emotional regulation education resources including a phone app <https://www.anxietybc.com/resources/video>
- ☀ **Addiction and Mental Health  Channel (AHS)** Clinical videos from provincial, national, and international experts. <http://www.albertahealthservices.ca/info/page14397.aspx> See also: Mental Health Act presentation at <https://youtu.be/1RVxiKIXqVo> and CTO <https://youtu.be/R-sjqWo07Wo>
- ☀ **Indigenous Health Program** Information about Indigenous history, social determinants of health, and on strategies for culturally competent care. <http://www.albertahealthservices.ca/info/page7634.aspx>  
See also the  playlist <https://www.youtube.com/playlist?list=PLi1tOF1I5ZoUvse4nEljWZCVGIzk8U8S->
- ☀ **University of Alberta Grand Rounds** The Department of Psychiatry Archive includes recordings of both the weekly Adult and Child & Adolescent Grand Rounds. <https://sites.google.com/a/ualberta.ca/psychiatry-grand-rounds-archive/home>
- ☀ **At Home with Eating Disorders Conference Series ** Recorded expert speaker presentations <https://www.youtube.com/playlist?list=PLwAiWzISiIS1fBg3e6ljzeGDI7XAIC1LH>
- ☀ **iScheduler** Online access to all Alberta Health Services Telehealth services. You can view a calendar of all education events, register to participate, request for your meeting/event to be broadcast or request equipment. <https://ischeduler.albertahealthservices.ca/ischeduler/eceptionist.asp>

# Cognition

April 2018



## Addiction and Mental Health Learning Events

- ☀ **Healthy Minds/Healthy Children** The Alberta Health Services Healthy Minds/Healthy Children Online Continuing Professional Development (CPD) program provides accredited, online opportunities in children's mental health. <http://www.albertahealthservices.ca/4718.asp> Register to view archived presentations at <https://www.albertahealthservices.ca/info/Page13351.aspx>
- ☀ **Policy Wise for Children and Families** Their video library provides presentations on research knowledge and evidence on policy issues related to improving the well-being and health of children. <https://policywise.com/browse-resources/video-library/>
- ☀ **Addiction Counselling Webinars** The National Association for Addiction Professionals (USA) has free and on-demand webinars on a wide range of topics <http://www.naadac.org/webinars>
- ☀ **TED: How the Mind Works** The world's most fascinating thinkers and doers are challenged to give the talk of their lives in 18 minutes. <http://www.ted.com/index.php/themes/view/id/4>
- ☀ **University of California Television** provides documentaries, faculty lectures and research symposiums <http://www.uctv.tv/search-moreresults.aspx?catSubID=20&subject=health>
- ☀ **Community Education Service** Free online webinars from presentations at the Alberta Children's Hospital. Sessions are available as Windows Media Video (WMV) recordings or live via Telehealth. <http://fcrc.albertahealthservices.ca/ces/>
- ☀ **Alberta Quits** Learning materials and videos about tobacco cessation. <https://www.albertaquits.ca/learning/training-videos>
- ☀ **Chronic Disease Management Education for Health Care Providers** Open enrollment learning modules on a range of topics, including the Provincial Concurrent Capable Learning Series (PCCLS Foundations) <http://cdm.absorbtraining.ca/#/login>
- ☀ **Mental Health Commission of Canada (MHCC) Webinars** Free monthly webinar series about many different areas of mental health. Archived sessions are available to watch. <http://www.mentalhealthcommission.ca/English/webinars>
- ☀ **Trauma Informed Care e-Learning Modules** Six foundational modules and other resources. <http://www.albertahealthservices.ca/info/page15526.aspx>
- ☀ **Suicide Prevention, Risk Assessment & Management (SPRAM)** Interactive e-Learning series of seven modules to support health practitioners' competency in suicide prevention, risk assessment and management of individuals at-risk for suicide. <http://www.albertahealthservices.ca/info/Page14579.aspx>
- ☀ **Children's Mental Health Learning Series** provides caregivers, families and professionals with helpful information to increase knowledge and help support children and youth with mental health concerns. <http://www.humanservices.alberta.ca/family-community/cmh-learning-series.html>
- ☀ **Geriatric Grand Rounds** with an evidence-based medicine and inter-professional focus <https://sites.google.com/a/uAlberta.ca/ggr/>
- ☀ **University of Calgary** The Department of Psychiatry calendar of medical rounds, workshops and conferences is at <http://www.ucalgary.ca/psychiatry/calendar/month/2017-11> The Faculty of Social Work Professional Development Program workshops are listed at: <http://www.ucalgary.ca/pd/>
- ☀ **Indigenous Cultural Safety Collaborative Learning Series** Webinars to strengthen cultural safety in health and social services <http://www.icscollaborative.com/webinars>
- ☀ **TRIP (Turning Research Into Practice)** Clinical search engine designed to allow users to easily find research articles to support practice. <https://www.tripdatabase.com/>
- ☀ **RNAO Mental Health and Addiction Initiative** Nursing best practice guidelines, education modules and many other resources. <http://rnao.ca/bpg/initiatives/mhai/purpose>
- ☀ The **Online Addiction Medicine Diploma** is a free and open to anyone wishing to learn more about alcohol, tobacco and opioid substance use disorders. There are 17 modules that can be done whenever you choose. <http://www.bccsu.ca/about-the-online-addiction-medicine-diploma/>
- ☀ **Mental Health First Aid** The basic course focuses on substance related, mood related, anxiety and trauma related, and psychotic disorders. There are also courses specifically for adults working with youth, First Nations, Inuit, Northern Peoples, Seniors and Veterans. Provided by the Mental Health Commission of Canada. <http://www.mentalhealthfirstaid.ca/en/course-info/courses>



- ☀ **International Nurses Society on Addictions** A new forum for Canadian nurses interested in addiction prevention and treatment. <http://intnsacanada.com/>

Information, Evaluation & Professional Practice, Addiction and Mental Health, Edmonton Zone

Contact [Daniel.scott@ahs.ca](mailto:Daniel.scott@ahs.ca) to be added to the emailing list or to send event listings.

# Cognition

April 2018



Addiction and Mental Health  
**Learning Events**

**STIGMA IS ONE OF THE BIGGEST BARRIERS TO TREATMENT AND RECOVERY FOR SUBSTANCE USE DISORDERS TODAY. OFTEN THE LANGUAGE WE USE CONTRIBUTES TO STIGMA.**

THERE ARE A LOT OF STIGMATIZING WORDS THAT ARE COMMON IN OUR DAY-TO-DAY LANGUAGE.

## WHAT YOU SAY

ABUSER  
DRUG HABIT  
ADDICT  
DRUG USER

VS

## WHAT PEOPLE HEAR

IT'S MY FAULT  
IT'S MY CHOICE  
THERE'S NO HOPE  
I'M A CRIMINAL

BY CHOOSING ALTERNATE LANGUAGE, YOU CAN HELP BREAK DOWN THE NEGATIVE STEREOTYPE ASSOCIATED WITH SUBSTANCE USE DISORDER.

## INSTEAD OF

ABUSER, ADDICT  
DRUG HABIT  
FORMER/REFORMED ADDICT

## TRY

PERSON WITH A SUBSTANCE USE DISORDER  
REGULAR SUBSTANCE USE, SUBSTANCE USE DISORDER  
PERSON IN RECOVERY/LONG-TERM RECOVERY

THINK BEFORE YOU SPEAK. HELP REMOVE **THE STIGMA.**

JOIN THE **CONVERSATION**

#WORDSMATTER



Canadian Centre  
on Substance Use  
and Addiction

Evidence, Engagement, Impact.

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