



Daily Event Listings
Online Learning Resources

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June 1

10th 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

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

June 1- 2

19th 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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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.jackhirose.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

June 5

University of Calgary Grand Rounds, *Antipsychotic polypharmacy: What are we treating?* By Dr Christoph Correll. 12- 1 pm in Calgary and by telehealth. <https://www.ucalgary.ca/psychiatry/event/2018-06-05/grand-rounds-antipsychotic-polypharmacy-what-are-we-treating-christoph-u-correll-md>

June 6

Community Education Webinar, Teen Series, *Introduction to sexual orientation and gender identity*. 6:30- 8:30 pm. <http://community.hmhc.ca/sessions/?p=all>

June 6- 7

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

June 7- 10

Workshop, *Prolonged exposure therapy* with Dr Elna Yadin. In Edmonton. <https://www.wcb.ab.ca/millard-treatment-centre/workshops/prolonged-exposure-workshop.html>

June 7- 10

North American Society for Adlerian Psychology Conference, *Community, connections and social interest in challenging times* in Toronto. <https://nasap.memberclicks.net/annual-conference>

June 8

15th Annual Flor-Henry Lectures, *Let there be light: How optogenetics is revolutionizing discoveries in psychiatry* with Professor Karl Deisseroth (Stanford University). 8:30 am- 1 pm in Edmonton. <https://flor-henry.ca/>

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/



June 12

Education Series, *What's trending in tobacco- Shisha: What the hookah?* with Kari Jesswein and Jennifer Pollard. 9 am- 12 noon in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 12- 14

3rd 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

18th 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>

June 13

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 13

8th Annual Addiction and Mental Health, Edmonton Zone, Annual Pie and CQI event. 11:30- 3:30 in the Bernard Snell Hall, University of Alberta Hospital. Register at <https://www.surveymonkey.com/r/2018PieCQI> Hosted this year by the Children, Youth and Families program. catherine.mercier@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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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

40th 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 15- 16

Workshop, *Somatic, relational, mindfulness-based: An intro to Hakomi Mindfulness-Based Somatic Psychotherapy. A trauma-informed method* with Jaci Hull. Evening of Friday and Saturday in Calgary <https://hakomicalgary.com/workshops> Call 403-770-1582

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-aicc.ca/en/events/2018-cna-biennial-convention>

June 19

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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 19

University of Calgary Grand Rounds, *Pharmacogenetics in psychiatry: Does evidence support implementation?* By Dr Chad Bousman. 12- 1 pm in Calgary and by telehealth.

<https://www.ucalgary.ca/psychiatry/event/2018-06-19/grand-rounds-pharmacogenetics-psychiatry-does-evidence-support-implementation-chad>

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

Education Series, *Building better mental and emotional wellness* with Crystal Cleland and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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

21st Annual Meeting of the Society for Interpersonal Theory and Research in Montréal.

<https://sitar2018.wordpress.com/>

June 23- 26

76th Annual International Council of Psychologists Conference, *Human rights, dignity and justice* in Montréal.

<http://www.icpinc2018.org/>

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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 26- 28

23rd Annual CyberPsychology, CyberTherapy and Social Networking Conference. In Gatineau, Québec.

<http://interactivemediainstitute.com/cypsy23/>

June 26- 30

29th International Congress of Applied Psychology, *Psychology connecting science to solutions* in Montréal.

<http://www.icap2018.com/>

June 28

ECDSS Workshop, *Understanding loss and supporting individuals through grief.* In Edmonton.

<http://ecdss.ca/event/understanding-loss-and-supporting-individuals-through-grief-2/>

June 28

Education Series, *Motivational Interviewing: The basics* with Crystal Cleland. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 28- 30

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



June 29

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

June 30- July 2

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

June 30- July 5

International Cannabinoid Research Society, 28th Annual Symposium on the Cannabinoids. In The Netherlands. <https://app.certain.com/profile/form/index.cfm?PKformID=0x2723005abcd>

July 1- 5

24th 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

28th 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

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

July 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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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>

July 12

Education Series, *Motivational Interviewing: The basics* with Crystal Cleland. 9 am- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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

Education Series, *Suicide prevention is everybody's business* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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/>

July 24- 29

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

July 26- 27

Drug and Alcohol Nurses of Australasia, Annual Conference, *It starts with us*. In Melbourne, Australia. <https://www.danaonline.org/dana-2018-conference/>

July 28- 30

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

July 31

Education Series, *What's trending in tobacco- Vaping: Is it the silver bullet?* with Kari Jesswein and Jennifer Pollard. 1- 4 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 1

Education Series, *Suicide prevention is everybody's business* with Laurie Young. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 1- 4

20th 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

10th 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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 8- 10

International Federation on Ageing, 14th 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

14th 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

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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

August 22- 25

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

August 23

Education Series, *Building better mental and emotional wellness* with Crystal Cleland and Jennifer Pollard. 9 am- 4:30 pm in Edmonton. Call 780-644-3642 or email prevention.edmonton@albertahealthservices.ca for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

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 10 World Suicide Prevention Day *Take a minute, change a life*

<https://suicideprevention.ca/wspd/>

September 16- 18

Canadian Academy of Child and Adolescent Psychiatry, 38th 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 19- 21

University of Alberta, 41st Annual Distinguished Scholar Lecture Series with Dr Morten Christiansen (Cornell University) 3- 4 pm daily in Edmonton. <https://www.ualberta.ca/psychology>

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/cbt_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>

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

October 4- 6

Early Onset Dementia Alberta Foundation, 5th Building Dementia Awareness Conference in Edmonton.
<http://www.eodaf.com/>

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 15

Workshop, *What every nurse needs to know about...Neurotransmitters* by Barb Bancroft. 8:30 am- 4:30 pm in Edmonton. **October 16** in Calgary. https://www.nursinglinks.ca/info_neurotransmitters.html

October 17- 18

4th Annual Quality & Safety Summit, *1+1=3 Because progress does not stop at 2*. In Calgary. <https://www.albertahealthservices.ca/news/Page12782.aspx>

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, 37th Annual Research and Treatment Conference, *Better together*, in Vancouver. <http://www.atsa.com/atsa-conference>

October 18- 19

Workshop, *Treating complex trauma: Clinical and scientific innovations* with Dr Christine Courtois. 9 am- 4pm in Edmonton. <https://ucalgary.ca/pd/ComplexTrauma2018>

October 18- 20

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

October 21- 24

4th 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

3rd 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

7th 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

6th International Conference on Violence in the Health Sector, *Advancing the delivery of positive practice*. In Toronto. http://oudconsultancy.nl/toronto_6_ICWV/index.html

October 25- 26

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

October 25- 27

30th Annual Canadian Society of Addiction Medicine Annual Meeting and Scientific Conference, *Crisis, controversy and change* in Vancouver. Includes a one day symposium on addiction for nurses. <https://www.csam-smca.org/events/2018-csam-annual-meeting-scientific-conference/> Conference is followed by *Fundamentals*, a day-long course of presentations on screening, assessment, diagnosis and treatment on **October 28** <https://www.csam-smca.org/events/2018-fundamentals/>

October 25- 27

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

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/>

October 31- November 2

Educator's Conference, *Brain-based learning, behavioural challenges and mental health*. 8:30 am- 4 pm daily in Edmonton. <http://www.jackhirose.com/workshop/educators-conference-2018/>

November 2- 3

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

November 5

Workshop, *Legal issues in nursing* by Chris Rokosh. 8:30 am- 4 pm in Calgary. **November 6** in Edmonton. https://www.nursinglinks.ca/info_legal.html

November 7

7th Annual Pain Awareness Education Day. 8 am- 4:30 pm in Calgary. Topics include: 'Cannabis Update' and 'Opioid Crisis Update'. <https://www.eventbrite.ca/e/7th-annual-pain-awareness-education-day-tickets-43260342850>

November 7- 8

Cognitive Workshop, *Anxiety Disorders* with Dr Christine Padesky in Vancouver. <https://www.cognitiveworkshops.com/>

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 9- 11

14th Annual Canadian ADHD Resource Alliance (CADDRA) Conference and Research Day in Calgary. <https://caddra.societyconference.com/v2/> amanda.edwards@caddra.ca

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 16

PAA Workshop, *Assessments for psychotherapists: (Almost) everything you need to know!* by Dr Jamie Dyce. http://www.psychologistsassociation.ab.ca/site/paa_workshops_forum?type=event&id=70

November 19

CAOT Workshop, *Integrating Cognitive Behavioural Therapy into your Occupational Therapy practice* with Gord Hirano. 8 am- 4 pm in Calgary. http://www.caot.ca/viewEvent.html?no_header=true&productId=9773

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/>

November 26- 27

Canadian Mental Health Summit, *Advanced Interventions and strategies for frontline professionals*. In Richmond, BC. <http://www.jackhirose.com/workshop/cmhs-2018/>

AHS Staff: See everything that AHS has about Cannabis at <http://insite.albertahealthservices.ca/17965.asp>

Free health promotion resources are available to anyone within and outside of AHS. [Click Here](#) for the DATA website.
For mental health materials use the Login ID: mentalhealthresources, Password: mh2016
For addiction materials use the Login ID: addictionresources, Password: amh2016



Developmental Pathways of Addiction and Mental Health

Epidemiological data indicates that the majority of adults with mental illness and/or addiction had identifiable symptoms or traits as children. Current scientific understanding is moving towards describing addiction and mental disorders as early onset, trajectory- based, brain illnesses¹. The developmental perspective has significant implications for the nature and organization of treatment and service delivery.

This training is available to all AHS staff through MyLearningLink. <http://insite.albertahealthservices.ca/1881.asp> Search for 'Developmental Pathways' and the entire series will be displayed. Each module is about 2 hours and CME accreditation is available. The series will soon be available on the external AHS website.

The series was primarily developed by the Edmonton Zone, Addiction and Mental Health, educators with support from AHS Child, Youth and Families Initiatives and the federal Drug Treatment Funding Program.

Enhancing Foundational Knowledge

1) Introduction to Developmental Pathways

1. Describe addiction, mental health, and concurrent disorders and recognize the impact of these disorders on children, youth and families;
2. Discuss the broad influences and risk factors and different developmental pathways that may lead to the development of addiction, mental health and concurrent disorders;
3. Recognize ways to decrease risk and increase protective factors for children and youth who are at risk of developing addiction, mental health and concurrent disorders;
4. Identify effective, evidence-based ways of promoting and preserving health, preventing illness and reducing the adverse effects of addiction, mental illness and concurrent disorders.

2) Improving Engagement in Care

1. Discuss the importance of client engagement in overcoming barriers, facilitating improvement in health services, building relationships and improving successful treatment outcomes;
2. Identify factors involved in building and maintaining therapeutic relationships and alliances in order to provide effective treatment and support children, youth and families experiencing high levels of stress and distress;
3. Use a child and family-centred care approach in working collaboratively with children, youth and families;
4. Recognize that self-awareness and self-care and vital to effective ethical practice while providing care for children, youth and families.

Promoting Positive Behaviour While Enhancing Relationships

3) Stress and Resilience through the Lifespan

1. Describe the stress response and the impact of its prolonged activation on physical and mental health;
2. Identify and differentiate between positive, tolerable and toxic stress;
3. Use Bronfenbrenner's Ecological Systems Theory to explore and map potential stressors;
4. Discuss resilience, identify factors that influence its development, and explain how positive and negative experiences influence outcomes;
5. Outline ways to assess and support resilience at the individual, family and community level.

¹ March, J. (2011) *The Pivot to Pre-emptive Treatment is Psychiatry*. Presented June 1, 2011 at Early Brain and Biological Development: A Science in Society Symposium. Retrieved February, 2014 from <http://www.albertafamilywellness.org/resources/publication/pivot-preemptiveinterventions-psychiatry>



4) Being Attachment Informed

1. Define and describe attachment theory;
2. Identify secure and different types of insecure attachment, describe what they look like, and consider their impact on mental health and wellbeing;
3. Discuss how attachment styles can play out in the therapeutic relationship and how health providers can play a part in increasing secure or new ways of attaching;
4. Outline strategies for being attachment informed when building and maintaining therapeutic relationships with children, youth and caregivers.

5) Understanding ACEs and Being Trauma Informed

1. Discuss the Adverse Childhood Experiences (ACE) study;
2. Identify the ways that ACEs affect health and contribute to physical and mental health disorders including addictions;
3. Discuss Trauma Informed Care and identify trauma informed approaches that health providers can take to support individuals who are experiencing addiction and mental health disorders;
4. Recognize ways that working with people who have experienced trauma can impact health providers and outline strategies to increase self-awareness, maintain self-care, and prevent vicarious trauma.

Promoting Health Development

6) Understanding Early Brain Development

1. Discuss the stages of brain development and how genes, environment and experiences influence the process;
2. Explain how serve and return interactions can be used to promote health brain development;
3. Evaluate the role of technology in building healthy brains;
4. Explain the concepts of plasticity and sensitive periods and their impact on brain development
5. Consider implications for policy and practice.

7) Developmental Milestones and Mental Wellbeing

1. Discuss developmental milestones;
2. Identify the five major developmental stages in children and youth, using the developmental theories;
3. Describe the factors that may lead to developmental delay and identify strategies that support milestone development when working with individuals with developmental delay;
4. Discuss the developmental assets that support individuals in their life span.

8) Executive Functioning and Self-Regulation

1. Define and describe the three foundational elements of executive function;
2. Identify common difficulties experienced by individuals with executive functioning deficits;
3. Understand the concept of self-regulation;
4. Identify strategies for enhancing executive function and self-regulation;
5. Understand the relationship between executive function/self-regulation and addiction and mental health issues over a life span.

Advancing Practice Excellence

9) Being Recovery Oriented

1. Define recovery and recovery oriented practice;
2. Understand the theories that support and inform recovery oriented practice;
3. Define the 4 key recovery concepts and learn how to support people in their recovery process;
4. Have increased awareness of practice considerations when working with special populations including children and youth and ethnically/culturally diverse populations.

10) Infusing Culture and Equity

1. Discuss the journey to cultural competence in the areas of attitude, knowledge and skills;
2. Increase awareness and knowledge of professional worldviews of mental health and mental illness;
3. Discuss the Social Determinants of Health and their impact on mental health;
4. Increase awareness of client's worldviews of mental health and mental illness;
5. Outline strategies to include Recovery-Oriented Practice and cultural competence in supporting Indigenous, immigrant, refugee and sexual diverse populations.

11) Motivational Interviewing and Stages of Change

1. Outline the stages of change and discuss interventions that may be effective in the different stages;
2. Recognize ambivalence as an expected and necessary part of change;
3. Describe Motivational Interviewing (MI), and identify the four fundamental aspects of the spirit of MI;
4. Identify and discuss the four broad processes of MI;
5. Discuss how using an MI approach can assist health providers in helping children, youth and caregivers resolve ambivalence and move toward positive change.



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 YouTube 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 **YouTube** 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** **YouTube** Recorded expert speaker presentations <https://www.youtube.com/playlist?list=PLwAiWzISlIS1fBg3e6ljzeGDI7XAIC1LH>
- ☀ **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>



- ☀ **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>
- ☀ **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/>
- ☀ **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/>