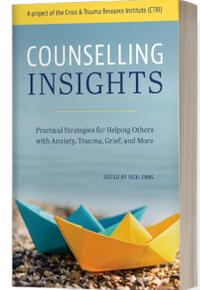


# COUNSELLING INSIGHTS CONFERENCE

MARCH 13 - 15, 2019 — CALGARY, AB SHERATON SUITES CALGARY EAU CLAIRE

Are you looking for support to be able to help the people you are working with? If so, we hope you will join other helpers, caregivers, and counsellors for 2.5 days of inspirational speakers, panels, and sessions. This conference is a unique opportunity to hear from several of the authors of CTRI's book, *Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More*. Learning from others in roles similar to your own is a key way of finding inspiration and guidance.



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| 9:00 AM          | <p><b><i>Welcome</i></b><br/>by Randy Grieser, CEO of CTRI</p>   |
| 9:10 - 10:15 AM  | <p><b><i>Counselling Insights: Building Collective Wisdom</i></b><br/>Presentation by Vicki Enns, MMFT, RMFT</p> <p>As helpers, we have all had experiences when working with others that have stumped us, leaving us to wonder, "What is the right thing to say?" or, "What should I do?" This presentation looks at how we can build a stronger toolbox for effective counselling by learning from each other.</p>   |
| 10:15 - 10:35 AM | <p><b><i>Break</i></b></p>   |
| 10:35 - 11:20 AM | <p><b><i>Language Matters: Rethinking How We Talk About People &amp; Problems</i></b><br/>Presentation by John Koop Harder, MSW, RSW</p> <p>Language and meaning are interconnected. The words we choose communicate deeply and influence how we understand and work with people and their problems. This presentation explores how developing awareness about language and choosing the right words are essential for an effective therapeutic relationship.</p>        |
| 11:20 - 12:00 PM | <p><b><i>Social Media's Impact on Mental Health</i></b><br/>Presentation by Sheri Coburn, MSW, RSW</p> <p>With a growing trend to live, share, and experience our lives through the medium of social media, we are increasingly at risk for a variety of mental health stressors. This presentation explores the impact of social disconnection, the pervasive, technology-driven culture of perfectionism, and the relentless fear of "FOMO" (fear of missing out).</p> |

1:00 - 4:30 PM

### ***Breakout Sessions***

Choose from one of the following three breakout sessions:

- 1 ***Grief Counselling Strategies*** by John Koop Harder, MSW, RSW  
Grief is a normal and appropriate reaction to the death of a loved one, the experience of separation/divorce, intergenerational loss, or the loss of opportunity. While there are similarities in how individuals work through loss, grief is a complicated and unique experience that requires helpers to be sensitive to the needs and experiences of those they are supporting. This presentation will provide tools and strategies to best support someone who is grieving.
- 2 ***Counselling Insights for Working with Depression*** by Sheri Coburn, MSW, RSW  
Working with depression can challenge the most seasoned helper. Igniting, building, and maintaining motivation often present real challenges to both the helping relationship and client progress. This session will explore common motivation and progress roadblocks, look at the connection between unmanaged depression and suicide, and provide participants with practical skills and increased confidence when working with depression.  
  
***Insights for Affirming Gender & Sexual Diversity*** by Vicki Enns, MMFT, RMFT
- 3 Gender identity and sexual orientation are part of the natural diversity of human development. When there is a lack of clear, affirming support for LGBT2SQ+ people, this can cause great distress and relationship disconnection. This session will explore how we can create affirming and nurturing environments for the healthy development of both individual identities as well as positive relationships and community.

### ***Focus on Trauma***

9:00 - 12:00 PM

The high prevalence of trauma means that its impact is a shaping influence on all counsellors and clients. Compassionate, trauma-informed care is essential for providing effective support and counselling services. In this session, John, Vicki, and Sheri will each present on a variety of insights related to understanding and working with those who have experienced trauma, including:

- Trauma & "Addictions"
- Trauma & The Mind-Body Connection
- Trauma & The Helping Relationship

12:00 - 1:00 PM

### ***Lunch***

1:00 - 4:30 PM

### ***Breakout Sessions***

Choose from one of the following three breakout sessions:

- 1 ***Mindfulness Counselling Strategies*** by Vicki Enns, MMFT, RMFT  
The ability to regulate one's body and find balance among emotion, thought, and physical health is at the core of healing and well-being. In this session, participants will learn to apply mindfulness, regulation, and activation strategies meant to promote compassionate self-awareness and emotional balance in their counselling work.
- 2 ***Tools for Exploring Stories*** by John Koop Harder, MSW, RSW  
When problems occur (as they inevitably will), "problem stories" have a tendency to overshadow other stories. A narrative counselling framework seeks to explore the numerous stories that shape and influence identity, problems, and preferred direction in life. This interactive session will provide participants with tools and processes for exploring stories.
- 3 ***Insights for Working with Borderline Personality Disorder*** by Sheri Coburn, MSW, RSW  
Working with clients who have Borderline Personality Disorder (BPD) can be challenging and exhausting for both the helper and client. This session will provide an opportunity to explore and better understand our own response as helpers and how those responses often directly aggravate or improve progress outcomes. With this increased understanding and new strategies for offering support, participants will be better equipped in their role of supporting meaningful and manageable change in the lives of those impacted by BPD.

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***Panel Discussion***

9:00 - 10:30 AM

Insights from the co-authors of *Counselling Insights*, with John, Vicki, and Sheri. This panel discussion will explore a variety of counselling-related themes, and provide an opportunity for attendees to ask questions of John, Vicki, and Sheri.

10:30 - 10:50 AM

***Break***

***From Vicarious Trauma to Vicarious Resilience***

10:50 - 11:30 AM

Presentation by Vicki Enns, MMFT, RMFT

Supporting others who have experienced trauma will have a transformative effect on counsellors. Proactive awareness and attention creates the opportunity for this transformation to preventatively heal vicarious trauma, and promote vicarious resilience. This presentation provides a unique perspective on moving from vicarious trauma to vicarious resilience.

11:30 - 12:00 PM

***Farewell***

by Randy Grieser, CEO of CTRI

**ABOUT THE PRESENTERS**



***Vicki Enns, MMFT, RMFT***

Vicki is the Clinical Director of the Crisis & Trauma Resource Institute, an Approved Supervisor with the American Association for Marriage and Family Therapy, and an instructor in the graduate program for Marriage and Family Therapy at the University of Winnipeg. She is the editor and co-author of our *Counselling Insights* book, and is the author or editor of many of CTRI's training materials, including those on the topics of anxiety, trauma, mindfulness, gender and sexual diversity, ethics, and wellness.

***John Koop Harder, MSW, RSW***

John has been working as a therapist and trainer for almost 20 years. Much of his career has centered on working with children, youth, adults, and families dealing with crisis and trauma. John is a Registered Social Worker who holds a Master of Social Work degree. He is a co-author of our *Counselling Insights* book, and is the author or editor of many of CTRI's training materials, including those on the topics of addictions, harm reduction, and narrative therapy.



***Sheri Coburn, MSW, RSW***

Sheri is a Registered Social Worker who holds a Master of Social Work degree and a Bachelor's degree in Criminology. She has a diverse professional background with experience as a correctional officer, addictions counsellor, and developer and coordinator of a domestic violence outreach program. Sheri is a co-author of our *Counselling Insights* book, and is the author of CTRI's Brief Focused Counselling Skills and Borderline Personality Disorder workshops.

