



THE PSYCHOLOGY ASSOCIATION OF SASKATCHEWAN INVITES YOU TO
ATTEND THE SPRING 2019 CONFERENCE

WE ARE PLEASED TO PRESENT:

Cognitive Therapy for Multiple Symptom Sets: Advanced Techniques for Working with Difficult to Treat Populations



Jeff Rigenbach, PhD is one of the most sought after trainers in North America in the area of CBT and personality dysfunction. Over the past 20 years he has developed and overseen CBT based Mood Disorder, Anxiety Disorder, and Borderline Personality Disorder treatment programs at two different psychiatric hospitals and clinics serving over 3,000 clients at multiple levels of care. Dr. Rigenbach trained at the Beck Institute of Cognitive Therapy and Research in Philadelphia and is a Diplomat of the Academy of Cognitive Therapy.

Workshop Content Includes

- 30 evidence based strategies for treating difficult clinical conditions including treatment resistant depression, substance use disorders, and personality disorders
- Techniques from three evidence-based treatments (CBT, Schema Therapy, DBT, and Metacognitive Approaches)
- Strategies for differentiating BPD from three commonly misdiagnosed or co-occurring disorders
- Practical language for having difficult diagnostic conversations with clients to reduce reactivity and defensiveness
- Information from the four modules of DBT and implementation of skills training courses for clients with multiple diagnoses
- Exploration of various types of self-injury in BPD, the motivations of the client, and the treatment implications of each
- Discussion of gratitude practice for preventing relapse in depression
- Five highly effective exposure based strategies for anxiety disorders
- Impulse control strategies for substance use and other addictive behavior disorders
- Signs of relapse and effective strategies for intervention

MARCH 14-15, 2019

SHERATON CAVALIER

SASKATOON, SK

8:30 AM – 5:00 PM

[REGISTER HERE](#)

REGISTRATION RATES:

EARLY BIRD (ENDS FEB 19, 2019):

\$300 – PAS MEMBERS

\$350 – NON-MEMBERS

\$200 – PAS STUDENT MEMBERS

EARLY BIRD INCENTIVE – FREE BOOK!

REGISTER BY FEBRUARY 19

AND RECEIVE A FREE COPY OF

DR. RIGGENBACH'S *THE CBT TOOLBOX*

REGULAR (AFTER FEB 19, 2019):

\$350 – PAS MEMBERS

\$400 – NON-MEMBERS

\$250 – PAS STUDENT MEMBERS

COST INCLUDES BREAKFAST,
LUNCH, REFRESHMENTS, AND
CONFERENCE MATERIALS

Daily Schedule:

March 14 and 15, 2019: Top of the Inn

7:00-8:15 Registration & Breakfast

8:15 Announcements

8:30-12:00 Session with Dr. Rigenbach

10:15-10:45 AM Break

12:00-1:00 Lunch

(AGM lunch March 14th only)

1:00-4:30 – Session with Dr. Rigenbach

2:30-3:00 PM Break

4:30-5:00 - Q & A

GROUP RATE

ACCOMMODATIONS

(LIMITED NUMBER RESERVED
UNTIL FEBRUARY 19, 2019)

612 Spadina Crescent E
Saskatoon, SK
S7K 3G9

PH: (306) 652-6770
OR

ACCESS THE GROUP
RESERVATION ONLINE [HERE](#)