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 Register at 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 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 Natasha 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, 32nd Annual Royce and Harder Conference. In Edmonton. https://www.ualberta.ca/psychology/events/psychology/55ma9p4munm6dl8f475o5q23u
April 5-7
April 5-7
April 5- May 15
April 6
PAA Workshop, When my soul connects with their soul- Decolonizing and Indigenousizing psychological practice with Indigenous peoples by Dr Karlee Fellner. In Edmonton. 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/receptionist.asp
April 6-7
April 7-13
April 9-10
April 9 - 29
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 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 for pre-registration form. Hosted by the AHS Prevention and Health Promotion team.

April 11

April 12- 14

April 13

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

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

April 13- June 13

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

April 14

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

April 17- 18
April 18

April 18

April 18

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

April 18

April 18- 21

April 18- May 16

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

April 19- 20

April 19- 22
Four Day Externship in Emotionally Focused Therapy with Dr David Fairweather amnd Murray Armstrong. 9 am- 5 pm daily in Edmonton. ($875) [https://efedm.com/training-events-1](https://efedm.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](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](https://ca.ctrinstitute.com/workshops/anxiety-calgary4-24/#tickets)

April 23

April 23- 24
Basic Training, *Mental Health First Aid* by Nelson Presley. 8:30 am- 4:40 pm in Edmonton. ($140) 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-assist/](https://edmonton.cmha.ca/programs-services/applied-suicide-intervention-training-assist/)

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 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](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](https://ca.ctrinstitute.com/workshops/depression-calgary4-25/#tickets)
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

April 25

April 26-27

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

April 27

April 28
Institute of Child Psychology Workshop, Childhood ADHD: From struggling to thriving in Grand Prairie. https://www.instituteofchildpsychology.com/workshops

April 28

April 28

April 29

April 29

April 30

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

April 30- August 24

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 https://survey.albertahealthservices.ca/CPD_Reg?ID=1#
May 1- June 3
Couple and Family Therapy Certificate, Level 1 (4 courses) in Calgary. [Link](https://www.qfittool.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. [Link](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) [Link](http://therapeuticconversations.com/week-long-narrative-therapy-intensive-certicate-program/)

May 3
Conference, TOO MUCH STUFF: Understanding Hoarding Disorder, interventions and strategies. 8:30 am-4:30 pm in Calgary. [Link](http://calgaryaddictionandmentalhealth.ca/training.php)

May 3 - 4

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 for information.

May 4 - 5
13th Biennial Western Canada Conference on Sexual Health, Diverse approaches for diverse communities in Edmonton. [Link](https://www.aspsh.ca/)

May 4 - 5
5th Annual Western Canada Addiction Forum in Kelowna, BC. [Link](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. [Link](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. [Link](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. [Link](https://philosophyandpsychiatry.org/meetings-conferences/)

May 6 - 8
National Conference on Peer Support in Calgary. [Link](http://www.ncps-canada.com/)

May 7 - 9
Certificate Training, Sandplay with special populations using Play Therapy skills and techniques in Calgary. [Link](http://rmpti.com/calendar/)

May 7 - 13
67th Annual CMHA Mental Health Week. [Link](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. [Link](http://www.jackhirose.com/workshop/opiate-crisis-edmonton-2018/)

May 9 - 11
CLPNA Annual General Meeting and Conference, Shifting reality, at the Edmonton Marriott River Cree Resort. [Link](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. [Link](http://www.talk-therapy.ca/eff-individuals-intro/)
May 10-11

May 10-11

May 10-13

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/civicrm/event/info?reset=1&id=180

May 11-12

May 13-16
12th Annual Canadian Neuroscience Meeting in Vancouver http://can-acn.org/meeting-2018

May 13-16

May 14

May 14-15

May 14-June 22

May 15

May 15

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

May 16-18

May 17

May 19-21
Training, Basic Accelerated Resolution Therapy. In Calgary. ($1500) https://colleenerclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-051918/

May 22-25

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

Contact Daniel.scott@ahs.ca to be added to the emailing list or to send event listings.
May 23- 25

May 23- 25

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

May 24- 25

May 24- 26
44th 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

May 25- 26

May 27- 29

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

May 28

May 28- 29

May 28- 29

May 28- 30

May 28- 31
Canadian Public Health Association Conference in Montréal. https://www.cpha.ca/public-health-2018

May 29

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Contact Daniel.scott@ahs.ca to be added to the emailing list or to send event listings.

Image from https://pngtree.com
May 30
University of Alberta Psychiatry Research Day. 8 am- 4 pm in Edmonton.
https://www.ualberta.ca/medicine/events/psychiatry/417df922ms2b9kvf9mc05quds

May 30
Workshop, Working with stuck kids with Dr Gordon Neufeld. 9 am- 4 pm in Edmonton.

May 30- 31
Tobacco Control Forum in Montréal https://www.cpha.ca/tobaccoforum2018

May 30- June 1

May 30- June 3

June 1

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

June 2- 5

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 6- 7

June 8- 10

June 12- 14

June 12- 14
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

June 13- 15

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

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.crinstitute.com/workshops/walking-through-grief-edmonton7-18/#tickets June 20- 21 in Calgary with Lana Dunn https://ca.crinstitute.com/workshops/walking-through-grief-calgary6-20/#tickets

June 18- 20

June 19

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

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

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

June 23- 26
June 25-30
International LGBTQ Psychology Conference, Preaching to the choir: Moving LGBTQ psychology forward together. In Montréal. [https://cpasogii.com/call-for-papers/](https://cpasogii.com/call-for-papers/)

June 26-28

June 26-30

June 28-30
42nd Annual Meeting, Canadian College of Neuropsychopharmacology in Vancouver [https://ccnp.ca/](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/](https://colleeneclarkconsulting.com/event/basic-accelerated-resolution-therapy-training-063018/)

July 1-5

July 3-6

July 4-8

July 8-12

July 11-July 13
Mindfulness Retreat for Counsellors, Therapists and Caregivers with Vicki Enns. 9 am-4 pm daily in Banff. [https://ca.critnstitute.com/workshops/mindfulness-retreat-july2018/#tickets](https://ca.critnstitute.com/workshops/mindfulness-retreat-july2018/#tickets)

July 13-14
3rd Annual Workplace Mental Health Accommodation Conference in Calgary or by webcast. [https://www.canadianinstitute.com/3rd-workplace-mental-health-accommodation/](https://www.canadianinstitute.com/3rd-workplace-mental-health-accommodation/)

July 16-17

July 16-18
CTRI Workshop, Attachment and Families- Strategies for engaging and helping with Danielle Forth. 9 am-4 pm in Edmonton. [https://ca.critnstitute.com/workshops/attachment-and-families-edmonton7-16/#tickets](https://ca.critnstitute.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/](http://cbt.ca/locations/cbt-banff/)

July 16-24

July 18

July 18-19
CTRI Workshop, Motivating change- Strategies for approaching resistance with Marwa Fadol. 9 am-4 pm in Calgary. [https://ca.critnstitute.com/workshops/motivating-change-calgary7-18/#tickets](https://ca.critnstitute.com/workshops/motivating-change-calgary7-18/#tickets)

July 23-25

July 24-25
Workshop, Mediation- Facing difficult conversations with Alan Edwards. 9 am-4 pm in Edmonton. [https://ca.critnstitute.com/workshops/mediation-edmonton7-24/](https://ca.critnstitute.com/workshops/mediation-edmonton7-24/)
July 24-29
16th Annual World Conference, Association for Contextual Behavioral Science in Montréal. https://contextualscience.org/WC16

July 28-30
Research Society on Marijuana, 2nd Annual Conference, in Colorado, USA. https://researchmj.org/

August 1-4

August 2-5

August 4-6

August 8-10

August 13-21

August 14-19

August 22-25

August 31
International Overdose Awareness Day Time to remember, Time to act https://www.overdoseday.com/

September 5-October 3

September 6-7

September 16-18

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

September 23-28
Training, Mindfulness-Based Cognitive Therapy (MBCT) with Dr Mark Lau. In Cortes Island, BC. http://www.vancouvercbt.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
September 29  

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

October 10  

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](https://www.reachedmonton.ca/public/Understanding-Pre-migration-Context-Supporting-Newcomer-Families)  

October 10-November 7  

October 12-13  

October 12-14  

October 17-19  

October 17-20  

October 18-20  

October 21-24  

October 22  

October 22-24  

October 24-26  

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/](http://interprofessional.ubc.ca/initiatives/obesity2018/)  

October 24-26  

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### October 2018

#### Addiction and Mental Health Learning Events

**October 25-26**
Alberta Therapeutic Recreation Association, 32nd Annual Symposium, *On the right track.* In Edmonton.  
[http://www.alberta-tr.org/annual-symposium.aspx](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](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/](http://www.talk-therapy.ca/eft-individuals-adv/)

**October 30-31**
Canadian Sleep Society, Annual Education Meeting in Québec City.  

**November 2-3**
Workshop, *Emotionally Focused Therapy (EFT) externship* with Dr Veronica Kallos-Lilly. 9 am-5 pm daily in Calgary.  
[http://www.talk-therapy.ca/eft-externship/](http://www.talk-therapy.ca/eft-externship/)

**November 4-7**
Workshop, *Emotionally Focused Therapy (EFT) externship* with Dr Veronica Kallos-Lilly. 9 am-5 pm daily in Calgary.  
[http://www.talk-therapy.ca/eft-externship/](http://www.talk-therapy.ca/eft-externship/)

**November 5-7**
Canadian Sleep Society, Annual Education Meeting in Québec City.  

**November 8-11**
Workshop, *Dreams of zombies and the schizoid world* with Dr Elizabeth Wallace. 9:30 am-12:30 pm in Vancouver.  

*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](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 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](http://insite.albertahealthservices.ca/2984.asp)

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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


☼ 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/


☼ 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=5139268

☼ 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


☼ 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=PLl1tOF15fZoUjve4nEijWZCVGIkz8U8S-

☼ 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 See also the YouTube playlist https://www.youtube.com/playlist?list=PLl1tOF15fZoUjve4nEijWZCVGIkz8U8S-

☼ 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

☼ 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/receptionist.asp

Information, Evaluation & Professional Practice, Addiction and Mental Health, Edmonton Zone Contact Daniel.scott@ahs.ca to be added to the emailing list or to send event listings.
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 promoting 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-more-results.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 Capability 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


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/mhadd/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.bccau.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

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

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.

#WORDS MATTER

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