



CONFERENCE SCHEDULE FRIDAY NOVEMBER 3RD

PLEASE NOTE: Each of the 2-hour workshops will have their own break schedule within their session.

Registration & connecting with your peers.

7:30 - 8:30 am

Welcome

8:30 - 9:00 am

Opening Speaker: CMHA CEO Margaret Eaton

"Where's My Mental Health Care?"

9:00 - 9:50 am

BREAK

9:50 - 10:10 am

Workshop: Dr. Sue Johnson

Belonging Leads to Becoming. The Alliance in EFT Individual Therapy

10:10 - 12:00 pm

LUNCH: With a Presentation by Compass 12:30-1pm

12pm -1:00pm

WORKSHOP (Pt.1 of 2)

Dr. Lisa Gunderson

Learning to work with IBPoC Youth in this current climate

SESSION:

Why So Few Nurses Access Counselling? Could The Barrier Be Relevance?

SESSION:

Interdisciplinary Case Study. Child Advocacy Centre Kelowna

1:00 - 1:50 pm

WORKSHOP

Dr. Pia Pechtel

*Trauma, Resilience, and the Brain:
From Neuroscience to Clinical Practice*

SESSION:

Connecting professionals to promote interdisciplinary trauma-focused therapy and return-to-work support for clients with work-related PTSD

SESSION:

Lifespan Integration - An Introduction

1:50 - 2:40 pm

BREAK

2:40 - 3:10 pm

SESSION:

Dungeons, Dragons, & Group Counselling: How Two Therapeutic D&D Groups Slayed Anxiety and Loneliness

SESSION:

Gen Z, Mental Health and Relationships with the Natural World

3:10 - 4:00 pm

WORKSHOP (Pt. 2 of 2)

Dr. Lisa Gunderson

Learning to work with IBPoC Youth in this current climate (for those who attended the first part of the workshop)

4:00 - 4:50 pm

GALA: Our 35th Anniversary Celebration! Gala Tickets are sold separately

6:00 Onwards

CONFERENCE SCHEDULE **SATURDAY NOVEMBER 4TH**

Yoga

7:00 - 8:00 am

Break (*Breakfast 7:30-9:00*)

8:30 - 9:00 am

Opening Speaker: Dr. Claire Sira

Caring For Our Clients, Together

9:00 - 9:30 am

WORKSHOP

Dr. Stefanie Green, MD
Counselling families going through the MAiD process

SESSION:

Complex Trauma and Parenting

SESSION:

A Panel Discussion between Clinical Supervisors

9:30 - 10:20 am

BREAK

10:20 - 10:40 am

SESSION:

Leveraging Technology in Online TraumaCare

SESSION:

Addressing the needs of persons who experienced war & trauma

10:40 - 11:30 am

LIGHTNING TALKS

Five presenters are given 8 minutes each to present their topic to the room.

11:30 - 12:20 pm

LUNCH:

With a Presentation by Michel Rodrigue, CEO of Mental Health Commission of Canada (MHCC)

12:20 pm - 1:20pm

WORKSHOP

Natasha Files

When there is no rope left: what to do when burnout is high and resources are low

SESSION:

Re-Imagining Counselling: Artificial Intelligence (AI) for Enhanced Therapeutic Practice

SESSION:

Attachment Styles, Social Media Use and Mental Health

1:20 - 2:10 pm

WORKSHOP

Suzanne lasenza

Integrating Couple Therapy & Sex Therapy in an Expansive Relational World

SESSION:

Preparing for Regulation - Deborah Adams: Registrar and CEO of CRPO

2:10 - 3:00 pm

BREAK

BREAK

3:00 - 3:20 pm

SESSION:

Disability and Sexuality: Helping Clients Name Their Needs

SESSION:

Safe Spaces to talk About Suicide: A Clinician's Toolkit

3:20 - 4:10 pm

CLOSING: Hon. Jennifer Whiteside

4:10 - 4:30 pm