

PAA ANNUAL WELCOME TO THE PROFESSION AND AWARDS BANQUET 2010

Fantasyland Hotel – West Edmonton Mall
Edmonton, Alberta
Thursday, October 28, 2010
6:30 p.m. – 9:30 p.m.



Keynote Speaker: Dr. Polly Young-Eisendrath

“THE TRUTH ABOUT HAPPINESS: HOW OUR KINDNESS GIVES BACK TO US”

Dr. Polly Young-Eisendrath is a Jungian analyst and psychologist who has been in clinical practice for more than 25 years and has published fourteen books, now translated into more than 20 languages, on a wide array of topics involving human development and relationships – from resilience and gender to female authority and couples relationship. Her newest book, “The Self-Esteem Trap: Raising Confident and

Compassionate Kids in an Age of Self-Importance” was very much affected by her recognition that parents and young adults were suffering from an over-focus on self-consciousness and pressures to have and be the best. Because this condition is highly prevalent in North American societies, it is very difficult to think and speak clearly about. All good parents agree they “just want their children to be happy,” but contemporary parenting styles lead to anything-but.

This presentation will focus especially on happiness.

Dr. Young-Eisendrath is a creative and imaginative speaker whose style of interacting with audiences is rooted in her decades as a practitioner and now a teacher of mindfulness. From the tradition of Buddhism, she brings an awareness of the roots of happiness coming from our ability to share, collaborate and engage with others so that we can give back the talents and gifts we’ve been given.

The Welcome to the Profession Banquet allows us all to recognize the accomplishments of the newest members of our profession. We also take time to recognize outstanding psychologists and those who have made significant contributions to our society through the presentation of our Annual PAA Awards.

The cost to attend the banquet is \$50.00 (plus GST). You can confirm your attendance at the banquet through the PAA office or you may indicate your interest in attending and include your payment for the banquet by completing the appropriate area on the conference registration form.

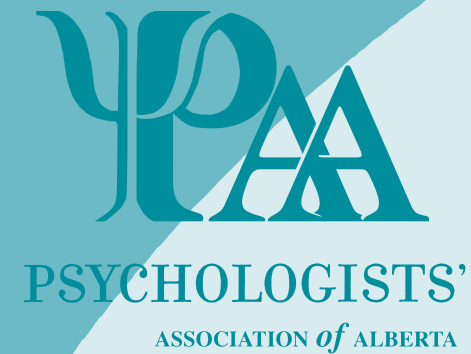
For Banquet tickets contact PAA at:

Edmonton: (780) 424-0294 • Calgary: (403) 246-8255 • Toll-Free: 1-888-424-0297
Fax: (780) 423-4048 • Toll-Free Fax: 1-888-423-4048

Accommodation Information:

Fantasyland Hotel (West Edmonton Mall)
17700 - 87 Avenue
Edmonton, Alberta 1-800-737-3783; (780) 444-3000

A block of hotel rooms has been reserved for conference participants at the Fantasyland Hotel, Edmonton. You are responsible for making your own arrangements for accommodation. The conference rate is \$159.00/night single or double occupancy for a superior non-smoking room. If you wish to reserve a room, please call the hotel directly. You must tell them that your reservation is for the Psychologists’ Association of Alberta Conference in order to receive the conference rate. The reserved block of rooms will be held until September 27, 2010.



Proudly Presents

PAA ANNUAL CONFERENCE 2010

Fantasyland Hotel
Edmonton, Alberta
October 28 – 29, 2010

*Bringing the best to you
in Continuing Education*

Contact PAA at:

Edmonton: (780) 424-0294
Calgary: (403) 246-8255
Toll-Free: 1-888-424-0297
Fax: (780) 423-4048
Toll-Free Fax: 1-888-423-4048

8:00 a.m.

Conference Registration

9:00 a.m. - 4:30 p.m.

“Healing Through the Dark Emotions in an Age of Global Threats” Presented by Miriam Greenspan, M.Ed., LMHC



About the Workshop

In an age of environmental, economic, and social crisis, the dark emotions of grief, fear, and despair have become increasingly widespread and overwhelming. Yet few of us are adept at experiencing these emotions fully and with awareness. The denial and avoidance of this core triad of emotions is at the root of the epidemic psychological ailments in our time: depression, anxiety, addiction, psychic numbing, and violence.

In contrast to our culture's warnings about the pathological dangers of “bad” feelings, this workshop teaches a positive psychology of ‘negative’ emotions. Its hopeful message is that there is a transformative power in the emotions we most dread. In befriending grief, fear, and despair, we find that each dark emotion has its own intelligence and its own alchemy or path of transformation. Whether grief, fear, and despair are rooted in personal or collective losses, these dark emotions can be our greatest teachers when we know how to listen to the wisdom of the wounded heart.

Through didactic presentation, case study, and experiential practices, we will learn the 3 basic skills and 7 steps of a practical and powerful process for transforming grief, fear, and despair to gratitude, joy, and a resilient faith in life.

Intended Audience:

This program is designed for helping professionals in the fields of psychology, psychiatry, counseling, social work, and ministry, as well as emergency responders and other medical personnel. It is designed especially for those who work with individuals and families suffering with loss, grief and bereavement, illness, disability, addiction, depression, anxiety, and trauma. You will gain a toolkit of mind/body/spirit practices not only to use with clients but to help when the ‘wounded healer’ is in need of self-care.

Learning Objectives:

- Define *emotion-phobia* and describe its role in depression, anxiety, addiction, psychic numbing, and other pervasive mental disorders.
- Define the 7 steps of a process called *the alchemy of dark emotions* for building awareness and tolerance of grief, fear, despair, and other challenging emotions and using them as sources of transformation.
- Define the 7 *guiding principles* and 3 *basic skills* of this process.
- Describe effective methods by which clients and helping professionals can work with dark emotions as sources of emotional/spiritual empowerment, including: cognitive re-framing, mindfulness practices, body awareness of emotion, conscious breathing, story, and altered-state visualization.
- Experience several emotional alchemy practices including: the emotion-beliefs inventory, emotion body-scan, breathing-through emotions, basic heart- mindfulness meditation, and guided visualization.
- Describe the relationship between personal dark emotions and the social/global conditions of our time.

About the Presenter:

Miriam Greenspan, M.Ed., LMHC, is a psychotherapist in private practice, consultant, writer, and internationally-known workshop leader. A pioneer in women's psychology and psychotherapy, her first book, A New Approach to Women and Therapy, helped define the field of women's psychology and feminist therapy. It has been used as a textbook in programs of psychology, social work, ministry, and counseling in the U.S., Canada, Europe, Israel, and China. For the past two decades, her work has focused on a holistic mind/body/spirit approach to emotional healing. Healing Through the Dark Emotions: the Wisdom of Grief, Fear, and Despair (Shambhala, 2003), a Boston Globe bestseller, won the 2004 Nautilus Award in psychology for “books that make a contribution to conscious living and positive social change.” It was chosen as one of the best books of 2003 by Spirituality & Health Magazine. Ms. Greenspan's work has been featured in numerous magazines, including Psychology Today, Body and Soul, Shambhala Sun, Ms., New Woman, Psychotherapy Networker, Spirituality & Health, and The Sun. Miriam lives in Boston with her husband Roger and has two grown daughters.

6:30 p.m.

Welcome to the Profession and PAA Awards Banquet

The Welcome to the Profession Banquet allows us all to celebrate the accomplishments of the newest members of our profession. We also take time through our annual awards to recognize outstanding psychologists and those who have made significant contributions to our society. *Banquet meals are not included in the conference registration fee. The cost to attend the banquet is \$50.00 per person plus GST.* Dr. Polly Young-Eisendrath will deliver a keynote address “The Truth About Happiness: How Our Kindness Gives Back to Us”.

9:30 p.m.

Hospitality Room - Please join us in the hospitality room - open to everyone attending the conference.

8:00 a.m.

Conference Registration

9:00 a.m.- 4:30 p.m.

“The Burden of Being Special and the Gift of Being Ordinary: A New Paradigm for Parenting and Educating Children” Presented by Dr. Polly Young-Eisendrath



About the Workshop:

Today's parents and children have overdosed on the individual self. An over-focus on praise, individualism, and pressures to be or have the best has shaped a generation of teens and young adults who assume they are special, feel unready to take on the normal adversities of life, are restless and unsure of themselves, and have a hair-trigger for humiliation, as well as unrealistic fantasies of achievement, wealth, power, and celebrity.

How can parents, educators and young people themselves respond to this problem without blame or shame? How can we find a new foundation for confidence that is rooted in the wisdom of ordinariness, sharing, and collaboration? At this critical moment of concern about living an ecological life, we must shift our focus away from the individual and towards relationship and cooperation as the key to success at all levels. This seminar will examine the “self-esteem trap” -- its roots and its character -- and suggest some solutions for young people and the therapists and educators who help them and their families.

The presentation will draw on a new model for human development that is derived from a dialogue between developmental psychology and mindfulness in the context of emotional intelligence and contemporary psychoanalytic theory. There will be plenty of time for discussion.

Intended Audience:

This seminar is addressed to professionals who are involved in clinical, educational or counseling roles with children, adolescent and young adults, as well as young adults themselves who are preparing for a career in one of these areas. Coming from a psychological perspective, the ideas and skills presented are applicable to psychologists, physicians, pediatricians, mental health counselors, social workers, educators, family therapists and researchers in developmental psychology.

Learning Objectives:

Dr. Young-Eisendrath explores the role of self-formation (in terms of both identity and reflexivity) as it is affected by “the self-esteem trap” – an over-focus on the individual self of the child and an under-focus on collaboration, sharing and the development of autonomy (self-governance). She brings to this discussion not only her decades of clinical work and writing about human development, but also decades of her own practice and now teaching of mindfulness. More than two centuries ago, the Buddha taught that an over-focus on the self produced unnecessary and relentless suffering. Since the mid-1970's parents and teachers have unintentionally created contexts in families and schools in which children are encouraged to compare, think about, and motivate themselves from a perspective of self-consciousness. This has produced a widespread culture of narcissism, unhappiness, unreadiness for adult life, and pressures to be and have the best.

This seminar will include:

- An introduction to the self-esteem trap
- A review of contemporary research on Generation Me and the problems of over-praising individual talents and intelligence
- A developmental understanding of the role of the self-conscious emotions, in comparison with the primary emotions, in our functioning as individuals and in relationships
- An introduction to the concepts of “flow experience” and “mindful engagement” as means to happiness and confidence
- An overview of the importance of learning from adversity and the value of virtues and conscience
- An introduction to basic mindfulness as it can be taught in schools, families and individuals
- A discrimination of the problems connected to, and some solutions for overcoming, styles of I'm OK/You're OK parenting and teaching
- A therapeutic review of the effects of child-focused I'm OK/You're OK styles of parenting on couple relations and intergenerational functioning in families
- A brief review of the X-treme Parenting Makeover and the X-treme Personality Makeover

About the Presenter:

Polly Young-Eisendrath, PhD is Clinical Associate Professor of Psychiatry at the University of Vermont in Burlington, Vermont, and Clinical Supervisor and Consultant on Leadership Development at Norwich University, in Northfield, Vermont. A psychologist and Jungian analyst, she practices full-time in central Vermont and has been in clinical practice for more than 25 years. She is the author of many articles and chapters, and has published fourteen books that have been translated into more than twenty languages. Her newest book, “The Self-Esteem Trap: Raising Confident and Compassionate Kids in An Age of Self-Importance” was published in 2008 (hardback) and in paperback with Little, Brown in 2009. Also in 2008, a new and revised edition of “The Cambridge Companion to Jung” was published by Cambridge University Press, edited by her and Terence Dawson. Dr. Young-Eisendrath is also teacher of mindfulness meditation. www.young-eisendrath.com

Continuing Education (CE) Credits

PAA is approved by the Canadian Psychological Association to offer continuing education for psychologists. Each of the conference workshop sessions are offered for 6.5 hours of CE credits (1 credit per hour). Full attendance at the workshop(s) is required to receive PAA Continuing Education Credits. Partial credit will not be awarded and late arrivals or early departure will preclude awarding of PAA CE Credits. CE Credit Application forms must be completed and returned to the PAA office upon completion of the workshop in order to be awarded CE credits. PAA maintains responsibility for the program.