

Getting The Most From The Therapy Hour: Integrating Experiential Therapy & Brief Therapy

Bala Jaison, Ph.D.

Author of "Integrating Experiential and Brief Therapy: How To Do Deep Therapy Briefly and How To Do Brief Therapy Deeply"



May 12th & 13th, 2016 9:30am - 4pm, 9:30am - 3pm
2255 Carling Avenue 3rd Floor, Ottawa, ON K2B 7Z5

In these uncertain economic times, every workshop we take needs to provide both value for the money and practical tools that can be directly incorporated into our personal and professional lives. Funds for long-term therapy are limited, hence, the movement toward short-term, constructive, solution-based approaches. But, what about the depth offered by the experientially oriented models of psychotherapy? Using the fundamentals and key points of two models: Focusing Oriented (experiential) Therapy and Solution Oriented (brief) Therapy, this two day indepth workshop is designed to explore ways of naturally integrating the best and most useful parts of short-term and long-term approaches to make the therapy hour both practical and profound.

Through a variety of techniques and interventions, discussion, experiential exercises, presentation of case examples, and live demonstrations, participants will learn how to harmonize and facilitate change - deeply and briefly - to get the most out of the therapy hour.

Participant will learn how to:

- Apply the key elements of integrating Brief and Experiential therapy models.
- Apply the basics 'linguistic' fine-points to gain fluency in each model's language and style.
- Discern when to ask questions and when to simply listen - and which works best when.
- Assess when and how the use of affect actually saves time!
- Perceive a new and wider view of a "both/and" approach to therapy.

Note: Participants are encouraged to bring their most challenging cases for live demonstrations.

Registration:

Early Bird (until **March 28, 2016**) \$240.00 per person
Regular Registration \$260.00, Student Rate \$180.00 per person

Contact **Gaby Young** at The Counselling Group of Jewish Family Services:
gyoung@jfsottawa.com or **613-722-2225 x 359**

Dr. Jaison's book will be available for sale and signing on-site.



a program of
Jewish Family Services
of Ottawa

Registration Form

Bala Jaison PhD – GETTING THE MOST FROM THE THERAPY HOUR:

Integrating Experiential Therapy and Brief Therapy

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The Counselling Group of Jewish Family Services Ottawa – 2255 Carling Avenue, 3rd floor

Early Bird Registration (before March 28, 2016) \$240.00 Regular Registration \$260.00 Student rate \$180.00 per person (Copy of student identification must be attached to registration form)

Name:

Position:

Organization:

Address:

Phone Number:

Fax:

Email:

Payment can be made by cheque, Visa or Mastercard and must be included with the registration form. If you register by phone, email or fax, we can only accept credit card payment. Cheques are to be made payable to Jewish Family Services. 2255 Carling Avenue, Suite 300, Ottawa, ON K2P 7Z5. Post-dated cheques will not be accepted.

I would like to pay by: Cheque Visa Mastercard I have included a payment of: \$ _____
Card Number: _____ Expires : _____
Name on Card: _____ Signature: _____

Cancellation Policy:

A \$65 administrative fee will be charged for all cancellations. We must receive a notice of cancellation, in writing, 2 weeks prior to the workshop. Payments are transferrable, so in case of a cancellation a colleague may attend in your absence. Admission fees are non-refundable 5 business days before the workshop. The Counselling Group reserves the right to cancel, in the event that a cancellation occurs participants will receive a full refund of their payment.

Continuing Education Credits:

All participants will be receiving a Certificate of Participation which can be used for Continuing Education Credits.

To register contact Gabriella Young at gyoung@jfsottawa.com, call 613-722-2225 xt 359, or fax 613-722-7570



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