

i-Care Conference Workshop Descriptions

Monday May 7 Afternoon

Fostering Health & Happiness in the Digital Age

Dr. Mari Swingle

Dr. Mari is a practicing therapist, researcher and author of *i-Minds: How Cell Phones, Computers, Gaming and Social Media are Changing our Brains, Our Behavior and the Evolution of Our Species*. Her primary area of research is the effect of screen based technologies on the brain, related socio-emotional and cognitive development of children, adults and society at large. Dr. Mari holds a PhD & MA in Psychology, MA in Education and a BA in Fine Arts. In her spare time, she is an avid painter, singer and a passionate, albeit not particularly talented, skier doing her best to practice what she preaches in an increasingly busy world: that being, continuously seeking balance in work, life and family in the digital age. Learn more at drmariswingle.com

i-Care Presentation: Improving Student/Youth Resilience in the Digital Age

Increasing numbers of first and second year University (and College) students are entering into post-secondary education emotionally unprepared. Anxiety, depression and related scholastic challenges are arguably at an all-time high.

In this presentation Dr. Mari will explore the root causes, the connection to societal shifts including parenting and scholastic expectations, and the contribution of excessive, non-complementary or otherwise invasive use of screen based devices, as well as intervention strategies for Counsellors.

Tuesday May 8 All Day

Accelerated Experiential Dynamic Psychotherapy (AEDP)

A Bottom-Up Approach to Counselling College and University Students

Wendy Belter, Michele Bowers, Maria Angelina, Lisa Kitt

College and university counsellors are seeing a growing number of students with mental health challenges, especially anxiety, depression and trauma. Given our limited on-campus counselling resources, it is not usually possible to provide long-term therapy to all students who want or need it. While students can and do benefit from brief therapy models (e.g., CBT, solution focused therapy), for many, especially those who have experienced significant trauma or who have experienced childhood attachment wounds, these cognitive oriented approaches to counselling are not enough.

Accelerated Experiential Dynamic Psychotherapy (AEDP) is an emerging therapy that offers an approach that aims for transformation and healing through its focus on attachment, affective neuroscience and embodied emotion.

i-Care Presentation: Introduction to AEDP Theory and Interventions

This full day interactive session will provide an introduction to AEDP theory and interventions. The facilitators will introduce the theoretical underpinnings of AEDP, show clips of video recorded AEDP counselling sessions with university students, lead participants in a discussion integrating heart and mind, discuss how AEDP interventions are being employed both within post-secondary clinical counselling and within teaching and facilitate experiential exercises for participants to practice a few foundational (beginner level) AEDP interventions.

Wednesday May 9 Morning

Yoga Therapy Meets Physiology

Maggie Reagh, MA

Maggie Reagh has an MA in Teaching, E-Ryt 500 and is a Certified Yoga Therapist (C-IAYT) conducts private and public Yoga Therapy classes as well as her own 1000-hour Yoga Therapist Diploma program; she is accredited by the International Association of Yoga Therapists (IAYT). She regularly teaches Therapeutic Yoga programs at Capilano University where has been on faculty since 1997. Maggie is also an instructor for Langara College's Therapeutic Yoga training program. Read more at www.yogatherapyinternational.com

**i-Care Presentation: Principles of Practice in Yoga Therapy:
How to Balance the Nervous System**

In this workshop, we will experience through our body, breath and mind/emotions, how Yoga Therapy balances the nervous system. We will also explore the yogic and scientific principles guiding these movement, breath and meditation practices. Simple practices will be shared, experienced and repeated so that you can learn them for your own self-care as well as the care of your clients.