

Program

i-Care version 2018
Caring For Ourselves While We Care For Others
PSCA Conference
May 7, 8, 9, 2018
Pinnacle Hotel at the Pier, North Vancouver

Monday May 7th

10:30 - 12:00 Registration

11:30 - 12:30 Lunch

1:00 **Welcome & Opening Remarks**

1:30 - 3:30 **Fostering Health & Happiness in the Digital Age**
Dr. Mari Swingle

3:30 - 3:45 Break

3:45 - 5:00 **PSCA AGM**

5:00 - 6:30 Hospitality Suite

6:30 Hosted Dinner at the Pinnacle

7:30 Connecting Activity / Social Time / Daniel Frankel

Tuesday May 8th

- 8:30 Breakfast
- 9:00 - 9:30 **PSCA Membership committee presentation**
- 9:30 - 12:30 **Accelerated Experiential Dynamic Psychotherapy (AEDP):
A Bottom-up Approach to Counselling College and University Students**
Wendy Belter, Michele Bowers, Maria Angelina, Sarah Higgenbottom
- (11:00 - 15 minute break)
- 12:30 - 2:00 Lunch on your own
- 2:00 - 4:30 **AEDP - Part 2**
- (3:15 - 15 minute break)
- 5:00 Hospitality Suite
- 6:30 **No Host Dinner - Tap & Barrel Restaurant**
- 8:00 Hospitality Suite / Roof-top Patio Social time

Wednesday May 9th

- 8:15 Continental breakfast
- 9:00 - 11:00 **Principles of Practice in Yoga Therapy: How to Balance the Nervous System**
Maggie Reagh
- 11:00 - 11:30 Checkout time
- 11:30 **Lunch - Farewell & Ode to PSCA**