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## UPCOMING SK WORKSHOPS!

### CONTACT US:

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### ADDICTIONS AND MENTAL ILLNESS—Working with Co-Occurring Disorders

*Regina: March 9, 2020 (early rate ends February 17); Saskatoon: March 12, 2020 (early rate ends February 20);*

This workshop explores the impact of both addiction and mental illness, and looks at theoretical frameworks for working with both issues to help support health and change. *Early Rate \$219; Regular Rate \$249*

#### Some of the Topics Included:

- Assessing for Co-Occurring Disorders
- Safety and Harm Reduction Planning
- Emotional Regulation Strategies
- Goal Setting and Collaborative Intervention
- Getting to Know the Person Outside of the Problem

*Unable to attend in person? Join the 1-hour live webinar February 21 or the full-day live stream March 24*

### COGNITIVE BEHAVIOURAL THERAPY—Tools for Thinking Differently

*Regina: February 10, 2020 (early rate ends January 20); Saskatoon: February 11, 2020 (early rate ends January 21)*

This workshop provides a strong foundational knowledge of the principles and strategies involved in using Cognitive Behavioural Therapy (CBT). *Early Rate \$219; Regular Rate \$249*

*Unable to attend in person? Join the 1-hour live webinar February 5*

### TRAUMA-INFORMED CARE—Building a Culture of Strength

*Regina: January 27, 2020 (early rate ended); Saskatoon: January 30, 2020 (early rate ends January 9)*

This workshop explores how to build a trauma-informed culture in a workplace setting that integrates knowledge throughout the organization. *Early Rate \$219; Regular Rate \$249*

*Unable to attend in person? Join the full-day live stream January 16*

### MORE UPCOMING WORKSHOPS

**NARRATIVE THERAPY—Tools for Exploring Stories**

*Saskatoon: Feb 12*

**PLAY THERAPY—Tools for Helping Children and Youth**

*Saskatoon: Mar 2-3*

**HARM REDUCTION—A Framework for Change, Choice, and Control**

*Saskatoon: Mar 13*

**Questions?** Contact Alexis by e-mail at [info@ctrinstitute.com](mailto:info@ctrinstitute.com) or by phone at 204-452-9199