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## Registration Fees

### **Advanced registration:**

On or before September 10th 2010

Member— \$35

Non member— \$50

Consumer/ families— \$10

### **Regular Registration:**

After September 10th 2010

Member— \$55

Non member— \$70

Consumer— \$15

**Receipts will be distributed September 29th at the registration table.**

**Parking:** - there is plenty of **FREE** parking for all the conference participants in the hotel lot.

### **Cancellation / Refund Policy**

Refund requests received prior to July 30, 2010 will be honored. Refunds after August 1st, 2010 will incur a \$10 processing fee. No refunds will be issued for requests made after Sept 1st, 2010. Refunds will not be given to participants who do not attend the conference and do not provide PSR Manitoba with notice of their absence prior to the dates listed above.

## Psychosocial Rehabilitations guiding principles and values.

### **Mission Statement:**

PSR/RPS Canada is a national association of individuals and organizations committed to the provision and growth of psychosocial rehabilitation services to support the recovery of persons with serious mental health issues.

Our objectives are:

- To promote psychosocial rehabilitation principles and the growth of psychosocial practices in Canada.
- To provide opportunities for networking at the local, national and international levels.
- To influence public policy as it relates to the advancement of psychosocial rehabilitation services to support the recovery of people with serious mental health issues.
- To promote, support and provide education and training in psychosocial rehabilitation to practitioners and key stakeholders.
- To promote the systematic, ongoing evaluation of psychosocial rehabilitation services for the purposes of continuous improvement.
- To promote research in psychosocial rehabilitation and recovery.

For more information please visit

**[www.psrrpscanada.ca](http://www.psrrpscanada.ca)**

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## PSR / RPS MB

### Presents

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*Cultivating Motivation:  
Working in partnership  
with adults with mental  
illness.*

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**Wednesday**

**September 29th, 2010**

**8:00 am—4:00 pm**

**Canad Inn Polo Park**

**1405 St Matthews Avenue**

**Winnipeg, MB R3G 0K5**



**PSR  RPS  
MANITOBA**

**PROMOTING, SUPPORTING, AND STRENGTHENING  
COMMUNITY-ORIENTED REHABILITATION SERVICES**

## AGENDA:

8am—9am—Registration

9am—10:15am—Dr Leigh Quesnel

10:15am—10:30am—Morning Break

10:30am—12pm—Dr Kevin Kjernisted

12pm—1:15pm—Lunch Break (On your own)

1:15pm—2:30pm—Dr James Skinner

2:30pm—2:45pm—Afternoon Break

2:45pm—4pm—Panel discussion with Bev Grace, Nigel Bart, Gina DeVos, Dr Skinner and Jane Burpee.

*PSR Manitoba has brought together three distinguished speakers and a panel of experts to address the topic how we as mental health professionals and caregivers can instill motivation in our clients/loved ones when mental illness has taken hold. Dr. Quesnel will start the day with a stimulating talk, setting the foundation for the day by defining motivation and providing insights into how we move from knowledge to practical application. Dr. K will enlighten us with cutting edge knowledge about neurobiology, the brain, and mental illness; what is happening in the brain for those individuals who are experiencing prolonged and recurring mental illness finishing up with a discussion of interventions that promote wellness. Dr. Skinner will outline the enormous opportunities of working with young people who are first experiencing a psychotic episode and how to stimulate motivation that grows.*

*We invite you to join us for this exciting day of learning and opportunity to network with other mental health professionals from across the province.*



## KEY SPEAKERS

### Dr. Leigh Quesnel

Leigh brings over 25 years experience as a clinician, organisational consultant, conference presenter, lecturer at both the Universities of Manitoba and Winnipeg and author. Known for his dynamic and informative training sessions, Dr Quesnel is often invited as a key note speaker.

*Talk Title: On Putting Wheels on The Heels and Roll in The Stroll: Motivation - From Skinner to Kierkegaard!*

#### Learning Objectives:

- 1) To reflect on the importance of the therapeutic alliance in engaging clients
- 2) To consider basic strategies of motivation in supporting clients
- 3) To consider the concepts of leadership and coaching in helping our clients
- 4) To consider the concepts of critical thinking as a basis for motivation

### Dr . Kevin Kjernisted M.D., FRCPC

Dr. Kevin Kjernisted recently moved to Vancouver from Winnipeg where he was Medical Director of the Anxiety Disorders Clinic and Director of Research at St. Boniface General Hospital in the Department of Psychiatry from 1994 to 2005. He was also an Associate Professor of Psychiatry in the Faculty of Medicine at the University of Manitoba since 2000.

*Talk Title: Tweaking the Neurobiology of the Brain- Current Measures to Promote Optimal Mental Health*

#### Learning objectives:

- 1) To review the current neurobiological understanding of mental illness
- 2) To discuss an approach to treatment involving the potential use of psychotherapies, exercise, proper diet, medications as well as complementary and alternative treatments to address possible neurobiological abnormalities which may be preventing a return to full wellness

### Dr James Skinner M.D., F.R.C.P.C

Dr. Skinner has worked in adult and especially child and adolescent psychiatry, in various roles and locations since 1990. His current main focus is with the early-intervention psychosis program. He is also an assistant professor at the University of Manitoba.

*Talk Title: This is wooden, but . . . Opportunities and pitfalls in motivating young people, and those experiencing a first psychotic episode.*

#### Learning Objectives:

1. Learning about the special issues in this population.
2. Learning how to inculcate self-motivation that extends after contact with us.

## Registration Form

Name \_\_\_\_\_  
Agency/ Company \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
Phone \_\_\_\_\_  
Email Address \_\_\_\_\_

Please tick the box if you do NOT want to be placed on PSR MB mailing list.

#### Type of registration:

- Advance Member—\$35       Regular Member - \$50  
 Advance non—member -\$50       Regular non-member -\$70  
 Advance consumer - \$10       Regular Consumer—\$15

#### Method of Payment

- Cheque / Money Order      Amount Enclosed \$ \_\_\_\_\_  
 Visa  
 MasterCard
- Name on card \_\_\_\_\_  
Card # \_\_\_\_\_  
Expiry Date \_\_\_\_\_

Please make Cheques payable to: PSR Manitoba

#### Mail to:

PSR Manitoba Conference  
201-1555 St. James St.  
Winnipeg MB, R3H 1B5



#### Fax to:

204-942-1428



**For more Information contact**

**psrmanitoba@gmail.com**