

The Fundamentals of

Exposure Therapy for Anxiety Disorders



Failure to Launch:

Helping Young Adults and Parents Navigate the Road to Independence

March 9 & 10, 2026

Norwood Hotel Winnipeg, Manitoba

Featuring

Randy Paterson, Ph.D, R.Psych.

DAY 1

The Fundamentals of Exposure Therapy for Anxiety Disorders

MONDAY, MARCH 9, 2026 | 8:00 AM – 4:30 PM

This full-day interactive workshop is designed to help mental health clinicians strengthen their skills in one of the most effective evidence-based interventions for anxiety: Exposure Therapy.

While exposure therapy is widely recognized as a cornerstone of treatment for anxiety disorders, its effectiveness drops significantly when core principles are overlooked. This workshop offers clear guidelines, practical strategies, and hands-on practice in hierarchy development to help clinicians deliver exposure therapy with confidence and precision.

The material is relevant to a wide range of anxiety presentations, including specific phobia, social phobia, obsessive-compulsive disorder, generalized anxiety disorder, panic disorder, and agoraphobia.

Key Topics

- The development and theory of exposure therapy
- The Zones of Comfort rationale
- The Therapeutic Window model for extended exposure
- Using Subjective Units of Distress (SUDs) effectively
- Constructing effective exposure hierarchies
- Creative approaches to imaginal and in vivo exposure exercises
- The behavioral experiment: Integrating cognitive strategies with exposure

Intended Audience

This program is designed for clinicians seeking to increase their competence in exposure-based approaches, including psychologists, therapists, counselors, and social workers working with clients experiencing anxiety disorders. Participants are expected to have foundational knowledge of anxiety conditions.

DAY 2

Failure to Launch: Helping Young Adults and Parents Navigate the Road to Independence

TUESDAY, March 10, 2026 | 8:00 AM – 4:30 PM

This engaging workshop focuses on one of today's most pressing issues: young adults who struggle to transition into independent adulthood. Increasingly, clinicians encounter stalled young clients—or their concerned parents—who are navigating this “failure to launch” phenomenon.

Drawing on more than 20 years of clinical experience at the Changeways Clinic in Vancouver, Dr. Paterson examines the roots of the problem and presents practical, evidence-based interventions. Participants will explore strategies drawn from cognitive therapy, behavioral activation, and attachment theory, gaining new tools to support both young adults and their families.

Key Topics

- Understanding the nature and origins of “failure to launch”
- Parenting styles and the reinforcement of avoidance
- Addressing challenging parent-child dynamics
- Identifying client goals, values, and aspirations
- Managing grandiosity and inadequacy
- Assessing readiness for change and sources of motivation
- Goal-setting and providing emotional support
- Anxiety management and distress tolerance
- In vivo exposures and excursions for independence
- Financial self-management
- Career planning and job-seeking support

Intended Audience

This workshop is designed for family therapists, psychologists, psychiatrists, mental health clinicians, marriage and family counselors, psychotherapists, coaches, social workers, occupational therapists, parenting specialists, school and university counseling staff.

What's Included

- Two full-day workshops (attend one or both)
- Electronic slide handouts
- Client handouts with reproduction rights for clinical use
- PDF workbooks for young adults and parents (Day 2)

Presenter

Randy Paterson, Ph.D, R.Psych.

is a psychologist, consultant, and author in Vancouver, BC. He is the director of Changeways Clinic, a private outpatient service specializing in the treatment of mood and anxiety disorders. He has published and presented in the areas of attention, stress and information processing, attachment theory, and depression. His books include *How to be Miserable: 40 Strategies You Already Use*; *The Assertiveness Workbook*; *Private Practice Made Simple*, and *Your Depression Map*.

Since 1992, Dr. Paterson has conducted therapist training, programs on diverse topics including the treatment of depression and anxiety disorders, assertiveness skills, private practice management, and sexual orientation issues.

He has presented over 200 therapist training seminars in Canada, Asia, Australia, and New Zealand.



Registration

Please note that space is limited

Name

Address:

City

Province

Postal Code

Phone: ()

Email *(required for confirmation)*

Profession:

Organization:

Participants are not considered registered until payment is received. Receipts will be provided with workshop materials at the Registration Desk (7:30am – 8:00am).

Payment

ONE DAY WORKSHOP (Day 1 or 2)

Early Bird Rate \$275 (rate ends December 31, 2025 at 4:00pm).
Regular Rate \$325

Please pick one workshop to attend:

- ☐ **Day 1** - The Fundamentals of Exposure Therapy for Anxiety Disorders
OR
☐ **Day 2** - Failure to Launch: Helping Young Adults and Parents Navigate the Road to Independence

TWO DAY WORKSHOP

Includes both The Fundamentals of Exposure Therapy for Anxiety Disorders AND Failure to Launch: Helping Young Adults and Parents Navigate the Road to Independence

Early Bird Rate \$450 (rate ends December 31, 2025 at 4:00pm).
Regular Rate \$500

Registration includes all workshop materials and reproducible client handouts for clinical use.

Payment can be made by E-Transfer to info@blockbuilding.ca

- OR

Cheque made payable to Block Building Therapies and mailed to:
830 St. Mary's Rd., Winnipeg, MB R2M 3P4

Refund / Cancellation Policy

Refund of registration fees will be made, less a \$75.00 Administration fee, with written notice to info@blockbuilding.ca postmarked by Friday February 6, 2025. No refunds will be issued after this date. Cheques returned due to insufficient funds will be subject to a \$50.00 administration fee.

Hotel Information

Norwood Hotel
112 Marion St.
Winnipeg, MB
Tel: 204-233-4475
www.norwood-hotel.com