

# **2014/2015 SPEAKER SERIES**

## **OMA SECTION ON PRIMARY CARE MENTAL HEALTH**

Ontario Medical Association  
150 Bloor Street West, Toronto



# OMA Section on Primary Care Mental Health



**Dr. Michael Paré**  
Section Chair



**Dr. Harry Zeit**  
Chair of Education  
Committee

## The Objectives of the Section

The objectives of the OMA Section on Primary Care Mental Health are to serve the GP Psychotherapists of Ontario and to promote harmony and understanding amongst them and between them and the medical profession at large; to assist and encourage GP-Psychotherapists to continually increase their professional knowledge, skills and proficiency; to act and speak as a recognized authority on behalf of and for the benefit of GP-Psychotherapists.

To inquire about the section please call Dr. Michael Paré, Chair, OMA Section on Primary Care Mental Health, at 416.229.2399 ext.120 or email at [michaelpare@rogers.com](mailto:michaelpare@rogers.com).

### Executive Committee:

Section Chair –	Dr. Michael Paré, Toronto
Vice Chair –	Dr. Harold Pupko, Toronto
Tariff Chair –	Dr. Muriel van Lierop, Toronto
Secretary –	Dr. Darlene Hall, Toronto
Education Chair –	Dr. Harry Zeit, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
Treasurer –	Dr. James Whyte, Toronto

### Education Committee:

Chair – Dr. Harry Zeit  
Dr. Aube Kurtz  
Dr. Harold Pupko  
Dr. Samuel Lai  
Dr. Sheldon Wagner  
Dr. James Whyte  
Dr. Michael Paré  
Dr. John Dattilo

## UPCOMING EVENTS

### Summary of Programs and Workshops

#### Location

Ontario Medical Association (OMA)  
150 Bloor Street West, Suite 900, Toronto, Ontario

#### Time

7:30 p.m. to 9:30 p.m.

#### OMA Wednesday Evening CPD Program

The Education Committee of the OMA Section on Primary Care Mental Health is pleased to present the 2014/2015 Evening CPD Program Series.

#### Dates:

October 1, 2014	February 11, 2015
November 5, 2014	March 4, 2015
December 3, 2014	April 8, 2015
January 14, 2015	

#### Caring for Self While Caring for Others

The Education Committee of the OMA Section on Primary Care Mental Health is pleased to present a series of four new workshops. Now entering its third season, this project is dedicated to creating a collective environment while promoting physician resilience, self-awareness and well-being. Moderated by:

#### **Dr. Harry Zeit, MD DABEM, Physician Psychotherapist**

The Medical Clinic for Person-Centered Psychotherapy  
265 Yorkland Blvd., Suite 403, Toronto, ON M2J 1S5  
Tel: 416.229.2399 ext.275 - Fax: 416.229.9771

#### Dates:

October 15, 2014	February 18, 2015
November 19, 2014	March 18, 2015

Seating is limited. Please RSVP ASAP by phone: 416.229.2399, ext.125 (Ada or Anna), or via email to: [michaelpare@rogers.com](mailto:michaelpare@rogers.com)

Dr. Harry Zeit can be reached for inquiries only, including requests for repeat presentations of previous or current sessions and workshops, via email to: [harryzeit@sympatico.ca](mailto:harryzeit@sympatico.ca)

# Main Speakers Series 2014-2015

October 1, 2014

## Reflections on Guilt and Conscience

Freud's discovery that unconscious guilt may be manifested in a host of pathological conditions that on the surface appear to have nothing whatever to do with moral issues has been insufficiently appreciated. I think of these painful conditions as "guilt-substitutes." But in order to clarify our thinking in this field we need to distinguish between persecutory and reparative guilt and between the superego and the conscience. The relevance of these concepts to medical practice in general and clinical work in psychotherapy in particular will be discussed.

Key Learning Points:

- To understand the role of unconscious guilt in suffering that manifestly seems unconnected to moral issues.
- To grasp that a wide range of symptoms may serve as "guilt-substitutes."
- To understand the two fundamentally different types of guilt: persecutory or self-punitive on the one hand and reparative on the other.
- To understand that whereas the superego is narcissistic and focused upon the self and its badness, the conscience reflects a capacity for concern for the other and a desire to make reparation for damage done.

**Donald Carveth** is Emeritus Professor of Sociology and Social & Political Thought at York University. After completion of a doctorate (1977) comparing and contrasting sociological and psychoanalytic theories of human nature, he undertook clinical training at the Toronto Institute of Psychoanalysis of which he is the current Director.

With Dr. Eva Lester and others he helped found The Canadian Journal of Psychoanalysis of which he is a past Editor-in-Chief. Last year his book, *The Still Small Voice: Psychoanalytic Reflections on Guilt and Conscience*, was published by Karnac, UK.

He maintains a private practice of psychotherapy, psychoanalysis and supervision in central Toronto. Many of his publications are available on his website: [www.yorku.ca/dcarveth](http://www.yorku.ca/dcarveth)

# Main Speakers Series 2014-2015

November 5, 2014

## Evidence-Based Treatment of Insomnia in Medical Settings

Insomnia is the number one health complaint in general medical settings and the primary place people with insomnia present are at medical clinics; thus having brief, evidence-based skills to address insomnia is a must. This talk will provide an overview of what causes chronic insomnia and evidence-based insomnia treatment approaches. Topics will include: i) When to order sleep studies, ii) How sleep is regulated and how this should influence what you tell patients, iii) Why Sleep Hygiene is ineffective, iv) Whether insomnia treatment differs when there is a co-occurring condition like pain present, v) The pros and cons of sleep medications, and vi) Brief Behavioural Insomnia Therapy (BBIT): A One-Session Treatment for Medical Settings.

Key Learning Points:

- Basic sleep assessments can be done in non-sleep specialty settings
- Cognitive Behaviour Therapy is the frontline recommended treatment for chronic insomnia
- There is demonstrated efficacy for one-session behaviour therapy in medical settings
- Health Canada and FDA-approved sleep medications have comparable efficacy to CBT (but CBT is effective even two years post-treatment)

**Dr. Colleen E. Carney** is an Associate Professor and Director of the Sleep and Depression Laboratory in the Department of Psychology at Ryerson University in Toronto. She is one of the leading experts in the world in Cognitive Behavioural Insomnia Therapy for those with co-occurring health conditions, most notably depression. Her work was featured recently on the front page of the New York Times. Her clinical trial research has been funded by the National Institutes of Mental Health, the Canadian Institutes of Health Research, The Ministry of Research and Innovation, the National Institute for Nursing Research and the Social Science and Humanities Research Council. Dr. Carney has over 100 publications, including seven treatment books, book chapters and numerous peer-reviewed publications on the topic of insomnia and depression. She co-authored the first self-help insomnia book for those with comorbid depression, anxiety, and chronic pain. She trains graduate therapists at Ryerson, as well as health professionals in Cognitive Behaviour Therapy for insomnia, fatigue, and depression. She is an active presenter on this topic; providing workshops and presentations to professionals across Canada, the United States, and Europe.

# Main Speakers Series 2014-2015

**December 3, 2014**

## **Ten Key Tips in dealing with Adolescents from an Adolescent Psychiatrist**

Dr. Voysey will outline 10 major areas of concern in dealing with adolescents and appropriate responses for therapists.

Key Learning Points:

- To develop an appreciation for the phase of life called “adolescence”.
- To appreciate the essential developmental tasks of adolescence
- To be aware of ten major areas of developmental concern for youth and explore how to inquire into these areas and to consider optimal therapeutic responses to information revealed in these inquiries.

**Dr. Mark A. Voysey** - Individual (Child, Adolescent and Adult) and Family, Psychiatry and Psychotherapy, Forensic Psychiatry and Consultation Psychiatry M.B.B.S, B.Med. Sc.(Hons), FRCPC, ABAP, TCPP, CAPTC.

Dr. Voysey received his undergraduate medical training (1972-78) and post-graduate training in general adult psychiatry, neuropsychiatry and alcohol and drug addictions in Australia. In 1982 he immigrated to Canada where he trained for 5 years at the University of Toronto (in general psychiatry for 3 years and then in Child and Adolescent psychiatry for 2 years).

Following this training, Dr. Voysey worked in the Adolescent Unit of a Provincial psychiatric hospital where he was involved with chronic inpatients and outpatients (6 months each) and a secure crisis unit (4 years). During this period, Dr. Voysey worked with the Durham Region Family Court Clinic for ten years and consulted on a regular basis to pre-school, school-aged and adolescent programs (residential and non-residential), and provided educational input and focal consultation to agencies and different Provincial Government Ministries at various levels.

He continues to consult to residential treatment programs for youth in urban and rural areas. He has been working out of his private practice in Cabbagetown since 1992, where he has lived since 1984.

Dr. Voysey has prepared numerous court reports and made regular court appearances at the Ontario Court (Provincial Division) (Family Court), now known as the Ontario Court of Justice and at the Ontario Court (General Division), now known as the Superior Court of Justice.

He is a graduate, and now Faculty (teaching) member of the Toronto Child Psychotherapy Program (a course involving extensive theoretical study, clinical supervision and guided self-reflection), and thereby a member of the Canadian Association of Psychotherapists of Children.

# Main Speakers Series 2014-2015

January 14, 2015

## Motivational Interviewing: Dancing versus Wrestling

Some people are ready to change, others...not so much. But regardless of a patient's level of readiness, we can make a difference! This dynamic and interactive session offers essential tips and tools for engaging each and every patient in a meaningful conversation about change. Motivational Interviewing is an evidence-based approach focused on exploring and resolving ambivalence and enhancing motivation. You are invited to bring your most "motivationally challenging" case examples and leave with concrete ideas and strategies.

Key Learning Points:

- Frame Motivational Interviewing as a way of being with your client – evocation versus installation
- Troubleshoot challenging practice issues/cases
- Identify barriers and enablers to implementing MI skills with clients
- Set concrete implementation objectives for clinical practice.

**Dr. Marilyn Herie PhD, RSW** is the Academic Chair, Department of Community Services, School of Community and Health Studies at Centennial College in Toronto, Canada; and Assistant Professor (Status Only), University of Toronto Factor-Inwentash Faculty of Social Work. She is a member of the international Motivational Interviewing Network of Trainers (MINT) and has over 15 years of clinical practice and supervision in addictions/concurrent disorders treatment with individuals and groups.

Dr. Herie has published widely on evidence-based practice approaches, including Motivational Interviewing (MI) and Cognitive Behavioural Therapy (CBT), as well as knowledge translation and dissemination research. Her areas of interest include motivational interviewing and health behaviour change, interprofessional education research and evaluation and social media. She blogs about clinical education at [www.educateria.com](http://www.educateria.com).

# Main Speakers Series 2014-2015

February 11, 2015

## Here comes that hurt again: What you need to know about psychological trauma and trauma-informed care

There is a pressing need for trauma-informed care within our health care system. Although there is a growing awareness of this need, the vast majority of health care providers have only a cursory knowledge of psychological trauma and its impact on their patients. Trauma survivors are often misunderstood and this can have a detrimental effect on the care they receive and on their response to the care that is delivered. This presentation will examine how psychological trauma places a heavy burden on our health care system, the range of challenges health care providers face when working with trauma survivors, the principles of trauma-informed care and specific strategies for delivering trauma-informed care.

Key Learning Points:

- Explain why psychological trauma places a heavy burden on the healthcare system
- Describe how a patient's history of psychological trauma can interfere with the delivery of health care
- Name five guiding principles for providing trauma-informed care
- Describe specific strategies for working with patients who have a history of psychological trauma

**Dr. Catherine Classen** is an associate professor in the Department of Psychiatry at the University of Toronto, director of the Mental Health Research Program at the Women's College Research Institute at Women's College Hospital, and the academic leader of the Trauma Therapy Program at Women's College Hospital. She is a past president of the International Society for the Study of Trauma and Dissociation and past chair of the Traumatic Stress Section of the Canadian Psychological Association. Dr. Classen has been working in the field of psychological trauma for over 20 years as both a researcher and clinician. Dr. Classen's research interests include investigating psychotherapy interventions for trauma survivors and advancing trauma-informed care within the health care system. She has over 100 publications and recently co-authored the book, "Treating the trauma survivor: An essential guide to trauma-informed care," published by Routledge. She is also co-author of an online accredited CME course "Posttraumatic Stress Disorder: A Primer for Primary Care Physicians" sponsored by the Mood Disorders Society of Canada in collaboration with Faculty of Medicine, Memorial University, Newfoundland. Both the book and online course are due for release in the fall of 2014.



# Main Speakers Series 2014-2015

March 4, 2015

## Building Healthy Relationships through the use of Ruthless Compassion

The notion of what is a “healthy relationship” in both personal and professional life will be discussed; the philosophy of ruthless compassion will be explored and examples will be given of how ruthless compassion can be applied to create healthy relationships.

Key Learning Points:

- To understand what constitutes a “healthy relationship”
- To differentiate the goals of personal and professional relationships
- To learn how to apply the philosophy of ruthless compassion to personal and professional relationships
- To learn the benefits of using ruthless compassion in personal and professional relationships

**Dr. Marcia Sirota, M.D.** is a graduate of Memorial University, School of Medicine. She completed her residency at Maimonides Medical Center in New York City in 2000. She has a private practice in individual and group therapy here in Toronto.

She's the author of “Emotional Overeating: Know The Triggers, Heal Your Mind and Never Diet Again”, and the upcoming book series, the “Short and Sweet Guides to Life”, the first of which is entitled, “Loving Heart, Quiet Mind, Healthy Body: Affirmations for Transforming Your Body and Your Life”, available soon on [amazon.com](http://amazon.com) and [BarnesandNoble.com](http://BarnesandNoble.com)

# Main Speakers Series 2014-2015

**April 8, 2015**

## **Clinical Hypnosis as a Tool in GP Psychotherapy**

Hypnosis is not a type of psychotherapy, like psycho-analysis or cognitive behaviour therapy. Instead, it is a procedure that can be used to facilitate psychotherapy. This talk will provide attendees with an overview of the use of clinical hypnosis as a tool to assist in the delivery of psychotherapeutic messages designed to improve mental health and functioning of patients.

Key Learning Points:

- To understand the basic theory of clinical hypnosis
- To explore the use of basic hypnosis techniques in psychotherapy delivery
- To discuss the principles for implementation into psychotherapy practice

**Dr. Jacques Gouws** is a psychologist in independent clinical psychological practice. His experience is in the evaluation and treatment of Posttraumatic Stress Disorder, Mood and Anxiety Disorders, Chronic Pain, and Mild Traumatic Brain Injury. He is a frequent speaker at conventions and workshops, and has been quoted in the national media in particular on PTSD and how it manifests in soldiers. He is a past president and Fellow of the Canadian Society of Clinical Hypnosis, Ontario Division.

# Caring for Self While Caring for Others

## Finding Safety, Strength and Meaning in Troubled Times

### **A series of four workshops designed to create physician wellness and resilience**

How do we - with clarity and honesty - locate safety and meaning in a troubled world? How - with equanimity - do we hold the tension of what we are asked to do, with what we know is possible? How, when our work seems forever incomplete, do we let go at the end of each day? From what sources do we re-charge and derive strength, gratitude and inspiration?

In 2011-12, we looked at new developments in the fields of neuroscience, attachment, trauma & dissociation and integrated mind/body healing. We covered areas within our field which are advancing so quickly that our medical schools and residency programs remain unable to bring them fully into their curriculums. In the following 2012-13 and 2013-14 series, we began to assess the personal and professional cost of practicing without a clear sense of how trauma and stress affect our primitive brains on both personal and collective levels, often hijacking reason, creativity and resilience.

This year, we will continue to deepen our understanding of these new developments in the fields of medicine, psychotherapy and the neurosciences and their profound consequences and implications for our field and our future. Together, we will explore how this knowledge can help us remain resilient and to evolve as individuals, individually and within systems. We will learn how an understanding of the ubiquitous effects of stress and trauma on the nervous system is crucial for our own wellness as well as integral to the health of our communities and institutions.

Like last year's Caring for Self While Caring for Others series, these sessions will blend some teaching and the presentation of current up-to-date videos with experiential exercises and open discussion. Our experiential exercises derive from Yoga, Qi Gong, Somatic and Energy Psychologies, and are designed to be easily applied and integrated into your own personal care plan as well as into patient care. They're a chance to embody and move while learning to better regulate your autonomic nervous system.

Participants are encouraged to bring material from cases or from personal experience. This will be an opportunity not just for learning, but also for sharing feelings and hopes with colleagues and for building community.

The sessions are all stand-alone. Previous attendance is not a pre-requisite. The series is designed to develop and deepen the core theme, but at the same time, each talk is self-contained and complete in itself.

# Caring for Self While Caring for Others

**October 15, 2014**

## **Eight Keys for Stress Management**

Stress is increasingly recognized as a great hazard to our wellness as individuals and as a profession. In addition, at high levels, it can accelerate disease and aging process. As well, it impacts our ability to relate to others with compassion and empathy.

In this talk, we will review some strategies for approaching and reducing the stress levels in our clinical practice and our personal lives.

Experiential: Qi Gong Inspired Practices

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**November 19, 2014**

## **Journaling for Wellness**

“Writing is a powerful tool for psychological healing. Therapeutic journaling is any type of writing or related expressive process used for the purpose of psychological healing or growth. It includes not only jotting down thoughts and feelings, but other, less traditional techniques like dialoguing between parts of the self, mind mapping, keeping a log and using journaling with EMDR or CBT, among others.” From Amazon review of The Healing Power of Writing.

Experiential: Journaling Exercise and Sharing. Breathwork - re-visiting the Complete Breath

# Caring for Self While Caring for Others

**February 18, 2015**

## **The Inner Life of the Therapist/Physician**

“One of the greatest gifts helping professionals can share with others is a sense of their own peace. However, retaining and renewing a sense of healthy perspective requires not only self-care strategies, but also an awareness of basic, profound, yet simple, wisdom themes.”

A talk inspired by the work of Robert J. Wicks.

Experiential: Yoga Elements

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**March 18, 2015**

## **Erotic and Perverse Transferences/”Doing” Hope**

Have you ever experienced strong, erotic or sexual feelings and impulses toward a patient? This is a chance to better understand the origin of these desires, as well as a way to process them safely.

We finish by an exploration of Doing Hope - in preparation for the theme of the upcoming OMA annual conference where our section collaborates with other sections on the theme of hope in medicine and in psychotherapy. How do we cultivate hope and scaffold it as something do-able and real, rather than lose ourselves in wishful thinking and illusion?

Experiential: Bioenergetics - Learning to Feel Boundaries and Aliveness (rather than just thinking about it)

# Caring for Self While Caring for Others

## Dr. Harry Zeit

Harry Zeit graduated from the University of Toronto Medical School in 1982. He practiced until 2005 as an American Board certified emergency physician, and was active in the Canadian Association of Emergency Physicians.

Harry currently runs a private practice in general psychotherapy, with a special interest in trauma and in newer, integrated psychotherapy models. He is a graduate of the Sensorimotor Psychotherapy Institute's training level one (trauma) and level two (attachment and development); in April, 2013, he completed the certificant level in the first ever Canadian level three training. He also holds certificant status in the General Practice Psychotherapy Association of Canada (GPPA).

Harry will be again be assisted by Irina Dumitrache. Irina has graduated from two yoga teacher training programs, at the Yoga Sanctuary in Toronto and at the Yoga Therapy Toronto.

Please follow the Education Committee Blog for further news and information: <http://wildpsychotherapyfrontier.blogspot.ca/>

### **Previous Sessions:**

*Session One:* Trauma Stewardship - Part 1 - Wednesday, November 1, 2012

*Session Two:* Trauma Stewardship - Part 2 - Wednesday, November 21, 2012.

*Session Three:* Building Resilient Lives and Responsive Systems -  
Wednesday, February 20, 2013

*Session Four:* Post-Traumatic Growth and Flourishing -  
Wednesday, March 27, 2013

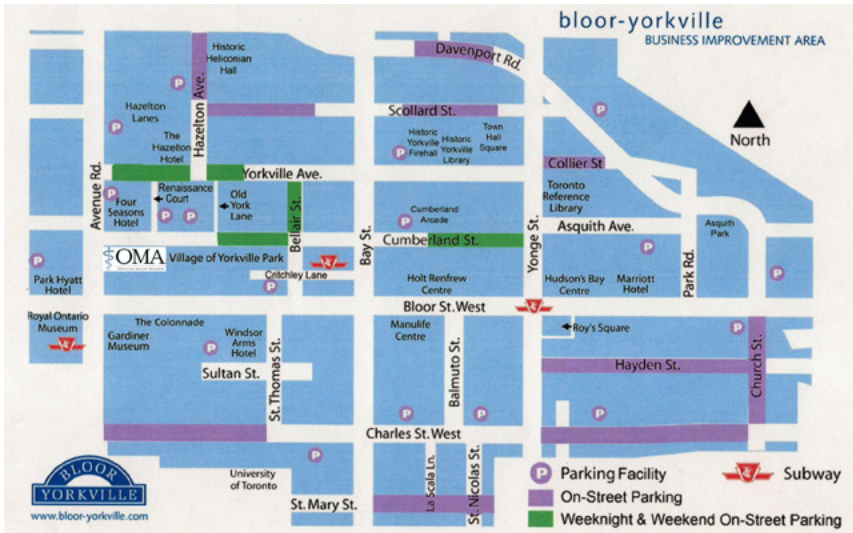
*Session Five:* Psychophysiologic Disorders, an Alternate Model of Stress-Induced Illness. Befriending our Brainstems: working with intrusions of animal defenses in ourselves and our patients. Breath work for Affect Regulation -  
Wednesday, October 16, 2013

*Session Six:* Guest Speaker, Ted Bober, from the OMA Physician Health Program. Cultivating Physician Health and Excellence -  
Wednesday, November 20, 2013.

*Session Seven:* The Wounded Healer: Shamans and Physicians. Breathwork and Journaling. - Wednesday, February 20, 2013

*Session Eight:* Exercises to Build Resilience. Mindfulness, Breathwork and Somatic Resourcing - Wednesday, March 19, 2014.

In our second season, we also held a half-day offsite workshop, entitled David Berceles's Trauma Release Exercises Workshop - November 2, 2013.



OMA office is located at 150 Bloor Street West, Suite 900 (northeast corner of Avenue Road/ Bloor Street West) .

### PARKING

There are several parking lots within a block radius of the office (Cumberland Street, Bellair Street and Yorkville Avenue) and some metered parking on the street. There is NO public parking below our building.



**Ontario Medical Association**  
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Toronto, Ontario M4S 3C1

Confidential Toll Free Number  
**1.800.268.7215**  
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