



OMA Section on Primary Care Mental Health Outreach CME/CPD MainPro-C Sessions

Supportive Psychotherapy: Ten Things to do and Ten Things to Avoid

- Date:** October 23, 2014
- Time:** 5:30 p.m. to 9 p.m.
* Dinner 5:30 p.m. to 6 p.m.
* Interactive workshop Supportive Psychotherapy 6: p.m. to 9 p.m.
- Speakers:** Dr. Michael Paré, M.D., M.Sc., M.Ed., C-IPT, C-GT
Dr. David Murphy, M.B., Ch.B.
- Location:** Barrie Community Health Centre (490 Huronia Road, Barrie, ON L4N 6M2)
- Phone:** 705.734.9690
- Cost:** \$175 (for individual cases we may subsidize the professional taking this session, please enquire about this by contacting Dr. Murphy at therapydoc@hotmail.com)
- RSVP:** 416.229.2399 ext. 125 Michael Paré or Ada or Anna
or michaelpare@rogers.com

Accreditation: *This session is accredited as 3 MainPro-C per workshop. This session is also accredited by the General Practice Psychotherapy Association (GPPA) for 3 hours of continuing education credits per session. For more info on the GPPA see the web site on <http://www.gppaonline.ca>.*

For Royal College members: attendees may claim their time dedicated to your activity under "Section 1: [unaccredited] Conference" and they will receive 0.5 credits per hour of participation.

We reserve the right to cancel this program if we get an insufficient number of attendees.

Supportive Psychotherapy: Ten Things to do and Ten Things to Avoid*

3 MainPro-C credits

*Based on journal articles by Dr. Michael Paré

Most physicians (even Psychiatrists) don't do "specialized" Psychotherapy (CBT or Psychodynamic, etc.) but rather they do supportive psychotherapy. Thus this program is very practical, and is also an interactive session. Some DVDs will be shown.

The session will be an outline of several of the key positive elements of therapy (such as empathy and support) and several things to avoid (such as excessive reassurance and excessive advice giving).

Learning Objectives

1. List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy.
2. The participant will have increase knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations).
3. The Essence of GP-Psychotherapy: Common Factors in Therapy will be discussed in detail

Speakers



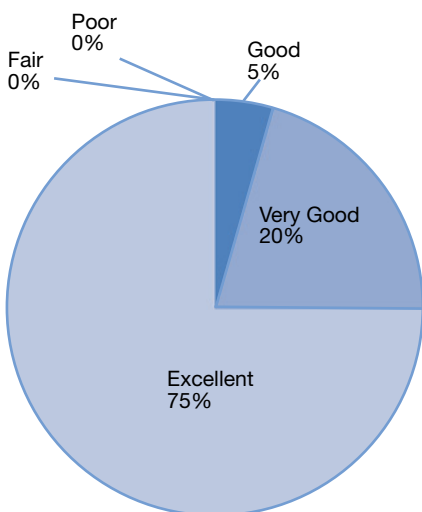
Dr. Michael Paré, G M.D., M.Sc., M.Ed., Cert.-IPT, Cert.-GT, General Physician Practicing Psychotherapy.

Chair OMA Section on Primary Care Mental Health. Coordinator of the Medical Clinic for Person-Centred Psychotherapy. Trained Balint group leader. Certified Group Therapist and Certified IPT Psychotherapist. Teaching Mentor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network, Ontario College of Family Physicians. Our website is <http://www.medicalpsychclinic.org>.

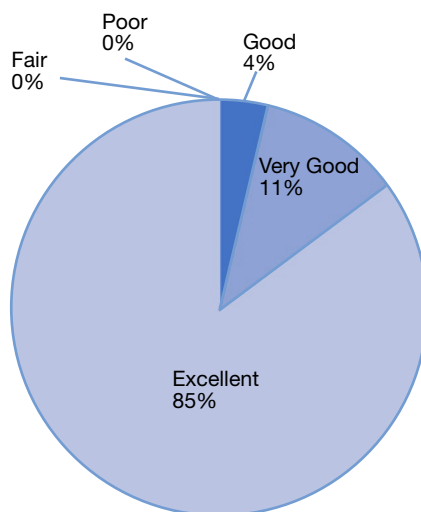


Dr. David Murphy, a Physician Psychotherapist, practicing in Barrie, Ontario. His medical practice focuses on the treatment of psychological trauma, anger management and chronic pain. He also provides Forensic Risk Assessments and treats sexual and other offenders. Dr. Murphy is a Past President of the General Practice Psychotherapy Association. He is a Mentor for both the 'Medical Mentoring for Addictions and Pain' and the 'Collaborative Mental Health Network' programs of the Ontario College of Family Practitioners. He is a Peer Assessor for the College of Physicians and Surgeons of Ontario.

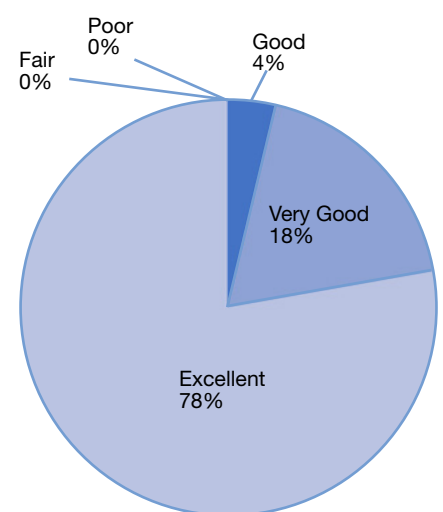
Other popular MainPro-C workshops Psychotherapy/Mental Health (see feedback below): Boundary Issues, Standards and Guidelines, and Supportive Psychotherapy are available for doctors.



Academic Talk at Sunnybrook Hospital
Keeping Good Boundaries in Medicine
October 23, 2014



McMaster Muskoka Seminars 2014
Overview of Standards and Guidelines
August 4, 2014



McMaster Muskoka Seminars 2014
Supportive Psychotherapy: Ten Things to Do and Ten Things to Avoid
August 5, 2014