



OMA Section on Primary Care Mental Health MainPro-C[®] Sessions

Venue: OMA offices, 150 Bloor St. West, Suite 900, Toronto, ON M5S 3C1,
Tel: 416.340.2999 or 1.800.268.7215

Speakers:

Dr. Michael Paré	Dr. James Whyte	Dr. Joel Shapiro
Dr. Harold Pupko	Dr. John Datillo	Dr. Harry Zeit
Dr. Derek Davidson	Dr. Bryan Walsh	Dr. Darryl Wolski
Dr. David Cree		

All sessions run on the following times and dates:

Times: Saturday, 10 a.m. to 1:15 p.m. and 2 p.m. to 5:15 p.m.
Sunday, 10 a.m. to 1:15 p.m. and 2 p.m. to 5:15 p.m.

Dates: November 29 - 30, 2014 - weekend A
January 31 - February 1, 2015 - weekend B
February 21 - 22, 2015 - weekend C
March 28 - 29, 2015 - weekend D
May 30 - 31, 2015 - weekend E

Accreditation:

These sessions are accredited as 3 MainPro-C per workshop. The sessions are 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.

Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid*

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. 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). (*Partly based on journal articles by Dr. Michael Paré)

Learning Objectives:

1. List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy.
2. The participant will have increased 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.

Boundary Issues in Psychotherapy*

This program describes the theoretical foundations and shows (using DVD clips) the practical application of boundaries in clinical process. The foundation of good quality medicine is not only scientific and technical, it is also ethical. Boundaries are essential to an appropriate therapeutic relationship. As helpers we need to know boundaries well so we can get as close to a patient without intruding upon, or "using" a patient in any way. (*Partly based on journal articles by Dr. Michael Paré)

Learning Objectives:

1. The difference between Boundary Crossings and Boundary Violations
2. What do we mean by a "boundary" in a psychotherapeutic relationship?
3. What is the therapeutic frame?

Overview of Standards and Guidelines of General Practice Psychotherapy*

Physicians often do Psychotherapy without as much training as they would want. There are so many demands on their time. This session covers a few centrally important and yet rarely discussed essential elements of successful ethical psychotherapy: such as confidentiality [and its limits], obtaining truly informed consent, keeping good boundaries, etc. (*Partly based on journal articles by Dr. Michael Paré)

Learning Objectives:

1. The participant will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries and Diagnosis suicide assessment.
2. What are the common countertransference reactions (positive and negative with patients).
3. Learn the several components of a suicide risk assessment.

Practical Consideration of Transference & Countertransference*

This session will highlight my own practical understanding of transference (T) and countertransference (CT). I gained this understanding through extensive training in psychotherapy and through personal and professional experience – both as a patient, as a therapist, and as a psychotherapy supervisor and mentor. Transference (T) and countertransference (CT) are common phenomena seen every day in Family Practice and Psychotherapy. The speaker will discuss several Family Practice clinical situations so that the session is more experiential and practical, as well as theoretical. (*Partly based on PowerPoint slides by Dr. Michael Paré)

Learning Objectives:

1. Know what is meant by Transference and what is meant by Countertransference.
2. Define the concept of transference as false distortions or true perceptions in regard to the patient's feelings and thoughts and attitudes from other important relationships.
3. Define the concept of countertransference as a false distortion or a correct perception. It can be that the physician recognises something about the patient that the patient is unaware of.

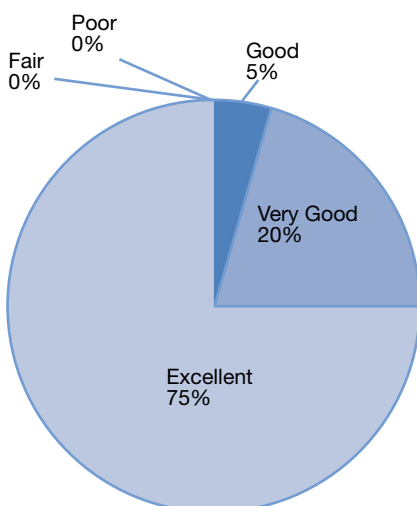
Interpersonal Psychotherapy*

Interpersonal Psychotherapy (IPT), is a short term, manualized (meaning very structured) psychotherapy. IPT was first designed for the treatment for individuals with depressive disorders. I believe IPT is an excellent type of therapy for family doctors to learn to provide. I call IPT the “less famous cousin” of CBT (Cognitive Behaviour Therapy) since both types of therapies have several common characteristics. IPT is an admirable type of therapy, which is very similar to the more common “supportive psychotherapy”, that most physicians actually provide. The main difference is that IPT is somewhat more clearly “packaged”. Currently, IPT is an officially recommend treatment for depressive disorder. Substantial empirical evidence supporting IPT's efficacy has progressively grown since its early use. The IPT method is described using PowerPoint slides and DVD showing. (*Partly based on PowerPoint slides by Dr. Michael Paré)

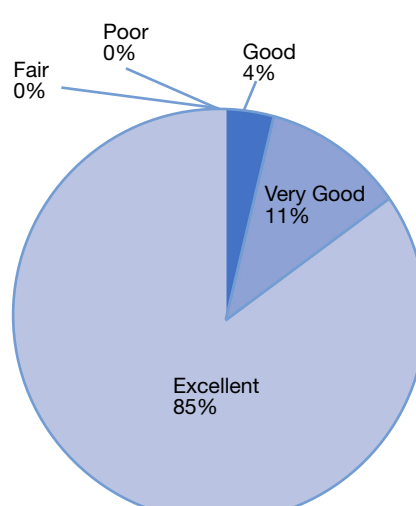
Learning Objectives:

1. Learn the theoretical foundations of Interpersonal Psychotherapy (IPT).
2. Describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT).
3. Describe the beginning, middle and ending treatment phases of IPT.

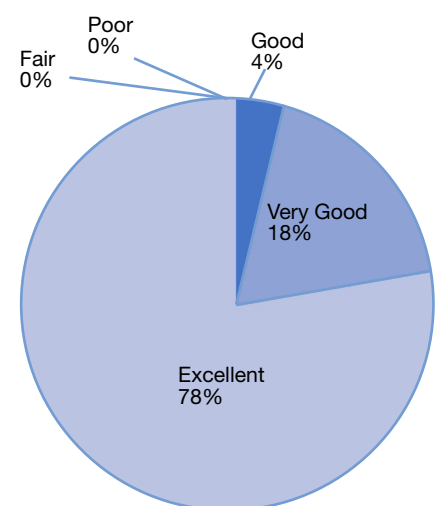
Three popular (see feedback below) MainPro-C workshops on Psychotherapy/Mental Health: Boundary Issues, Standards and Guidelines, and Supportive Psychotherapy.



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

Speakers:

Dr. Michael Paré, M.D. MSc. M.Ed., C-IPT, C-GT, General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Doctor Paré has several credentials in psychotherapy. He is a Certified Group Therapy, and is Certified in IPT Psychotherapy. He is a (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. One of Dr. Paré's central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. He has set up (with his GP and FP & Psychiatry Colleagues) several very successful programs. Speakers are potentially available to come to your location and provide you with MainPro-C educational sessions. Presently we can teach one or more of several three hour MainPro-C Workshops.

Dr. James Whyte, B.Sc.N., M.D., CCFP, (B.Sc.N. – McMaster University and M.D. – McMaster University) is a full time General Practice Psychotherapist. And he also is Physician Psychotherapist and Assistant Professor of the Northern Ontario School of Medicine. James has previously taught these educational sessions before. He is a member of the Executive of the OMA Section on GP-Psychotherapy.

Dr. Joel Shapiro, M.D., FRCP(C), completed in the psychiatry training at the University of Western Ontario. Joel has a particular interest in psychotherapy and completed specialized training and supervision in Dialectical Behaviour Therapy and Cognitive Behaviour Therapy. He also has an interest in Mindfulness and Supportive Therapies. He has previously presented Continuing Professional Development lectures about psychotherapy to psychiatrists, primary care physicians and allied health professionals.

Dr. Harold Pupko, M.D., is a general practitioner, who, for almost a quarter of century, has limited his practice to primary care mental health. He is Vice Chair of the OMA Section on Primary Care Mental Health, a position he has held since 2002. He is a longstanding member of the Section's education committee.

Dr. John Dattilo, B.Sc., M.A., M.D., CCFP, is a Family Physician with a focussed practice in psychotherapy. He recently graduated from the Toronto Institute of Psychoanalysis and was admitted as a member of the International Psychoanalytical Association in July of 2014. He is also a member of education committee of the OMA Section on Primary Care Mental Health.

Dr. Harry Zeit, M.D., CGPP, is a physician psychotherapist at the Medical Clinic for Person Centred Psychotherapy and Chair of Education Committee of the OMA Section on Primary Care Mental Health. Dr. 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. He now has a private practice in general psychotherapy, with a special interest in trauma, somatic psychology and newer integrated psychotherapies, such as the internal family systems model. He is a graduate of the Sensorimotor Psychotherapy Institute's training level one (trauma) and level two (attachment and development); he then completed the certification level in April, 2013.

Dr. Derek Davidson M.D., M.A., MDIV, FRCP(C), (internal medicine), has completed studies in psychoanalysis at the Toronto Institute for Contemporary Psychoanalysis. Derek also has additional training in Philosophy (MA York) and Religion (MDiv Toronto). His study "Negative Countertransference in Treatment of Personality Disorder" was published in the Canadian Journal of Psychoanalysis in July 2009.

Dr. David Cree, M.D., qualified from Glasgow University. David developed a special interest in psychotherapy in 1986 and has been a General Physician practicing as a Psychotherapist full time in Hamilton since 2000. He was a family physician for many years, obtaining his CCFP in 1998. He has a Diploma in Clinical Behavioural Sciences from McMaster (1994). He is Certified in EMDR Therapy for trauma and incorporates it into long term therapy of difficult patients. For ten years he was Chair of the OMA Primary Care Mental Health Section, and is a former President of the GPPA.

Dr. Bryan Walsh B.Sc., M.A., counseling psychology (in-progress). Is currently completing a supervised psychotherapy practicum placement at The Medical Clinic for Person-Centred Psychotherapy. Additional training includes (a) Mount Sinai psychotherapy institute (MSPI) group psychotherapy workshop: Vitalizing the Here and Now in Group therapy: Integrating Existential and Interpersonal Approaches (2013), (b) psychological trauma workshop, Psychological trauma: For the mental health generalist in office practice (2013), (c) CAMH CBT summer training institute (2013), and (d) currently (in-progress) in a Certified Trauma Integration Practitioner (CTIP) program at the ATTCH centre in St. Davids, Ontario.”

Dr. Darryl Wolski, B.Sc., M.D., FCFP, is a staff physician in the Department of Mental Health and Addictions, Niagara Health System. His practice is limited to primary care mental health. Dr. Wolski currently runs several outpatient groups in Cognitive Behavioural Therapy and Mindfulness at the hospital as well as seeing individual patients for psychotherapy. He is also an attending physician for the specialized inpatient unit at the St. Catharines Site of the Niagara Health System. Dr. Wolski has been a peer assessor in Psychotherapy at the College of Physicians and Surgeons of Ontario since 2010. He is also an investigative and inquest Coroner for the Province of Ontario.

OMA Section on Primary Care Mental Health



Dr. Michael Paré
Section Chair



Dr. Harry Zeit
Chair of Education
Committee

Other OMA Section Initiatives are (at the OMA offices in Toronto):

- 1) OMA Wednesday Evening CPD Program
- 2) Caring for Self While Caring for Others

For more information on our Section's educational initiatives, please email **Dr. Harry Zeit** at harryzeit@sympatico.ca

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.

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

Course Registration – please check desired course(s):

Saturday, November 29, 2014

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

- 10 a.m. to 1:15 p.m. *Course Code A1*

Boundary Issues in Psychotherapy

- 2 p.m. to 5:15 p.m. *Course Code A2*

Sunday, November 30, 2014

Overview of Standards and Guidelines of General Practice Psychotherapy

- 10 a.m. to 1:15 p.m. *Course Code A3*

Interpersonal Psychotherapy

- 2 p.m. to 5:15 p.m. *Course Code A4*

Saturday, January 31, 2015

Practical Consideration of Transference & Countertransference

- 10 a.m. to 1:15 p.m. *Course Code B1*

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

- 2 p.m. to 5:15 p.m. *Course Code B2*

Sunday, February 1, 2015

Boundary Issues in Psychotherapy

- 10 a.m. to 1:15 p.m. *Course Code B3*

Overview of Standards and Guidelines of General Practice Psychotherapy

- 2 p.m. to 5:15 p.m. *Course Code B4*

Saturday, February 21, 2015

Interpersonal Psychotherapy

- 10 a.m. to 1:15 p.m. *Course Code C1*

Practical Consideration of Transference & Countertransference

- 2 p.m. to 5:15 p.m. *Course Code C2*

Sunday, February 22, 2015

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

- 10 a.m. to 1:15 p.m. *Course Code C3*

Boundary Issues in Psychotherapy

- 2 p.m. to 5:15 p.m. *Course Code C4*

Saturday, March 28, 2015

Overview of Standards and Guidelines of General Practice Psychotherapy

- 10 a.m. to 1:15 p.m. *Course Code D1*

Interpersonal Psychotherapy

- 2 p.m. to 5:15 p.m. *Course Code D2*

Sunday, March 29, 2015

Practical Consideration of Transference & Countertransference

10 a.m. to 1:15 p.m. *Course Code D3*

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

2 p.m. to 5:15 p.m. *Course Code D4*

Saturday, May 30, 2015

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

10 a.m. to 1:15 p.m. *Course Code E1*

Overview of Standards and Guidelines of General Practice Psychotherapy

2 p.m. to 5:15 p.m. *Course Code E2*

Sunday, May 31, 2015

Interpersonal Psychotherapy

10 a.m. to 1:15 p.m. *Course Code E3*

Practical Consideration of Transference & Countertransference

2 p.m. to 5:15 p.m. *Course Code E4*

Registration Form

Complete the form below and fax to 416-229-9771. For information, contact Ada/Anna at michaelpare@rogers.com.

Course Tuition: \$200 for one three hour MainPro-C Course / \$300 for two three hour MainPro-C Courses \$375 for three hour MainPro-C Course / \$425 for four three hour MainPro-C Courses. Discounts relate to same day or next day sessions. If attendees take two sessions same day, lunch will be provided to them at no extra fee.

Note: we reserve the right to cancel any course if we have insufficient attendance.

Residents may be eligible to take these MainPro-C for official accreditation and for a special discount rate.

Please indicate the course code for the session you will be attending:

- | | | | | |
|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| A1 <input type="checkbox"/> | B1 <input type="checkbox"/> | C1 <input type="checkbox"/> | D1 <input type="checkbox"/> | E1 <input type="checkbox"/> |
| A2 <input type="checkbox"/> | B2 <input type="checkbox"/> | C2 <input type="checkbox"/> | D2 <input type="checkbox"/> | E2 <input type="checkbox"/> |
| A3 <input type="checkbox"/> | B3 <input type="checkbox"/> | C3 <input type="checkbox"/> | D3 <input type="checkbox"/> | E3 <input type="checkbox"/> |
| A4 <input type="checkbox"/> | B4 <input type="checkbox"/> | C4 <input type="checkbox"/> | D4 <input type="checkbox"/> | E4 <input type="checkbox"/> |

Cheques can be made payable to the Ontario Medical Association and mailed to: c/o Ada or Anna, The Medical Clinic, 265 Yorkland Blvd., Unit 403, ON, M2J 1S5.

Name: _____

Professional Designation: _____

Address: _____

City: _____

Prov: _____ Postal Code: _____

Credit Card Nr: _____

Exp. date: _____

Telephone

Home: _____

Bus: _____

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Email: _____