



UPCOMING EVENTS

GP Psychotherapy

General Practice Psychotherapy Section's Primary Care Mental Health Program

Summary of Programs and Workshops

Location

Ontario Medical Association
Suite 900, 150 Bloor Street West
Toronto Ontario

Time

7:30 to 9:30 PM

Cost

No charge

OMA Wednesday Evening CPD Program (WEP)

The Education Committee of the Ontario Medical Association Section on GP Psychotherapy is pleased to present the 2013/2014 Evening CPD Program Series

Dates:

October 2	January 8
November 6	February 12
December 4	March 5

Caring for Self while Caring for Others: Finding Safety and Meaning in Troubled Times (CSCO)

The OMA Section on GP Psychotherapy is pleased to present a series of four new workshops designed for physicians starting out in medicine and psychotherapy as well as for interested veterans. Moderated by Dr. Harry Zeit. For more information about this series, click [here](#).

Dates:

October 16
November 20
February 19
March 19

Seating is limited. Please RSVP ASAP by phone: 416-229-2399, ext 125 (Ada or Anna), or via e-mail to: michaelpare@rogers.com (Dr. Zeit can be reached for inquiries only at harryzeit@sympatico.ca)

Other Events

David Berceli's Trauma Release Exercises Workshop

On the morning of November 2nd, there will be an off-site combined OMA Section-GPPA event presenting David Berceli's Trauma Release Exercises. Watch out for the flyer.

OCTOBER 2013

October 2

WEP “From Attachment Injury to Complex PTSD”

Dr. Lindsey George, Psychiatrist at Hamilton Family Health Care Team

Summary: This session will focus on the emerging concept of Complex PTSD, a hotly debated concept. Complex PTSD appears to differ from PTSD in that patients not only have PTSD but also have significant difficulty in the areas of affective dysregulation, negative self-concept and interpersonal problems. Complex PTSD may require a different approach to therapy. Using the work of Cloitre et al. to define the concept of complex PTSD, and, the Schores’ work on Modern Attachment, we will discuss the implications for car
When you RSVP you will be provided with an article to be reviewed prior to the talk.

Learning Objectives:

1. To explore the concept of Complex PTSD in our practice. Does this taxonomy ring true?
2. To explore attachment theory as a way of understanding complex patients
3. To discuss the implications for our practice

October 16

CSCO 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

Summary: The talk will again include some experiential work with somatic tools for self-care or for use in trauma-informed psychotherapy. Please, if your schedule permits, and you have not already, watch the short film Human Nature with Gabor Maté and Robert Sapolsky prior to the talk. You can access the film at: <http://www.youtube.com/watch?v=o-brqskloBw>

Learning Objectives:

1. To gain an understanding of recent advances in neuroscience and developmental psychology
2. To deepen understanding of the new paradigm in psychotherapy
3. To understand the pervasive deleterious effects of stress and trauma on the well-being of self, of patients and of institutions
4. To gain a deeper understanding of secondary trauma
5. To reflect on current coping styles and to develop new approaches to self-care and to meaning-making

NOVEMBER 2013

November 6

WEP “Polyvagal Theory: We Know Too Much to Keep Practicing the Way We Do”

Dr. Nancy McCallum, Psychiatrist at Trauma Therapy Program, Women’s College Hospital

Summary: Dr. McCallum will describe polyvagal theory, a conceptualization of the autonomic nervous system proposed by Stephen Porges, PhD, and discuss its implications for clinical work with clients struggling with physiological and affective dysregulation.

Learning Objectives:

1. Describe the hierarchical organization of the autonomic nervous system according to Stephen Porges’ polyvagal theory
2. Understand how manifestations of mental health difficulties may relate to autonomic dysregulation
3. Discuss strategies for helping clients maximize their sense of safety and capacity for social engagement

November 20

CSCO Frontiers of Physician Wellness

A presentation by guest speakers from the OMA Physician Health Program

DECEMBER 2013

December 4

WEP “The Psychology Behind the Fifty Shades Epidemic”

Dayana Romero M. Sc. and Lindsey Twinn M.Sc. Psychotherapists in Private Practice

Summary: This discussion will include discussing ever-growing interest in the Fifty Shades of Grey trilogy and why this epidemic appeals to the greater population. We will be discussing the psychology behind the major premise of the trilogy and going into further detail about BDSM, dominance and submission. Furthermore, we will investigate theories regarding the origin of fetish, kink and sadomasochism from a psychoanalytical, developmental and neurological perspective. Other areas of discussion will also include working with individuals involved in this sexual nature within a clinical setting and where this behaviour can become controversial.

Learning Objectives:

1. Understanding the epidemic of the 50 Shades of Grey Trilogy and its relevance in today’s society
 2. Understanding of BDSM, sadomasochism, kink, fetishes and domination/submission
 3. Various psychological perspectives of BDSM (from psychoanalytical to neurobiological)
 4. How to work with individuals involved in BDSM within a clinical setting
 5. Understanding the controversy and societal boundaries associated with BDSM
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JANUARY 2014

January 8

WEP “Demystifying Psychotherapy Work with Transgender People”

Christopher McIntosh, Psychiatrist and Head of Gender Identity Clinic at CAMH

Summary: For many clinicians, working with transgender people in psychotherapy seems like a daunting prospect. This may be due to a lack of knowledge, or a fear that what knowledge one has on the topic is hopelessly out of date. This talk is aimed at the clinician interested in learning some basic principles of doing psychotherapeutic work with this population. Topics will include: Clarifying the reasons for treatment, creating a respectful and safe space, the spectrum of gender variance, common issues in therapy, and important counter-transference issues.

Learning Objectives:

1. Understand basic principles of engaging transgender people in psychotherapy
2. Understand contemporary thinking about the spectrum of gender variance
3. Have considered important counter-transference issues in working with transgender people

FEBRUARY 2014

February 12

WEP “Self-Compassion for Doctors”

Dr. Ginny MacFarlane, Family Physician Practicing Psychotherapy

Summary: Through discussions, guided reflections, experiential exercises and meditations we will explore how to engage self-compassion for ourselves, how it's different from self-esteem, how to meet roadblocks & “back draft” to self-compassion, and how to pass this practice on to our patients.

Learning Objectives:

1. Discern differences and benefits of self-compassion versus self-esteem
2. Understand and work with roadblocks and adverse reactions (“back draft”) to self-compassion
3. Practice short self-compassion meditations for one's self, and learn how to teach them to patients

February 19

CSCO **The Wounded Healer: Shamans and Physicians. Breathwork and Journalling.**

MARCH 2014

March 5

WEP “Nature and Treatment of Perfectionism”

Martin M. Antony PhD, Professor and Chair, Department of Psychology, Ryerson University

Summary: Perfectionism is a tendency to hold standards for oneself or others that are unreasonably high and overly rigid. It is associated with a wide range of psychological disorders including obsessive-compulsive personality disorder, obsessive-compulsive disorder, social phobia, generalized anxiety disorder depression, eating disorders, and pathological anger. This presentation will provide an overview of pathological perfectionism, and will review evidence-based strategies for assessing and treating this problem, with an emphasis on cognitive strategies, exposure-based strategies, and acceptance-based strategies.

Learning Objectives:

1. Describe the nature of perfectionism, including definitions, causes, and correlates
2. Describe strategies for assessing perfectionism
3. Describe cognitive strategies for treating perfectionism
4. Describe behavioural strategies for treating perfectionism

March 19

CSCO **Exercises to Build Resilience. Mindfulness, Breathwork and Somatic Resourcing.**

OMA Section on GP Psychotherapy Education Committee: Harold Pupko, Aube Kurtz, Sheldon Wagner, Samuel Lai, Michael Paré, James Whyte, Harry Zeit (Chair of Committee)

OMA Section on GP Psychotherapy Executive Committee: Michael Paré (Section Chair), Harold Pupko, David Cree; Harry Zeit; Muriel Joan Van Lierop; Darlene Hall

For more information on the OMA Section on GP-Psychotherapy, please contact Dr Michael Paré at michaelpare@rogers.com or (416) 229-2399 x 120

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