

# The OMA Evening CPD Program in GP-Psychotherapy (2010-2011)

Wednesdays, 7:30 PM to 9:30 PM

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

The Education Committee of OMA Section on GP Psychotherapy with the backing of our Section's Executive Committee, are happy to announce the upcoming series Evening CME program, as follows.

Program Title and Date	Speakers:	Objectives
<p><b>Sexual Desire Disorders</b></p> <p><b>October 6<sup>th</sup> 2010</b></p>	<p><b>Dr. Harry Zeit MD DABEM</b></p> <p>Physician Psychotherapist</p> <p>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. He now has a private practice in general psychotherapy, with a special interest in trauma, and newer integrated psychotherapy models. He is a graduate of Sensorimotor Psychotherapy Institute's training level one (trauma) and level two (attachment and development). Harry is a member of the education committee of the OMA section on GP-Psychotherapy.</p>	<p>1.) To gain comfort in approaching and including sexuality as a holistic and necessary component of the psychotherapy process</p> <p>2.) To understand the various factors that can contribute to sexual desire disorders.</p> <p>3.) To initiate a rational work-up and treatment plan for sexual desire disorders</p> <p>4.) To understand the thoughts of important figures in the psychology of human sexuality and relationship, such as Barry McCarthy and Esther Perel</p>
<p><b>Psychotherapeutic Management of Borderline Personality Disorder Patients with Suicidal Behavior</b></p> <p><b>November 3<sup>rd</sup> 2010</b></p>	<p><b>Dr. Paul Links</b></p> <p>Professor of Psychiatry</p> <p>Arthur Sommer Rotenberg Chair in Suicide Studies Faculty of Medicine University of Toronto</p> <p>Dr. Paul Links is the incumbent of the Arthur Sommer Rotenberg Chair in Suicide</p>	<p>1. Discuss previous studies of psychotherapeutic interventions for BPD patients with suicidal behavior,</p> <p>2. Describe the results of the Canadian RCT</p>

	<p>Studies, University of Toronto; the first Chair in North America dedicated to suicide research and is a Professor in the Department of Psychiatry, Faculty of Medicine, University of Toronto. Dr. Links is a former President for the Canadian Association for Suicide Prevention (CASP) and President of the Association for Research on Personality Disorders. Also he is the Deputy Chief of Psychiatry of the St. Michael's Hospital's Mental Health Service.</p> <p>Dr. Links is the Editor of the Journal of Personality Disorders. Dr. Links was awarded the CASP Research Award for outstanding contributions to the field of suicide research in Canada.</p> <p>Dr. Links' clinical experience and expertise developed from working with both acutely suicidal and persistently suicidal individuals (those who face a life-and-death struggle on a daily basis and are at high risk of taking their own lives).</p>	<p>3. comparing DBT to General Psychiatric Management,</p> <p>4. Characterize general psychotherapy principles to use with BPD patients with suicidal behavior,</p>
<p><b>The Brain's Default Mode Network &amp; Depression – Implications for Intervention</b></p> <p><b>January 5<sup>th</sup> 2011</b></p>	<p style="text-align: center;"><b>Dr. Kira Payne MD, CCFP, FCFP</b></p> <p style="text-align: center;">Psychiatry Resident</p> <p>Dr. Payne is a senior resident in Psychiatry at University of Toronto. She was a family doctor and GP-Psychotherapist prior to returning for retraining in psychiatry. During her residency training she has received the R. L. Smith Prize in Child and Adolescent Psychotherapies in June 2009, and the Award for Best Grand Rounds Presentation by a Resident from University Health Network in June 2010.</p>	<p>1) Have reviewed a brief history of functional brain imaging.</p> <p>2) Have been introduced to the recently discovered module of the brain that is most active when we aren't- the Default Mode Network (DMN).</p> <p>3) Have some understanding of the DMN's function and involvement in pathological states like depression.</p> <p>4) Have an added appreciation of the complexity of the brain and its metabolism.</p> <p>5) Have some knowledge of therapeutic modalities that may impact the DMN.</p>

<p style="text-align: center;"><b>Approach to Depression in Primary Care</b></p> <p style="text-align: center;"><b>February 2<sup>nd</sup> 2011</b></p>	<p style="text-align: center;"><b>Dr. Jonathan Davine MD, CCFP, FRCP©</b></p> <p style="text-align: center;">Associate Profession of Psychiatry</p> <p>Jon Davine, MD, CCFP, FRCP(C) is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University, with a cross appointment in the Department of Family Medicine. His outpatient psychiatry practice focuses on liaising with primary care physicians in the “shared care” model. For a number of years, he has taught courses in behavioural sciences to family medicine residents and to family doctors in the community. He has lectured nationally and internationally on this topic. He is a past Chair of the Council of Psychiatric Continuing Education (COPCE), which is affiliated with the Canadian Psychiatric Association. He has received several educational awards.</p>	<ol style="list-style-type: none"> <li>1. Become familiar with the psychiatric differential of the ‘sad state”</li> <li>2. Ruling out organic factors</li> <li>3. Psychopharmacologic issues in the management of depression</li> </ol>
<p style="text-align: center;"><b>Resilience and Wisdom: Are they necessary for our wellbeing?</b></p> <p style="text-align: center;"><b>March 2<sup>nd</sup> 2011</b></p>	<p style="text-align: center;"><b>Ted Bober MSW, RSW</b></p> <p style="text-align: center;">Psychotherapist OMA Physician Health Program</p> <p>For over twenty five years much of Ted’s clinical and consulting practice has focused on crisis management and wellbeing of emergency and health professionals. He currently works at the Ontario Medical Association’s Professional and Physician Health Program with health professionals experiencing occupational stress, mental health or substance use problems. He co-leads a mindfulness based wellness program for medical residents at the University of Toronto. On a part time basis he is the Clinical Coordinator of Pearson International Airport’s Crisis Response Team and the clinical consultant to Health Canada’s National Psycho-Social Emergency Response Team. Ted has been a part of the support efforts following airline disasters, the terrorist attacks in New York and pandemics. He is a co-author of peer reviewed articles and the book In the Line of Fire: Trauma in the Emergency Services published by Oxford University Press.</p>	<ol style="list-style-type: none"> <li>1. To be able to define and summarize current understanding of the concepts of resilience and wisdom</li> <li>2. To identify how resilience and wisdom may contribute to wellbeing.</li> <li>3. To gain an understanding of when and how to promote resilience and wisdom.</li> </ol>

<p><b>Countertransference in Psychotherapy</b></p> <p><b>April 6<sup>th</sup> 2011</b></p>	<p style="text-align: center;"><b>Dr. Derek Davidson MD, MA, MDIV, FRCPC</b></p> <p style="text-align: center;">Physician Psychotherapist</p> <p>Dr. Derek Davidson, FRCPC (internal medicine) has also completed studies in Philosophy (MA York) and Religion (MDiv Toronto) and in psychoanalysis at the Toronto Institute for Contemporary Psychoanalysis. His study "Negative Countertransference in Treatment of Personality Disorder" was published in the Canadian Journal of Psychoanalysis July 2009</p>	<ol style="list-style-type: none"> <li>1. Recognize countertransference and the need for its containment</li> <li>2. Understand the sources of countertransference</li> <li>3. Recognize the utility of countertransference in understanding the psychodynamics of the patient</li> </ol>
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**This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for 12 Mainpro M1 credits (2 Mainpro M1 per session).**

**Overall Objectives of the Program:**

- ✓ Focus on the improved knowledge and appropriate use of the therapist-patient relationship in improved treatment.
- ✓ Increase theoretical understanding of various models of psychotherapy. The practical application of various psychotherapeutic skills to improve patient outcome.
- ✓ A small group session for interactive discussion of theoretical and practice issues for highly quality therapeutic interventions.

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

OMA Section on GP Psychotherapy Executive Committee:  
*David Cree (Chair of Section), Harold Pupko, Peggy Wilkins, Roy Salole,  
Dave Schaffelburg; Michael Paré*

For more information or reserve a seat, please contact Dr Michael Paré at [michaelpare@rogers.com](mailto:michaelpare@rogers.com) or (416) 229-2399 ext 120