



# Twelfth Annual McMaster Muskoka Seminars 2008

## Practical Introduction to General Practice Psychotherapy

Michael Paré, B.Sc., M.Sc., M.Ed., M.D., Physician Psychotherapist

August 4<sup>th</sup> to 8<sup>th</sup> 2008, Blue Mountain Resort  
9:00 AM to 12:15 PM with optional afternoon sessions

For Registration: [www.mcmastermuskokacme.com](http://www.mcmastermuskokacme.com)

For more info: 416-229-2399 x 125/1-888-229-8088 x 125

Course Overview	Monday August 4 <sup>th</sup>	Tuesday August 5 <sup>th</sup>	Wednesday August 6 <sup>th</sup>	Thursday August 7 <sup>th</sup>	Friday August 8 <sup>th</sup>
An interactive overview of relevant theories and techniques of General Practice Psychotherapy and also a brief overview of Interpersonal Therapy. Essential “Do’s” and “Don’ts” of therapy: including Record Keeping, Confidentiality, Consent to Treatment, and Boundary Issues. Interactive discussion of real and fictional patient-therapist encounters. There will be the optional viewing of some Hollywood films featuring psychotherapy.	<p><b>9:00 to 10:30 AM</b></p> <p><b>The Essence of GP-Psychotherapy: Common Factors in Therapy</b></p> <p>The essence of GP-Psychotherapy. Discussion of the universal therapeutic factors in the various common forms of psychotherapy.</p> <p>Video Presentation of Dr. Carl Rogers and Dr. Fritz Pearls providing their types of psychotherapy.</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Guidelines and Standards</b></p> <p>Practical Guidelines and (suggested) Standards of GP-Psychotherapy: Consent to treatment, Record Keeping, Assessment of suicide risk, Assessment of dangerousness (duty to warn), Confidentiality, etc.</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Boundary Issues</b></p> <p>Boundary issues: Appropriate Boundaries for Effective Therapeutic Intervention. Clarification of the definitions of boundary crossing versus boundary violations. Discussion and viewing of video clips from movies including “Love Sick”, “Mr. Jones”, and “The Doctor”.</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Interpersonal Psychotherapy</b></p> <p>Introduction to Interpersonal Psychotherapy (IPT) for Depression.</p> <ul style="list-style-type: none"> <li>▪ Historical and conceptual basis of Interpersonal Psychotherapy.</li> <li>▪ Conducting the interpersonal inventory.</li> <li>▪ Formulating and Interpersonal Psychotherapy focus.</li> <li>▪ Working with role disputes and role transitions.</li> <li>▪ Videotaped case presentations.</li> </ul>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Various Topics</b></p> <p>Topics will be:</p> <ul style="list-style-type: none"> <li>▪ The Trans-Theoretical Model of behavior change.</li> <li>▪ One wounded healer’s journey through stress and depression.</li> <li>▪ Issues in Physicians’ Health and Illness.</li> </ul>
<b>10:30 to 11:00 AM</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>
<b>11:00 AM to 12:15 PM</b>	<b>Common Factors Continued</b>	<b>Guidelines and Standards Continued</b>	<b>Boundary Issues Continued</b>	<b>Interpersonal Psychotherapy Continued</b>	<b>Program Wrap up</b>
<b>12:15 PM</b>	<b>Welcome Lunch (optional)</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Farewell Lunch (optional)</b>

<p style="text-align: center;"><b>3:00 to 5:00 PM</b></p>	<p><b>Optional Movie</b> <b>“Good Will Hunting”</b> A psychological drama about a 20-year-old lad who works as a janitor at MIT and spends most of his time with his wild friends at the neighborhood bar, and yet is also blessed with a certain genius. He has never attended college, yet he can solve difficult mathematical problems with ease. Nevertheless he has some very seriously dysfunctional personality traits. Due to his problems with the law he can only avoid jail by agreeing to see a psychiatrist. He mocks or psychologically torments these therapists until he meets his match in a psychotherapist and wounded healer played by Robin Williams. Both doctor and patient are haunted by their pasts and as mutual respect slowly develops, the healing process begins.</p>	<p><b>Optional Movie</b> <b>“Mr. Jones”</b> Richard Gere and Lena Olin appear in this compelling story about a man on the verge of self-destruction. Gere gives a strong performance as Mr. Jones, a manic-depressive who, during his emotional highs, is funny, creative and charming. And then, of course, he crashes. Mr. Jones is a man some woman can’t resist, including his concerned – yet disturbed – psychotherapist. Passionate feelings lead to intensely realistic boundary crossings, the boundary crossing multiple and become boundary violations. This movie: Mr. Jones, is an engrossing example of the distorting and destructive power of strong countertransference!</p>	<p><b>Optional Movie</b> <b>“Ordinary People”</b> This is one movie that truly portrays the real agony of depression and how it affects an entire family. This movie is a masterpiece of realism. It is also a compelling depiction of a good healing therapeutic relationship between the therapist and the patient. There is no sugar coating here and no sweet happy ending. The viewer realizes that things will never be the same but that the lives of the characters will go on, yet in different directions.</p>	<p><b>Optional Movie</b> <b>“Reign over Me”</b> Alan has everything he needs to enjoy a good life: a job, a loving wife, and wonderful children. Yet he feels isolated because he feels he has no one to talk to. Charlie, on the other hand, doesn’t have a job or a family. Charlie used to have both until a terrible loss. His grief caused him to quit his job and isolate himself from everyone. Alan and Charlie were roommates in college, and a chance encounter one night rekindles the friendship they shared. When Charlie’s mental problems become very difficult to deal with, Alan is determined to help Charlie come out of his emotional abyss.</p>	<p><b>Additional Program Features:</b></p> <ul style="list-style-type: none"> <li>• Practical and clinically relevant.</li> <li>• Guest Faculty.</li> <li>• Dr. Paré is a popular speaker.</li> <li>• Session is very interactive and fast paced.</li> <li>• Dr. Paré is an award winning Educational Developer, (W.T. Aikins Award 1995, University of Toronto), with a Masters of Education.</li> <li>• Seeking CME credits.</li> </ul>
<p style="text-align: center;"><b>4:00 to 5:00 PM</b></p>	<p style="text-align: center;"><b>Optional Lecture</b></p>	<p style="text-align: center;"><b>Optional Lecture</b></p>	<p style="text-align: center;"><b>Optional Lecture</b></p>	<p style="text-align: center;"><b>Optional Lecture</b></p>	<ul style="list-style-type: none"> <li>• Peer to peer collegially.</li> </ul>
<p style="text-align: center;"><b>5:00 to 6:00 PM</b></p>	<p>Optional: Peer to Peer Brainstorming Session &amp; Panel Discussion (with refreshments)</p>	<p>Optional: Peer to Peer Brainstorming Session &amp; Panel Discussion (with refreshments)</p>	<p>Optional: Peer to Peer Brainstorming Session &amp; Panel Discussion (with refreshments)</p>	<p>Optional: Peer to Peer Brainstorming Session &amp; Panel Discussion (with refreshments)</p>	<ul style="list-style-type: none"> <li>• Excellent handouts of lecture notes and relevant journal articles.</li> </ul>



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**Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D.,** Physician Psychotherapist. Adjunct Professor, Department of Psychology, Tyndale University. Certified Group Therapist and Certified IPT Psychotherapist. (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network, Ontario College of Family Physicians.

One of my central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. For several years now I have been a member of both the Ontario Psychiatric Association (OPA) Continuing Education Committee and the OMA GP-Psychotherapy Section CME Committee. I have set up (with my GP and FP & Psychiatry Colleagues) several very successful programs, including Clinical Pearls in GP-Psychotherapy and Psychiatry Day at the OPA Annual Meeting and Doctors for Doctors sessions for the OMA physicians Health Program.

My clinical work consists of both individual and group General Practice Psychotherapy. My overall approach is “interpersonal” yet I also make use of theory and techniques from a number of different types of psychotherapy (Supportive, Psychodynamic, Eclectic, and Cognitive psychotherapies).

I am also a “Physician Coordinator” for the Toronto Physicians’ Health Project (which is under the direction of the OMA Physicians’ Health Program [PHP]). As part of this work, I give stress management lectures. This work also includes recruitment of psychotherapists and additional mental health and medical health resources for Ontario Physicians and other professionals and their families.