



# 15<sup>th</sup> – Annual McMaster Muskoka Seminars 2011

## Practical Introduction to General Practice Psychotherapy

Michael Paré, B.Sc., M.Sc., M.Ed., M.D., General Practice Physician Practicing Psychotherapist

**Date: July 25<sup>th</sup> to 29<sup>th</sup> 2011**

**9:00 AM to 12:15 PM**

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

Course Overview	Monday July 25 <sup>th</sup> 2011	Tuesday July 26 <sup>th</sup> 2011	Wednesday July 27 <sup>th</sup> 2011	Thursday July 28 <sup>th</sup> 2011	Friday July 29 <sup>th</sup> 2011
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 10:45 AM</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>
<b>10:45 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>

12:15 PM	Lunch	Lunch	Lunch	Lunch	Lunch
<p><b>Video clips from these and other films will be used for interactive discussion purposes</b></p> <p>In the afternoon and evening you are free to enjoy the many wonderful features of the Deerhurst Resort.</p>	<p><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>“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>“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>“In treatment”</b> In denial. In conflict. In love. In Treatment is set within the psychotherapy sessions of five patients. The first ever HBO half-hour drama features Paul (Gabriel Byrne), a therapist who exhibits great insight and confidence when treating his patients, but crippling insecurities while counseled by his own therapist, Gina (Dianne Wiest). Adding to his list of growing concerns, his wife, Kate (Michelle Forbes), is overcome with feelings of neglect and resents competing for his attention. Patients undergoing treatment with Paul include a young doctor (Melissa George) who has fallen in love with Paul, a Navy pilot ( Blair Underwood) reevaluating his life after a failed mission in Iraq, a teenage gymnast (Mia Wasikowska) with suicidal tendencies and a passionate couple (Josh Charles and Embeth Davidtz) who are troubled in all other area of their lives.</p>	<p><b>Additional Program Features:</b></p> <ul style="list-style-type: none"> <li>• Practical and clinically relevant.</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>• CME credits.</li> <li>• Peer to peer collegially.</li> <li>• Excellent handouts of lecture notes and relevant journal articles.</li> </ul>
<p><b>This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for 15 Mainpro-C credits.</b></p>					



**Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D.,** General Physician Practicing Psychotherapy, Chair OMA Sections on General Practice Psychotherapy, Coordinator the Medical Clinic for Person Centred Psychotherapy, 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 also have been a “Physician Coordinator” for the Toronto Physicians’ Health Project (which is under the direction of the OMA Physicians’ Health Program [PHP]). I continue I give stress management lectures for the PHP. This work also includes recruitment of psychotherapists and additional mental health and medical health resources for Ontario Physicians and other professionals and their families.

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