



## Primary Care Mental Health (MainPro-C Sessions)

### Venues

#### **The OMA Offices**

150 Bloor Street West  
Suite 900, Toronto  
416.340.2999  
or 1.800.268.7215

#### **Staybridge Suites**

**Hamilton**  
20 Caroline Street S.  
Hamilton  
905.527.1001

#### **Dow's Lake Court Conference Centre**

865 Carling Ave.  
Ottawa  
1.877.725.9965 x 806

### Speakers

Dr. Jonathan Davine  
Dr. Michael Paré

Dr. Joel Shapiro  
Dr. James Whyte

*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>.*

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### **Boundary Issues in Psychotherapy\***

#### **3 MainPro-C credits**

\*Based on journal articles by Dr. Michael Paré

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.

#### **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 Psychotherapy

### 3 MainPro-C credits

Physicians often provide 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.). Some DVDs will be shown.

#### 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, etc.
  2. What are the common countertransference reactions (positive and negative with patients).
  3. Learn the several components of a suicide risk assessment.
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## Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid\*

### 3 MainPro-C credits

\*Based on journal articles by Dr. Michael Paré

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. Some DVDs will be shown. 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).

#### 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.
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## Psychiatry Topics for Family Physicians

### 3 MainPro-C credits - Dr. Jonathan Davine

This session will focus on two topics Somatizing and Depression. **A) Somatizing: What Every Family Physician Needs to Know:** Somatizing and somatoform disorders are an important part of the family physician's caseload. Studies have shown that 10-30% of patients with somatic complaints who present to the doctor have no adequate physical cause to account for them. We define somatization and discuss an overview of somatoform illness using DSM-5 criteria. **B) Approach to Depression in Primary Care:** People often present to their family physician complaining of sadness. We will examine the psychiatric differential for the "sad state", what diagnostic questions to ask, and current treatments for the different disorders. The focus will be on clinical depression, with a discussion of both psychopharmacologic and psychotherapeutic treatments.

## Learning Objectives:

1. Appreciate the range of diagnoses that make up the somatoform disorders.
2. Understand the range of conscious and unconscious mechanisms involved.
3. Be aware of psychopharmacologic and psychotherapeutic of treatment modalities for these disorders.
4. Awareness of the psychiatric differential of the “sad state”.
5. Awareness of organic factors that may be part of a clinical depression.
6. Treatment of clinical depression, emphasizing psychopharmacology.

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## Speakers

**Dr. James Whyte**, B.Sc.N., MD., 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 Associate Professor of the Northern Ontario School of Medicine. James has previously taught this educational program before. He is a member of the Executive of the OMA Section on GP-Psychotherapy.

**Dr. Joel Shapiro**, MD, FRCP(C) completed psychiatry training at the University of Western Ontario. Joel has an 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. Jonathan Davine**, MD, CCFP, FRCP(C) is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences, McMaster University, cross appointed in the Department of Family Medicine. His psychiatry practice focuses on liaising with Family Practice residents and to family doctors in the community, lecturing nationally and internationally on this topic. He is a past Chair of the Council of Psychiatric Continuing Education. He has received several educational awards.


**Dr. Michael Paré**, M.D., M.Sc., M.Ed., Cert.-IPT, Cert.-GT, General Physician Practicing Psychotherapy. Chair OMA Section on General Practice Psychotherapy. Coordinator of the Medical Clinic for Person-Centred Psychotherapy. 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. Our website is <http://www.medicalpsychclinic.org>.

This program was developed in collaboration with the Department of Psychiatry of McMaster University and the McMaster Muskoka Seminars: <http://www.mcmastermuskokacme.com/>.

## OMA Section on GP-Psychotherapy

### The Objectives of the Section

The objectives of the Section on GP-Psychotherapy 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 GP-Psychotherapy, at 416.229.2399 ext. 120 or email at [michaelpare@rogers.com](mailto:michaelpare@rogers.com).



## Course Registration – please check desired course(s):

### Saturday, August 17th 2013 - The OMA offices (150 Bloor Street West, Suite 900, Toronto)

- 9:00 AM to 12:00 PM Supportive Psychotherapy: Ten Things to Do,  
Course Code A and Ten Things to Avoid – Dr. Joel Shapiro

### Saturday, August 24th 2013 - The OMA offices (150 Bloor Street West, Suite 900, Toronto)

- 9:00 AM to 12:00 PM Overview of Standards and Guidelines of Psychotherapy  
Course Code B – Dr. James Whyte
- 1:00 to 4:00 PM Boundary Issues in Psychotherapy  
Course Code C – Dr. Michael Paré

### Saturday, August 31st 2013 - The OMA offices (150 Bloor Street West, Suite 900, Toronto)

- 9:00 AM to 12:00 PM Supportive Psychotherapy: Ten Things to Do,  
Course Code D and Ten Things to Avoid – Dr. Joel Shapiro
- 1:00 to 4:00 PM Psychiatry Topics for Family Physicians  
Course Code E – Dr. Jonathan Davine

### Saturday, September 14th 2013 - Staybridge Suites Hamilton (20 Caroline Street South, Hamilton)

- 9:00 AM to 12:00 PM Overview of Standards and Guidelines of Psychotherapy  
Course Code F – Dr. James Whyte
- 1:00 to 4:00 PM Supportive Psychotherapy: Ten Things to Do,  
Course Code G and Ten Things to Avoid – Dr. Michael Paré

### Saturday, September 21st 2013 - Dow's Lake Court Conference Centre (865 Carling Ave., Ottawa)

- 9:00 AM to 12:00 PM Boundary Issues in Psychotherapy  
Course Code H – Dr. Michael Paré
- 1:00 to 4:00 PM Overview of Standards and Guidelines of Psychotherapy  
Course Code I – Dr. Michael Paré

## Registration Form

Complete the form below and fax to: 416-340-2244. For information, contact Kimberley Horsley at 416-340-2999, email: Kimberley.Horsley@oma.org or contact Ada/Anna at michaelpare@rogers.com

**Course Tuition\*:** \$200 for a three hour MainPro-C Course | \$300 for two three hour MainPro-C Courses (the same day) (Note: we reserve the right to cancel any course if we have insufficient attendance.)

Cheques can be made payable to the Ontario Medical Association and sent to the attention of Kimberley Horsley at the OMA office (150 Bloor Street West, 9th floor, Toronto, Ontario M5S 3C1).

Please indicate course title and date and speaker or the course code (see above) here:

Course Code **A**  Course Code **B**  Course Code **C**  Course Code **D**   
Course Code **E**  Course Code **F**  Course Code **G**  Course Code **H**  Course Code **I**

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
Professional Designation \_\_\_\_\_ (Bus.) \_\_\_\_\_  
Address \_\_\_\_\_ (Home) \_\_\_\_\_  
City \_\_\_\_\_ Fax: \_\_\_\_\_  
Prov. \_\_\_\_\_ Postal Code: \_\_\_\_\_ Email: \_\_\_\_\_

\* (call for student/resident rates)