



## McMaster Muskoka Seminars

The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrists, family doctors, other GP-Psychotherapists, mental health professionals) with an outstanding opportunity to combine stimulating symposia with a relaxing summer vacation. This series of seminars is hosted by the Faculty of Health Sciences, Department of Psychiatry and Behavioural Neurosciences, McMaster University, in conjunction with St. Joseph's Healthcare Hamilton and with the assistance and involvement of the OMA Section on General Practice Psychotherapy.

- The 2014 seminars will be held at the beautiful Deerhurst Resort in Huntsville, Ontario.
- Our five-day seminars run from 9:00 – 12:15 daily
- The Courses are offered in July and August 2014. Individual courses run from July 21-25; July 28-August 1; and August 4-8. **See website for full list of courses [www.mcmastermuskokacme.com](http://www.mcmastermuskokacme.com)**
- We reserve the right to cancel courses.

### **Week 1A: Psychiatry for Family Physicians (July 21 – 25)**

Overview: This seminar is designed to help family physicians develop the skills necessary to deal with common psychiatric problems. The focus will be on issues applicable to the primary care setting. Two topics per session will be presented, focusing on clinically relevant material and pragmatic approaches to these problems. The sessions will involve problem-based learning, and group participation and interaction will be actively encouraged.

Topics: Approach to Psychotherapy in Primary Care/Strategies for Dealing with the Difficult Patient; Approach to Depression /Approach to Bipolar Disorder; Somatizing: What Every Family Doctor Needs to Know/Approach to Psychosis; Approach to Anxiety Disorders in Primary Care I/Approach to Anxiety Disorders in Primary Care II; Approach to the Suicidal Patient /Use of the DSM in Filling out Insurance Forms

Faculty: **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 including: Outstanding Preceptor Award, Psychiatry, Faculty of Health Sciences, Undergraduate MD Program, McMaster University, 2012, 2010, 2009; Undergraduate Teaching Award, Department of Psychiatry and Behavioural Neurosciences, McMaster University, 2012, 2009; Association of Academic Psychiatry, Regional Teacher of the Year Award, 2006; McMaster Psychiatric Residents' Association – Jock Cleghorn Excellence in Clinical Teaching Award, 1999; PAIRO – Clinical Teacher's Travel Award, 1988.



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### **Week 2A: Cognitive Behaviour Therapy for Anxiety Across the Lifespan (July 28 – August 1)**

Overview: Anxiety disorders are highly prevalent conditions associated with significant comorbidity, functional impairment and reduced quality of life, affecting individuals across the lifespan, from childhood to older adulthood. Cognitive Behavioural Therapy (CBT) is an evidenced-based treatment for anxiety disorders that empowers patients to actively target maladaptive thoughts and problematic behaviours that contribute to negative emotional states. Participants will develop their foundational knowledge and core skills in CBT for anxiety disorders. Using a case-based approach and demonstrations (both live and via video), participants will develop their fundamental skills in CBT case conceptualization, assessment, treatment planning, and intervention. Sessions will include a special focus on adaptations for working with child/adolescent and older adult patients, in addition to working with an adult population. Topics: *Overview of Anxiety Disorders, Assessment and Case Conceptualization*: Anxiety disorders will be reviewed including: phenomenology, core features, epidemiology, differential diagnosis, and implications of DSM-V. CBT models for assessment and case conceptualization will be discussed with considerations for children/adolescent and older adult populations. Attention will be paid to case conceptualization and treatment planning where comorbidity is present. *CBT Strategies I*: This session will provide an overview of cognitive strategies for anxiety disorders and practice in skill development. *CBT Strategies II*: This session will focus on behavioral techniques for anxiety disorders. Primary focus will be placed on the use of exposure and behavioral experiments in clinical practice. Other behavioral techniques will also be reviewed including relaxation, problem solving, and social skills/communication skills training. *Obsessive Compulsive Disorder*: Participants will learn the CBT approach for treating OCD in children/adolescents and adults. Participants will become familiar with the common clinical challenges and the strategies to overcome them. *Putting it All Together*: Participants will learn about both disorder-specific and trans-diagnostic treatment protocols with a specific emphasis on how to implement CBT for anxiety disorders in their unique practice setting.

Faculty: **Deborah Roth Ledley, Ph.D.** is a psychologist at the Children's Center for OCD and Anxiety in Plymouth Meeting, PA. Prior to joining the Children's Center in 2006, she was an Assistant Professor of Psychology in Psychiatry at the University of Pennsylvania (Center for the Treatment and Study of Anxiety) and Associate Director of the Adult Anxiety Clinic of Temple University. She specializes in the treatment of anxiety disorders in children, adolescents, and adults. Dr. Ledley has also done research on the nature and treatment of anxiety, publishing over 40 scientific papers and book chapters, as well as three academic books. Her best-selling book, *Making Cognitive-Behavioral Therapy Work*, now in its Second Edition, is used as a textbook in many clinical psychology training programs in the United States and Canada. Dr. Ledley is actively involved in the training of other mental health professionals who are interested in the treatment of anxiety disorders, particularly in children and adolescents.

**Randi McCabe, Ph.D., C. Psych.** is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also Psychologist-in-Chief and Director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare in Hamilton. Dr. McCabe coordinates the CBT Anxiety Module for the Psychiatry Residency Psychotherapy Training Program and she is actively involved in training other mental health practitioners. She has given many workshops on conducting cognitive behavioural therapy and the treatment of anxiety disorders. Dr. McCabe is on the editorial board of *Cognitive and Behavioral Practice* and is a member of the Credentialing Committee for the Canadian Association of Cognitive and Behaviour Therapy. She is co-author of *Cognitive Behavioural Therapy in Groups* as well as five books geared to consumers: *10 Simple Solutions to Panic*, *The Overcoming Bulimia Workbook*, *The Cognitive Behavioral Workbook for Weight Management*, *Overcoming Animal and Insect Phobias* and *The Cognitive Behavioral Workbook for Menopause*. She has published over 80 peer-reviewed papers and chapters in the areas of cognitive behavioural therapy and anxiety disorders.



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**Karen Rowa, Ph.D., C.Psych.** is a psychologist at the Anxiety Treatment and Research Centre at St. Joseph's Hospital in Hamilton where she provides assessment and treatment services for people with anxiety disorders. She is also an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and the Associate Director of the Clinical Psychology Residency Program at St. Joseph's Healthcare, Hamilton. Dr. Rowa routinely provides workshops, supervision, and seminars on anxiety and its treatment. Her research interests include studying ways to improve treatment outcome for the anxiety disorders. She has published a number of scientific articles and book chapters on these and related topics, and is the co-author of two books on overcoming anxiety.

### **Week 2B: Law and Psychiatry (July 28 – August 1)**

Overview: This seminar will cover important medicolegal concepts and issues facing psychiatrists including forensic psychiatrists. The seminars set out to develop a familiarity with important medicolegal concepts in general psychiatry and forensic psychiatry such as fitness to proceed with trial; criminal responsibility; malpractice liability; violence and mental disorder; confidentiality and privilege; and consent and capacity. There will be ample time for discussion and case presentation. Included in the seminar will be a review of important landmark cases in civil and criminal forensic psychiatry.

Faculty: **Dr. John Bradford** is Professor of Psychiatry in the Division of Forensic Psychiatry at the University of Ottawa. He is the past Associate Chief (Forensic) of the Royal Ottawa Health Care Group and is currently the Clinical Director of the Forensic Treatment Unit, Southeast. He has a cross appointment as Professor in the Department of Criminology at the University of Ottawa. He is also Professor in the Department of Psychiatry, Queen's University, Adjunct Professor of Psychiatry at the University of Saskatchewan and the University of Alberta. He is the Chair of the Examination Board for the Subspecialty of Forensic Psychiatry. He has recently completed a Psychiatric Clinics of North America book on Sexual Deviation, currently in production. He has received a number of national and international awards in Forensic Psychiatry and is a Member of the Order of Canada for work related to mentally abnormal offenders.

### **Week 2C: Cardio Metabolic Health: A Review for Primary Care Providers (July 28 – August 1)**

Overview: This course includes three separate components focused on cardiac health, metabolic health and mindfulness-based strategies. Cardiac Health (Monday and Tuesday): The week begins with interactive presentations and discussion on the manifestations of atherosclerotic vascular disease. Risk factors will be discussed including current guidelines. The manifestations of coronary artery disease will be reviewed including stable angina, unstable angina, and ST segment elevation myocardial infarction. In addition, the manifestations of peripheral vascular disease will be presented including lower extremity, renal, carotid, and aortic disease. Diagnosis, therapeutic guidelines and interactive cases will be presented. Metabolic Health (Wednesday and Thursday): The endocrinology portion of the course will take a clinically relevant approach to the review of various endocrine disorders including: diabetes mellitus, thyroid dysfunction (hypothyroidism and thyrotoxicosis), adrenal insufficiency, pituitary disorders, endocrine incidentalomas (thyroid, adrenal, and pituitary) and male hypogonadism. Where possible discussions will be case-based, supported by evidence-based medicine and clinical practice guidelines. Mindfulness and Health (Friday): The week concludes on the final day with a focus on mindfulness based strategies. Recent high quality evidence suggests a wide range of benefits for mindfulness derived practices across a host of acute and chronic medical conditions. This work has also been extended to practitioners, suggesting both personal benefit to care providers and promising a transformation in the therapeutic alliance between clinician and patient. Participants will be exposed to and try out a number of simple mindfulness-based skills designed to be shared with patients.



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Faculty: **Gary S. Ledley, M.D.** is a Professor of Medicine in the Division of Cardiology at Drexel University College of Medicine in Philadelphia, Pennsylvania. He is the Program Director of the Interventional Cardiology Fellowship Program. He received a BES in Biomedical Engineering from The Johns Hopkins University, and M.D. from the Georgetown University School of Medicine. He completed Residency in internal Medicine and Fellowship in Cardiovascular Disease at Georgetown University. He completed a Fellowship in interventional Cardiology at Brown University. Dr. Ledley is active in research in coronary artery and peripheral artery disease. He is active in teaching medical students, residents, fellows, and practicing physicians. He has published extensively and lectured nationally and internationally. He performs his invasive and interventional procedures at Hahnemann University Hospital in Philadelphia, Pennsylvania.

**William Harper, M.D.** is an endocrinologist and Associate Professor of Medicine at McMaster University and Chief of Medicine at the Hamilton General Hospital. His clinical practice includes diabetes, endocrinology and general internal medicine and he is involved in medical education and clinical research trials. Dr. Harper has proudly served in various roles including author, steering committee member, and executive committee member for the Canadian Diabetes Association Clinical Practice Guidelines in 2003, 2008 and 2013.

**Peter Bieling, Ph.D.** is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and a Director in the Mental Health and Addiction Program at St. Joseph's Healthcare in Hamilton Ontario. Dr. Bieling's work is concentrated in the area of emerging treatments for mood disorders and quality of mental health services delivery in hospital settings. He has been awarded research funding through SSHRC, OMHF, CHSRF, and NIMH and has authored numerous articles and three books. He has taught psychological intervention, research methods, and quality improvement principles at the undergraduate, graduate, and professional levels locally, nationally, and internationally. He completed his B.Sc. (Hons) at the University of Victoria, M.A. and Ph.D. at the University of British Columbia and Centre for Addiction and Mental Health, University of Toronto, and was a post-doctoral fellow at the University of Pennsylvania Centre for Cognitive Therapy. Dr. Bieling is a licensed psychologist in the province of Ontario.

### **Week 3A: Practical Introduction to General Practice Psychotherapy (August 4 – 8)**

Overview: This is an interactive overview of relevant theories and techniques of General Practice Psychotherapy. It is 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. There will be an interactive discussion of real and fictional patient-therapist encounters as well as viewing some Hollywood film clips featuring psychotherapy. This program is based on the earlier course but has been changed and updated. Topics include: Overview of Standards and Guidelines of General Practice Psychotherapy (Monday); Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid (Tuesday); Boundary Issues in Psychotherapy (Wednesday); Interpersonal Psychotherapy (Thursday); Practical Consideration on Transference and Countertransference in Psychotherapy (Friday)

Faculty: **Michael Paré, B.Sc., M.Sc., M.Ed., M.D.**, is a General Physician practicing Psychotherapy and Chair of the OMA Section on Primary Care Mental Health. He is coordinator the Medical Clinic for Person Centred Psychotherapy, is a Certified Group Therapist, and is Certified in IPT Psychotherapy. He is a Mentor/Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. One of Dr. Paré's central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. He has run several very successful programs. He writes a Boundaries Blog for the Medical Post (<http://www.canadianhealthcarenetwork.ca>).



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### **Week 3B: Mindfulness Practices for Symptom Management and Enhancing Personal Resilience (August 4-8)**

Overview: "Mindfulness" is appearing everywhere these days and yet most health care practitioners have little knowledge or experience with it. The value of mindfulness practices in working with physical and emotional pain, optimizing stress tolerance and enhancing occupational performance will be explored. This course will provide participants with didactic and experiential learning regarding mindfulness. Participants will have the opportunity to try a variety of mindfulness practices that form the basis for current clinical programs such as mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy for depression, and mindfulness-based eating awareness therapy. The course will parallel a MBSR program with a substantial portion of each class spent in formal meditation practices. Participants will leave the course with a variety of practical mindfulness practices that they can use in their own lives or recommend for patients. Opportunities for further training in these practices will be outlined as this course will not be sufficient to lead mindfulness programs.

Faculty: **Susan Abbey MD, FRCPC** is a psychiatrist whose work is at the interface of medicine and psychiatry. She teaches MBSR at the University Health Network where she is the Psychiatrist-in-Chief and a Professor of Psychiatry in the University of Toronto Faculty of Medicine. Susan has a personal mindfulness practice that helps her cope with the challenges of a busy professional life, a teenager and a tween.

## **Accommodations**

For reservations call: 1-800-461-4393 and quote McMaster Muskoka Seminars. Sunday check-in and Friday check-out. Special conference rates offered for three days before and after seminar dates based on resort availability. Spouse and children under 18 stay free with registrant. Applicable taxes and resort amenity fee in addition to all rates. Reservation is subject to cancellation policy and deposit is required.

### **Rooms at Deerhurst Resort per night (plus taxes and resort amenity fee):**

Main Building Guestroom	\$199.00	1 Bedroom Condo	\$299.00
Lakeside Guestroom	\$209.00	2 Bedroom Condo	\$389.00
Junior One Bedroom Suite	\$239.00	3 Bedroom Condo	\$529.00



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**18<sup>th</sup> Annual McMaster Muskoka Seminars Registration Form**

**Course Tuition:**

Early Bird Rate \$645.00 prior to June 14

Regular Rate \$695.00 per course after June 14, 2014

Student Rate for full-time students only: \$395.00

Please make CHEQUES payable to “McMaster University”. Mail to address below along with registration form.  
For CREDIT CARD payments please mail, use our secure fax line 905-381-5606 or call us at 905-522-1155 ext.35424

Name: \_\_\_\_\_ Professional Designation: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Facility: \_\_\_\_\_  
 Phone:(\_\_\_\_\_) \_\_\_\_\_ Fax:(\_\_\_\_) \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Card Number: \_\_\_\_\_ Expiry \_\_\_\_\_

**Course Registration – please check off desired course(s):**

- 1A: Psychiatry for Family Physicians (July 21 – 25)
- 2A: CBT for Anxiety Disorders Across the Lifespan (July 28 – August 1)
- 2B: Law & Psychiatry (July 28 – August 1)
- 2C: Cardio Metabolic Health: A Review for Primary Care Providers (July 28 – August 1)
- 3A: Practical Introduction to General Practice Psychotherapy (August 4 – 8)
- 3B: Mindfulness Practices for Symptom Management and Enhancing Personal Resilience (August 4 – 8)

*Please be sure to make accommodation arrangements as soon as possible.*

Please mail, email or fax the registration form to:  McMaster Muskoka Seminars St. Joseph’s Healthcare, Hamilton Suzy Konick, Room D309 100 West 5 <sup>th</sup> Street PO Box 585 Hamilton, Ontario, L8N 3K7	Suzy Konick: 905-522-1155 ext.35424 <a href="mailto:skonick@stjoes.ca">skonick@stjoes.ca</a>	Ada or Anna: 416-229-2399 ext.125 <a href="mailto:michaelpare@rogers.com">michaelpare@rogers.com</a>
	Gary Chaimowitz MB, ChB, FRCPC – Course Director Michael Paré, MSc, MEd, MD – Associate Course Director	