

Mediterranean Cruise from Rome to London October 24th to November 3rd 2015

CUNARD



Practical Introduction to General Practice Psychotherapy, with a focus on the Psychotherapeutic Relationship



Click here for more information:

<http://www.mycmeupdates.ca/cruise.html>

Dr. Michael Paré, M.Sc., M.Ed., M.D. C-IPT, C-GPT.
General Physician with a focused practice of psychotherapy

FROM AS LITTLE AS 3 TO UP TO 30 CPD CREDIT HOURS

All Seminars will take place on the Cruise Ship:

A voyage of the Cunard Queen Victoria. A 10-Night Cunard Cruise from Rome to London:

- *This program meets the accreditation criteria of the College of Family Physicians of Canada (CFPC) and has been accredited for **up to 30 Mainpro-C credits** for Physicians, General Practitioners, Family Physicians, Psychiatrists and others (i.e. **three MainPro-C credits per three hour workshop**).*
- *This educational activity is approved for **3.0 hours of General Practice Psychotherapy Association (GPPA) Group CE credits** for each session (i.e., **3.0 CE credits for one three hour seminar**).*
- *Members of the American Academy of Family Physicians (AAFP) are eligible to receive up to **30 Prescribed credit hours** for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.*
- *The cruise is organized and sponsored by the Ontario Medical Association (OMA) Section on Primary Care Mental Health. It is a wonderful opportunity to go on a relaxing vacation, with or without your family while earning CPD Credits. Your accountant will tell you about professional tax deductions that you will be able to claim for the cruise.*

There are many different varieties of activities on the ship and interesting excursions on shore. Sea cruises are excellent for people of all ages and the full range of physical and mobility capacity.

These popular MainPro-C sessions are lead by Dr. Michael Paré, General Physician Practicing Psychotherapy. He is Chair of the Ontario Medical Association Section on Primary Care Mental Health. Doctor Paré has several credentials in psychotherapy. He is Certified in Group Therapy, and is Certified in IPT Psychotherapy. He is a Teaching 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 Psychotherapy along with Family Medicine and with Psychiatry. Dr. Paré is a recognized expert witness in the field of mental health and, more specifically, Primary Care Mental Health and Psychotherapy within the field of Medicine. He recently completed The Osgoode Hall Law School Certificates in "Professional Regulation & Discipline in the Ontario Health Care Sector" and "Mental Health Care Law". Dr. Paré can be reached by email at michaelpare@rogers.com or call 416-229-2399 x 125 for more detail information.

Many of the teaching workshops will take place when the ship is at sea. Other sessions are offered when the ship is in port. Participants can take any number and/or combination of learning sessions that they choose – limited only by seating availability.



The courses will cover...many important essential elements of psychotherapy
With the use of lectures, DVD depictions of psychotherapy, discussions, conversations, and clips from popular movies. The following two essential topic areas will be covered:

Practical Introduction to General Practice Psychotherapy

Overview:

In these very interactive seminars, learners will voluntarily participate (only if they choose to) in this practical and clinically relevant learning experience. An interactive overview of relevant theories and techniques of General Practice Psychotherapy and a brief overview of Interpersonal Therapy. Essential “Do’s” & “Don’ts” of therapy including Record Keeping, Confidentiality, Consent to Treatment and Boundary Issues. Interactive discussion of both real and fictional patient-therapist encounters. The viewing of some film clips featuring psychotherapy. The key topics include:

- Overview of Standards and Guidelines of General Practice Psychotherapy
- Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid
- Boundary Issues in Psychotherapy
- Interpersonal Psychotherapy
- Practical Consideration on Transference and Countertransference in Psychotherapy

Interactive Professional Development Program in the Psychotherapeutic Relationship

Overview:

In these very interactive seminars, learners will voluntarily participate (only if they choose to) in this practical and clinically relevant learning experience. The focus of these interactive sessions is on increasing knowledge and skills that will enable physicians to develop authentic psychotherapeutic relationships with their patients. Note: Participants are never required – just encouraged – to be interactive.

- Qualities and Actions of Effective Therapists
- Helping Skills in Practice
- Constructivist Therapy
- Relational Psychotherapy
- Client-Directed Outcome-Focused Psychotherapy

Other key positives of these sessions are:

- Very practical, and clinically relevant workshop sessions
- Dr. Paré is a popular and experienced speaker
- Sessions are very stimulating, interactive, and fast paced
- Dr. Paré is an award winning Educational Developer and workshop leader.
- He won the GPPA Theratree Award in 2013, and the W.T. Aikins Award, University of Toronto in 1995
- Dr. Paré has a Masters of Education degree (from the University of Toronto)
- There will be excellent peer to peer collegially and sharing
- Relevant and useful handouts of lecture notes and journal articles, with a free CD-ROM given to participants

Positive comments in regards to Dr. Paré’s previous sessions:

“Great discussions, excellent examples, very engaging”.

“The interaction with other physicians....” was what I liked most.

What I like most about the session was “.....the opportunity to ask questions”.

These three hour sessions are individual workshops that can be taken separately for MainPro-C Credits. Each session is a worth 3 MainPro C credits. The costs are as follows: \$300 for one session alone; for two sessions the cost is \$200 each; and for three sessions \$175 each; for four sessions it is \$150 each; and for five \$125 each for six or more it is \$100.00 per workshop. (All fees in Canadian currency)

The cruise start in Rome and leaves Saturday October 24th at 9:00 PM. The cruise finisheds up in London at 6:30 AM on Tuesday November 3rd. It is up to the participant to arrange their cruise and airfair detail. This can be done through Cruise Holidays or your own travel agent. Please contact Ms. Kitty Tam at Cruise Holidays of Scarborough (3272 Midland Ave, Unit B122, Scarborough). Tel: 416-293-1525 Fax: 416-293-9480 or email: customer_chs@yahoo.ca

DAY	DATE	PORT	ARRIVE	DEPART
Sat	October 24 th	Rome (Civitavecchia), Italy		9:00 PM
Sun	October 25 th	Florence/Pisa (Livorno), Italy	8:00 AM	7:00 PM
Mon	October 26 th	Rapallo, Italy		6:00 PM
Tue	October 27 th	Monte Carol, Monaco	8:00 AM	
Wed	October 28 th	Monte Carlo, Monaco		5:00 PM
Thur	October 29 th	Barcelona, Spain	9:00 AM	6:00 PM
Fri	October 30 th	Valencia, Spain	8:00 AM	5:00 PM
Sat	October 31 st	Gibraltar, UK Territory	1:00 PM	6:30 PM
Sun	November 1 st	At Sea		
Mon	November 2 nd	At Sea		
Tue	November 3 rd	London (Southampton), England	6:30 AM	

Additional feedback on Dr. Pare's previous sessions:

"Lively speaker, great topics"

"Practical, clearly experienced teacher"

"Vivid actual clinical examples"

"Presenter knowledgeable"

"Good overview of Standard of Care"

Testimonials:

"I found the sessions to be full of material that is directly applicable to practice" - Dr. George F. Linn (Psychiatrist)

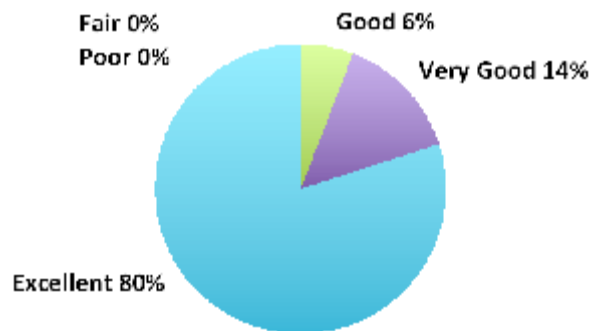
"This CME was a great way to meet and engage with colleagues" – Dr. Marta Maksymec, MD.

"It was time and money well spent!" – Dr. Adam Newman, MD, CCFP, CCSAM

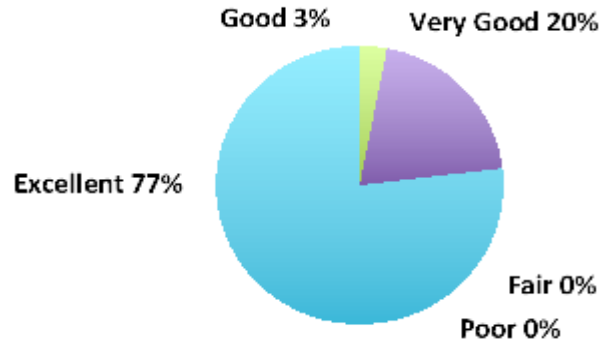
"Material important for Psychiatrists to review, learn, and mull over" – Dr. Jim Hillen, RCPSC (Psychiatry)

"I liked the interactive environment the most" – Dr. M. Saleem, Psychiatrist Kitchener – Waterloo, ON

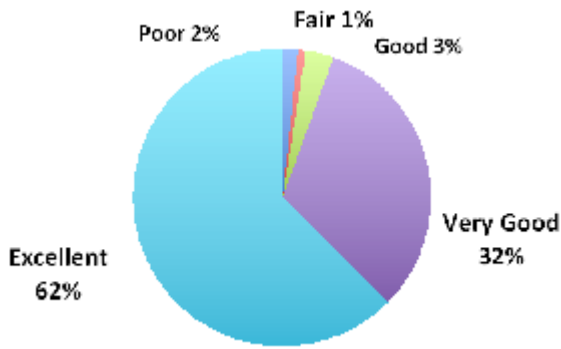
Past evaluation of Dr. Paré Ontario Medical Association (OMA) educational sessions:



Boundary Issues in Psychotherapy
OMA Section on Primary Care Mental Health
(MainPro-C Sessions) Toronto on February 1st 2015



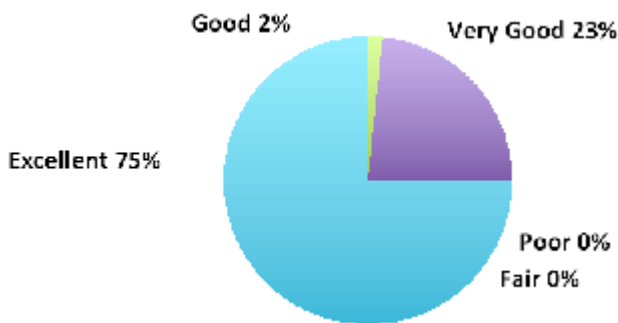
Practical Consideration of Transference & Countertransference
OMA Section on Primary Care Mental Health
(MainPro-C Sessions) Toronto on March 29th 2015



Overview of Standards and Guidelines of General Practice Psychotherapy
 OMA Section on Primary Care Mental Health
 (MainPro-C Sessions) Toronto on May 30th 2015

Dr Paré made excellent use of discussion and videos to provide practical interactive sessions on psychotherapy. This CME was a great way to meet and engage with colleagues who are doing similar work. Helpful handouts were also made available to participants."

Dr. Marta Maksymec, MD.



Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid
 OMA Section on Primary Care Mental Health
 (MainPro-C Sessions) Toronto on March 29th 2015

"I have attended a seminar" practical introduction to general practice psychotherapy" led by Dr Pare this august. Despite its name and its focus for family physicians I found it very useful. I was impressed with material which was reviewed. I liked the interactive environment the most. I will recommend this to any clinicians including psychiatrists who want to review basic psychotherapy knowledge."

Dr. M. Saleem, Psychiatrist
 Kitchener-waterloo, ON

"...I found the content very useful and immediately practical for my work as a family physician with a focus on addiction medicine. Having a chance to think about and discuss the ways in which boundaries are established and therapy is structured has already helped me to practice more thoughtfully and effectively. The '10 things to do and to avoid' were invaluable tips to keep in mind. Having the references that were provided has increased my self-confidence and will allow me to continue to define and focus my practice. Added to that, the easy-going, informal way the workshops were conducted made the whole experience enjoyable. It was time and money well spent!"

Dr. Adam Newman, MD, CCFP, CCSAM

"I found the sessions excellent in stimulating discussion between participants and between the speaker and the participants. Boundary definitions were reviewed and our learning focused around 'bending', inadvertent and intentional crossing, repairing, ignoring. We explored various levels from the clinical encounter to discussions with colleagues and peers to the interests of the various regulating bodies, employers, patients. I found Dr. Paré approach balanced and had material important for psychiatrists to review, learn, mull over. I will attend your sessions in the future."

Dr. Jim Hillen, RCPSC (Psychiatrist)

For further Course details, please contact: Dr. Michael Paré or Ada & Anna
michaelpare@rogers.com or 416-229-2399 x 125