



## OMA Section on Primary Care Mental Health Wednesday Night Series

### *Using Mentalizing to Process Therapeutic Impasses*

*Speaker: Dr. Paula Ravitz*

*President Elect of the International Society of Interpersonal Psychotherapy*

Dr. Paula Ravitz is President Elect of the International Society of Interpersonal Psychotherapy and the Director of the Division of *Psychotherapies, Humanities and Education Scholarship (PHES)* at the University of Toronto, Faculty of Medicine, Department of Psychiatry. She is an Associate Professor of Psychiatry at the University of Toronto, and holds the Morgan Firestone Psychotherapy Chair at the Mount Sinai Hospital. Her research, publications, clinical work and teaching have focused on Interpersonal Psychotherapy (IPT), mentalizing, attachment theory, therapist factors to improve psychotherapy effectiveness, and knowledge translation to disseminate evidence-supported psychotherapies in community-based mental health care. She co-edited, with Dr. Robert Maunder, a 6-textbook/DVD series with captioned role modeling and self-directed lesson plans entitled, *Psychotherapy Essentials to Go* (WW Norton 2013, 2015) for IPT for depression, CBT for depression and anxiety, Dialectical Behavior Therapy for emotion dysregulation, and Motivational Interviewing for substance abuse.

#### **Learning Objectives:**

1. Appreciate a rationale for using mentalizing in psychotherapy
2. Recognize 3 types of non-mentalizing states of mind
3. Describe and apply 4 mentalizing techniques

**Date: Wednesday, January 10<sup>th</sup> 2018**

**Location: OMA Offices, 150 Bloor Street West, Suite 900, Toronto, ON**

**Time: 7:30-9:30 PM**

**Cost: No charge, courtesy of the OMA Section on Primary Care Mental Health**

**Please RSVP by phone to: 416-229-2399, ext 125 (Ada or Anna) or e-mail to: [michaelpare@rogers.com](mailto:michaelpare@rogers.com).**