

Introduction to Primary Care Psychotherapy: OMA Section on Primary Care Mental Health



**In Person Sessions: 9:00 AM to 12:00 Noon
or 1:00 PM to 4:00 PM**

Or Live on Phone Sessions: 6:30 PM to 9:30 PM

Dates: December 27th to 31st 2018

This Group Learning program has been certified by the National Office of the College of Family Physicians of Canada for 6 MainPro+ credits per 3 hour session (up to 30 MainPro+ credits).

Course Tuition for Practicing Physicians: \$100 for one (three hour) MainPro + Session / \$175 for two (three hour) MainPro + Sessions / \$200 for three (three hour) MainPro + Sessions / \$250 for four (three hour) MainPro + Sessions / \$300 for five (three hour) MainPro + Sessions. Residents and Medical students \$30 per session. A limited number of full scholarships available so students may not need to pay anything (Please contact us for more information.).

Note: We reserve the right to cancel sessions if there is an insufficient number of participants.

Course Overview: This is an interactive overview of relevant theories and techniques of Primary Care 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. We will have an interactive discussion of real and fictional patient-therapist encounters.

Thursday, December 27th 2018: 3 Time Slots: (Live in Person) 9:00 AM – 12:00 Noon or 1:00 – 4:00 PM OR (Live by Phone) 6:30 to 9:30 PM

Overview of Standards and Guidelines of General Practice Psychotherapy (Three hours: six MainPro+ credits)

Speaker: Dr. Chase Everett McMurren or Dr. Michael Paré

Physicians often do Psychotherapy without as much training as they would want since 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. The participants will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, Diagnosis, and Suicide Assessment, etc. They will also learn what are the common countertransference reactions (positive and negative) with patients. In addition doctors will learn the several components of a suicide risk assessment.

Learning Objectives:

- The participant will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, diagnosis of mental illness, a practical suicide assessment, etc.
- What are the common countertransference reactions (both positive and negative) with patients.
- Learn the several components of a suicide risk assessment.

Important Note: Some of these sessions are “live” distance education connecting by phone. You get to attend from the comfort of your own home or office. The PowerPoint slides and other materials will be sent to you before by email. The program is fully interactive with questions from participants before, during, and after the learning sessions.

Friday, December 28th 2018: 3 Time Slots: 9:00 AM – 12:00 Noon and 1:00 – 4:00 PM (Live in Person) OR 6:30 to 9:30 PM (Live by Phone)

Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid (Three hours: six MainPro+ credits)

Speaker: Dr. Joel Shapiro or 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. 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). We will cover the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy. The participant will have increased knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations). The Essence of GP-Psychotherapy: Common Factors in Therapy will be discussed in detail.

Learning Objectives:

- List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy.
- The participant will have increased knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations).
- The Essence of GP-Psychotherapy: Common Factors in Therapy will be discussed in detail.

Saturday, December 29th 2018: 3 Time Slots: 9:00 AM – 12:00 Noon and 1:00 – 4:00 PM (Live in Person) OR 6:30 to 9:30 PM (Live by Phone)

Boundary Issues in Psychotherapy (Three hours: six MainPro+ credits)

Speaker: Dr. James Whyte or Dr. Michael Paré

This program describes the theoretical foundations and shows (using DVD clips) the practical application of boundaries in the 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 professional 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. The difference between Boundary Crossings and Boundary Violations will be highlighted. What do we mean by a "boundary" in a psychotherapeutic relationship? What is the therapeutic frame?

Learning Objectives:

- The difference between Boundary Crossings and Boundary Violations.
- What do we mean by a "boundary" in a psychotherapeutic relationship?
- What is the therapeutic frame?

Sunday, December 30th 2018: 3 Time Slots: 9:00 AM – 12:00 Noon and 1:00 – 4:00 PM (Live in Person) OR 6:30 to 9:30 PM (Live by Phone)

Interpersonal Psychotherapy (Three hours: six MainPro+ credits)

Speaker: Dr. Michael Paré

Interpersonal Psychotherapy (IPT), is a short-term, manualized (meaning very structured) psychotherapy. IPT was first designed for the treatment of individuals with depressive disorders. IPT is an effective type of therapy, which is very similar to the more common "supportive psychotherapy", that most physicians actually provide. The main difference is that IPT is somewhat more clearly "packaged". Currently, IPT is an officially recommended treatment for depressive disorders. Substantial empirical evidence supporting IPT's efficacy has progressively grown since its early use. The IPT method is briefly described using PowerPoint slides, in this very interactive session featuring a professional produced DVD showing IPT which will be discussed in detail. Participants will learn the theoretical foundations of Interpersonal Psychotherapy (IPT). They will be able to describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT). The speaker will describe the beginning, middle and ending treatment phases of IPT.

Learning Objectives:

- Learn the theoretical foundations of Interpersonal Psychotherapy (IPT).
- Describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT).
- Describe the beginning, middle and ending treatment phases of IPT.

Monday, December 31st 2018: 3 Time Slots: 9:00 AM – 12:00 Noon and 1:00 – 4:00 PM (Live in Person) OR 6:30 to 9:30 PM (Live by Phone)

Practical Consideration on Transference and Countertransference in Psychotherapy (Three hours: six MainPro+ credits)

Speaker: Dr. Michael Paré

Countertransference has to do with certain feelings (or thoughts, or attitudes, etc.) a therapist can have towards a patient. Both Transference and Countertransference are neither “good”, nor are they “bad”. They are instead like all feelings: they just are yet what we do with these feeling could be bad. So it is best to recognize and understand these Countertransference feelings better. To make this session more accessible, and very relevant, the speaker will use DVD of psychotherapy and we will analyse it for both Transference and Countertransference. The speaker will discuss several Family Practice clinical situations so that the session is more experiential and practical (as well as theoretical).

Learning Ojectives:

- Know what is meant by Transference and what is meant by Countertransference.
- Define the concept of transference as false distortions or true perceptions in regard to the patient's feelings and thoughts and attitudes from other important relationships.
- Define the concept of countertransference as a false distortion or a correct perception. It can be that the physician recognises something about the patient that the patient is unaware of.



Dr. Michael Pare, B.Sc., M.Sc., M.Ed., M.D., General Physician Practicing Psychotherapy and Registered Psychotherapist. Michael is Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. He is coordinator the Medical Clinic for Person Centred Psychotherapy. He is a Teaching Mentor the medical Psychotherapy Association of Canada and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. 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. Dr. Paré can be reached at michaelpare@rogers.com or at (416) 229-2399 x ext. 120 or (416) 723-1716.



Dr. James Whyte, B.Sc.N., M.D., CCFP is a Family Physician practicing psychotherapy. He has been an adjunct professor at the Northern Ontario School of Medicine, and is an adjunct professor at Tyndale University College in the Department of Psychology and has been teaching Counselling and Psychology. James is a member of the OMA Section on Primary Care Mental Health and sits on the executive committee. He is also Co-Chair of the education committee of the Section.)



Dr. Joel Shapiro, M.D., FRCP(C) completed in the 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.

Venue for in person live session: The Medical Clinic, 265 Yorkland Blvd., Unit 403, Toronto, ON, M2J 1S5.

For more information contact: Ada or Anna at 416-229-2399 x 125 or email us at pcmhsection@gmail.com.

Tentative Schedule – We reserve the right to cancel sessions if there is an insufficient number of participants.

Venue: The Medical Clinic, 265 Yorkland Blvd., Unit 403, Toronto, ON, M2J 1S5

Three time slots available	Thursday December 27 th	Friday December 28 th	Saturday December 29 th	Sunday December 30 th	Monday December 31 st
9:00 AM to 12:00 PM Live in Person Interactive small group learning	Overview of Standards and Guidelines of General Practice Psychotherapy Learning Objectives: <ul style="list-style-type: none"> • The participant will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, diagnosis of mental illness, a practical suicide assessment, etc. • What are the common countertransference reactions (both positive and negative) with patients. • Learn the several components of a suicide risk assessment. 	Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid Learning Objectives: <ul style="list-style-type: none"> • List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy. • The participant will have increase knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations). • The Essence of GP-Psychothreapy: Common Factors in Therapy will be discussed in detail. 	Boundary Issues in Psychotherapy Learning Objectives: <ul style="list-style-type: none"> • The difference between Boundary Crossings and Boundary Violations. • What do we mean by a "boundary" in a psychotherapeutic relationship? • What is the therapeutic frame? 	Interpersonal Psychotherapy Learning Ojectives: <ul style="list-style-type: none"> • Learn the theoretical foundations of Interpersonal Psychotherapy (IPT). • Describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT). • Describe the beginning, middle and ending treatment phases of IPT. 	Practical Consideration on Transference and Countertransference in Psychotherapy <ul style="list-style-type: none"> • This session will highlight our own practical understanding of transference and countertransference. • We gained this understanding through extensive training in psychotherapy and through personal and professional experience – both as a patient; as a therapist; and as a psychotherapy Teacher and supervisor and mentor. • Transference and countertransference are common phenomena seen every day in Family Practice and in Psychotherapy.
1:00 to 4:00 PM Live in Person Interactive small group learning					
6:30 to 9:30 PM Live on the Phone Interactive session with slides sent before session.					
			<div style="border: 2px solid orange; padding: 5px;"> Important Note: The telephone sessions are "live" distance education connecting by phone. You get to attend from the comfort of your own home or office. The PowerPoint slides and other materials will be sent to you before by email. The program is fully interactive with questions from participants before, during, and after the learning sessions. </div>		

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Cheques can be made payable to the Ontario Medical Association and mailed to:
c/o Ada or Anna, The Medical Clinic for Person-Centre Psychotherapy, 265 Yorkland Blvd., Unit 403, Toronto, ON, M2J 1S5.

For more information contact: Ada or Anna at 416-229-2399 x 125 or email us at pcmhsection@gmail.com.