



OMA Section on Primary Care Mental Health MainPro-C Sessions - September 26 and 27, 2014

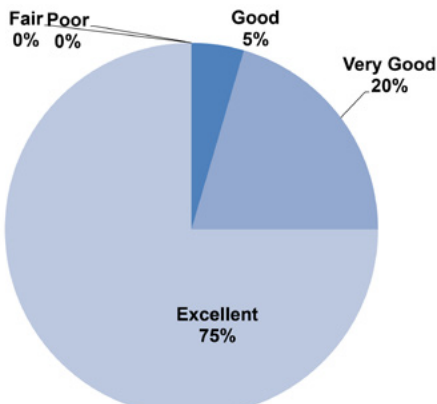
Venue: Courtyard Marriott, 103 Dalton Ave., Kingston, ON K7K 0C4, Tel: 1.613.548.7000

Speaker: Dr. Michael Paré, M.D., M.Sc., M.Ed., C-IPT, C-GT

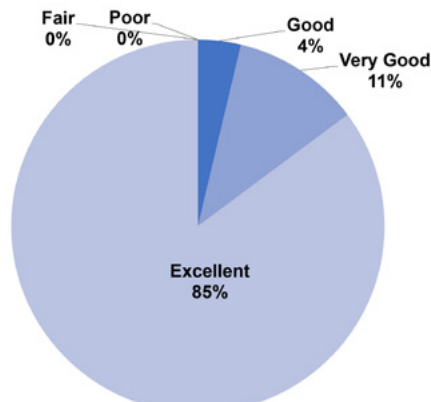
General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. Doctor Paré is a Certified Group Therapy, and is Certified in IPT Psychotherapy. He is a (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians

Accreditation: *These sessions are accredited as 3 MainPro-C per workshop. 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>.*

Three popular (see feedback below) MainPro-C workshops on Psychotherapy/Mental Health: Boundary Issues, Standards and Guidelines, and Supportive Psychotherapy.



Academic Talk at Sunnybrook Hospital - October 23rd 2013
Keeping Good Boundaries in Medicine



McMaster Muskoka Seminars 2014 - Aug 4, 2014
Overview of Standards and Guidelines of Psychotherapy



McMaster Muskoka Seminars 2014 - August 5, 2014
Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid

Boundary Issues in Psychotherapy

3 MainPro-C credits **Date:** Friday, September 26, 2014 **Time:** 5 p.m. to 8 p.m.

***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?
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Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid

3 MainPro-C credits **Date:** Saturday, September 27, 2014 **Time:** 10 a.m. to 1 p.m.

***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. 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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Overview of Standards and Guidelines of General Practice Psychotherapy

3 MainPro-C credits **Date:** Saturday, September 27, 2014 **Time:** 2 p.m. to 5 p.m.

***Based on journal articles by Dr. Michael Paré**

Physicians often do 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.)

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 and suicide assessment.
2. What are the common countertransference reactions (positive and negative with patients).
3. Learn the several components of a suicide risk assessment.

Speaker

Dr. Michael Paré, M.D. MSc. M.Ed., C-IPT, C-GT, General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Doctor Paré has several credentials in psychotherapy. He is a Certified 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 GP-Psychotherapy along with Family Medicine and with Psychiatry. He has set up (with his GP and FP & Psychiatry Colleagues) several very successful programs. He writes a Boundaries Blog for the Medical Post see it at <http://www.canadianhealthcarenetwork.ca>. Speakers are potentially available to come to your location and provide you with MainPro-C educational sessions. Presently we can teach one or more of several three hour MainPro-C Workshops.

OMA Section on Primary Care Mental Health



Dr. Michael Paré
Section Chair



Dr. Harry Zeit
Chair of Education
Committee

Other OMA Section Initiatives are (at the OMA offices in Toronto):

- 1) OMA Wednesday Evening CPD Program
- 2) Caring for Self While Caring for Others

For more information on our Section's educational initiatives, please email **Dr. Harry Zeit** at harryzeit@sympatico.ca

The Objectives of the Section

The objectives of the OMA Section on Primary Care Mental Health 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 Primary Care Mental Health, at 416.229.2399 ext.120 or email at michaelpare@rogers.com.

Executive Committee:

Section Chair –	Dr. Michael Paré, Toronto
Vice Chair –	Dr. Harold Pupko, Toronto
Tariff Chair –	Dr. Muriel van Lierop, Toronto
Secretary –	Dr. Darlene Hall, Toronto
Education Chair –	Dr. Harry Zeit, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
Treasurer –	Dr. James Whyte, Toronto

Education Committee:

Chair – Dr. Harry Zeit
Dr. Aube Kurtz
Dr. Harold Pupko
Dr. Samuel Lai
Dr. Sheldon Wagner
Dr. James Whyte
Dr. Michael Paré
Dr. John Dattilo

Course Registration – please check desired course(s):

Friday, September 26, 2014 - Boundary Issues in Psychotherapy

5 p.m. to 8 p.m. *Course Code A*

Saturday, September 27, 2014 - Supportive Psychotherapy: Ten Things to do, and Ten Things to Avoid

10 a.m. to 1 p.m. *Course Code B*

Saturday, September 27, 2014 - Overview of Standards and Guidelines of Psychotherapy

2 p.m. to 5 p.m. *Course Code C*

Registration Form

Complete the form below and fax to: 416.229.9771. For information, contact Ada/Anna at michaelpare@rogers.com.

Course Tuition*: \$200 for one three hour MainPro-C Course | \$300 for two three hour MainPro-C Courses \$375 for three three hour MainPro-C Courses (discounts relate to same day or next day sessions).

*Lunch will be provided to attendees free on Saturday.

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 brought to the session you are attending.

Please indicate course title and speakers of the course you are attending (see above) here:

Course Code **A**

Course Code **B**

Course Code **C**

Name _____

Telephone _____

Professional Designation _____

(Bus.) _____

Address _____

(Home) _____

City _____

Fax: _____

Prov. _____ Postal Code: _____

Email: _____

** (call for student/resident rates)*

**Courtyard Marriott, 103 Dalton Ave.
Kingston, ON K7K 0C4
Tel: 1.613.548.7000**

