

# **2015/2016 SPEAKER SERIES**

## **OMA SECTION ON PRIMARY CARE MENTAL HEALTH**

Ontario Medical Association  
150 Bloor Street West, Suite 900. Toronto, ON





**Dr. Michael Paré**  
Section Chair



**Dr. Harry Zeit**  
Chair of Education  
Committee

### 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](mailto:michaelpare@rogers.com).

#### Executive Committee:

Section Chair –	Dr. Michael Paré, Toronto
Vice Chair –	Dr. Anne Shaw, Hamilton
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Secretary –	Dr. Darlene Hall, Toronto
Education Chair –	Dr. Harry Zeit, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
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Member-At-Large –	Dr. Harold Pupko, Toronto

#### Education Committee:

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

### Summary of Programs and Workshops

#### Location

Ontario Medical Association (OMA)  
150 Bloor Street West, Suite 900, Toronto, Ontario

#### Time

7:30 p.m. to 9:30 p.m.

### OMA Wednesday Evening CPD Program

The Education Committee of the OMA Section on Primary Care Mental Health is pleased to present the 2015/2016 Evening CPD Program Series.

#### Dates:

October 21, 2015	February 10, 2016
December 2, 2015	March 2, 2016
January 13, 2016	April 6, 2016

### Caring for Self While Caring for Others

The Education Committee of the OMA Section on Primary Care Mental Health is pleased to present a series of four new workshops. Now entering its third season, this project is dedicated to creating a collective environment while promoting physician resilience, self-awareness and well-being. Moderated by:

#### Dr. Harry Zeit MD CGPP, Physician Psychotherapist

The Medical Clinic for Person-Centered Psychotherapy  
265 Yorkland Blvd., Suite 403, Toronto, ON M2J 1S5  
Tel: 416.229.2399 ext.275 | Fax: 416.229.9771

#### Dates:

October 7, 2015	February 17, 2016
November 18, 2015	March 16, 2016

Seating is limited. Please RSVP ASAP by phone: 416.229.2399, ext.125 (Ada or Anna), or via email to: [michaelpare@rogers.com](mailto:michaelpare@rogers.com)

Dr. Harry Zeit can be reached for inquiries only, including requests for repeat presentations of previous or current sessions and workshops, via email to: [harryzeit@sympatico.ca](mailto:harryzeit@sympatico.ca)

October 21, 2015

### Déjà vu all over again: Understanding traumatic enactments and how to work with them

By definition, traumatic experiences overwhelm a survivor's capacity to cope. To manage psychological trauma, aspects of the trauma are dissociated and not integrated in the survivor's sense of self and personal narrative. Traumatic enactments are the inevitable consequence as the survivor unconsciously attempts to resolve the trauma. When enactments are played out with the health care provider they have the potential to derail treatment. However, when enactments are understood and appropriately addressed, they can be critical in laying a path for healing. This presentation will address traumatic enactments, including strategies for working effectively with those challenging encounters.

By the end of the session participants will be able to:

1. Provide a theoretical framework for understanding traumatic enactments.
2. Describe four types of enactments that are common among trauma survivors.
3. Describe basic strategies for helping a survivor work through a traumatic enactment.

**Dr. Catherine Classen** is a full professor in the Department of Psychiatry at the University of Toronto, director of the Mental Health Research Program at the Women's College Research Institute at Women's College Hospital, and the academic leader of the Trauma Therapy Program at Women's College Hospital. She is a past president of the International Society for the Study of Trauma and Dissociation and past chair of the Traumatic Stress Section of the Canadian Psychological Association. Dr. Classen has been working in the field of psychological trauma for over 20 years as both a researcher and clinician. Her research interests include investigating psychotherapy interventions for trauma survivors and advancing trauma-informed care within the health care system. She has over 100 publications and recently co-authored the book, "Treating the trauma survivor: An essential guide to trauma-informed care," published by Routledge. She is also co-author of an online accredited CME course "Posttraumatic Stress Disorder: A Primer for Primary Care Physicians" sponsored by the Mood Disorders Society of Canada in collaboration with Faculty of Medicine, Memorial University, Newfoundland.

December 2, 2015

### The Science of Yoga

Yoga and Meditation are becoming increasingly popular in the West for treatment of mental health and chronic illness. While often perceived as a mystical practice involving bends and twists, Yoga is actually an ancient secular philosophy describing how to cease or slow down the racings of the mind to achieve health and well-being. This experiential workshop will clarify the misperceptions about this transformative mind-body practice, as well as present the scientific evidence for its neuroplastic and physiological effects.

Through this workshop, participants will:

1. Understand key principles of the Philosophy and Psychology of Yoga and its common roots with Buddhism and other Eastern Practices
2. Understand the Neurological and Physiological effects of Yoga, and its benefits as an adjuvant therapy in Chronic Illness, Mental Health, and Trauma.
3. Appreciate the different styles of yoga, and which patient is suited for which practice.
4. Experience simple and accessible yogic practices, connecting, body, mind and spirit.

**Dr. Shailla Vaidya** practices Mind-Body Medicine for Stress Resilience in Toronto. She completed her MD at Dalhousie University, followed by a residency in Family and Emergency Medicine at the University of Ottawa. She went on to provide both Primary and Acute Emergency care to isolated First Nations communities, sub-urban immigrant populations and homeless, street involved youth. Gaining insights into what plagues our health and wanting to affect change, she went on to complete a Master's in Public Health at the Harvard School of Public Health. Upon return, she lead teams of health care providers to improve efficiency, patient access, and safety. She also worked to implement medical group visits, improving social connection and peer-support for patients. She has served as a faculty member with the Departments of Family Medicine at McMaster University and the University of Toronto. Dr Vaidya is also trained as Yoga Teacher and Yoga Therapist, and has been incorporating scientifically sound Yoga techniques in her medical practice since 2005. Her clinical interests lie in how the social determinants of health, attachment, and disconnection lead to physiological stress and the development of chronic illness. Combining her knowledge, she applies an integrative, compassionate approach to help her patients restore health and build resilience. To learn more about her practice, please visit [www.theYogaMD.ca](http://www.theYogaMD.ca)

January 13, 2016

## Understanding and Treating Chronic Shame

Chronic shame is a powerful and pervasive outcome of relational trauma, but it is usually hidden behind other symptoms of pathology. If chronic shame is ignored, treatment of those symptoms will likely be effective only in the short term. If we can recognize the presence of chronic shame in the symptom-stories our patients present, and if we can imagine its particular formation and operation within each patient's self-system, we will be in position to treat chronic shame directly and effectively. Effective treatment is grounded in understanding that chronic shame is a problem with patients' right-brain integration of affect, relationship, and self. Treatment requires attuned, non-shaming engagement with our patients, the co-construction of narratives that integrate their sense of emotional/relational (right-brain) self, direct attention paid to their shame whenever possible, including shame-reduction strategies, and our own skillful, self-reflexive handling of the many ways shame becomes enacted within the therapeutic relationship.

Key Learning Points:

- A definition of chronic shame as a relational and right-brain phenomenon
- Assessment markers for chronic shame across symptomologies
- How to make reparative right-brain connections possible with and for chronically shamed clients
- How to recognize and work through shame-disturbances in the therapy relationship
- Strategies for life-time shame reduction

**Pat DeYoung, MSW, PhD**, is a psychotherapist and clinical supervisor in private practice in Toronto. A founding faculty member of the Toronto Institute for Relational Psychotherapy, she has written *Relational Psychotherapy, A Primer* (Routledge, first edition, 2003, second edition, 2015) and *Understanding and Treating Chronic Shame: A Relational/Neurobiological Approach* (Routledge, 2015).

February 10, 2016

## ACT in Practice

Acceptance and Commitment Therapy is gaining recognition as a mindfulness-based psychotherapy. Its aim is to increase psychological flexibility through 6 ACT processes, including defusion, acceptance, present moment, self-as-context, values, and committed action. As it is a functional approach, it can be adapted for a wide variety of applications in both clinical and non-clinical settings. It can also be flexibly conducted in both individual and group format from single to multiple sessions. This presentation will review the core ACT processes and discuss how it may be potentially used in various contexts.

By the end of the seminar, participants will be able to:

- Describe the 6 core ACT processes
- Identify potential applications of ACT
- Discuss how it may be adapted to suit various clinical and non-clinical contexts

**Dr. Kenneth Fung** is a Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital, University Health Network. He is also Associate Professor with Equity, Gender, and Populations Division at the Department of Psychiatry, University of Toronto. He completed a two-year fellowship in Cultural Psychiatry at the University of Toronto, and his Master thesis was on alexithymia among Chinese Canadians. His primary research, teaching, and clinical interests include both cultural psychiatry and psychotherapy. He co-leads the Pillar 4 Dialogue of the Department of Psychiatry Strategic Plan, University of Toronto, which focuses on issues regarding equity, social justice, and social responsibility, and is the Block Co-coordinator of the Cultural Psychiatry Core Seminars for psychiatry residents. He is the seminar co-lead and psychotherapy supervisor in Cognitive Behavioral Therapy (CBT) at the University Health Network, and teaches and conducts research in Acceptance and Commitment Therapy (ACT). He has been involved in community-based research projects related to HIV, mental health stigma, and immigrant and refugee mental health. He is psychiatric consultant to the Hong Fook Mental Health Association and is involved in various mental health promotion and education projects in the community. He offers consultations at Mon Sheong Scarborough Long-Term Care Centre. He is the Vice-President (President-Elect) of the Society of the Study of Psychiatry and Culture. He is the past Chair and current Historian of the Federation of Chinese American and Chinese Canadian Medical Societies. He is the current Chair of the Ontario Chapter of the Association of Contextual Behavioral Science. He is enthusiastic about art, and dabbles in various expressions of art including sketching, painting, and piano playing. He is a supporter of the arts, and is a Board Member of the Little Pear Garden Dance Company.

March 2, 2016

## **Anxiety and the Gift of Imagination. A new clinical model for helping children understand and manage anxiety**

According to the U.S. Dept of Health and Human Services, anxiety disorders are the most common mental health problem occurring during childhood and adolescence (2010). In the U.S. 13% of children and adolescents experience some kind of anxiety disorder. The Public Health Agency of Canada 2002 reports that in Canada 6% of children have an anxiety disorder serious enough to require treatment. In spite of anxiety being a debilitating condition that can prevent a child from participating in many of the critical aspects of childhood, including school attendance as well as recreational activities, many children are not motivated to receive psychotherapeutic help, preferring instead to use avoidance as their main defense against uncomfortable anxiety states. From the adult perspective, this is not a viable solution and creates many secondary problems. Dr. Alter will focus on a therapeutic formulation of anxiety that has worked extremely well for hundreds of children in her private practice. She will explain her discovery of the link between imagination and anxiety, and how this new understanding can be used effectively for the treatment of anxiety. This new approach starts and ends with an enhancement of self-esteem and puts children in a place where they are motivated to use many of the tools and strategies that have been developed by others. You will also learn how children's anxiety is different from adults'. As well you will learn how children's thinking is different from adults' which will assist you in helping children with many other problems besides anxiety.

### Key Learning Points:

- Understand and appreciate the difference between children's and adult's thinking processes
- Understand the differences between children's and adult's anxieties
- Make the connection between anxiety and imagination
- Implement a concrete step-by-step approach to applying this new understanding of anxiety
- Incorporate some effective strategies into your clinical practice to manage children's anxiety
- Find a new way to work with children around anxiety that enhances their self-esteem and empowers and challenges them to face their problems and their fears
- Discover why motivating children to make changes is key to effective clinical practice and find new ways to increase their motivation for change

**Dr. Robin Alter** was born in New Jersey and received her undergraduate degree from Skidmore College, Saratoga Springs, New York. She received her Master's and Doctoral degree from the University of Florida in Gainesville. She then moved to Toronto, Canada, where she has been working in children's mental health since 1980.

She has been employed by two of the largest children's mental health centre in the Toronto area for over 34 years— the Hincks-Dellcrest Children's Centre and Blue Hills Child and Family Centre. She also works with Anishnawbe Health Toronto, providing fetal alcohol assessments for the people of the First Nations community. She has taught psychology at York University. She maintains a private practice with Alter Stuckler and Associates in Thornhill, Ontario. She is trustee with the Psychology Foundation of Canada. She gives many public lectures to parent groups, teachers and principals, and has been on numerous radio and television programs talking about children's mental health issues.

Her second book, *Taming the Anxiety Monster: A Workbook for Kids*, will be published by New Harbinger in the fall of 2015. You can find out more about Dr. Alter by visiting her website: <http://www.docrobin.com/>

April 6, 2016

### Finding Familiarity in a New Frontier: Psychotherapy for Adults with Autism Spectrum Disorder

Despite the increased numbers of children and adults being diagnosed with Autism Spectrum Disorders (ASD) in Ontario, and the knowledge that at least 1% of the adult population has ASD, relatively little attention has been given to the provision of support and treatment to these individuals and their families. Individual, couple, group and family psychotherapy, core components of a lifespan approach to intervention, will be discussed in this session. Considering the presentation of ASDs, Dr. Stoddart will highlight the issues that ongoing psychotherapy that can be useful in addressing, and some of the challenges that are unique to this group, reflecting on his practice of 25 years.

#### Key Learning Points:

- Identify Ontario trends in youth and adult ASD diagnosis
- Understand the psychosocial and mental health issues that can be addressed in the context of psychotherapy
- Articulate the lifespan challenges common to youth and adults living with ASD, from entry into adulthood to aging with ASD
- Increase knowledge of resources and interest in working with this group

**Dr. Kevin Stoddart** is Founding Director of The Redpath Centre and Adjunct Professor, Factor-Inwentash Faculty of Social Work, University of Toronto. Since the early 1990s, his clinical focus has been children, youth and adults with primarily Asperger Syndrome and the co-morbid social and mental health problems that affect them. His second book with Drs. Burke and King entitled "Asperger Syndrome in Adulthood: A Comprehensive Guide for Clinicians" was published by Norton Professional Books (2012). He is Co-Chair of the Ontario Working Group on Mental Health and Adults with ASD and the Ontario Partnership for Adults with Autism and Asperger.

### Finding Safety, Strength and Meaning in Troubled Times

#### A series of four workshops designed to create physician wellness and resilience

How do we – with clarity and honesty - locate safety and meaning in a troubled world? How – with equanimity – do we hold the tension of what we are asked to do, with what we know is possible? How, when our work seems forever incomplete, do we let go at the end of each day? From what sources do we re-charge and derive strength, gratitude and inspiration?

When we started this series in 2012, topics such as secondary trauma, burnout and physician self-care were already being discussed, but without the sense of alarm and immediacy that they now carry three years later. As we enter the fourth year of this series, burnout rates among physicians continue to increase. This condition now appears to be affecting the very fabric of our profession. Despite the increasing threat to our health and to our ability to care for others caused by unremitting stress, secondary trauma and burnout, there appears to be very little sense of urgency in responses from governments, university programs and medical institutions. The few solutions being widely discussed are simplistic and for the most part ineffective. True to its original vision, this series will continue to cover advances in knowledge in a field that is advancing so quickly that our medical schools and residency programs remain unable to bring them fully into their curriculums.

This year we will continue to assess the personal and professional cost of practicing without a clear sense of how trauma and stress affect our subcortical brain structures and nervous systems on both personal and collective levels, often hijacking reason, creativity and perspective. We will continue to deepen our understanding of new developments in the fields of medicine, psychotherapy and the neurosciences and their profound consequences and implications for our field and our collective future. Together, we will explore how this knowledge can help us remain resilient and assist in our evolution as individuals, both individually and within systems. We will learn how an understanding of the ubiquitous effects of stress and trauma on the nervous system is crucial for our own wellness as well as integral to the health of our communities and institutions.

Like last year's Caring for Self While Caring for Others series, these sessions will blend some teaching and the presentation of current up-to-date videos with experiential exercises and open discussion. Our experiential exercises derive from Yoga, Qi Gong, Somatic and Energy Psychologies, and are designed to be easily applied and integrated into your own personal care plan as well as into patient care. They're a chance to embody and move while learning to better regulate your autonomic nervous system.

Participants are encouraged to bring material from cases or from personal experience. This will be an opportunity not just for learning, but also for sharing feelings and hopes with colleagues and for building community.

The sessions are all stand-alone. Previous attendance is not a pre-requisite. The series is designed to develop and deepen the core theme, but at the same time, each talk is self-contained and complete in itself.

October 7, 2015

## How Burnout Looks to Us in 2015

Despite being inundated with evidence that the prevalence and severity of burnout is increasing in physicians and other human service workers, this condition remains poorly understood. There are as many myths as facts, and misconceptions abound. Often burnout is confused with (and treated as) depression, when – in fact – these conditions are very different. As health care workers, we have an obligation to care for ourselves in order to be the best we can be for our patients. As Charles Figley, a pioneer in the field of compassion fatigue reminds us in the title of his book on physician wellness and stress resilience, we need first do no self-harm in order to best serve. How do we achieve this goal? How do we begin to approach the tenacious condition of burnout that now threatens to erode away our happiness, our effectiveness and our sense of meaning?

In this presentation, participants will learn:

- To appreciate that many of the standard interventions recommended as treatment for burnout (diet, exercise, spending time with family, mindfulness meditation) have been shown to have minimal impact on outcomes.
- To better understand the impact of burnout (and secondary trauma) on subcortical brain structures and the HPA-G axis
- To gain a sense of which interventions do work best in addressing burnout
- To appreciate burnout as a systemic issue that requires systemic solutions
- To create a self-care plan informed by current understanding of Burnout and Secondary Trauma
- To practice a self-care tool aimed at regulating the autonomic nervous system

Suggested Reading:

<http://www.scottdmiller.com/wp-content/uploads/2012/11/Burnout-Reconsidered.pdf>

November 18, 2015

## Beyond Doodling, using art for self expression and self-care

As psychotherapists and healers, we give our energy to those that seek our help in many ways that can drain us over time. We listen to their stories, their narratives, ponder their experiences and hold the many tumultuous feelings that present themselves in sessions. We do our best to keep this separate from our personal lives, but the truth is this is not always easy to practice. Learn how art making can allow you to express yourself, release tensions and stress and debrief difficult sessions with clients. Art making for self care can enrich your practice as a therapist and growth as an individual through deepening your connection to own feelings.

Learning objectives:

1. Learn ways to debrief using art after difficult sessions
2. Experience self care using simple art exercises
3. Develop a sustainable self-care practice using art expression

February 17, 2016

## Expanding the Burnout and Stress Management Toolkit

Recent literature stresses the importance of acquiring a set of short and long term skills as a means of addressing trauma and/or unremitting stress. These tools are frequently learned and then quickly forgotten. For instance, the efficacy of learning mindfulness meditation without making it part of a larger lifestyle is now being questioned. What tools work best and when? What is the range of tools available to us? What is the neurophysiologic “target” of these tools? How can we incorporate these tools into our lives in the most effective and lasting manner? How do we utilize these tools as a pathway to building resilience and new meaning in our lives?

Learning objectives:

- To integrate a variety of stress management tools into their daily lives
- To acquire a personalized set of both short-term and long-term stress management tools
- New techniques to calm a dysregulated autonomic nervous system
- Why some tools are best suited to health care workers including psychotherapists

There will be an opportunity to practice some new tools in a supportive and relaxed environment.

Suggested Reading:

<http://www.alternet.org/personal-health/how-fight-stress-and-burnout-when-you-cant-go-expensive-spa>

March 16, 2016

## Integrating a Healthy Nutritional Plan into Self-care Strategy

In this presentation, we will look at practical ways to integrate sound nutritional elements into an overall holistic lifestyle strategy. Rather than exploring diet in isolation, we will explore the interplay of the factors that nourish us every day; discover primary and secondary foods. There will be adequate time to reflect on our current approaches to diet and nutrition, and where the greatest opportunity for impactful transformation can be accessed. Is self-care a luxury? Or is it essential to our health and well-being? We will also get playful with a demonstration of home preparation of fermented foods, in our opinion the best source of probiotics.

In this presentation, participants will learn:

- To integrate diet and nutrition with other key domains of self-care: work, relationships, exercise and spirituality
- Myths and truths of dieting; why diets do not work
- 10 tips for self-care every day
- Easy to follow guidelines for healthy eating

# Caring for Self While Caring for Others

## Dr. Harry Zeit

Harry Zeit graduated from the University of Toronto Medical School in 1982. He practiced until 2005 as an American Board certified emergency physician, and was active in the Canadian Association of Emergency Physicians.

Harry currently runs a private practice in general psychotherapy, with a special interest in trauma and in newer, integrated psychotherapy models. He is a graduate of the Sensorimotor Psychotherapy Institute's training level one (affect dysregulation, survival defences and traumatic memory) and level two (emotional processing, meaning making and attachment repair); in April, 2013, he completed the advanced skills program in the first ever Canadian level three training. He also holds certificant status in the General Practice Psychotherapy Association of Canada (GPPA).

Harry will again be assisted by Irina Dumitrache. Irina has graduated from two yoga teacher training programs, at the Yoga Sanctuary in Toronto and at the Yoga Therapy Toronto. She is currently enrolled in the health coaching program through the Institute of Integrative Nutrition in New York City. Irina brings her avid interest in wellness and wellbeing to her teaching of self-care tools and her encouragement of healthy and balanced lifestyles.

Please follow the Education Committee Blog for further news and information:  
<http://wildpsychotherapyfrontier.blogspot.ca/>

## Previous Sessions:

1. Trauma Stewardship – Part 1 and Part 2 (Each 2 hours).
2. Building Resilient Lives and Responsive Systems
3. Post-Traumatic Growth and Flourishing.
4. Psychophysiologic Disorders: an Alternate Model of Stress-Induced Illness. Befriending our Brainstems: working with intrusions of animal defenses in ourselves and our patients. Breath work for Affect Regulation.
5. Guest Speaker, Ted Bober MSW, from the OMA Physician Health Program. Cultivating Physician Health and Excellence - November 20th, 2013.
6. The Wounded Healer: Shamans and Physicians. Breathwork and Journaling.
7. Exercises to Build Resilience. Mindfulness, Breathwork and Somatic Re-sourcing.
8. In our second season, we also held a half-day offsite workshop, teaching David Berceci's Trauma Release Exercises as both a clinical and self-care tool.
9. Eight Keys for Stress Management. Qi Gong Inspired Practices.
10. Journaling for wellness. The Complete Breath.
11. Guest Speaker. Joy Albuquerque MD from the OMA Physician Health Program: Peak Performance Training for Physicians and Mental Health Clinicians.
12. The Inner Life of the Therapist/Physician. Yoga Elements
13. Sexual Attraction in Psychotherapy and Medicine.

*All presentations (except talks by guest speakers) available on demand, at your site, subject to budgeting and an adequate number of attendees.*

## ACCREDITATION:

Each of these presentations is accredited for two hours of group continuing education by the GPPA (General Practice Psychotherapy Association).

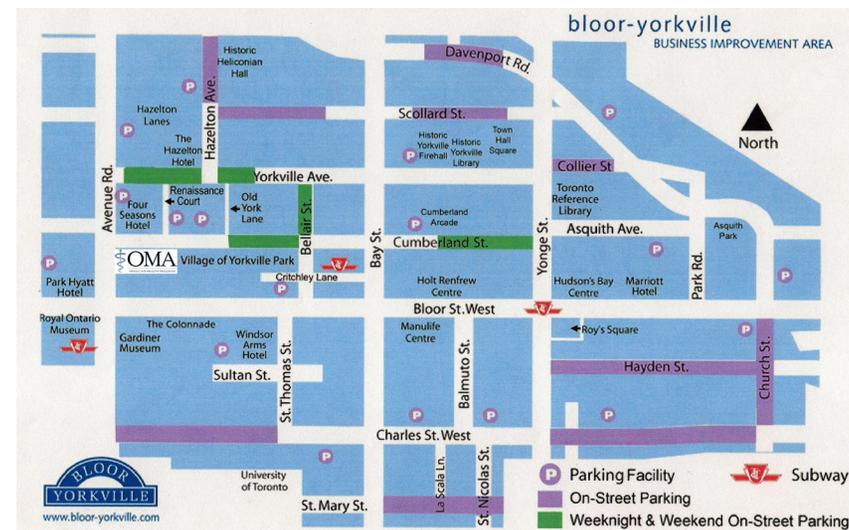
Attendance will be strictly monitored. Please sign in before 7:30 PM in order to receive CE credits.

## LOCATION:

OMA office is located at 150 Bloor Street West, Suite 900 (northeast corner of Avenue Road/ Bloor Street West) .

## PARKING:

There are several parking lots within a block radius of the office (Cumberland Street, Bellair Street and Yorkville Avenue) and some metered parking on the street. There is NO public parking below our building.





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