



# Clinical Pearls in Primary Care Psychiatry at the OMA in Toronto

**Dates: August 13<sup>th</sup> to 17<sup>th</sup> 2018**

**9:00 AM to 12:15 PM (In-Person “Live” Sessions)**

**The venue is the OMA Offices (150 Bloor Street West, Ste 900, Toronto)**

**These sessions are a part of Annual McMaster Muskoka Seminars 2018**

**For more info: Ada or Anna 416-229-2399 Ext 125 or 1-888-229-8088 Ext 125**

**Registration: please contact Laura Kennedy at [MMS2018@mcmaster.ca](mailto:MMS2018@mcmaster.ca)**

**This Group Learning program has been certified by the National Office of the College of Family Physicians of Canada for up to 20 MainPro+ credits.**

**The five sessions can be taken individually.**

## Week D1: Clinical Pearls in Primary Care Psychiatry (MainPro + Credits) 9:00 AM to 12:15 PM (In-Person “Live” Sessions)

Series Overview	Monday August 13 <sup>th</sup> 2018	Tuesday August 14 <sup>th</sup> 2018	Wednesday August 15 <sup>th</sup> 2018	Thursday August 16 <sup>th</sup> 2018	Friday August 17 <sup>th</sup> 2018
<p>For this New MainPro + program.</p> <p>Our goal is to provide you with an outstanding opportunity to combine a stimulating educational experience with a collegial atmosphere for colleagues to connect and even “Bond”. The faculty are experienced clinicians in their fields, and present a</p>	<ol style="list-style-type: none"> <li>Standards and Guidelines for Primary Care Psychotherapy</li> <li>Approach to the Patient with an Undifferentiated Mental Disorder</li> <li>The Use of Symptom Questionnaires in Primary Care Psychiatric Assessment</li> </ol> <p>Speaker: Dr. Michael Parê</p> <p><b>Detail as below:</b></p> <p><b>Standards and Guidelines for Primary</b></p>	<ol style="list-style-type: none"> <li>Approach to the Suicidal Patient</li> <li>Duty to Warn/Duty to Protect</li> <li>Record-Keeping in Primary Care Psychotherapy</li> </ol> <p>Speaker: Dr. Michael Parê</p> <p><b>Detail as below:</b></p> <p><b>Approach to the Suicidal Patient</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Be aware of the demographic risk factors for suicide.</li> </ol>	<ol style="list-style-type: none"> <li>Biopsychosocial Therapy</li> <li>Theory and Practice of ‘Common Factors’ in Psychotherapy</li> <li>How to Complete a Form 1</li> </ol> <p>Speaker: Dr. Michael Parê</p> <p><b>Detail as below:</b></p> <p><b>Biopsychosocial Therapy</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know how to identify important biological, psychological, and social elements in practice.</li> <li>List the major elements</li> </ol>	<ol style="list-style-type: none"> <li>Approach to PTSD in Primary Care</li> <li>Managing Alcohol Used Disorder in Primary Care</li> <li>Practical Psychopharmacology for Primary Care</li> </ol> <p>Speaker: Dr. Joel Shapiro</p> <p><b>Detail as below:</b></p> <p><b>Approach to PTSD in Primary Care</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Learn about the criteria to diagnose PTSD.</li> </ol>	<ol style="list-style-type: none"> <li>Update on Sleep Management</li> <li>Privacy Statement and Policy, Brief Mention of Personal Health Information Privacy Act (PHIPA)</li> <li>Therapist-Responding Therapeutically to Patient Anger</li> </ol> <p>Speaker: Dr. James Whyte</p> <p><b>Detail as below:</b></p> <p><b>Update on Sleep Management</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Recognize normal sleep patterns.</li> </ol>

<p>variety of topics in a fast paced program.</p> <p>MainPro + Sessions are not lectures but rather are very interactive small group learning encounters.</p> <p>Participants are encouraged to bring their cases, their concerns and their confusions.</p> <p>The learning group will then brainstorm various ideas. These sessions are a particularly good forum for discussing the difficult patient-doctor encounter.</p> <p>We also often focus on the physicians' countertransferences, their feelings, and boundary crossings. Also how to avoid boundary violations is discussed.</p>	<p><b>Care Psychotherapy</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know where to access the GPPA Guidelines document.</li> <li>Identify and discuss possible instances in which the guidelines may require additional interpretation, or may be unclear.</li> <li>Understand how to implement the GPPA's guidelines in your practice.</li> </ol> <p><b>Approach to the Patient with an Undifferentiated Mental Disorder</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Learn a framework for thinking about risk in patients with undifferentiated Mental Disorder</li> <li>Explore the categories of risk.</li> <li>List some of the common risks to all mental disorders.</li> </ol> <p><b>The Use of Symptom Questionnaires in Primary Care Psychiatric Assessment</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know what types of recognized symptom questionnaires</li> <li>List some of the most important symptom questionnaires physicians could use.</li> <li>Understand how to</li> </ol>	<ol style="list-style-type: none"> <li>Learn about the crucial questions to ask to assess risk.</li> <li>Learn how to deal with the Borderline Personality patient who is suicidal.</li> </ol> <p><b>Duty to Warn/Duty to Protect</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know the difference between the duty to warn and duty to protect.</li> <li>List potential indicators, or 'red flags', a physician might encounter which may help the physician assess his or her responsibility to warn or protect.</li> <li>Understand how policies and legal rulings have changed over the past 20 years, and discuss relevant past case studies.</li> </ol> <p><b>Record-Keeping in Primary Care Psychotherapy</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know the record-keeping requirements for physicians practicing psychotherapy in Ontario.</li> <li>List the major elements of record-keeping.</li> <li>Understand how elements of record-keeping can help to protect both the</li> </ol>	<p>of the biopsychosocial axis.</p> <ol style="list-style-type: none"> <li>Understand how balanced biopsychosocial elements can help a patient recover and grow in multiple areas of life.</li> </ol> <p><b>Theory and Practice of 'Common Factors' in Psychotherapy</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Describe the evidence for the Common Factors.</li> <li>List four Common Factors.</li> <li>Identify how Common Factors work.</li> </ol> <p><b>How to Complete a Form 1</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know what a Form 1 is and when it is to be issued.</li> <li>List the essential elements of a correctly completed Form 1.</li> <li>Understand how to properly assess a patient for a Form 1.</li> </ol>	<ol style="list-style-type: none"> <li>Learn about screening questions to make the diagnosis quickly.</li> <li>Learn about effective treatment approaches in primary care, both psychopharmacologic and psychotherapeutic.</li> </ol> <p><b>Managing Alcohol Used Disorder in Primary Care</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Describe screening approaches for alcohol use disorders.</li> <li>Identify communication approaches to engage patients in treatment.</li> <li>Describe the role of pharmacological treatment in alcohol use disorders</li> </ol> <p><b>Practical Psychopharmacology for Primary Care</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Identify role of pharmacokinetics and pharmacodynamics on psychiatric medication prescribing</li> <li>Describe an approach to considering common drug interactions and end organ changes when prescribing psychiatric medications.</li> <li>Recognize serious adverse reactions with psychiatric medications.</li> </ol>	<ol style="list-style-type: none"> <li>List pharmacological and non-pharmacological interventions for insomnia.</li> <li>Describe components of sleep hygiene and CBT for insomnia</li> </ol> <p><b>Privacy Statement and Policy, Brief Mention of Personal Health Information Privacy Act (PHIPA)</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Know the elements of a privacy statement and/or policy which should be present, explained and easily accessible to patients.</li> <li>List some of the most important reasons why privacy statements and privacy policies should be utilized by physicians.</li> <li>Understand how these statements and policies can protect physicians and patients.</li> </ol> <p><b>Therapist-Responding Therapeutically to Patient Anger</b></p> <p><u>Learning Objectives:</u></p> <ol style="list-style-type: none"> <li>Identify an approach to an angry patient.</li> <li>List 4 common strategies a physician can use when dealing with an angry patient.</li> <li>Understand how to assess the situation when a patient is</li> </ol>
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	properly complete (or assist a patient in completing).	physician and the patient.			angry, and interventions a physician may utilize when the patient refuses to calm down
<b>10:30 to 10:45 AM</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>	<b>Coffee Break</b>
<b>10:45 AM</b>	<b>Session continues and ends at 12:15 PM</b>	<b>Session continues and ends at 12:15 PM</b>	<b>Session continues and ends at 12:15 PM</b>	<b>Session continues and ends at 12:15 PM</b>	<b>Session continues and ends at 12:15 PM</b>



**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. He has 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 at [michaelpare@rogers.com](mailto: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.

Interested in Registering? For additional information and inquiries, please contact Laura Kennedy at [MMS2018@mcmaster.ca](mailto:MMS2018@mcmaster.ca)

Or contact Ada or Dr. Michael Parê at [michaelpare@rogers.com](mailto:michaelpare@rogers.com) or call Ada or Anna at 416-229-2399 Ext 125