

Practical Introduction to General Practice Psychotherapy: 6:30 to 9:30 PM (Distance Education “Live” Sessions)

OMA Section on Primary Care Mental Health

Date: August 13th to 17th 2018

This Group Learning program has been certified by the National Office of the College of Family Physicians of Canada for up to 30 MainPro+ credits.

The sessions can be taken individually and each day is 6 MainPro + Credits.

For more info: Please contact Dr. Michael Paré at michaelpare@rogers.com or call Ada/Anna at 416-229-2399 Ext 125 / 1-888-229-8088 Ext125

Important Note: 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.

Practical Introduction to General Practice Psychotherapy

Course Overview	Monday August 13 th 2018	Tuesday August 14 th 2018	Wednesday August 15 th 2018	Thursday August 16 th 2018	Friday August 17 th 2018
<p>This is an interactive overview of relevant theories and techniques of General Practice 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. There will be the viewing of some Hollywood film clips featuring psychotherapy.</p>	<p>Overview of Standards and Guidelines of General Practice Psychotherapy Speaker: Dr. James Whyte</p> <p>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</p>	<p>Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid Speaker: Dr. Michael Paré</p> <p>Most physicians (even Psychiatrists) don't do "specialized" Psychotherapy (CBT or Psychodynamic, etc.) but rather they do supportive psychotherapy. Thus this program in 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</p>	<p>Boundary Issues in Psychotherapy Speaker: Dr. Michael Paré</p> <p>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</p>	<p>Interpersonal Psychotherapy Speaker: Dr. Michael Paré</p> <p>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,</p>	<p>Practical Consideration on Transference and Countertransference in Psychotherapy Speaker: Dr. James Whyte</p> <p>This session will highlight my own practical understanding of transference (T) and countertransference (CT). I 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 supervisor and mentor. Transference (T) and countertransference (CT) are common phenomena</p>

<p>Additional Program Features:</p> <ul style="list-style-type: none"> Practical and clinically relevant. • Dr. Paré is a popular speaker. • Sessions are very interactive and fast paced. • Dr. Paré is an award winning Educational Developer. He won the GPPA Theratree Award in 2013 and the W.T. Aikins Award, University of Toronto (in 1995). • Peer to peer collegially. • Excellent handouts of lecture notes and relevant journal articles. <p>Faculty will potentially include a number of other physicians.</p>	<p>increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, Diagnosis, and Suicide Assessment, etc.</p> <p>They will also learn what are the common countertransferences reactions (positive and negative) with patients. In addition doctors will learn the several components of a suicide risk assessment.</p> <p>Learning Ojectives:</p> <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. 	<p>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.</p> <p>Learning Ojectives:</p> <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. 	<p>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?</p> <p>Learning Ojectives:</p> <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? <p>Dr. Paré previously wrote a "Boundaries Blog" for the Medical Post. Some blogs were:</p> <ol style="list-style-type: none"> 1. The "Grey Zone" 2. The Unappreciated and Yet Crucial Difference Boundary "Crossings" and Boundary "Violations" 3. Is honesty really the best policy? These will be discussed. <p>Specific boundaries discussed:</p> <ul style="list-style-type: none"> • The Hug • The Gift x 3 • The Touch • A Show and Drink 	<p>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.</p> <p>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.</p> <p>Learning Ojectives:</p> <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. 	<p>seen every day in Family Practice and countertransference (CT) are common phenomena seen everyday in Family Practice and Psychotherapy. Both T and CT are related to projections that naturally occur for every patient and all therapists. T has to do with certain feelings (or thoughts, or attitudes, etc) a patient can have towards a therapist. CT has to do with certain feelings (or thoughts, or attitudes, etc.) a therapist can have towards a patient. Both T and CT are neither "good", nor are they "bad". They are instead like all feelings: <u>they just are</u> yet what we do with these feeling could be bad. So it is best to recognize and understand these CT feelings better. To make this session more accessible, and very relevant, the speaker will use DVD of psychotherapy and we will analyze it for both T and CT. The speaker will discuss several Family Practice clinical situations so that the session is more experiential and practical (as well as theoretical).</p>
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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 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.

Course Tuition: \$150 for one three hour MainPro + Course / \$250 for two three hour MainPro + Courses / \$350 for three hour MainPro + Course / \$425 for four three hour MainPro + Courses / \$500 for five three hour MainPro + Courses. Residents and students half price.

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

**Interested in Registering? For additional information and inquiries, please contact
Dr. Michael Paré at michaelpare@rogers.com or call Ada or Anna at 416-229-2399 Ext 125**