

## MAINPRO-C SEMINAR

**Presentation Title:** Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid (Based on journal articles by Dr. Michael Paré)

**Program Description:** Most physicians (even Psychiatrists) do not provide very "specialized" Psychotherapy (CBT, or Psychodynamic, Interpersonal etc.) but rather they do supportive psychotherapy. Thus this program is very practical since it will be covering what most of us really do. In addition it is also a very interactive learning session. The session will be a general outline of several of the key positive elements of psychotherapy (such as empathy and support) and several things to avoid (such as excessive reassurance and excessive advice giving).

### 3 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.

**Speaker(s):** Dr. Michael Paré (or potentially others, see attached)

**Credentials:** Please see attached.

Dr. Michael Paré, M.D. M.Ed., C-IPT, C-GT, General Physician Practicing Psychotherapy. Chair OMA Section on General Practice Psychotherapy. Coordinator the Medical Clinic for Person-Centred Psychotherapy. Adjunct Professor, Department of Psychology, Tyndale University. Certified Group Therapist and Certified IPT Psychotherapist. (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network, Ontario College of Family Physicians. Our website is <http://www.medicalpsychclinic.org>.

**# of MainPro-C Credits:** =3 Hours = 3 Credits

**Organization:** The Medical Clinic for Person Centred Psychotherapy

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