

June 12th 2008

Practical Introduction to General Practice Psychotherapy

Michael Paré, B.Sc., M.Sc., M.Ed., M.D.

Physician Psychotherapist

August 4th to 8th 2008, Blue Mountain Resort

9:00 AM to 12:15 PM with optional afternoon sessions

Dear Colleagues,

I want to personally introduce myself to you. I am a medical psychotherapist (meaning only: M.D. + Psychotherapy). I hope you will consider attending this interactive psychotherapy course at Blue Mountain from August 4th - 8th, 2008. This course will be a very interactive program on the fundamentals of psychotherapy. It is mostly from the perspective of what is "adequate" therapy, rather than what is "excellent" or "definitive therapy" (whatever that might mean?). I myself would honestly rate myself as an average therapist - certainly not outstanding. Yet I keep trying to be a little better. I'm quite happy to be 70% good (or hopefully a little better). I've long ago given up being perfectionistic! Remember psychotherapy has been called the "impossible profession" (of course in this way it is similar the practice medicine).

Therefore the basic philosophy behind these lectures/workshops is not so much to define what to do right (there are over 300 kinds of therapy - so that would be impossible). We will, of course, look at some basic "common therapeutic factors" of "what to do" which are generally accepted by all types of therapists as helpful (i.e. endeavor to form a strong therapeutic alliance). But the focus will be more on what "Not To Do". For example: how not to overlook a suicidal patient, how not to violate boundaries (i.e. don't have your patient clean-out your messy garage, no matter how often they offer to do so).

I've gotten a bit of criticism by saying that:

"I don't know what is happening 50% of the time in psychotherapy. And in the other 50% of the time I only really know exactly what is happening 1% of the time, and I sort of know what is happening 49% of the time".*

I don't mean to undermine my professional credibility but rather I want to simply tell the truth. The good news is that we don't have to know exactly what's happening to be helpful, supportive and effective psychotherapists.

Some innovations of this program are the guest faculty; the use of video clips; and optional Hollywood movie presentations; and also the peer-to-peer brainstorming sessions in the afternoon. If a picture is worth a 1,000 words, then a film clip may be worth at least 100,000!

* "exactly what is happening"

Please check my website at www.medicalpsychclinic.org

PTO 

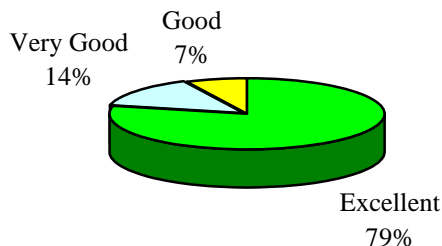
To ensure I have not completely undermined your opinion of myself I have included several personal testimonials regarding some of my previously highly rated educational sessions.

Sincerely,



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 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.
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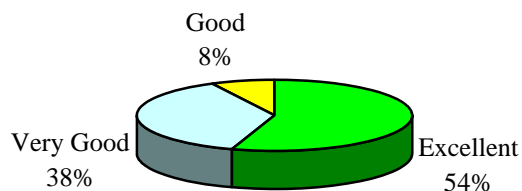
Transference and Countertransference
The Ontario Medical Association
Physicians' Health Program
Train the Treater Education Day
Speaker: Michael Paré
October 10th 2007, Ottawa



Attendees' Comments:

- "Using transference and countertransference [in therapy] as a tool".
- "Excellent initiative. I look forward to the next one."
- "Excellent, informative program, very interactive."

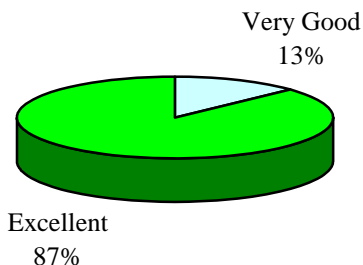
An Overview of Depression: Definition, Diagnosis, and Treatments
University of Toronto Medical School
Speaker: Michael Paré
February 4th 2008, Toronto



Attendees' Comments:

- 14 x "Entertaining while informative – very interesting; also, interactive."
- 4 x "Speaker was engaging and interesting."
- 2 x "Excellent speaker: authentic, "very approachable"."

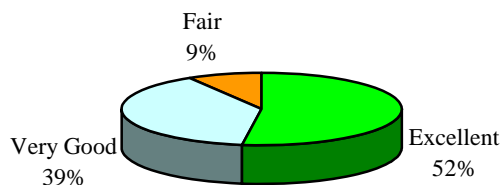
Interpersonal Psychotherapy (IPT) Workshop
Ontario College of Family Physicians
Drs. Paula Ravitz and Michael Paré
March 28th 2008, Oakville



Attendees' Comments: (about Interpersonal Psychotherapy)

- "Clearer understanding of staging of therapy."
- "Relative simplicity of using the model."
- "Redefining depression from pathology to maladaptive process.... this makes depression less of a stigma for patients."

One Wounded Healer's Journey Through Stress and Depression
EMERGE Ministries Canada
Speaker: Michael Paré
April 12th 2008, Toronto



Attendees' Comments:

- "It was greatly appreciated that Dr. Paré was not only academic but also human.... he balanced fun with reality and demonstrated a certain clarity about the human condition which was applicable to my work (as a psychotherapist)."
- "I really appreciated Dr. Paré's honesty and clarity. He clearly articulated the fact that he thought about the issues of self-disclosure and the effects it may have on his practice and his audience."
- "The overall event was excellent. I would highly recommend Dr. Paré's talk for both professional and general audiences."

