



**HEALTH SCIENCES**  
Psychiatry & Behavioural  
Neurosciences



## 22<sup>nd</sup> Annual McMaster Muskoka Seminars | 2018

The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrists, family doctors, other GP psychotherapists, mental health professionals, etc.) with an outstanding opportunity to combine stimulating symposia with a relaxing summer vacation. This series of seminars is hosted by the Faculty of Health Sciences, Department of Psychiatry and Behavioural Neurosciences, McMaster University, in conjunction with St. Joseph's Healthcare Hamilton, and with the assistance and involvement of the OMA Section on General Practice Psychotherapy.

This year's seminars will be held at two different beautiful resort settings:

Deerhurst Resort in Huntsville, Ontario  
and  
Blue Mountain Resort in  
Blue Mountains, Ontario



- Our five-day seminars will run from: 9:00am - 12:15pm daily.
- Courses are offered July 9-13, July 23-July 27, July 30-August 3 and August 13-17, 2018
- This year we are offering daily registration and introducing webcasting through in the evenings from 6:30 – 9:30pm, Monday – Friday for Dr. Michael Paré's course only.

Dates/Times	Course Available	Faculty	Location
<b>July 9-13</b> 9:00am-12:15pm	Week A1: Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies	Dr. Randi McCabe, Dr. Karen Rowa & Dr. Peter Bieling	Blue Mountain
<b>July 9 &amp; 10</b> 9:00am-12:15pm	Week A2: Endocrinology: Diabetes and Thyroid Disorders	Dr. William Harper	Blue Mountain
<b>July 9-13</b> 9:00am-12:15pm	Week A3: Management of Simple and Post Traumatic Stress With a New Self-Care Component *	Dr. Harry Zeit Dr. Amy Alexander	Blue Mountain
<b>July 23-27</b> 9:00am-12:15pm	Week B: Psychiatry for Family Physicians *	Dr. Jon Davine	Deerhurst
<b>July 30-August 3</b> 9:00am-12:15pm	Week C: Mindfulness Practices for symptom Management and Enhancing personal Resilience	Dr. Susan Abbey	Deerhurst
<b>August 13-17</b> 9:00am-12:15pm	Week D1: Clinical Pearls in Primary Care Psychiatry	Dr. Michael Paré, Dr. Joel Shapiro and other physicians	Deerhurst
<b>August 13-17</b> 1:30pm– 4:30pm	Week D2: Practical Introduction to General Practice Psychotherapy	Dr. Michael Paré	Deerhurst
<b>August 13-17</b> 6:30 – 9:30pm	Week D3: New ONLINE sessions available for Practical Introduction to General Practice Psychotherapy	Dr. Michael Paré	Deerhurst
Dr. Gary Chaimowitz MB, ChB, FRCPC Course Director	Dr. Michael Paré, MSc, Med, MD Associate Course Director	<b>Program Inquires</b> Alicia or Laura Tel: 905-522-1155, ext 39720 MMS2018@mcmaster.ca	

We reserve the right to cancel courses



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To register and make secure payment online, complete registration form and email [MMS2018@mcmaster.ca](mailto:MMS2018@mcmaster.ca) | Page 1 of 15