



Primary Care Mental Health

(MainPro-C Sessions)

Dates: November 15th and/or 16th 2014

Venue: Courtyard Edmonton Downtown

(One Thornton Court, 99 Street and Jasper Avenue, Edmonton, Alberta, T5J 2E7 Tel: 1-780-423-9999)

Speaker: Dr. Michael Paré, M.D., M.Sc., M.Ed., C-IPT, C-GT General Physician Practicing as a Psychotherapist, Chair of the OMA Section on Primary Care Mental Health. Doctor Paré is a Certified Group Therapy, and is Certified in IPT Psychotherapy. He is a (Teaching) Mentor / Supervisor of both the General Practice Psychotherapy Association and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians.

Accreditation: These sessions are accredited as 3 MainPro-C® per workshop. The sessions are also accredited by the General Practice Psychotherapy Association (GPPA) for 3 hours of continuing education credits per session. For more info on the GPPA see the web site on <http://www.gppaonline.ca>.

For Royal College members: attendees may claim their time dedicated to the activity under: "Section 1: [unaccredited] Conference" and they will receive 0.5 credits per hour of participation.

Boundary Issues in Psychotherapy

November 15th, Saturday 5:00 to 8:15 PM

Learning Objectives:

- *What do we mean by a "boundary" in a professional relationship?*
- *What are some Boundary violations and how to avoid them?*
- *Boundary Crossings that are good, or bad, or indifferent (and yet are not below a Standard of Practice).*
- *What is the therapeutic frame?*

Dr. Michael Paré writes a "Boundaries Blog" for the Medical Post Magazine – online edition. Some of my recent blogs are:

1. *The "Grey Zone"*
2. *The Unappreciated and Yet Crucial Difference Boundary "Crossings" and Boundary "Violations"*
3. *Is honesty really the best policy?*

See the blogs at

<http://www.canadianhealthcarenetwork.ca/physicians/magazines/the-medical-post>



Overview of Standards and Guidelines of General Practice Psychotherapy

November 16th, Sunday 9:00 AM to 12:15 PM

Physicians often do Psychotherapy without as much training as they would want. 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.)

Learning Objectives:

- The participant will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, and Diagnosis suicide assessment, etc.
- What are the common countertransference reactions (positive and negative with patients)?
- Learn the several components of a suicide risk assessment.



Interpersonal Psychotherapy

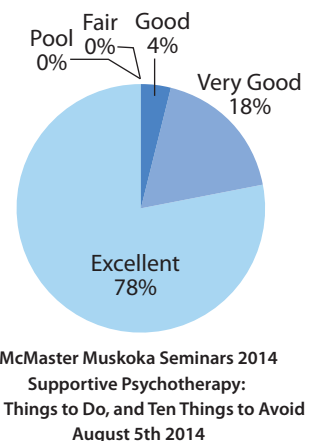
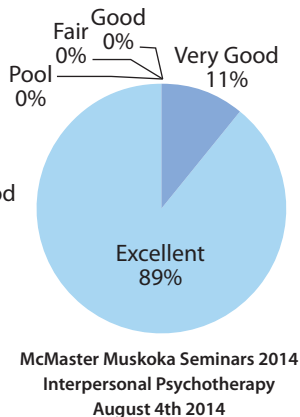
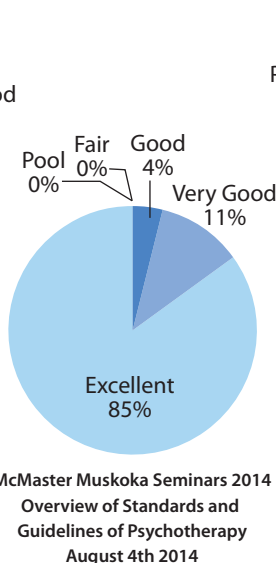
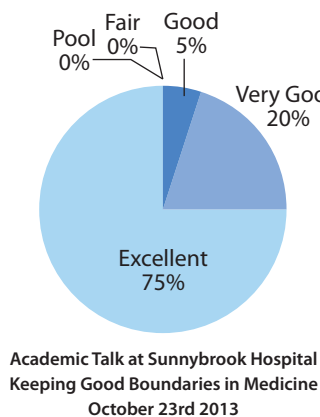
November 16th, Sunday 12:45 to 4:00 PM

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.

Learning Objectives:

- 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.

Feedback for Dr. Michael Paré's MainPro-C® Sessions



Comments:

"Excellent course, very engaging/relevant great foundational learning. One of the most enjoyable CME's I have taken."

Participant Muskoka Session 2014

"Very enjoyable and collegial week, left me with lots of new ideas and thoughts. Has also motivated me to pursue more learning in psychotherapy."

Participant Muskoka Session 2014

Course Registration – please check desired course(s):

Saturday, November 15th 2014 – Boundary Issues in Psychotherapy

5:00 p.m. to 8:15 p.m. *Course Code A*

Sunday, November 16th 2014 – Overview of Standards and Guidelines of Psychotherapy

9:00 a.m. to 12:15 p.m. *Course Code B*

Sunday, November 16th 2014 – Interpersonal Psychotherapy

12:45 p.m. to 4:00 p.m. *Course Code C*

Registration Form

Complete the form below and fax to 416-229-9771. For information, contact Ada/Anna at michaelpare@rogers.com.

NEW FEE: Course Tuition* \$200.00 for one three hour MainPro-C® Course / \$300.00 for two three hour MainPro C Courses \$375.00 for three three hour MainPro C Courses (discounts relate to same day or next day sessions). Walk in attendees are fully welcome.

* (Call for student/resident rates)

* Lunch will be provided to attendees free on Sunday.

Note: we reserve the right to cancel any course if we have insufficient attendance.

Pay by Credit Card or Cheque. Cheques can be made payable to the McMasters University and mail to Michael Paré at The Medical Clinic, 265 Yorkland Blvd., Unit 403, ON, M2J 1S5.

Please indicate course title of the course you are attending (see above) here:

Course Code A Course Code B Course Code C

Name: _____ Telephone _____

Professional Designation: _____ (Bus.) _____

Address: _____ (Home) _____

City: _____ Fax: _____

Prov.: _____ Postal Code: _____ Email: _____

Credit Card Number _____ Expiry Date: _____

McMaster Muskoka Seminars

The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrist, family doctors, other GP-Psychotherapists, mental health professionals) 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.

- The seminars are held at the beautiful Deerhurst Resort in Huntsville, Ontario.
- Our five-day seminars run from 9:00 - 12:15 daily.
- The courses are offered in July and August 2014. See website for full list of courses www.mcmastermuskokacme.com
- We reserve the right to cancel courses.

For enquiry please contact : michaelpare@rogers.com or call him at (416) 229-2399 x ext 120 or (416) 723-1716.