



OMA Section on Primary Care Mental Health MainPro + Credit Sessions

Venue: OMA Office - 150 Bloor St. West, Suite 900, Toronto
President's Conference Room

Date	Time	Topic	Speaker
A1: Fri, Feb 16	10:00 AM to 1:15 PM	Interpersonal Psychotherapy (IPT)	Dr. Michael Paré and Dr. (To Be Determined)
A2: Fri, Feb 16	2:00 to 5:15 PM	Overview of Standards and Guidelines for Psychotherapy	Dr. Michael Paré Dr. (To Be Determined)
B1: Sat, Feb 17	10:00 AM to 1:15 PM	Transference & Countertransference	Dr. Joel Shapiro
B2: Sat, Feb 17	2:00 to 5:15 PM	Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid	Dr. James Whyte and Dr. "Blank" (Name removed because of OMA Elections period)
C1: Sun, Feb 18	10:00 AM to 1:15 PM	Keeping Good Boundary Professional Medical Psychotherapy	Dr. Michael Paré Dr. Eshrat Sayani
C2: Sun, Feb 18	2:00 to 5:15 PM	Interpersonal Psychotherapy (IPT)	Dr. Michael Paré Dr. (To Be Determined)
D1: Mon, Feb 19	10:00 AM to 1:15 PM	Overview of Standards and Guidelines for Psychotherapy	Dr. Michael Paré Dr. Christine LeFebvre
D2: Mon, Feb 19	2:00 to 5:15 PM	Burnout, Secondary Stress and Moral Injury: Self-Care for Challenging Times	Dr. Harry Zeit and Ms. Irina Dumitrache

This Group Learning program has been certified by the National Office of the College of Family Physicians of Canada for up to 6 MainPro + Credits per 3 hour session.

Registration Form

Complete the form below and fax to 416.229.9771. For information, contact Ada/Anna at michaelpare@rogers.com.

Course Tuition: \$200 for one (three hour) MainPro + Session. Discount for more than one session / \$300 for two (three hour) MainPro + Sessions \$375 for three (three hour) MainPro +- Sessions / and \$425 for four (three hour) MainPro + Sessions. Discounts relate to same long weekend series of sessions. Pay by Visa Card or Cheque.

Note: we reserve the right to cancel any sessions if we have insufficient attendance numbers. Family Medical Residents are eligible to take these MainPro + sessions for official CFPC accreditation and at a special discount rate of \$25.00 per session. Please indicate the course code for the session you will be attending:

A1 **A2** **B1** **B2** **C1** **C2** **D1** **D2**

Name: _____ Email Address: _____

Visa Card Number: _____ Expired Date: _____ Amount: _____

Dr. Michael Pare, M.D. MSc. M.Ed., General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. Dr. Pare is President of the North York Medical Society as well as coordinator the Medical Clinic for Person Centred Psychotherapy. Dr. Pare has several credentials in psychotherapy. He 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. One of Dr. Pare's central professional interests has been the provision of collaborative educational programs on GP-Psychotherapy along with Family Medicine and with Psychiatry. He has set up (with his GP and FP & Psychiatry Colleagues) several very successful programs. Speakers are potentially available to come to your location and provide you with MainPro-C educational sessions. Presently we can teach one or more of several three hour MainPro-C Workshops. (See our web site at <http://www.medicalpsychclinic.org>).

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.

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 both the executive and education committee of that Section.)

Dr. Eshrat Sayani, MD, CCFP, FCFP, MSCCH is a Family Physician with a focused interest in Primary Care Mental Health and Psychotherapy. She is a Medical Graduate of University of Toronto. She did her Family Medical Residency at McMaster's University and has been practicing in Scarborough, Ont, since 1982. Dr. Sayani is on staff at Scarborough General Hospital. She is a lecturer in Dept. of Family Medicine at University of Toronto.

Dr. Christine LeFebvre, MD, CCFP is a Family Physician who has an interest in Primary Care Mental Health and provides psychotherapy. She completed her family medicine residency training at Queen's University, and her medical degree at the University of Toronto. Dr. LeFebvre works at the Medical Clinic for Person-Centred Psychotherapy in North York.

Dr. Harry Zeit, MD currently works full-time practicing trauma therapy and psychotherapy. He is certified in sensorimotor psychotherapy, completing the final level of training in 2013. Dr. Zeit previously worked as an American board-certified emergency physician in Cambridge and Toronto, Ontario, between 1983 and 2005. Dr. Zeit is active in the Medical Psychotherapy Association of Canada and held the position of education chairman of the OMA Section in Primary Mental Health Care/GP Psychotherapy between 2011 and 2016. He created the Caring for Self while Caring for Others Series to meet what he perceived to be a growing need for the medical profession to face challenges around unremitting stress and burnout, and to differentiate these physiology-driven processes from a mental health model which favoured treating burnout as anxiety or depression. Dr. Zeit is an advocate for trauma-informed and humane medical and mental health care. He is passionate about teaching and about cultivating the healing potential of traditional modalities integrated with newer somatic and neuroscience informed models.

Ms. Irina Dumitrache, CYT brings her avid interest in wellness and well-being to her teaching of self-care tools and her encouragement of healthy and balanced lifestyles. Irina has graduated from two yoga teacher training programs, at the Yoga Sanctuary in Toronto (2007) and at the Yoga Therapy Toronto (2009). She's also a certified health coach from the Institute of Integrative Nutrition in New York (2014).

1. Overview of Standards and Guidelines for Psychotherapy

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. (Partly based on journal articles by Dr. Michael Paré.)

Learning Objectives:

1. 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.
2. What are the common countertransference reactions (positive and negative with patients).
3. Learn the several components of a suicide risk assessment.

3 hours and 6 MainPro + Credits

2. Interpersonal Psychotherapy (IPT)

Interpersonal Psychotherapy (IPT), is a short term, manualized (meaning very structured) psychotherapy. IPT was first designed for the treatment for individuals with depressive disorders. IPT is an excellent type of therapy for family doctors to learn to provide. IPT is a practical 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, IPT is an officially recommended treatment for depressive disorder. Substantial empirical evidence supporting IPT's efficacy has progressively grown since its early use.

Learning Objectives:

1. Learn the theoretical foundations of Interpersonal Psychotherapy (IPT).
2. Describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT).
3. Describe the beginning, middle and ending treatment phases of IPT.

3 hours and 6 MainPro + Credits

3. Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid

Most physicians (even Psychiatrists) don't do "specialized" Psychotherapy (CBT or Psychodynamic, etc. etc.) but rather they do supportive psychotherapy. Thus this program is 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 excessive advice giving). (Partly based on journal articles by Dr. Michael Paré.)

Learning Objectives:

1. List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy.
2. The participant will have increase 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.

3 hours and 6 MainPro + Credits

4. Keeping Good Boundaries Professional Medical Psychotherapy

This program describes the theoretical foundations and shows (using DVD clips) the practical application of boundaries in 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 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. (Partly based on journal articles by Dr. Michael Paré.)

Learning Objectives:

1. The different between Boundary Crossings and Boundary Violations
2. What do we mean by a "boundary" in a psychotherapeutic relationship?
3. What is the therapeutic frame?

3 hours and 6 MainPro + Credits

5. Transference & Countertransference

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 seen everyday in Family Practice and Psychotherapy. The speaker will discuss several Family Practice clinical situations so that the session is more experiential and practical, as well as theoretical. (Partly based on journal articles by Dr. Michael Paré.)

Learning Objectives:

1. Know what is meant by Transference and what is meant by Countertransference.
2. Define the concept of transference as false distortions or true perceptions in regard to the patient's feelings and thoughts and attitudes from other important relationships.
3. Define the concept of countertransference as a false distortion or a correct perception. It can be that the physician recognises something about the patient that the patient is unaware of.

3 hours and 6 MainPro + Credits

6. Burnout, Secondary Stress and Moral Injury: Self-Care for Challenging Times

Despite widespread awareness, rates and impact of burnout continue to increase. Burnout and secondary traumatic stress threaten our wellbeing and deleteriously affect the quality of our ability to care for others.

In this workshop, we will review the origins and nature of burnout. We will include material from the trauma and stress physiology fields, much of which is omitted from mainstream trainings. Our presentation will offer experiential, trauma-informed self-care exercises designed to reduce the burden of stress on our physiology and ultimately on our morale. These exercises can be easily and quickly applied and will confer immediate benefits on clinician wellbeing.

Learning Objectives:

1. Gain a better understanding of the causes and mind/body sequelae of burnout.
2. Appreciate the nature and cost of moral injury.
3. Learn and practice exercises designed to identify and discharge stress at the level of the autonomic nervous system.

For more information:

Visit our Facebook page: @whilecaringforothers

3 hours and 6 MainPro + Credits

Please complete the first page of this form and fax to 416.229.9771 or email to michaelpare@rogers.com.
For information, contact Ada/Anna at michaelpare@rogers.com.