



# 18<sup>th</sup> – Annual McMaster Muskoka Seminars 2014

## Practical Introduction to General Practice Psychotherapy

Michael Paré, B.Sc., M.Sc., M.Ed., M.D., General Practice Physician Practicing Psychotherapist

**Date: August 4<sup>th</sup> to 8<sup>th</sup> 2014**

**9:00 AM to 12:15 PM**



**Revised Program**

**For more info: 416-229-2399 x 125/1-888-229-8088 x 125**

Course Overview	Monday August 4 <sup>th</sup> 2014	Tuesday August 5 <sup>th</sup> 2014	Wednesday August 6 <sup>th</sup> 2014	Thursday August 7 <sup>th</sup> 2014	Friday August 8 <sup>th</sup> 2014
<p>This is an interactive overview of relevant theories and techniques of General Practice Psychotherapy. It is also a brief overview of Interpersonal Therapy. Essential “Do’s” and “Don’ts” of therapy: including Record Keeping, Confidentiality, Consent to Treatment, and Boundary Issues. We will have an interactive discussion of real and fictional patient-therapist encounters. There will be the viewing of some Hollywood film clips featuring psychotherapy.</p> <div data-bbox="63 1279 365 1490" style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>This program is <u>revised</u> – although based on the earlier course – it has been changed and adapted.</p> </div>	<p><b>9:00 to 10:30 AM</b></p> <p><b>Overview of Standards and Guidelines of General Practice Psychotherapy</b></p> <p>Physicians often do Psychotherapy without as much training as they would want since 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 confidentially – and its limits – obtaining truly informed consent; keeping good boundaries, etc. The participants will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentially, Record Keeping, Informed Consent, Boundaries, Diagnosis, and Suicide Assessment, etc.</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid</b></p> <p>Most physicians (even Psychiatrists) don't do "specialized" Psychotherapy (CBT or Psychodynamic, etc.) but rather they do supportive psychotherapy. Thus this program in 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). We will cover the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy. The participant will have</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Boundary Issues in Psychotherapy</b></p> <p>This program describes the theoretical foundations and shows (using DVD clips) the practical application of boundaries in the 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 professional 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. The difference between Boundary Crossings and</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Interpersonal Psychotherapy</b></p> <p>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. The main difference is that IPT is somewhat more clearly “packaged”. Currently, IPT is an officially recommended treatment for depressive disorders. Substantial empirical evidence supporting IPT’s efficacy has progressively grown</p>	<p><b>9:00 to 10: 30 AM</b></p> <p><b>Practical Consideration on Transference and Countertransference in Psychotherapy</b></p> <p>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. Both T and CT are related to projections that naturally occur for every patient and all therapists. T has to do with certain feelings</p>

<p>Additional Program Features:</p> <ul style="list-style-type: none"> <li>• Practical and clinically relevant.</li> <li>• Dr. Paré is a popular speaker.</li> <li>• Session is very interactive and fast paced.</li> <li>• Dr. Paré is an award winning Educational Developer. He won the GPPA Theratree Award in 2013 and the W.T. Aikins Award, University of Toronto in 1995.</li> <li>• Dr. Pare has a Masters of Education (U of T)</li> <li>• Peer to peer collegially.</li> <li>• Excellent handouts of lecture notes and relevant journal articles.</li> </ul>	<p>They will also learn what are the common countertransferences reactions (positive and negative) with patients. In addition doctors will learn the several components of a suicide risk assessment.</p> <p>Learning Ojectives:</p> <ul style="list-style-type: none"> <li>• The participant will have increased knowledge of the Standards and the Guidelines for Psychotherapy and issues of confidentiality, Record Keeping, Informed Consent, Boundaries, diagnosis of mental illness, a practical suicide assessment, etc.</li> <li>• What are the common countertransference reactions (both positive and negative) with patients.</li> <li>• Learn the several components of a suicide risk assessment.</li> </ul>	<p>increased knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations). The Essence of GP-Psychotherapy: Common Factors in Therapy will be discussed in detail.</p> <p>Learning Ojectives:</p> <ul style="list-style-type: none"> <li>• List the important ingredients of a "Therapeutic Contract" in the area of General Practice (Medical) Psychotherapy.</li> <li>• The participant will have increase knowledge of the current definition(s) of psychotherapy (from OHIP, and from various other organizations).</li> <li>• The Essence of GP-Psychothreapy: Common Factors in Therapy will be discussed in detail.</li> </ul>	<p>Boundary Violations will be highlighted. What do we mean by a "boundary" in a psychotherapeutic relationship? What is the therapeutic frame?</p> <p>Learning Ojectives:</p> <ul style="list-style-type: none"> <li>• The difference between Boundary Crossings and Boundary Violations.</li> <li>• What do we mean by a "boundary" in a psychotherapeutic relationship?</li> <li>• What is the therapeutic frame?</li> </ul> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Dr. Paré writes a "Boundaries Blog" for the Medical Post. Some recent blogs are:</p> <ol style="list-style-type: none"> <li>1. The "Grey Zone"</li> <li>2. The Unappreciated and Yet Crucial Difference Boundary "Crossings" and Boundary "Violations"</li> <li>3. Is honesty really the best policy?</li> </ol> <p>See the blogs at <a href="http://www.canadianhealthcarenetwork.ca/physicians/magazines/the-medical-post">http://www.canadianhealthcarenetwork.ca/physicians/magazines/the-medical-post</a>.</p> </div>	<p>since its early use. The IPT method is briefly described using PowerPoint slides, in this very interactive session featuring a professional produced DVD showing IPT which will be discussed in detail. Participants will learn the theoretical foundations of Interpersonal Psychotherapy (IPT). They will be able to describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT). The speaker will describe the beginning, middle and ending treatment phases of IPT.</p> <p>Learning Ojectives:</p> <ul style="list-style-type: none"> <li>• Learn the theoretical foundations of Interpersonal Psychotherapy (IPT).</li> <li>• Describe the four foci of treatment in Interpersonal Psychotherapy for Depression (IPT).</li> <li>• Describe the beginning, middle and ending treatment phases of IPT.</li> </ul>	<p>(or thoughts, or attitudes, etc) a patient can have towards a therapist. CT has to do with certain feelings (or thoughts, or attitudes, etc) a therapist can have towards a patient. Both T and CT are neither "good", nor are they "bad". They are instead like all feelings: <u>they just are</u> yet what we do with these feeling could be bad. So it is best to recognize and understand these CT feelings better. To make this session more accessible, and very relevant, the speaker will use DVD of psychotherapy and we will analyze it for both T and CT. The speaker will discuss several Family Practice clinical situations so that the session is more experiential and practical (as well as theoretical).</p>
<p><b>10:30 to 10:45 AM</b></p>	<p><b>Coffee Break</b></p>	<p><b>Coffee Break</b></p>	<p><b>Coffee Break</b></p>	<p><b>Coffee Break</b></p>	<p><b>Coffee Break</b></p>
<p><b>10:45 AM</b></p>	<p><b>Session continues and ends at 12:15 PM</b></p>	<p><b>Session continues and ends at 12:15 PM</b></p>	<p><b>Session continues and ends at 12:15 PM</b></p>	<p><b>Session continues and ends at 12:15 PM</b></p>	<p><b>Session continues and ends at 12:15 PM</b></p>

**DVD clips from these and other films will be used for interactive / discussion purposes**

In the afternoon and evening you are free to enjoy the many wonderful features of the Deerhurst Resort.

### “Good Will Hunting”

A psychological drama about a 20-year-old lad who works as a janitor at MIT and spends most of his time with his wild friends at the neighborhood bar, and yet is also blessed with a certain genius. He has never attended college, yet he can solve difficult mathematical problems with ease. Nevertheless he has some very seriously dysfunctional personality traits. Due to his problems with the law he can only avoid jail by agreeing to see a psychiatrist. He mocks or psychologically torments these therapists until he meets his match in a psychotherapist and wounded healer played by Robin Williams. Both doctor and patient are haunted by their pasts and as mutual respect slowly develops, the healing process begins.

### “Ordinary People”

This is one movie that truly portrays the real agony of depression and how it affects an entire family. This movie is a masterpiece of realism. It is also a compelling depiction of a good healing therapeutic relationship between the therapist and the patient. There is no sugar coating here and no sweet happy ending. The viewer realizes that things will never be the same but that the lives of the characters will go on, yet in different directions.

### “Therapist–Client Boundary Challenges” DVD American Psychological Association

This DVD presents selected as scenes of psychotherapy facing therapist–client boundary issues. The vignettes on this DVD are designed to stimulate discussion of preferred responses to ethically ambiguous situations. This DVD features clients portrayed by actors skilled in improvisation, on the basis of actual case material. The therapists were not briefed in advance on the nature of the scenarios being enacted, so their responses are spontaneous and unrehearsed.

- Specific boundaries discussed:
- The Hug
  - The Gift x 3
  - The Touch
  - A Show and Drinks

### “In Treatment”

In denial. In conflict. In love. In Treatment is set within the psychotherapy sessions of several patients. The drama features Paul (Gabriel Byrne), a therapist who usually exhibits insight and caring when treating his patients. Nevertheless part also suffers insecurities and a lack of clinical judgment. This comes to light while counseled by his own therapist, “Gina”. Adding to Paul list of growing concerns, his wife, “Kate” is overcome with feelings of neglect and resents competing for his attention. Patients undergoing treatment with Paul are usually fortunate to have him as a therapist. And yet Paul has major problems with boundaries and occasionally crosses and then even violates boundaries which lead to significant patient harm. (Note: as a physician Paul would likely have been strip of his medical license for boundary violations!)

### “Mr. Jones”

Richard Gere appears in this dramatic story about a man on the verge of self-destruction. Gere gives a strong performance as Mr. Jones, a patient suffering bipolar disorder who, during his emotional highs, is funny, creative and charming. And then, of course, he crashes. Mr. Jones is a man some woman can’t resist, including his concerned – yet disturbed – psychotherapist. Passionate feelings lead to intensely inappropriate (yet realistic) boundary crossings. The boundary crossings then intensify and become boundary violations. This movie: Mr. Jones, is an engrossing example of the distorting and destructive power of strong countertransference!

**This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for 15 Mainpro-C credits.**



**Michael Paré**

**Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D.,** General Physician Practicing Psychotherapy, Chair of the OMA Section on Primary Care Mental Health. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Doctor Paré 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. Paré’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. He writes a Boundaries Blog for the Medical Post see it at <http://www.canadianhealthcarenetwork.ca>. Dr. Paré is potentially available to come to your location and provide you with MainProC educational sessions. Presently he can teach one or more of several three hour MainProC Workshops (see list above). To enquire about this please email Dr. Paré at [michaelpare@rogers.com](mailto:michaelpare@rogers.com) or call him at (416) 229-2399 x ext 120 or (416) 723-1716.