



Ontario Psychiatric  
Association  
**Clinical Pearls -  
Primary Care Psychiatry**

**Professional Development  
Sessions (All sessions are  
MainPro-C)**

**Venue:** The Omni King Edward Hotel, 37 King Street East, Toronto, ON M5C 1E9  
Tel: 416.863.9700

**Speakers:** Dr. Susan Abbey      Dr. Patricia Cavanagh      Dr. Brian Fishman  
Dr. Michael Cord      Dr. Jon Davine      Dr. Michael Paré  
Dr. Gail Robinson      Dr. Lynn Marshall      Mr. Lonny Rosen  
Dr. Joel Shapiro      Dr. Pat Rockman      Dr. Darryl Wolski  
Dr. James Whyte      Dr. Jose Silveira

**All sessions are run on the following times and dates:**

**Times:** 9:00 AM – 5:10 PM – Friday and Saturday  
**Dates:** April 8<sup>th</sup> – 9<sup>th</sup> 2016

**Early bird deadline:** March 18

**Register online** at <http://eopa.ca/EVENTS/Conf-Annual2016-register.asp>

**Accreditation:**

*This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 11 MainPro-C credits and 0 Mainpro-M1 credits.*

*General Practice Psychotherapy Association (GPPA) approved for 6.5 hours per day so for 2 days = 13 hours of GPPA Group-CE credits. (CCI will be calculated automatically when GPPA member submits CE hours)*

*For Royal College members: attendees may claim their time dedicated to these learning activities under "Section 1: unaccredited) Conference" and they will receive 0.5 credits per hour of participation.*

*The following is the list of sessions offered.*

## **April 8<sup>th</sup> 2016**

### **Standards and Guidelines for Primary Care Psychotherapy**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know the difference between standards and guidelines.
2. Identify and discuss possible instances where the use of a standard or guideline may be unclear.
3. Understand some of the most fundamental and important standards, or requirements.

### **Brief Overview of Civil Commitment**

Speaker: Dr. Lonny Rosen

Learning Objectives:

1. Know the general criteria for a civil commitment.
2. List the three primary ways a patient can be 'committed' (Form 1, Form 2, and Form 3).
3. Understand the difference between a Form 1, Form 2, and Form 3.

### **Privacy Statement and Policy, Brief Mention of Personal Health Information Privacy Act (PHIPA)**

Speaker: Dr. Lonny Rosen

Learning Objectives:

1. Know the elements of a privacy statement and/or policy which should be present, explained and easily accessible to patients.
2. List some of the most important reasons why privacy statements and privacy policies should be utilized by physicians.
3. Understand how these statements and policies can protect physicians and patients.

### **Theory and Practice of 'Common Factors' in Psychotherapy**

Speaker: Dr. Joel Shapiro

Learning Objectives:

1. Know what Common Factors are.
2. List four Common Factors.
3. Understand how Common Factors work.

### **Guidelines for the Practice of Psychotherapy by Physicians**

Speaker: Dr. Lynn Marshall

Learning Objectives:

1. Know where to access the GPPA Guidelines document.
2. Identify and discuss possible instances in which the guidelines may require additional interpretation, or may be unclear.
3. Understand how to implement the GPPA's guidelines in your practice.

### **Consent to Treatment**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know the difference between implied and express consent.
2. List possible instances in which consent may need to be re-established or obtained from a patient.
3. Understand the elements that should be included and described when obtaining consent to treatment (eg. risk factors, type of therapy, etc.).

### **How to Complete a Form 1**

Speaker: Dr. Patricia Cavanagh

Learning Objectives:

1. Know what a Form 1 is and when it is to be issued.
2. List the essential elements of a correctly completed Form 1.
3. Understand how to properly assess a patient for a Form 1.

### **Approach to Bipolar Disease**

Speaker: Dr. Jon Davine

Learning Objectives:

1. Be aware of the different types and phases of bipolar disease.
2. Learn about relevant psychopharmacology, including Lithium, Lamictal, etc.
3. Be aware of current guidelines for maintenance treatment.

## **Approach to The Suicide Patient**

Speaker: Dr. Jon Davine

Learning Objectives:

1. Be aware of the demographic risk factors for suicide.
2. Learn about the crucial questions to ask to assess risk.
3. Learn how to deal with the Borderline Personality patient who is suicidal.

## **Psychiatric Differential of The “Sad State”**

Speaker: Dr. Jon Davine

Learning Objectives:

1. Be aware of a number of psychiatric diagnoses to consider when sadness presents.
2. Learn about the proper treatments for all these diagnoses.
3. Learn about screening questions to help with these diagnoses.

## **Choosing and Augmenting Antidepressants**

Speaker: Dr. Jon Davine

Learning Objectives:

1. Learn some of the literature supported guidelines in choosing antidepressants.
2. Learn some of the literature supported guidelines in augmenting antidepressants.
3. Be aware of how to dose antidepressants and for what length of time.

## **April 9<sup>th</sup> 2016**

### **Therapist-Responding Therapeutically to Patient Anger**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know how to approach an angry patient.
2. List 4 common strategies a physician can use when dealing with an angry patient.
3. Understand how to assess the situation when a patient is angry, and interventions a physician may utilize when the patient refuses to calm down.

## **Approach to PTSD in Primary Care**

Speaker: Dr. Jon Davine

Learning Objectives:

1. Learn about the criteria to diagnose PTSD.
2. Learn about screening questions to make the diagnosis quickly.
3. Learn about effective treatment approaches in primary care, both psychopharmacologic and psychotherapeutic.

## **Anti-Stigma and Mental Illness**

Speaker: Dr. Susan Abbey

Learning Objectives:

1. Know how to recognize and assess a patient suffering from panic disorder.
2. Identify and discuss current methods of treatment for patients suffering from panic disorder.
3. Understand the ways in which a patient with panic disorder might react differently than a patient with an alternate disorder, to a physician practicing psychotherapy.

## **Difficult Countertransferences**

Speaker: Dr. Michael Cord

Learning Objectives:

1. Know how to recognize some signs of a difficult countertransference.
2. List possible options, interventions, or resources a physician may employ in order to successfully handle a difficult countertransference.
3. Understand how transference and countertransference can negatively, or at times positively, impact the therapeutic relationship between the physician and the patient.

## **The First Session in Psychotherapy**

Speaker: Dr. Pat Rockman

Learning Objectives:

1. Know which elements of the first interaction should be recorded and which elements can be recorded later.
2. List the most common mistakes made during initial patient encounters.
3. Understand how to appropriately and professionally approach sensitive topics with a new patient during the first, and subsequent, therapy session(s).

## **Duty to Warn/Duty to Protect**

Speaker: To Be Announced

Learning Objectives:

1. Know the difference between the duty to warn and duty to protect.
2. List potential indicators, or 'red flags', a physician might encounter which may help the physician assess his or her responsibility to warn or protect.
3. Understand how policies and legal rulings have changed over the past 20 years, and discuss relevant past case studies.

## **Responding Therapeutically to Patient Expression of Sexual Attraction**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know how to professionally and respectfully respond to a patient's expression of sexual attraction.
2. List 4 common strategies a physician can use when working with a patient who expresses sexual attraction towards his or her psychotherapist.
3. Understand how to assess issues of transference and counter-transference in these situations.

## **Not Accepting Gift or Silk Pajamas**

Speaker: Dr. Gail Robinson

Learning Objectives:

1. Know some common stances of physicians on accepting or appropriately rejecting gifts.
2. List instances in which gifts may be appropriate or inappropriate, and discuss alternative options to rejecting or accepting.
3. Understand how receiving gifts from a patient could have negative ramifications for the physician, patient, or psychotherapeutic relationship.

## **Not Accepting Gift**

Speaker: Dr. Gail Robinson

Learning Objectives:

1. Know how to determine a policy on whether the receipt of small gifts should or should not be accepted by physicians.
2. List and discuss reasons for and against the acceptance of small gifts from patients.
3. Understand how the acceptance or rejection of small gifts could impact the psychotherapeutic relationship.

## **Record-Keeping in Primary Care Psychotherapy**

Speaker: Dr. Darryl Wolski

Learning Objectives:

1. Know the record-keeping requirements for physicians practicing psychotherapy in Ontario.
2. List the major elements of record-keeping.
3. Understand how elements of record-keeping can help to protect both the physician and the patient.

## **The Use of Symptom Questionnaires in Primary Care Psychiatric Assessment**

Speaker: Dr. James Whyte

Learning Objectives:

1. Know what types of recognized symptom questionnaires are commonly utilized and available.
2. List some of the most important symptom questionnaires physicians should use when assessing all patients, versus patients with specific needs/disorders.
3. Understand how to properly complete (or assist a patient in completing), and mark different symptom questionnaires.

## **CanMeds Roles as Defined for GP/FP Psychotherapy**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know what CanMeds roles are, and what they are used for.
2. List the seven CanMeds roles.
3. Understand how CanMeds roles can or should be utilized in practice.

## **Biopsychosocial Therapy**

Speaker: Dr. Michael Paré

Learning Objectives:

1. Know how to identify important biological, psychological, and social elements in practice.
2. List the major elements of the biopsychosocial axis.
3. Understand how balanced biopsychosocial elements can help a patient recover and grow in multiple areas of life.

## **Patient Feedback Questionnaires in Primary Care Psychotherapy**

Speaker: Dr. James Whyte

Learning Objectives:

1. Know some of the types of patient feedback questionnaires available for Primary Care physicians.
2. Know how patient feedback questionnaires could benefit the patient and/or improve the physician's practice of psychotherapy.
3. Understand how to assess the effectiveness of certain treatment methods for certain patients using patient feedback questionnaires.

## **Freedom of and From Religion (Position Paper of Canadian Psychiatric Association)**

Speaker: To Be Announced

Learning Objectives:

1. Know how to professionally and respectfully respond to a patient's expression of religious affiliation or religious

agnosticism/atheism; and monitor your own belief system's impact on your practice.

2. List common strategies a physician can utilize to monitor the impact of his or her own beliefs on his or her practice.
3. Understand the historical and cultural significance of religious influences and belief systems in Canadian healthcare services.

## **Approach to the Patient with an Undifferentiated Mental Disorder**

Speaker: Dr. Jose Silveira

Learning Objectives:

1. Learn a framework for thinking about risk in patients with undifferentiated Mental Disorder
2. Explore the categories of risk.
3. List some of the common risks to all mental disorders.

## **Speakers:**

**Dr. Susan Abbey** is Psychiatrist in Chief at the University Health Network and a full professor of psychiatry at the University of Toronto. Dr. Abbey has received numerous academic awards and honors, and has presented abstracts and lectures at over 300 meetings and conferences nationally and internationally.

**Dr. Patricia Cavanagh** was a founding partner of the Inner City Health Associates, and now chairs their board. She was recruited to CAMH in 2010 to serve as the Clinical Chief, Outreach and Community Care in the Schizophrenia Program. In 2012 she was appointed Clinical Head, Outpatient Services, Queen Street Site, for the Complex Mental Illness Program.

**Dr. Michael Cord, HBSc, MD, CATPP, MCFP.** Michael is a psychotherapy supervisor for the Mount Sinai Psychotherapy Institute and a practice Mentor for the Collaborative Mental Health Network of the Ontario College of Family Physicians (OCFP). He develops mental health mentorship programs for the OCFP and he is the recipient of a 2011 Award of Excellence in clinical, educational, and administrative work in Mental Health and Addictions from the College of Family Physicians of Canada, and the OCFP.

**Dr. Jon Davine, MD, CCFP, FRCP(C)** is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences and the Department of Family Medicine at McMaster University. He is currently the Ontario representative on the Canadian Psychiatric Association Education Committee. He was made a fellow of the APA in 2013, and a distinguished fellow of the Canadian Psychiatric Association in 2014.

**Dr. Lynn Marshall,** Dr. Marshall is the Ontario College of Family Physicians Environmental Health Committee's Chair and representative in the Canadian Partnership for Children's Health and Environment, in addition to the charitable foundation Environmental Health Institute of Canada and the Environmental Health Clinic at Women's College Hospital. She is the Chair of the Guidelines Development Subcommittee of the Professional Development Committee of the General Practice Psychotherapy Association.

**Dr. Michael Paré, M.D. MSc. M.Ed., C-IPT, C-GT** is a 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 of the Medical Clinic for Person Centred 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.

**Dr. Gail Robinson**, Dr. Robinson is currently a Professor of Psychiatry and Obstetrics & Gynecology at the University of Toronto, and Director of the Women's Mental Health Program at the University Health Network, Toronto, Canada. For her work, she has received the YWCA Woman of Distinction Award, the Top 100 Most Powerful Women in Canada Award in the Championship category, the Alexandra Symond's Award from the American Psychiatric Association, and an Order of Ontario.

**Dr. Patricia Rockman** is a family physician with a focused practice in mental health. She is the founder and past chair of the Ontario College of Family Physicians Collaborative Mental Health Care Network devoted to enhancing collaborative care in mental health and addictions. She is an Associate Professor in the Department of Family and Community Medicine, cross-appointed to Psychiatry.

**Lonny Rosen**, is a founding partner of the Toronto, Ontario health law boutique Rosen Sunshine LLP. He has been certified by the Law Society of Upper Canada as a Specialist in Health Law. He is a Director of The Advocates' Society, an Executive Member of the CBA Health Law Section and a member of the Editorial Board of the *Risk Management in Canadian Health Care* newsletter. Mr. Rosen was named to "Best Lawyers in Canada" for Health Care Law for 2014, 2015 and 2016.

**Dr. Joel Shapiro, MD, FRCP(C)** completed his psychiatry training at the University of Western Ontario. He has previously presented Continuing Professional Development lectures about psychotherapy to psychiatrists, primary care physicians and allied health professionals.

**Dr. Jose Silveira, B.Sc., M.D., FRCPC, Dip ABAM** is an Assistant Professor in the Department of Psychiatry at the University of Toronto; Psychiatrist-in-Chief and Medical Director of the Mental Health and Addiction Program at St. Joseph's Health Centre (Toronto). Since 2001, he has worked closely with the Ontario College of Family Physicians in facilitating continuing education workshops for primary care physicians and has been on the steering committee of the Ontario College of Family Physicians Collaborative Mental Health Network.

**Dr. James Whyte, B.Sc.N., MD, 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 sits on both the executive and education committee of the OMA Section on Primary Care Mental Health.

**Dr. Darryl Wolski, BSc, MD, FCFP** is a staff physician in the Department of Mental Health and Addictions, Niagara Health System. He is an attending physician for the specialized inpatient unit at the St. Catharines Site of the Niagara Health System. Dr. Wolski has been a peer assessor in Psychotherapy at the CPSO since 2010. He is also an investigative and inquest Coroner for the Province of Ontario.

**Clinical Pearls - Primary Care Psychiatry is a collaboration of the OMA Section on Psychiatry and the OMA Section on Primary Care Mental Health. For more information, please contact Ada or Anna at 416.229.2399 ext. 125**