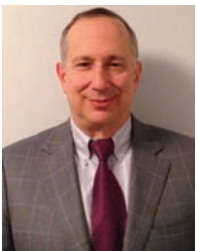




Annual OMA Collaborative Session on Mental Health

*A CPD Session as part of the OMA Annual General Meeting
May 2nd – May 3rd 2013 at the Hamilton Convention Centre*



Presentation: Somatizing: What Every Physician Should Know
Speaker: Dr. Jonathan Davine, MD, CCFP, FRCP(C)

Dr. Davine is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University, with a cross appointment in the Department of Family Medicine. His psychiatry practice focuses on liaising with primary care physicians in the “shared care” model. For a number of years, he has taught courses in behavioural sciences to family medicine residents and doctors in the community.

Objectives:

- Appreciate the range of diagnoses that make up the somatoform disorders
- Understand the range of conscious and unconscious mechanisms involved in these disorders
- Be aware of treatment modalities for these disorders, both psychopharmacologic and psychotherapeutic



Presentation: Gender Differences in Mental Health Issues
Speaker: Dr. Alison Freeland, MD, FRCP(C)

Dr. Alison Freeland is the Associate Chief of Psychiatry of the Royal Ottawa Health Care Group. She currently works in the Royal Ottawa Mental Health Centre’s Community Mental Health program. Her clinical focus is providing care to people with severe and persistent mental illness and developing best practices in the treatment of women with complex psychiatric illness. Dr. Freeland is an Associate Professor at the University of Ottawa. Dr. Freeland is Past President of the Ontario Psychiatric Association and Chair of the Section of Psychiatry of the Ontario Medical Association.

Objectives:

- To appreciate the difference between sex and gender
- To understand gender differences in risk factors for mental illness
- To be aware of health care provider gender bias in assessment of mental illness



Presentation: Natural Health Products (NHPs) in Mental Health: 3 NHPs Worth Knowing

Speaker: Dr. Esther Konigsberg, MD, CCFP

Dr. Esther Konigsberg is the medical director of Integrative Medicine Consultants Inc. As an Integrative Medicine Physician, she consults with clients who are interested in preventing illness and optimizing their health and wellness. Integrative Medicine combines the best of conventional, complementary and alternative medicine. At McMaster's Medical School she is an Assistant Clinical Professor, as well as McMaster's representative for Canada's Complementary and Alternative Medicine in the Undergraduate Medical Education project.

Objectives:

- Fish Oil (EPA) for depression
- Passion flower for anxiety
- Rhodiola for fatigue secondary to chronic stress



Presentation: Borderline Personality Disorder: Reducing the Stigma

Speaker: Dr. Marilyn Korzekwa, MD, FRCP(C)

Associate Professor, McMaster University Department of Psychiatry and Behavioural Neurosciences
Director of the Bridge to Recovery Day Hospital Programme at St. Joseph's Hospital, Hamilton

Dr. Marilyn Korzekwa received her MD degree from the University of Toronto in 1982 and completed psychiatry residency at McMaster University in Hamilton in 1986, where she completed the Dialectical Behavior Therapy training in 1999 and cofounded the DBT program at St. Joseph's Healthcare Hamilton. She is currently the director of the DBT Day Hospital Program.

Objectives:

- To be able to discuss impact of Borderline Personality Disorder (BPD) on social and occupational functioning in a sufferer
- To understand the basic principles of Dialectical Behavior Therapy (DBT)
- To explain how using a DBT approach to treating BPD patients minimizes acting out and maximizes recovery



Presentation: Being Supportive to a Colleague in Distress

Speaker: Dr. Michael Kaufmann, BSc, MD, CCFP, FCFP, ASAM, CSAM, dip ABAM

Medical Director, OMA Physician Health Program

Dr. Kaufmann is founding Director of the Physician and Professionals Health Program of the Ontario Medical Association - a service designed to assist doctors and other health professionals with substance abuse, psychiatric disorders and other personal health and behavioural problems.

He received certification in Addiction Medicine from the American Society of Addiction Medicine (ASAM) in 1996 and the Canadian Society of Addiction Medicine (CSAM) in 2000 and is presently a diplomate of the American Board of Addiction Medicine.

Dr. Kaufmann is a past chairperson of the Physician Health Committee of CSAM and the Canadian Physician Health Network, a national affiliation of physician support programs and a faculty member of the Physician Manager Institute of the Canadian Medical Association.

Objectives:

- Understand the causes of physician distress and barriers that prevent physicians from seeking help
- Learn to overcome our own discomfort with reaching out to a suffering colleague
- Learn more about network that is a resource



Presentation: Sexual Desire Disorders

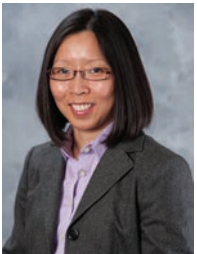
Speaker: Dr. John Lamont, MD, MSc, FRCP(C)

Professor Emeritus, McMaster University Department of Obstetrics and Gynaecology
Fellowship - Sexual and Marital Therapy - The Marriage Counsel of Philadelphia

Since completing training in 1971, Dr. Lamont has been at McMaster with a combined practice of sexual medicine and Obstetrics and Gynecology. His special interest in sexual medicine has evolved to include Pelvic Pain, Dyspareunia, and Loss of sexual desire.

Objectives:

- Review the Nature of Sexual Desire
- Understand Motivation for sexual activity
- Review HSDD
- Review the Management of Sexual Desire Disorders



Presentation: Medico-Legal Issues in Mental Health Care

Speaker: Dr. Ellen Tsai, MD, MHSc (Bioethics), FRCPC

Dr. Tsai is a Physician Risk Manager, Risk Management and Communication Services in The Canadian Medical Protective Association (CMPA). Before joining the CMPA in 2012, Dr. Tsai was a pediatric intensivist at Kingston General Hospital and an Associate Professor at Queen's University in the Departments of Pediatrics and Philosophy. She held the position of Medical Director of the regional PALS program with an interest in simulation-based education. Dr. Tsai's work has included chairing the Bioethics Committee of the Canadian Paediatric Society for six years, running a busy clinical practice including ethics consultation, and participating in undergraduate and postgraduate education and ethics-related research activities.

Objectives:

- Discuss issues pertaining to boundaries in the doctor-patient relationship
- Describe the medico-legal risks associated with mandatory reporting
- Identify areas for improvement in documentation and record-keeping



Presentation: Impact of the Intestinal Microbiota on Depression and Anxiety - a Gut-Brain Connection

Speaker: Dr. Karen-Anne McVey Neufeld, PhD

Dr Karen-Anne McVey Neufeld, PhD is a Postdoctoral Fellow specializing in Neurogastroenterology at the Brain Body Institute, McMaster University. She is interested in the communication that occurs between the gut and brain, and specifically the role of bacteria in this crosstalk. The clinical applications for her work involve both intestinal and mental health.

Objectives:

- Review of gut-brain communication
- Introduce recent findings regarding the impact of intestinal microbiota on the brain
- Discuss the potential for therapeutics involving intestinal bacteria in the treatment of mood disorders

Program Schedule

Date	Time	Speaker	Topic
Thursday, May 2nd evening	6:00 – 6:15 PM	Dr. Michael Paré	Introduction to the Collaboration
	6:15 – 6:45 PM	Dr. Harry Zeit	Report from the GP Psychotherapy Section Education Committee
	6:45 – 7:30 PM	Dr. Jonathan Davine	Somatizing: What Every Physician Should Know
	7:30 – 8:15 PM	Dr. Marilyn Korzekwa	Borderline Personality Disorder
	8:15 – 8:45 PM	Dr. Karen-Anne McVey Neufeld	Impact of the Intestinal Microbiota on Depression and Anxiety – a Gut-Brain Connection
	8:45 - 9:30 PM	Dr. Esther Konigsberg	Natural Health (NHPs) Products in Mental Health: 3 NHPs worth knowing

Friday, May 3rd morning	9:00 – 9:15 AM	Dr. Michael Paré	Session Introduction
	9:15 – 9:45 AM	Dr. Michael Kaufmann	Being Supportive to a Colleague in Distress
	9:45 – 10:15 AM	Dr. John Lamont	Sexual Desire Disorders
	10:15 – 11:00 AM	Dr. Alison Freeland	Gender Differences in Mental Health Issues
	11:00 - 12:00 PM	Annual General Meeting OMA Section on GP-Psychotherapy	
Friday, May 3rd	12:00 - 2:00 PM	Rex Murphy	Adam Linton Memorial Feature Luncheon

Friday, May 3rd afternoon	2:00 – 2:15 PM	Dr. Michael Paré	Session Introduction
	2:15 – 5:00 PM	Dr. Ellen Tsai	Medico-Legal Issues in Mental Health Care

This program is accredited by the General Practice Psychotherapy Association for:

- 3 hrs of Continuing Education Credits for Thursday, May 2, 2013
- 5 hrs Continuing Education Credits for Friday May 3, 2013
- OR for 8 hrs Continuing Education Credit and 1hr CCI Credit for attendance both May 2, 2013 and May 3, 2013

For information about the General practice Psychotherapy Association please see the web site at <http://www.gppaonline.ca>

The Sponsoring OMA Sections:

OMA Section on Psychiatry

Section Chair – Dr. Alison Freeland, Ottawa

The objectives of the Section:

- *To advance the specialty of psychiatry as a unique and essential medical specialty, focusing on the mental health needs of Ontario*
- *To establish collaborative partnerships with other health care provider groups to ensure best practices in mental health care in Ontario*
- *To address stigma experienced by those receiving mental health care services*
- *To ensure that psychiatry as a medical specialty is valued and resourced in the same way as other medical and surgical specialties*



OMA Section on Complementary and Integrative Medicine

Section Chair – Dr. Craig Appleyard, Renfrew

The objectives of the Section:

- *Serve as a resource for other physicians with interests or concerns about complementary and/or integrative medicine*
- *To bridge the gap between the public and the profession on perspective of complementary and alternative approaches to health*
- *To sort the “wheat from the chaff” regarding alternative health approaches*

OMA Section on General and Family Practice

Section Chair – Dr. James Stewart, North Bay

The objectives of the Section:

- *To recognize and support diversity in medical practice*
- *To recognize and allow for the diversity of opinion of its members*
- *To encourage educational and training excellence*
- *To support the continuous improvement of health care infrastructure*
- *Is dedicated to the promotion of the economic and general well being of its membership*
- *Is dedicated to the continuous improvement of the relationships and understanding with other clinical specialties*
- *To continue to define and promote the role of family physicians in health care*
- *Is an advocate for the best possible care for patients in Ontario*

OMA Physician Health Program

Medical Director: Dr. Michael Kaufmann, Toronto

Director, Administration: Cynthia MacWilliam, Toronto

The objectives of the Program:

The OMA Physician Health Program (PHP) is a confidential service for physicians, residents, students, and their family members who may be experiencing problems ranging from stress, burnout, emotional or family problems, through to substance use disorders and psychiatric illness. Individuals contacting the PHP may be seeking help as an affected health professional themselves or, as often, may be a concerned supervisor, colleague or loved one of an ill health professional.

Section on Occupational and Environmental Medicine

Section Chair – Dr. Deborah Parachin, Oakville

The objectives of the Section:

The Section on Occupational and Environmental Medicine recognizes work as a determinant of health and promotes healthy workplaces and worker well-being. It offers a forum for discussion and review of workplace issues including legislation, monitoring and surveillance, injuries, illnesses, and psychosocial factors in disability, as well as relevant environmental concerns. The section welcomes all physicians with an interest in worker health, the workplace and the environment.





Dr. Michael Paré
Section Chair of
GP-Psychotherapy

OMA Section on GP-Psychotherapy **Section Chair – Dr. Michael Paré, Toronto**

The objectives of the Section:

The objectives of the Section on GP-Psychotherapy are to serve the GP-Psychotherapists of Ontario and to promote harmony and understanding amongst them and between them and the medical profession at large; to assist and encourage GP-Psychotherapists to continually increase their professional knowledge, skills and proficiency; to act and speak as a recognized authority on behalf of and for the benefit of GP-Psychotherapists. To inquire about the section please call Dr. Michael Paré, Chair, OMA Section on GP-Psychotherapy, at 416.229.2399 ext.120 or email at michaelpare@rogers.com.



Dr. Harry Zeit
Chair of Education
Committee

Executive Committee:

Section Chair –	Dr. Michael Paré, Toronto
Vice Chair –	Dr. Harold Pupko, Toronto
Tariff Chair –	Dr. Muriel van Lierop, Toronto
Secretary –	Dr. Darlene Hall, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
Education Chair –	Dr. Harry Zeit, Toronto
Past Section Chair –	Dr. David Cree, Hamilton
Treasurer –	Dr. James Whyte

Education Committee:

Chair –	Dr. Harry Zeit
	Dr. Aube Kurtz
	Dr. Harold Pupko
	Dr. Samuel Lai
	Dr. Sheldon Wagner
	Dr. James Whyte
	Dr. Michael Paré

The OMA Section on GP Psychotherapy initiated this program because we believe that collegial collaboration is essential. Additionally our Section considers that it is fundamentally important to assist and encourage all physicians on continually increasing their professional knowledge, skills and proficiency.

Further collaborative sessions are planned and the theme will once again be Mental Health (and the Diagnosis and Treatment of Mental Illness).

The Section on GP Psychotherapy works not only with other OMA Sections and Departments, yet also with such organizations as the Department of Psychiatry of McMaster University. This ongoing collaboration will again be offering the upcoming Annual McMaster Muskoka Seminars. Information is available at www.mcmastermuskokacme.com.

We wish to thank the following OMA departments for their essential help with this program

OMA Constituency Services and Conference Planning

OMA Physician Health Program

We wish to thank the following association for their important contribution to this program

Canadian Medical Protective Association



Registration Form

The Annual OMA Collaborative Session on Mental Health

Pre-registration is required for all meetings. Registration forms must be received by April 19, 2013.

You may register online at www.oma.org/agm or by completing the form below and fax to: 416.340.2244. For information, contact Jennifer Csamer at 416.599.2580 ext. 3461, email: jennifer.csamer@oma.org

Thursday, May 2nd Yes, I will attend (evening session)

Friday, May 3rd Yes, I will attend (morning session)
 Yes, I will attend (afternoon session)

I will also attend, Friday, May 3, 2013

- Yes, I will attend the Section on GP Psychotherapy Annual General Meeting
- Yes, I will attend the Adam Linton Memorial Feature Luncheon
- I have special dietary requirements (please list) _____

Name: _____

City: _____

Email: _____



Hotel Reservations: Rooms have been reserved at the Sheraton Hamilton Hotel. You may telephone the hotel directly at 905.529.5515 or 1.888.627.8161. When reserving, please indicate that you are attending the meetings of the Ontario Medical Association to ensure you receive the corporate rate.

