

# Norwegian Escape: Eastern Caribbean Cruise April 16<sup>th</sup> to April 23<sup>rd</sup> 2016



## Practical Introduction to General Practice Psychotherapy, with a focus on the Psychotherapeutic Relationship



Dr. Michael Paré, M.D., M.Sc., M.Ed., C-IPT, C-GPT.  
*General Physician with a focused practice of psychotherapy*

*FROM AS LITTLE AS 3 TO UP TO 18 CPD CREDIT HOURS*

### *All Seminars will take place on the Cruise Ship:*

A voyage of the Norwegian Escape. A 7-Night Eastern Caribbean Cruise

- This program meets the accreditation criteria of the College of Family Physicians of Canada (CFPC) and has been accredited for **up to 18 MainPro-C credits** for Physicians, General Practitioners, Family Physicians, Psychiatrists and others (i.e. **three MainPro-C credits per three hour workshop**).
- This educational activity is approved for **3.0 hours of General Practice Psychotherapy Association** (GPPA) Group CE credits for each session (i.e., **3.0 CE credits for one three hour seminar**).
- Members of the American Academy of Family Physicians (AAFP) are eligible to receive up to **18 Prescribed credit hours** for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.
- The cruise is organized and sponsored by the Ontario Medical Association (OMA) Section on Primary Care Mental Health. It is a wonderful opportunity to go on a relaxing vacation, with or without your family while earning CPD Credits. Your accountant will tell you about professional tax deductions that you will be able to claim for the cruise.

There are many different varieties of activities on the ship and interesting excursions on shore. Sea cruises are excellent for people of all ages and the full range of physical and mobility capacity.

These popular MainPro-C sessions are lead by Dr. Michael Paré, General Physician Practicing Psychotherapy. He is Chair of the Ontario Medical Association Section on Primary Care Mental Health. Doctor Paré has several credentials in psychotherapy. He is Certified in 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 Psychotherapy along with Family Medicine and with Psychiatry. Dr. Paré is a

recognized expert witness in the field of mental health and, more specifically, Primary Care Mental Health and Psychotherapy within the field of Medicine. Dr. Paré completed The Osgoode Hall Law School Certificates in

“Professional Regulation and Discipline in the Ontario Health Care Sector” and In “Mental Health Care Law”. He can be reached by email at [michaelpare@rogers.com](mailto:michaelpare@rogers.com) or call 416-229-2399 x 125 for more detail information.

All of the teaching workshops will take place when the ship is at sea. Participants can take any number and/or combination of learning sessions that they choose.

**The courses will cover...many important essential elements of psychotherapy**

With the use of lectures, DVD depictions of psychotherapy, discussions, conversations, and clips from popular movies.



**Practical Introduction to General Practice Psychotherapy**

**Overview:** In these very interactive seminars, learners will voluntarily participate (only if they choose to) in this practical and clinically relevant learning experience. An interactive overview of relevant theories and techniques of General Practice Psychotherapy and a brief overview of Interpersonal Therapy. Essential “Do’s” & “Don’ts” of therapy including Record Keeping; Confidentiality; Consent to Treatment, and Boundary Issues; Interactive discussion of both real and fictional patient-therapist encounters; The viewing of some film clips featuring psychotherapy.

Workshop Topic/Title	Date	Time
#1 Overview of Standards and Guidelines of General Practice Psychotherapy	April 17 <sup>th</sup> 2016	9:00 AM to 12:15 PM
#2 Boundary Issues in Psychotherapy	April 17 <sup>th</sup> 2016	2:00 to 5:15 PM
#3 Qualities and Actions of Effective Therapists	April 18 <sup>th</sup> 2016	9:00 AM to 12:15 PM
#4 How to Complete an Application for a Psychiatric Assessment	April 18 <sup>th</sup> 2016	2:00 to 5:15 PM
#5 Practical Consideration of Transference and Countertransference	April 21 <sup>st</sup> 2016	9:00 AM to 12:15 PM
#6 Helping Skills in Psychotherapy	April 21 <sup>st</sup> 2016	2:00 to 5:15 PM

Positive comments in regards to Dr. Paré’s previous sessions: “Great discussions, excellent examples, very engaging”.

“The interaction with other physicians....” was what I liked most.

What I like most about the session was “.....the opportunity to ask questions”.

What I like most about the session was “Learning + Details, Meeting with Colleagues”

What I like most about the session was “....good discussion”

What I like most about the session was “the thoughtfulness of the presenter”

Other key positives of these sessions are:

- Very practical, and clinically relevant workshop sessions
- Dr. Paré is a popular and experienced speaker
- Sessions are very stimulating, interactive, and fast paced
- Dr. Paré is an award winning Educational Developer and workshop leader.
- He won the GPPA Theratree Award in 2013, and the W.T. Aikins Award, University of Toronto in 1995
- Dr. Pare has a Masters of Education degree (from the University of Toronto)
- There will be excellent peer to peer collegially and sharing
- Relevant and useful handouts of lecture notes and journal articles, with a free CD-ROM given to participants

These three hour sessions are individual workshops that can be taken separately for MainPro-C Credits. Each session is a worth 3 MainPro C credits. The costs are as follows: \$300 for one session alone; for two sessions

the cost is \$200 each; and for three sessions \$175 each; for four or more sessions it is \$150 for each session. (All fees in Canadian currency)

The cruise start in Miami and leaves Saturday April 16<sup>th</sup> at 4:00 PM. The cruise finishes in Miami at 8:00 AM on Saturday April 23<sup>rd</sup>. It is up to the participant to arrange their cruise and airfare details. This can be done through your own travel agent or Cruise Holidays. Please contact Ms. Kitty Tam at Cruise Holidays of Scarborough (3272 Midland Ave, Unit B122, Scarborough). Tel: 416-293-1525 Fax: 416-293-9480 or email: [customer\\_chs@yahoo.ca](mailto:customer_chs@yahoo.ca)

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Day	Date	Port	Arrive	Depart
Sat	April 16 <sup>th</sup>	Miami, FL		4:00PM
Sun	April 17 <sup>th</sup>	At Sea: Workshop: #1 and #2		
Mon	April 18 <sup>th</sup>	At Sea: Workshop: #3 and #4		
Tue	April 19 <sup>th</sup>	St. Thomas, U.S. Virgin Islands	8:00AM	6:00 PM
Wed	April 20 <sup>th</sup>	Tortola, British Virgin Islands	8:00 AM	4:00 PM
Thur	April 21 <sup>st</sup>	At Sea: Workshop: #5 and #6		
Fri	April 22 <sup>nd</sup>	Nassau, Bahamas	10:00 AM	6:00 PM
Sat	April 23 <sup>rd</sup>	Miami, FL	8:00 AM	

Additional feedback on Dr. Paré's previous sessions:  
*"Lively speaker, great topics"*  
*"Practical, clearly experienced teacher"*  
*"Vivid actual clinical examples"*  
*"Presenter knowledgeable"*  
*"Good overview of Standard of Care"*

**Testimonials:**

*"I found the sessions to be full of material that is directly applicable to practice"* - Dr. George F. Linn (Psychiatrist)

*"This CME was a great way to meet and engage with colleagues"* – Dr. Marta Maksymec, MD.

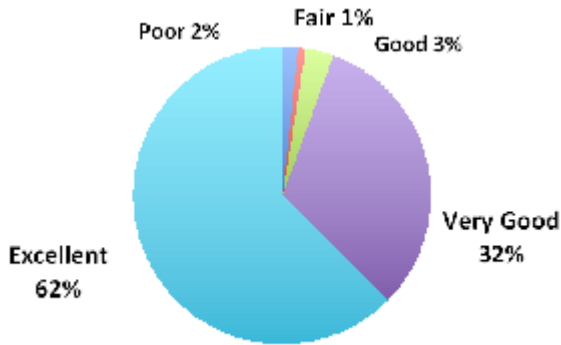
*"It was time and money well spent!"* – Dr. Adam Newman, MD, CCFP, CCSAM

*"Material important for Psychiatrists to review, learn, and mull over"* – Dr. Jim Hillen, RCPSC (Psychiatry)

*"I liked the interactive environment the most"* – Dr. M. Saleem, Psychiatrist Kitchener – Waterloo, ON

**On the last educational cruise (October 2015) – We got the best feedback yet!  
 Dr. Paré's program: Practical Introduction to General Practice Psychotherapy was very highly rated as: almost 100% excellent!**

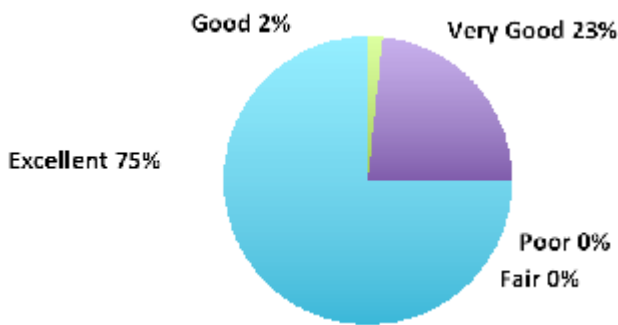




**Overview of Standards and Guidelines of General Practice Psychotherapy**  
 OMA Section on Primary Care Mental Health  
 (MainPro-C Sessions) Toronto on May 30<sup>th</sup> 2015

*Dr Paré made excellent use of discussion and videos to provide practical interactive sessions on psychotherapy. This CME was a great way to meet and engage with colleagues who are doing similar work. Helpful handouts were also made available to participants."*

**Dr. Marta Maksymec, MD.**



**Supportive Psychotherapy: Ten Things to Do, and Ten Things to Avoid**  
 OMA Section on Primary Care Mental Health  
 (MainPro-C Sessions) Toronto on March 29<sup>th</sup> 2015

*"I have attended a seminar" practical introduction to general practice psychotherapy" led by Dr Pare this august. Despite its name and its focus for family physicians I found it very useful. I was impressed with material which was reviewed. I liked the interactive environment the most. I will recommend this to any clinicians including psychiatrists who want to review basic psychotherapy knowledge."*

**Dr. M. Saleem, Psychiatrist  
 Kitchener-waterloo, ON**

*"...I found the content very useful and immediately practical for my work as a family physician with a focus on addiction medicine. Having a chance to think about and discuss the ways in which boundaries are established and therapy is structured has already helped me to practice more thoughtfully and effectively. The '10 things to do and to avoid' were invaluable tips to keep in mind. Having the references that were provided has increased my self-confidence and will allow me to continue to define and focus my practice. Added to that, the easy-going, informal way the workshops were conducted made the whole experience enjoyable. It was time and money well spent!"*

**Dr. Adam Newman, MD, CCFP, CCSAM**

*"I found the sessions excellent in stimulating discussion between participants and between the speaker and the participants. Boundary definitions were reviewed and our learning focused around 'bending', inadvertent and intentional crossing, repairing, ignoring. We explored various levels from the clinical encounter to discussions with colleagues and peers to the interests of the various regulating bodies, employers, patients. I found Dr. Paré approach balanced and had material important for psychiatrists to review, learn, mull over. I will attend your sessions in the future."*

**Dr. Jim Hillen, RCPSC (Psychiatrist)**

**For further Course details, please contact: Dr. Michael Paré or Ada & Anna  
[michaelpare@rogers.com](mailto:michaelpare@rogers.com) or 416-229-2399 x 125**