

June 29th 2012

Practical Introduction to General Practice Psychotherapy

Michael Paré, B.Sc., M.Sc., M.Ed., M.D.

Physician Psychotherapist

August 6th to 10th 2012, Deerhurst Resort

9:00 AM to 12:15 PM sessions

Dear Colleagues,

I want to personally introduce myself to you. I am a medical psychotherapist (meaning only: M.D. + Psychotherapy). I hope you will consider attending this interactive psychotherapy course at Deerhurst Resort from August 6th to 10th, 2012. This course will be a very interactive program on the fundamentals of psychotherapy. It is mostly from the perspective of what is "adequate" therapy, rather than what is "excellent" or "definitive therapy" (whatever that might mean?). I myself would honestly rate myself as an average therapist - certainly not outstanding. Yet I keep trying to be a little better. I'm quite happy to be 70% good (or hopefully a little better). I've long ago given up being perfectionistic! Remember psychotherapy has been called the "impossible profession" (of course in this way it is similar the practice medicine).

Therefore the basic philosophy behind these lectures/workshops is not so much to define what to do right (there are over 400 kinds of therapy - so that would be impossible). We will, of course, look at some basic "common therapeutic factors" of "what to do" which are generally accepted by all types of therapists as helpful (i.e. endeavor to form a strong therapeutic alliance). But the focus will be more on what "Not To Do". For example: how not to overlook a suicidal patient, how not to violate boundaries (i.e. don't have your patient clean-out your messy garage, no matter how often they offer to do so).

I've gotten a bit of criticism by saying that:

"I don't know what is happening 50% of the time in psychotherapy. And in the other 50% of the time I only really know precisely what is happening 1% of the time, and I sort of know what is happening 49% of the time".*

I don't mean to undermine my professional credibility but rather I want to simply tell the truth. The good news is that we don't have to know exactly what are happening to be helpful, supportive and effective psychotherapists. Also I'm likely to be more attuned to what is happening than some therapists because of my extensive training, the many hours of supervision I have had, and my own personal therapy.

Some innovations of this program are the use of video clips; some of Hollywood movies some of video of real patients with real therapists. If a picture is worth a 1,000 words, then a film clip may be worth at least 100,000!

* "what I mean is: exactly what is happening"

Please check my website at www.medicalpsychclinic.org

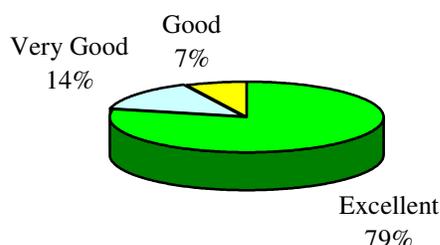
To ensure I have not completely undermined your opinion of myself I have included several personal testimonials regarding some of my previously highly rated educational sessions.

Sincerely,



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 Coordinator, The Medical Clinic for Person-Centred Psychotherapy
 Adjunct Professor, Department of Psychology, Tyndale University
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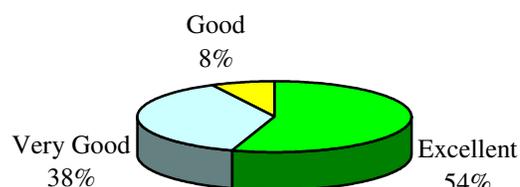
**Transference and Countertransference
 The Ontario Medical Association
 Physicians' Health Program
 Train the Treater Education Day
 Speaker: Michael Paré
 October 10th 2007, Ottawa**



Attendees' Comments:

- "Using transference and countertransference [in therapy] as a tool".
- "Excellent initiative. I look forward to the next one."
- "Excellent, informative program, very interactive."

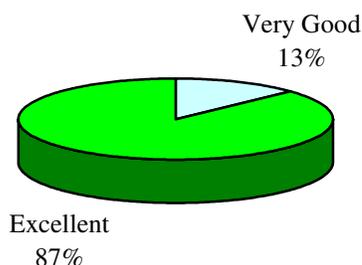
**An Overview of Depression: Definition, Diagnosis, and Treatments
 University of Toronto Medical School
 Speaker: Michael Paré
 February 4th 2008, Toronto**



Attendees' Comments:

- 14 x "Entertaining while informative – very interesting; also, interactive."
- 4 x "Speaker was engaging and interesting."
- 2 x "Excellent speaker: authentic, "very approachable".

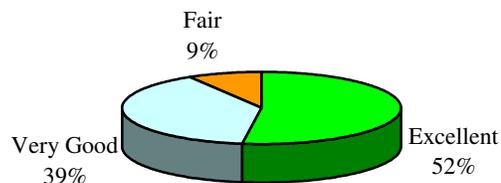
**Interpersonal Psychotherapy (IPT) Workshop
 Ontario College of Family Physicians
 Drs. Paula Ravitz and Michael Paré
 March 28th 2008, Oakville**



Attendees' Comments: (about Interpersonal Psychotherapy)

- "Clearer understanding of staging of therapy."
- "Relative simplicity of using the model."
- "Redefining depression from pathology to maladaptive process.... this makes depression less of a stigma for patients."

**One Wounded Healer's Journey Through Stress and Depression
 EMERGE Ministries Canada
 Speaker: Michael Paré
 April 12th 2008, Toronto**



Attendees' Comments:

- "It was greatly appreciated that Dr. Paré was not only academic but also human.... he balanced fun with reality and demonstrated a certain clarity about the human condition which was applicable to my work (as a psychotherapist)."
- "I really appreciated Dr. Paré's honesty and clarity. He clearly articulated the fact that he thought about the issues of self-disclosure and the effects it may have on his practice and his audience."
- "The overall event was excellent. I would highly recommend Dr. Paré's talk for both professional and general audiences."

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