

**Practical Overview of Supportive Psychotherapy  
The Monday Evening Program  
at the Medical Clinic for Person-Centred Psychotherapy  
Academic Year 2014 – 2015**

Course Development Team: Dr. Michael Paré, Dr. Nathalie Gans, Bryan Walsh, Laura Dawson, and Kevin Zeilig

We will be starting a Professional Development Series (small interactive group) on “The Practice of Supportive Psychotherapy”.

The program will focus on both the clinical theory and the clinical practice of psychotherapy. Other key topics will be Standards of Care and Current Guidelines. We will also discuss and learn about Ethics and Keeping Good Boundaries in professional relationships. Finally: therapist self awareness, supervision of, and self care of the therapist will be abundantly addressed.

This program will be on most Monday evenings starting October 27<sup>th</sup> 2014 (some holiday exceptions).

The various interactive topics taught will cover a General Overview of Supportive Psychotherapy and there will also be plenty of time to talk about clinical cases concerning doctor/and patient. (Some of your own clinical cases you can bring for confidential discussion).

Another key aspect of this program is the Balint Group supervision as a **key** supervisory component of the program.

This new series on the practice of Supportive Psychotherapy is at our Medical Clinic (265 Yorkland Blvd, North York, ON M2J 1S5)

These sessions will be held every Monday at 7:30 to 10:30 PM in our Boardroom.

**Schedule**

	<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
1	October 27 <sup>th</sup> 2014	7:30 to 10:30PM	Basic theoretical background on definitions of psychotherapy and history of psychotherapy (Cameron et al, Chapter 1) – Part 1	Dr. Michael Paré
2	November 3 <sup>rd</sup> 2014	7:30 to 10:30PM	More advanced theoretical background on history of psychotherapy	Dr. Michael Paré

	<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
3	November 10 <sup>th</sup> 2014	7:30 to 10:30PM	Initial sessions where patient safety, physician safety and assessment of general mental state of patient are key issues (Full/Complete psychiatric evaluation not usually attempted). Use of prime MD system of psychiatric diagnosis (Appendix G)	Dr. Michael Paré
4	November 17 <sup>th</sup> 2014	7:30 to 10:30PM	Regulated Health Professional Act and the Regulation of the Practice of Medicine. Overview of the roles of the CPSO, CMPA, and OMA, GPPA, etc.	Dr. Michael Paré
5	November 24 <sup>th</sup> 2014	7:30 to 10:30PM	Overview Standards of Care. Confidentiality Consent to Treatment	Dr. Michael Paré
6	December 1 <sup>st</sup> 2014	7:30 to 10:30PM	Update knowledge base re. assessing a patient from a comprehensive perspective – biological, psychological, interpersonal and social (Cameron et al, page 351, Appendix A) – Part 1	Dr. XXX
7	January 12 <sup>th</sup> 2015	7:30 to 10:30PM	Standards of Care, Record Keeping, Mandatory Reprography	Dr. Michael Paré
8	January 19 <sup>th</sup> 2015	7:30 to 10:30PM	Assessment from a comprehensive perspective – biological, psychological, interpersonal and social (Cameron et al, page 351, Appendix A) – Part 2	Dr. Michael Paré
9	January 26 <sup>th</sup> 2015	7:30 to 10:30PM	Boundaries issues in psychotherapy and medical practice	Dr. Michael Paré
10	February 2 <sup>nd</sup> 2015	7:30 to 10:30PM	Psychotherapy issues and ideas behind various diagnostic disorders. Understanding of brain/body interactions and brain/social interactions – Part 2	Dr. Michael Paré or TBA
11	February 9 <sup>th</sup> 2015	7:30 to 10:30PM	Supportive psychotherapy including indications, goals, limits, techniques etc; including biopsychosocial formulation – Part 1	Dr. Michael Paré
12	February 23 <sup>rd</sup> 2015	7:30 to 10:30PM	Biopsychosocial understanding of the supportive therapy. The expressive (uncovering) therapy spectrum Biopsychosocial Formulation Grid (Appendix C & Appendix D) – Part 1	Dr. Michael Paré
13	March 2 <sup>nd</sup> 2015	7:30 to 10:30PM	Transference and Countertransference	Dr. Michael Paré
14	March 9 <sup>th</sup> 2015	7:30 to 10:30PM	Physicians Health and Caring for Self	Dr. Michael Paré
15	March 16 <sup>th</sup> 2015	7:30 to 10:30PM	Introduction to Interpersonal Psychotherapy (IPT) as a type of supportive Psychotherapy – Part 1	Dr. Michael Paré

	<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Speaker</b>
16	March 23 <sup>rd</sup> 2015	7:30 to 10:30PM	Interpersonal (IPT) for individual Psychotherapy and an interpersonal/existential therapy model for psychotherapy – Part 2	Dr. Michael Paré
17	March 30 <sup>th</sup> 2015	7:30 to 10:30PM	Learning of IPT therapy both theory & practice. Initial learning of group therapy both theory and practice – Part 3	Dr. Michael Paré
18	April 6 <sup>th</sup> 2015	7:30 to 10:30PM	Transtheoretical Model of Behavior Change	Dr. Michael Paré
19	April 13 <sup>th</sup> 2015	7:30 to 10:30PM	Introduction to Common Factors Theory and Practice (Appendix F) – Part 1	Dr. Michael Paré
20	April 20 <sup>th</sup> 2015	7:30 to 10:30PM	Introduction to Common Factors Theory and Practice (Appendix F) – Part 2	Dr. Michael Paré
21	April 27 <sup>th</sup> 2015	7:30 to 10:30PM	History of various types of therapy “Comparative Psychotherapy”	Dr. Michael Paré
22	May 4 <sup>th</sup> 2015	7:30 to 10:30PM	History of various types of therapy “Comparative Psychotherapy”	Dr. Michael Paré
23	May 11 <sup>th</sup> 2015	7:30 to 10:30PM	Update re. a focused psychiatric evaluation and assessment including the mental status examination Diagnostic assessment by DSM and other systems	Dr. Michael Paré
24	June 1 <sup>st</sup> 2015	7:30 to 10:30PM	Further update re. a focused psychiatric evaluation and assessment including the mental status examination Diagnostic assessment	Dr. Michael Paré

I will soon be seeking GPPA credits for this educational series.

For more information please call Ada or Anna at 416-229-2399 x 125.

All the best.

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