



# 19<sup>th</sup> Annual



## McMaster Muskoka Seminars 2015

The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrists, family doctors, other GP-Psychotherapists, mental health professionals) with an outstanding opportunity to combine stimulating symposia with a relaxing summer vacation.

This series of seminars is hosted by the Faculty of Health Sciences, Department of Psychiatry and Behavioural Neurosciences, McMaster University, in conjunction with St. Joseph's Healthcare Hamilton and with the assistance and involvement of the OMA Section on Primary Care Mental Health.

The 2015 seminars will be held at the beautiful Deerhurst Resort in Huntsville, Ontario

Our five-day seminars run from 9:00 am – 12:15 pm daily

*\*exception: week of Aug 10-14, Dr. Paré's session B seminar from 1:00 – 4:15 pm*

Courses are offered in July and August 2015

Register and make secure payment online at: <http://fhs.mcmaster.ca/psychiatryneuroscience>

We reserve the right to cancel courses

<b>Dates</b>	<b>Courses Available</b>	<b>Faculty</b>
July 20-24	Introduction to Concurrent Disorders	Dr. Jennifer Brasch & Dr. Beth Reade
July 20-24	Managing Anxiety Disorders Using CBT & Mindfulness Strategies	Dr. R. McCabe, Dr. K. Rowa & Dr. P. Bieling
July 27-31	Mindfulness Practices for Symptom Management & Resilience	Dr. Susan Abbey
July 27-31	Psychiatry and the Law	Dr. A.G. Ahmed
Aug 3-7	Interactive Program in the Psychotherapeutic Relationship	Dr. Michael Paré
Aug 3-7	Psychiatry for Family Physicians	Dr. Jon Davine
Aug 10-14	Management - Simple & Complex Post Traumatic Stress Disorder	Dr. Harry Zeit & Dr. Amy Alexander
Aug 10-14	*Practical Introduction to General Practice Psychotherapy	Dr. Michael Paré



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## Week 1A: July 20 – 24 Concurrent Disorders - Managing Patients with Addictions & Mental Illness

**New**

**Overview:** Patients with concurrent mental illness and substance use problems are complex and challenging. It can be difficult to know where to start, but essential to identify, assess and support treatment of patients with co-occurring disorders. Primary care physicians can play a key role in their recovery. These seminars will focus on efficient and effective clinical care for this group.

### Topics:

- Are they addicted or not? Quick screens to use in your office for everything you can imagine
- What next? Who needs harm reduction vs. abstinence? Medical detox? Residential treatment? How to sort it out and refer effectively
- Motivational interviewing on the fly
- Tools for concise recording of drug histories
- Key facts to know about common addictive drugs
- Ordering urine drug screens: pros and cons
- When your addicted patient also has: ADHD, Anxiety, PTSD, Psychosis, Depression or Bipolar Disorder... What to do (and what NOT to do)
- Prescribing safely and effectively when your patient has an addiction
- Sorting out what is substance-induced and what is not...
- Methadone, suboxone and naltrexone: troubleshooting for drug interactions, safety and common complications with opiate use
- Help them beat the odds: meds you can prescribe (and more) to maximize success in early addiction recovery
- Don't forget the family: supporting the patient's supports
- Footsteps to NOT follow: my memorable mistakes
- Stigma, advocacy and your patients

**Faculty:** **Jenn Brasch MD FRCPC** is the outpatient psychiatrist for the Concurrent Disorders Service at St. Joseph's Healthcare Hamilton and also works as a methadone provider at The Hamilton Clinic. Dr. Brasch is an Associate Professor in the Department of Psychiatry & Behavioural Neurosciences. She enjoys giving educational presentations to medical learners, physicians and other groups about suicide risk assessment, inspiring hope after a suicide attempt, emergency psychiatry topics, stigma and suicide, and concurrent disorders. In 2013 she received the Mission Legacy Award from the The Sisters of St. Joseph of Hamilton, and the Jacqui Candlish Award, presented by the Suicide Prevention Community Council of Hamilton.



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**Faculty:** **Beth Reade MD FRCPC** worked as a family physician (CCFP) before becoming a psychiatrist and “you can’t get it out of me!” In addition to 20 years of psychiatric consultations in the Homewood Addiction Medicine Service (AMS) and IMAP (Integrated Mood and Anxiety Program), she has outpatient experience at local university health services. Beth has been recognized for her supervision and teaching of residents and medical students. She is an assistant clinical professor in the Department of Psychiatry at McMaster University. When not paddling or baking bread, Beth enjoys making learning useful, memorable and fun.

## **Week 1B: July 20 – 24 Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies**

**Overview:** Anxiety disorders are highly prevalent conditions associated with significant comorbidity, functional impairment and reduced quality of life, affecting individuals across the lifespan, from childhood to older adulthood. Cognitive Behavioural Therapy (CBT) is an evidenced-based treatment for anxiety disorders that empowers patients to actively target maladaptive thoughts and problematic behaviours that contribute to negative emotional states. Participants in this workshop will develop their foundational knowledge and core skills in CBT for anxiety disorders. Using a case-based approach and demonstrations (both live and via video), participants will develop their fundamental skills in CBT case conceptualization, assessment, treatment planning, and intervention. The use of mindfulness-based strategies to augment outcome will also be covered.

### **Topics:**

*Overview of Anxiety Disorders, Assessment and Case Conceptualization:* Anxiety disorders will be reviewed including: phenomenology, core features, epidemiology, differential diagnosis, and implications of DSM-5. CBT models for assessment and case conceptualization will be discussed. Attention will be paid to case conceptualization and treatment planning where comorbidity is present.

*CBT Strategies I:* This session will provide an overview of cognitive strategies for anxiety disorders and practice in skill development.

*CBT Strategies II:* This session will focus on behavioral techniques for anxiety disorders. Primary focus will be placed on the use of exposure and behavioral experiments in clinical practice. Other behavioral techniques will also be reviewed including relaxation, problem solving, and social skills/communication skills training.

*Incorporating Mindfulness-Based Strategies with CBT:* When CBT progress has plateaued, augmentation strategies may be beneficial for continuing treatment gains. Participants will learn a number of simple mindfulness-based



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skills into their CBT work with anxious patients to augment outcome.

*Putting it All Together:* Participants will learn about both disorder-specific and trans-diagnostic treatment protocols with a specific emphasis on how to implement CBT for anxiety disorders in their unique practice setting.

**Faculty: Randi McCabe, Ph.D., C. Psych.** is Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. She is also Psychologist-in-Chief and Director of the Anxiety Treatment and Research Clinic at St. Joseph's Healthcare in Hamilton. Dr. McCabe coordinates the CBT Anxiety Module for the Psychiatry Residency Psychotherapy Training Program and she is actively involved in training other mental health practitioners. She has given many workshops on conducting cognitive behavioural therapy and the treatment of anxiety disorders. Dr. McCabe is on the editorial board of *Cognitive and Behavioral Practice* and she is President of the Canadian Association of Cognitive and Behaviour Therapy. She is co-author of *Cognitive Behavioural Therapy in Groups* as well as five books geared to consumers: *10 Simple Solutions to Panic*, *The Overcoming Bulimia Workbook*, *The Cognitive Behavioral Workbook for Weight Management*, *Overcoming Animal and Insect Phobias* and *The Cognitive Behavioral Workbook for Menopause*. She also co-edited *Phobias: The Psychology of Irrational Fear*. She has published over 100 peer-reviewed papers and chapters in the areas of cognitive behavioural therapy and anxiety disorders.

**Faculty: Karen Rowa, Ph.D., C.Psych.** is a psychologist at the Anxiety Treatment and Research Centre at St. Joseph's Hospital in Hamilton where she provides assessment and treatment services for people with anxiety disorders. She is also an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and the Associate Director of the Clinical Psychology Residency Program at St. Joseph's Healthcare Hamilton. Dr. Rowa routinely provides workshops, supervision, and seminars on anxiety and its treatment. Her research interests include studying ways to improve treatment outcome for the anxiety disorders. She has published a number of scientific articles and book chapters on these and related topics, and is the co-author of two books on overcoming anxiety.

**Faculty: Peter Bieling, Ph.D., C.Psych.** is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University and a Director in the Mental Health and Addiction Program at St. Joseph's Healthcare in Hamilton Ontario. Dr. Bieling's work is concentrated in the area of emerging treatments for mood disorders and quality of mental health services delivery in hospital settings. He has been awarded research funding through SSHRC, OMHF, CHSRF, and NIMH and has authored numerous articles and three books. He has taught psychological intervention, research methods, and quality improvement principles at the undergraduate, graduate, and professional levels locally, nationally, and internationally. He



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completed his B.Sc. (Hons) at the University of Victoria, M.A. and Ph.D. at the University of British Columbia and Centre for Addiction and Mental Health, University of Toronto, and was a post-doctoral fellow at the University of Pennsylvania Centre for Cognitive Therapy. Dr. Bieling is a licensed psychologist in the province of Ontario.

## **Week 2A: July 27 – 31 Mindfulness Practices - Symptom Management & Enhancing Personal Resilience**

**Overview:** "Mindfulness" is appearing everywhere these days and yet most health care practitioners have little knowledge or experience with it. The value of mindfulness practices in working with physical and emotional pain, optimizing stress tolerance and enhancing occupational performance will be explored. This course will provide participants with didactic and experiential learning regarding mindfulness. Participants will have the opportunity to try a variety of mindfulness practices that form the basis for current clinical programs such as mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy for depression, and mindfulness-based eating awareness therapy. The course will parallel a MBSR program with a substantial portion of each class spent in formal meditation practices. Participants will leave the course with a variety of practical mindfulness practices that they can use in their own lives or recommend for patients. Opportunities for further training in these practices will be outlined as this course will not be sufficient to lead mindfulness programs.

**Faculty:** **Susan Abbey MD, FRCPC** is a psychiatrist whose work is at the interface of medicine and psychiatry. She teaches MBSR at the University Health Network where she is the Psychiatrist-in-Chief and a Professor of Psychiatry in the University of Toronto Faculty of Medicine. Susan has a personal mindfulness practice that helps her cope with the challenges of a busy professional life, a teenager and a tween.

## **Week 2B: July 27 – 31 Psychiatry and the Law**

**New**

**Overview:** This seminar will cover important medicolegal concepts and issues facing psychiatrists including forensic psychiatrists. The seminars will develop familiarity with important medicolegal concepts in general and forensic psychiatry such as fitness to proceed with trial; criminal responsibility; malpractice liability; violence and mental disorder; confidentiality and privilege; and consent and capacity. There will be ample time for discussion and case presentation. The seminar will include a review of important landmark cases in civil and criminal forensic psychiatry.



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**Faculty:** **A.G. Ahmed, MBBS, MSc, LLM, MPsyMed, MRCPsych., FRCPC** is a psychiatrist in forensic practice, the Associate Chief (ROHCG – Forensic), and the Director of the Anger Disorders Clinic at the Royal Ottawa Mental Health Centre. He is an Associate Professor in the Department of Psychiatry at the University of Ottawa. Dr. Ahmed is an Adjunct Professor of Psychiatry in the Department of Psychiatry, School of Medicine, Faculty of Health Sciences, Queen’s University. Dr. Ahmed's research interests and clinical practice include the assessment and treatment of patients with major mental disorder, personality disorders, psychopathy, dysfunctional anger and aggression. He has authored peer-reviewed articles and has presented both nationally and internationally in his areas of special interest and mental health in general. He is a member of the Ontario Review Board, Nunavut Review Board, an examiner for the Royal College of Physicians and Surgeons of Canada and Medical Council of Canada, a supervisor at Albert Ellis Institute of Rational Emotive Behavior Therapy and a consultant for the Correctional Service of Canada.

## **Week 3A: August 3 – 7 Interactive Professional Development Program in the Psychotherapeutic Relationship (9:00 am to 12:15 pm)**

**New**

**Overview:** In this very interactive seminar, learners will voluntarily participate in this practical and clinically relevant session. The focus is on increasing knowledge and skills that will enable them to develop authentic psychotherapeutic relationships with their patients. Note: Participants are not required – just encouraged – to interact.

All successful psychotherapy is grounded on a strong, authentic therapeutic relationship. The esteemed American therapist, Dr Carl Rogers, said: The helping relationship is the key aspect and core of successful therapy. Without the psychotherapist being skilled in this relationship, no mere technique is likely to be effective. So the *sine-qua-non* for successful therapy is the bond that exists between the therapist and the patient. This is not to be left to chance, but rather is something that the therapist can consciously help create by validating and affirming the patient. Not only concerning the patient’s future potential and up-coming successes, but also for who they are right now (even if currently they are “stressed”, “depressed”, or even “oppressed”).

Without mastering the art and science of building a therapeutic relationship with your patient, psychotherapy will not be very effective. Ideally, a patient will feel understood and respected by the therapist on a ongoing basis in the therapy process. Creating a safe relationship is crucial, since it takes courage for patients to divulge possibly shameful, unappealing aspects of themselves that they do not usually openly express. Advanced training and other credentials – although quite useful – are not the full story of becoming a



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professional therapist. If you deny the vital importance of the helping relationship you will likely be unsuccessful. Rogers clearly articulated this point when he said, *“Intellectual training and the acquiring of information has, I believe many valuable results – but, becoming a psychotherapy is not one of those results (1957).”*

Another part of what makes psychotherapy “safe” is for the therapist to maintain a two-way, non-authoritarian, considerate attitude. If patients feel strongly that they know what is best for them, their views should usually be honored. Part of the collaborative nature of the psychotherapeutic relationship involves soliciting feedback from patients so as to determine if a session was helpful or not helpful for the patient. Much of the power of the therapy relationship comes from its “genuineness” – the ability of the patient and therapist to respond honestly and spontaneously in the moment. The therapist should be flexible enough to be fully present with the patient as the patient experiences a full range of emotions, thoughts, and feeling, etc. It is essential to be openly expressive and even laugh together, as well as engage in the sharing of some darker feelings (of course therapists need to be mindful of the appropriate limits of self-disclosure).

When the psychotherapist navigates this process successfully, a strong genuine professional relationship can evolve and strengthen. Much research has shown that, aside from inherent patient strengths, the quality of the psychotherapy relationship is the most powerful factor in predicting successful psychotherapy outcomes – much more so than any (mere) technique or even the theoretical orientation of the psychotherapist.

#### Topics:

- Client-Directed Outcome-Focused Psychotherapy
- Helping Skills in Practice
- Constructivist Therapy
- Qualities and Actions of Effective Therapists
- Relational Psychotherapy

**Faculty:** **Michael Paré, B.Sc., M.Sc., M.Ed., M.D.**, is a General Physician Practicing Psychotherapy, and is Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. Michael is Coordinator the Medical Clinic for Person Centred Psychotherapy. Dr. Paré is a Certified Group Therapist, and is Certified in IPT Psychotherapy. He is a 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 Psychiatry, and he has run several very successful CPD programs. His clinic website is <http://www.medicalpsychclinic.org/>.



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## Week 3B: August 3 – 7 Psychiatry for Family Physicians

**Overview:** This seminar is designed to help family physicians develop the skills necessary to deal with common psychiatric problems. The focus will be on issues applicable to the primary care setting. Two topics per session will be presented, focusing on clinically relevant material and pragmatic approaches to these problems. The sessions will involve problem-based learning, and group participation and interaction will be actively encouraged.

**Topics:** Approach to Psychotherapy in Primary Care/Strategies for Dealing with the Difficult Patient; Approach to Depression / Approach to Bipolar Disorder; Somatizing: What Every Family Doctor Needs to Know/ Approach to Psychosis; Approach to Anxiety Disorders in Primary Care I/ Approach to Anxiety Disorders in Primary Care II; Approach to the Suicidal Patient /Use of the DSM in Filling out Insurance Forms

**Faculty:** **Jon Davine, MD, CCFP, FRCP(C)** 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 outpatient 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 to family doctors in the community. He has lectured nationally and internationally on this topic. He is a past Chair of the Council of Psychiatric Continuing Education (COPCE), which is affiliated with the Canadian Psychiatric Association. He was made a fellow of the American Psychiatric Association in 2013, and was made a Fellow of the Canadian Psychiatric Association in 2012. He has received several educational awards including: Certificate of Merit Award, Canadian Association for Medical Education (CAME), 2013; Outstanding Preceptor Award, Psychiatry, Faculty of Health Sciences, Undergraduate MD Program, McMaster University, 2012, 2010, 2009; Undergraduate Teaching Award, Department of Psychiatry and Behavioural Neurosciences, McMaster University, 2012, 2009; Association of Academic Psychiatry, Regional Teacher of the Year Award, 2006; McMaster Psychiatric Residents’ Association – Jack Cleghorn Excellence in Clinical Teaching Award, 1999; PAIRO – Clinical Teacher’s Travel Award, 1988



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## **Week 4A: August 10 – 14 The Management of Simple and Complex Post Traumatic Stress Disorder (9:00 am to 12:15 pm)**

**New**

**Overview:** Do you have a challenging patient population? Do you have patients whose very name makes your heart sink when you see it on your list for the day? Do visits with these people deplete your energy? Do you ever wonder how you can help these patients heal while still keeping yourself sane and whole? If so, this practical program is for you!

The past twenty years have seen a dramatic increase in our knowledge of the profound and far-ranging effects of childhood adversity and trauma. This program will give a practical overview of current neuroscience concerning trauma and its relationship to stress physiology, chronic pain, unexplained medical symptoms, physician burnout, epigenetics and the growing field of psycho-neuro-immuno-endocrinology.

As physicians, we are called upon to address not just the demanding physical and psychospiritual wounds of returning military veterans, but also to better care for the large number of patients with complex traumatic stress, whose clinical complaints and suffering confront us daily in our offices and wards. Combining cutting edge theory, videos and practical exercises, this program will offer a comprehensive overview of both simple and complex trauma and its related disorders. It will also offer hands-on clinical techniques and tools to help you work with these challenging patient scenarios.

Treating patients with traumatic histories is psychologically, emotionally and physically challenging. This program will also include detailed and practical instruction on how to work with patients without becoming depleted yourself. You will leave this program with a variety of techniques for self care that can be practiced at any time (including during a busy day seeing patients). Instruction will include optional exercises, such as therapeutic role-play, gentle yoga, acupressure, simple meditation techniques and an introduction to several evidence-based practice tools.

### **Topics:**

- Prevalence and public health burden of psychological trauma.
- Types of psychological trauma and their physical and behavioural sequelae.
- Review of stress physiology and the neuroscience of trauma as a key etiology of chronic illness, chronic pain, addiction and mental illness.
- Trauma-informed care and ways to provide it.
- Treatment planning in the context of psychological trauma.
- Cultivating compassion for survivors of psychological trauma and for self.



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- Practical techniques for self-care and burnout prevention.

**Faculty: Harry Zeit, M.D., CGPP** is a physician psychotherapist at the Medical Clinic for Person Centred Psychotherapy and Chair of Education Committee of the OMA Section on Primary Care Mental Health. Dr. Zeit graduated from the University of Toronto Medical School in 1982. He practiced until 2005 as an American Board certified emergency physician, and was active in the Canadian Association of Emergency Physicians. He now has a private practice in general psychotherapy, with a special interest in trauma, somatic psychology and newer integrated psychotherapies, such as the internal family systems model. He is a graduate of the Sensorimotor Psychotherapy Institute's training level one (affect dysregulation, survival defenses and traumatic memory) and level two (emotional processing, meaning making and attachment repair); he then completed the certification level in April 2013.

As an education chair, he plays an active role in arranging a wide range of talks for family physicians, GP psychotherapists and psychiatrists, while also building bridges between MD and non MD mental health care workers. Harry created and continues to run the Caring for Self while Caring for Others series, which runs between October and April annually. He blogs on behalf of the section at: <http://wildpsychotherapyfrontier.blogspot.ca>

**Faculty: Amy Alexander M.D., M.H.Sc., CCFP, Dip CAPM** is a Family Physician with focused practices in both Psychotherapy and Pain Medicine. She has a special interest in the integrative treatment of patients with both complex physical and mental health problems. She has a private practice working with individuals and groups in Aurora, ON and she is also an Active Staff member of the Departments of Family Medicine and Psychiatry at the Southlake Stronach Regional Cancer Centre in Newmarket, ON. Prior to a career in medicine, Dr. Alexander was a Loran Scholar and went on to receive her M.H.Sc. in Health Promotion from the Dalla Lana School of Public Health at the University of Toronto. She worked within the HIV/AIDS palliative care and supportive housing communities in that city until 2003. She graduated from the Michael G. DeGroote School of Medicine at McMaster University in 2006 and went on to work as a Medical Officer in the Canadian Armed Forces where she focused on the rehabilitation and occupational medical needs of soldiers with trauma and other, complex physical and mental illnesses. In 2013, she developed Canada's first Mindfulness and Resiliency Skills program for active military members which continues to this day.

Dr. Alexander has trained in CBT, IPT and Brainspotting and is a graduate of the Massachusetts General Hospital's Benson-Henry Institute for Mind-Body Medicine with advanced training in Mind-Body Medicine for both Chronic Pain and Cancer. She is a Certified Yoga Teacher with training in a wide variety of evidence-based therapeutic yoga techniques such as LifeForce Yoga and iRest. She is also a graduate of Harvard University's



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International Structural Acupuncture course for Physicians.

## **Week 4B: August 10 – 14 Practical Introduction to General Practice Psychotherapy (1:00 – 4:15 pm)**

**Overview:** 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, Boundary Issues. Interactive discussion of real and fictional patient-therapist encounters and viewing some Hollywood film clips featuring psychotherapy. This program is based on the earlier course but is changed and updated. Topics: Overview of Standards and Guidelines of General Practice Psychotherapy (Mon); Supportive Psychotherapy: 10 Things to Do, and 10 Things to Avoid (Tue); Boundary Issues in Psychotherapy (Wed); Interpersonal Psychotherapy (Thu); Practical Consideration on Transference and Countertransference in Psychotherapy (Fri)

**Faculty:** **Dr. Michael Paré, B.Sc., M.Sc., M.Ed., M.D.,** General Physician Practicing Psychotherapy, and is Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. Michael is Coordinator the Medical Clinic for Person Centred Psychotherapy. His clinic website is <http://www.medicalpsychclinic.org/>.



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## Accommodations



DEERHURST  
*Resort*

Huntsville, Ontario

For reservations call:  
1-800-461-4393 and quote

*McMaster Muskoka Seminars*



Sunday check-in and Friday check-out. Special conference rates offered for three days before and after seminar dates based on resort availability. Spouse and children under 18 stay free with registrant. Applicable taxes and resort amenity fee in addition to all rates. Reservation is subject to cancellation policy and deposit is required.

*Please be sure to make accommodation arrangements ASAP. Deerhurst room rates plus taxes and resort amenity fee:*

Main Building Guestroom	\$199.00 per night	1 Bedroom Condo	\$299.00 per night
Lakeside Guestroom	\$209.00 per night	2 Bedroom Condo	\$389.00 per night
Junior One Bedroom Suite	\$239.00 per night	3 Bedroom Condo	\$529.00 per night

Deerhurst resort offers use of the following amenities: splash zone, three outdoor pools, golf practice on the greens, canoes, kayaks, beach access and chaise lounges, hiking trails, tennis courts, basketball hoop, volleyball court, parking, fitness room, guestroom high-speed wireless internet, and indoor pool.

For the full guestroom description of what is offered at Deerhurst, please visit the website at:

<http://www.deerhurstresort.com/huntsville-ontario-accommodations.htm>



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## Registration

Course Tuition: \$795.00 per course (after May 21, 2015)  
Early Bird Rate: \$745.00 per course (by May 20, 2015)

Student Rate: \$395.00 (full-time students only)  
Rate Inquiries can be directed to [jkapur@stjosham.on.ca](mailto:jkapur@stjosham.on.ca)

Complete online registration and secure payment at: <http://fhs.mcmaster.ca/psychiatryneuroscience>  
**OR**

Mail completed registration form and cheque to address below  
*\*Please make CHEQUE payable to "McMaster University"*

Name: \_\_\_\_\_ Professional Designation: \_\_\_\_\_  
Address: \_\_\_\_\_  
Organization/Facility: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

### Course Registration – please check desired course(s):

- |   |   |   |
|---|---|---|
| 1A: July 20-24 <input type="checkbox"/> | Introduction to Concurrent Disorders                                | Dr. Jennifer Brasch & Dr. Beth Reade        |
| 1B: July 20-24 <input type="checkbox"/> | Managing Anxiety Disorders Using CBT & Mindfulness                  | Dr. R. McCabe, Dr. K. Rowa & Dr. P. Bieling |
| 2A: July 27-31 <input type="checkbox"/> | Mindfulness Practices for Symptom Management & Resilience           | Dr. Susan Abbey                             |
| 2B: July 27-31 <input type="checkbox"/> | Psychiatry and the Law  | Dr. A.G. Ahmed                              |
| 3A: Aug 3-7 <input type="checkbox"/>    | Interactive Program in the Psychotherapeutic Relationship           | Dr. Michael Paré                            |
| 3B: Aug 3-7 <input type="checkbox"/>    | Psychiatry for Family Physicians                                    | Dr. Jon Davine                              |
| 4A: Aug 10-14 <input type="checkbox"/>  | Management - Simple & Complex Post Traumatic Stress Disorder        | Dr. Harry Zeit & Dr. Amy Alexander          |
| 4B: Aug 10-14 <input type="checkbox"/>  | Practical Introduction to General Practice Psychotherapy *1-4:15 pm | Dr. Michael Paré                            |

### Program Contacts:

Please complete the online registration form and submit secure payment via:  
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**OR**

Please mail completed registration form and cheque payable to  
"McMaster University"

McMaster Muskoka Seminars  
Jyoti Kapur, Project Lead  
Forensic Psychiatry Program  
Room H300, Forensic Program  
Administration  
St. Joseph's Healthcare, Hamilton  
100 West 5<sup>th</sup> Street, PO Box 585  
Hamilton, Ontario L8N 3K7

Jyoti  
905-522-1155  
ext. 39089

Ada or Anna  
416-229-2399  
ext.125

Gary Chaimowitz,  
MB, ChB, FRCPC  
Course Director

Michael Paré,  
MSc, MEd, MD  
Associate  
Course Director



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