



HEALTH SCIENCES
Psychiatry & Behavioural
Neurosciences



22nd Annual McMaster Muskoka Seminars | 2018

The McMaster Muskoka Seminars are designed to provide clinicians (psychiatrists, family doctors, other GP psychotherapists, mental health professionals, etc.) 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 General Practice Psychotherapy.

This year's seminars will be held at two different beautiful resort settings:

Deerhurst Resort in Huntsville, Ontario
and
Blue Mountain Resort in
Blue Mountains, Ontario



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- Our five-day seminars will run from: 9:00am - 12:15pm daily.
- Courses are offered July 9-13, July 23-July 27, July 30-August 3 and August 13-17, 2018
- Dr. Gary Chaimowitz, MB, ChB, FRCPC, Course Director
- Michael Paré, MSc, MEd, MD, Associate Course Director

Dates/Times	Course Available	Faculty	Location
July 9-13 9:00am-12:15pm	Week A1: Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies	Dr. Randi McCabe, Dr. Karen Rowa & Dr. Peter Bieling	Blue Mountain
July 9 & 10 9:00am-12:15pm	Week A2: Endocrinology: Diabetes and Thyroid Disorders	Dr. William Harper	Blue Mountain
July 9-13 9:00am-12:15pm	Week A3: The Management of Simple and Complex Post Traumatic Stress – With a New Self-Care Component*	Dr. Harry Zeit Dr. Amy Alexander	Blue Mountain
July 23-July 27 9:00am-12:15pm	Week B: Psychiatry for Family Physicians*	Dr. Jon Davine	Deerhurst
July 30-August 3 9:00am-12:15pm	Week C: Mindfulness Practices for Symptom Management and Enhancing Personal Resilience	Dr. Susan Abbey	Deerhurst
August 13-17 9:00am-12:15pm	Week D: Clinical Pearls in Primary Care Psychiatry**	Dr. Michael Paré	Deerhurst

Program Inquiries - Alicia or Laura | Tel. 905-522-1155, ext. 39330 | MMS2018@mcmaster.ca

*This group learning program has been certified by the College of Family Physicians of Canada for up to 30 Mainpro+ credits.

**This group learning program has been certified by the College of Family Physicians of Canada for up to 22 Mainpro+ credits.

We reserve the right to cancel courses



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To register and make secure payment online please visit <https://fhs.mcmaster.ca/conted/calendar.html> | Page 1 of 17



Week A1: Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies

July 9-13 | Blue Mountain

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. This program is designed for participants learning CBT.

Topics

- *Overview of Anxiety Disorders, Assessment and Case Conceptualization:* Anxiety disorders will be reviewed including: phenomenology, core features, epidemiology, and differential diagnosis. 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 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.

Learning Objectives

- Participants will be able to conceptualize a case and develop a treatment plan from a CBT Model
- Participants will gain knowledge and practice in fundamental CBT skills
- Participants will learn how to incorporate mindfulness-based strategies in a CBT approach





Week A1: Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies

July 9-13 | Blue Mountain (cont'd)

Faculty

Randi McCabe, Ph.D., C, Psych. is an Associate 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 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 Behavioural Workbook for Weight Management*, *Overcoming Animal and Insect Phobias*, and *The Cognitive Behavioural 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.



Karen Rowa, Ph.D., C.Psych. is a psychologist at the Anxiety Treatment and Research Clinic 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 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.



Peter Bieling, Ph.D. is a Professor, Department of Psychiatry and Behavioural Neurosciences, McMaster University and a Director in the Mental Health and Addiction Program at St. Joseph's Healthcare, Hamilton. 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, CIHR, OMHF, CHSRF, and NIMH and has authored numerous articles and 3 books. He has taught psychological intervention, research methods, and quality improvement principles at the undergraduate, graduate, and professional levels locally, nationally, and internationally. He 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-doctorate fellow at the University of Pennsylvania Centre for Cognitive Therapy. Dr. Bieling is a licensed psychologist in the province of Ontario.





Week A2: Endocrinology: Diabetes and Thyroid Disorders

July 9 & 10 | Blue Mountain

Overview

Review of management of diabetes including diagnosis and therapy (oral agents, non-insulin antihyperglycemic injectables, insulin). Review of common thyroid disorders including hypothyroidism, hyperthyroidism, thyroid nodules and thyroid cancer.

Topics

- Diabetes management
- Thyroid dysfunction – hyperthyroidism, hypothyroidism
- Thyroid structural problems – nodules, cancer

Faculty

William Harper, M.D. is an endocrinologist and Associate Professor of Medicine at McMaster University and Chief of Medicine at the Hamilton General Hospital. His clinical practice includes diabetes, endocrinology, and general internal medicine and he is involved in medical education and clinical research trials. Dr. Harper has proudly served in various roles including author, steering committee member, and executive committee member for the Canadian Diabetes Association Clinical Practice Guidelines in 2003, 2008, and 2013.





Week A3: Management of Simple and Post Traumatic Stress with a New Self-Care Component

July 9-13 | Blue Mountain

*This Group Learning program has been certified by the College of Family Physicians of Canada for up to 30 Mainpro+ credits.

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 psycho-spiritual 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
- Practical techniques for self-care and burnout prevention





Week A3: Management of Simple and Post Traumatic Stress with a New Self-Care Component

July 9-13 | Blue Mountain (cont'd)

Learning Objectives

- Review the neurophysiologic pathophysiology & sequelae of childhood adversity and any other forms of psychological trauma
- Understand how these underpin the development of chronic illness (explained and unexplained), chronic pain and mental illness
- Gain an understanding of treatment strategies and planning for challenging patients with histories of trauma

Faculty

Harry Zeit, M.D., MDPAC(C) is a physician psychotherapist working in North York, Ontario. 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 comprehensive resource and internal family systems models. 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 the education chair of the OMA Section in Primary Care Mental Health from 2011-2017, he played 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. In 2012, Harry created and continues to run the Caring for Self while Caring for Others series, which has now offered over twenty-five original talks on trauma-informed self-care (<https://www.facebook.com/WhileCaringForOthers/>) He currently is active on the planning committee and teaching faculty of the upcoming MD Psychotherapy Association of Canada core skills psychotherapy training program for physicians. Dr. Zeit is an advocate for trauma-informed and humane medical and mental health care.



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 Oakville, 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 International Structural Acupuncture course for Physicians.





Week B: Psychiatry for Family Physicians

July 23-27 | Deerhurst

*This Group Learning program has been certified by the College of Family Physicians of Canada for up to 30 Mainpro+ credits.

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 in Primary Care
- Approach to Anxiety in Primary Care I; Approach to Anxiety in Primary Care II
- Approach to the Suicidal Patient; Use of the DSM in Filling out Insurance Forms

Learning Objectives

- Learn effective questioning to evaluate psychosis
- Be familiar with the complete differential diagnosis of psychotic disorders
- Learn about current psychopharmacologic treatments of psychotic disorders
- Learn how to make the diagnosis of bipolar in a time efficient manner
- Learn how to use psychopharmacology to treat Bipolar Disorder, using current guidelines
- Learn about issues of psychopharmacology and pregnancy
- Be aware of the different personality styles
- Be aware of some of the treatment approaches for these patients
- Understand transference and countertransference issues, and how they can enhance work with these patients
- Appreciate the range of diagnoses that make up "Somatic Symptom and Related Disorders (DSM-V)
- Understand the range of conscious and unconscious mechanisms involved in these disorders
- Be aware of treatment modalities for these disorders both psychopharmacologic



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Week B: Psychiatry for Family Physicians

July 23-27 | Deerhurst (cont'd)

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 Distinguished Fellow of the Canadian Psychiatric Association in 2014. Currently, he is the Ontario representative for the Standing Committee on Education for the Canadian Psychiatric Association. He also is the current Treasurer and member of the Executive Committee of the Ontario Psychiatric Association. 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; PARO—Clinical Teacher’s Travel Award, 1988.



Week C: Mindfulness Practices for Symptom Management and Enhancing Personal Resilience

July 30-August 3 | Deerhurst

Overview

“Mindfulness” is increasingly recommended for a variety of symptom presentations and to enhance personal resilience and yet most health care practitioners have little knowledge of, or experience with mindfulness practices. Participants will engage in didactic and experiential learning regarding mindfulness and will have the opportunity to explore a variety of mindfulness practices that form the basis for clinical mindfulness programs including MBSR (Mindfulness-Based Stress Reduction) and MBCT (Mindfulness-Based Cognitive Therapy)



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Week C: Mindfulness Practices for Symptom Management and Enhancing Personal Resilience

July 30-August 3 | Deerhurst (cont'd)

Topics

- Defining mindfulness - what it is and what it isn't
- Types of meditative experience
- Description of and direct practice of formal meditative practices used in mindfulness-based interventions (eating meditation, body scan, mindful breathing, mindful meditation, mindful yoga, mindful walking, meditation on the soles of the feet, loving kindness meditation, 3 minute breathing space, guided visualizations that support mindfulness meditation, & self-compassion practices)
- Mindfulness and psychotherapy
- Mindfulness and physical illness and chronic pain
- Mindfulness approaches to emotional distress
- Mindfulness-based therapeutic interventions (MBSR, MBCT, MBRP, MB-EAT, MSC)
- Indications and contraindications
- The neuroscience of mindfulness
- Resources for patients and health care professionals
- Thursday will include a "mini-retreat" to allow a period of concentrated experience with the meditative practices

Learning Objectives

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 an advocate for mindfulness interventions in healthcare and as a powerful resource for health care practitioners to enhance their own resilience. She has been leading MBSR clinical programs since 2000 and is currently completing training in MBCT. She is the Psychiatrist-in-Chief at the University Health Network where her clinical focus is on the care of patients at the interface of medicine and mental health.





Week D: Clinical Pearls in Primary Care Psychiatry

August 13-17 | Deerhurst

*This Group Learning program has been certified by the College of Family Physicians of Canada for up to 22 Mainpro+ credits.

Overview

The goal of this course is to provide you with an outstanding opportunity to combine a stimulating educational experience with a collegial atmosphere for colleagues to connect and even “Bond”. Dr. Paré is an experienced clinician in his field, and will present a variety of topics in a fast paced program.

Topics

- Day One (Monday):

- 1) Standards and Guidelines for Primary Care Psychotherapy (CanMEDs roles: Expert and Communicator)

Learning Objectives:

- Know where to access the GPPA Guidelines document.
- Identify and discuss possible instances in which the guidelines may require additional interpretation, or may be unclear.
- Understand how to implement the GPPA’s guidelines in your practice.

- 2) Approach to the Patient with an Undifferentiated Mental Disorder (CanMed role: Expert)

Learning Objectives:

- Learn a framework for thinking about risk in patients with undifferentiated Mental Disorder
- Explore the categories of risk.
- List some of the common risks to all mental disorders.

- 3) The Use of Symptom Questionnaires in Primary Care Psychiatric Assessment (CanMEDs role: Expert)

Learning Objectives:

- Know what types of recognized symptom questionnaires are commonly utilized and available.
- List some of the most important symptom questionnaires physicians should use when assessing all patients, versus patients with specific needs/disorders.
- Understand how to properly complete (or assist a patient in completing), and mark different symptom questionnaires.





Week D: Clinical Pearls in Primary Care Psychiatry

August 13 - 17 | Deerhurst (cont'd)

• Day Two (Tuesday):

- 1) Approach to the Suicidal Patient (CanMEDs roles: Expert, Health Advocate)

Learning Objectives:

- Be aware of the demographic risk factors for suicide.
- Learn about the crucial questions to ask to assess risk.
- Learn how to deal with the Borderline Personality patient who is suicidal.

- 2) Duty to Warn/Duty to Protect (CanMEDs roles: Communicator, Professional)

Learning Objectives:

- Know the difference between the duty to warn and duty to protect.
- List potential indicators, or 'red flags', a physician might encounter which may help the physician assess his or her responsibility to warn or protect.
- Understand how policies and legal rulings have changed over the past 20 years, and discuss relevant past case studies.

- 3) Record-Keeping in Primary Care Psychotherapy (CanMEDs roles: Professional, Expert)

Learning Objectives:

- Know the record-keeping requirements for physicians practicing psychotherapy in Ontario.
- List the major elements of record-keeping.
- Understand how elements of record-keeping can help to protect both the physician and the patient.

• Day Three (Wednesday):

- 1) Biopsychosocial Therapy (CanMEDs role: Expert)

Learning Objectives:

- Know how to identify important biological, psychological, and social elements in practice.
- List the major elements of the biopsychosocial axis.
- Understand how balanced biopsychosocial elements can help a patient recover and grow in multiple areas of life.

- 2) Theory and Practice of 'Common Factors' in Psychotherapy (CanMEDS Roles: Expert, Communicator)

Learning Objectives:

- Describe the evidence for the Common Factors.
- List four Common Factors.
- Identify how Common Factors work.

- 3) How to Complete a Form 1 (CanMEDs roles: Expert, Health Advocate)

Learning Objectives:

- Know what a Form 1 is and when it is to be issued.
- List the essential elements of a correctly completed Form 1.
- Understand how to properly assess a patient for a Form 1.



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Week D: Clinical Pearls in Primary Care Psychiatry

August 13 - 17 | Deerhurst (cont'd)

• Day Four (Thursday):

1) Approach to PTSD in Primary Care (CanMEDs role: Expert)

Learning Objectives:

- Learn about the criteria to diagnose PTSD.
- Learn about screening questions to make the diagnosis quickly.
- Learn about effective treatment approaches in primary care, both psychopharmacologic and psychotherapeutic.

2) Managing Alcohol Use Disorder in Primary Care (CanMEDS Roles: Expert, Communicator)

Learning Objectives:

- Describe screening approaches for alcohol use disorders.
- Identify communication approaches to engage patients in treatment.
- Describe the role of pharmacological treatment in alcohol use disorders

3) Practical Psychopharmacology for Primary Care (CanMed role: Expert, Scholar)

Learning Objectives:

- Identify role of pharmacokinetics and pharmacodynamics on psychiatric medication prescribing
- Describe an approach to considering common drug interactions and end organ changes when prescribing psychiatric medications.
- Recognize serious adverse reactions with psychiatric medications.

• Day Five (Friday):

1) Updates on Sleep Management (CanMeds role: Communicator, Expert)

Learning Objectives:

- Recognize normal sleep patterns.
- List pharmacological and non-pharmacological interventions for insomnia
- Describe components of sleep hygiene and CBT for insomnia

2) Privacy Statement and Policy, Brief Mention of Personal Health Information Privacy Act (PHIPA) (CanMEDS roles: Professional, Communicator)

Learning Objectives:

- Know the elements of a privacy statement and/or policy which should be present, explained and easily accessible to patients.
- List some of the most important reasons why privacy statements and privacy policies should be utilized by physicians.
- Understand how these statements and policies can protect physicians and patients.



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Week D: Clinical Pearls in Primary Care Psychiatry

August 13 - 17 | Deerhurst (cont'd)

3) Therapist-Responding Therapeutically to Patient Anger (CanMEDs role: Communicator)

Learning Objectives:

- Identify an approach to an angry patient.
- List 4 common strategies a physician can use when dealing with an angry patient.
- Understand how to assess the situation when a patient is angry, and interventions a physician may utilize when the patient refuses to calm down.

Faculty

Michael Paré, B.Sc., M.Sc., M.Ed., M.D., is a General Physician Practicing Psychotherapy and Registered Psychotherapist with the College of Registered Psychotherapists of Ontario. Michael is Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. He is coordinator the Medical Clinic for Person Centred Psychotherapy. He is a Teaching Mentor of both the General Practice Psychotherapy Association (now MDPAC) and the Collaborative Mental Health Care Network of the Ontario College of Family Physicians. 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. He has completed The Osgoode Hall Law School Certificates in “Professional Regulation & Discipline in the Ontario Health Care Sector” and “Mental Health Care Law”. Dr. Paré can be reached at michaelpare@rogers.com or at (416) 229-2399 x ext. 120 or (416) 723-1716.



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Accommodations



DEERHURST

Deerhurst Resort

Huntsville, Ontario

Weeks of: July 23rd-July 27th,

July 30th-August 3rd, and August 13th-17th

For reservations please call:

1-800-461-4393 and quote

McMaster Muskoka Seminars

Pavilion Rooms \$205.13 per night



Blue Mountain Resort

Blue Mountains, Ontario

July 9th-13th

For reservations please call:

877-445-0231 and quote

McMaster Muskoka Seminars

Group code: GB00000046

Inn Rooms \$165.97 per night

Monday check-in and Friday check-out.

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 prior to June 8th in order to receive our discounted room rates!



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Registration

Managing Anxiety Disorders Using Cognitive Behavioural Therapy and Mindfulness-Based Strategies

Full Week: \$795.00 per course
Full Week- Returning participant: \$50.00 rebate
Student Rate: \$375.00 per course

New Daily seminar: \$200.00

Seminars Available:

- FULL Week**
- Monday:** Overview of Anxiety Disorders, Assessment and Case Conceptualization
- Tuesday:** CBT Strategies I
- Wednesday:** CBT Strategies II
- Thursday:** Incorporating Mindfulness-Based Strategies with CBT
- Friday:** Putting it all Together

Drs. Randi McCabe
Karen Rowa &
Peter Bieling

Week A1: July 9-13
(9:00am-12:15pm)

Live/In Person Course



Endocrinology: Diabetes and Thyroid Disorders

Seminars Available:

- Monday**
- Tuesday**

Week A2: July 9 & 10
(9:00am-12:15pm)

Live/In Person Course

New Daily seminar: \$200.00

Dr. William Harper



The Management of Simple and Complex Post Traumatic Stress

Full Week: \$795.00
Full Week- Returning participant: \$50.00 rebate
Student Rate: \$375.00 per course

New Daily seminar: \$200.00

Seminars Available:

- FULL Week**
- Monday**
- Tuesday**
- Wednesday**
- Thursday**

Week A3: July 9-13
(9:00am-12:15pm)

Live/In Person Course

Dr. Harry Zeit and
Dr. Amy Alexander





Psychiatry for Family Physicians

New Daily seminar: \$200.00

Full Week: \$795.00 per course
Full Week- Returning participant: \$50.00 rebate
Student Rate: \$375.00 per course

Seminars Available:

Dr. Jon Davine

Week B: July 23-27
(9:00am-12:15pm)

Live/In Person Course

- FULL Week**
- Monday:** Approach to Psychotherapy in Primary Care; Strategies for Dealing with the Difficult Patient
- Tuesday:** Approach to Depression; Approach to Bipolar Disorder
- Wednesday:** Somatizing: What Every Family Doctor Needs to Know; Approach to Psychosis in Primary Care
- Thursday:** Approach to Anxiety Disorders in Primary Care I; Approach to Anxiety Disorders in Primary Care II
- Friday:** Approach to the Suicidal Patient; Use of the DSM in Filling out Insurance Forms



DEERHURST

Mindfulness Practices for Symptom Management and Enhancing Personal Resilience

New Daily seminar: \$200.00

Full Week: \$795.00 per course
Full Week- Returning participant: \$50.00 rebate
Student Rate: \$375.00 per course

Seminars Available:

Dr. Susan Abbey

Week C: July 30-August 3
(9:00am-12:15pm)

Live/In Person Course

- FULL Week**
- Monday**
- Tuesday**
- Wednesday**
- Thursday**
- Friday**



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Clinical Pearls in Primary Care Psychiatry

Live/In Person Seminars:

Full Week: \$795.00 per course
Full Week- Returning participant: \$50.00 rebate
Student Rate: \$375.00 per course

New Daily seminar: \$200.00

Seminars Available:

Dr. Michael Paré

- FULL Week
- Monday:
- Tuesday:
- Wednesday:
- Thursday:
- Friday:

Week D: August 13-17
(9:00am-12:15pm)

Live/In Person Course



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To register and make secure payment online please visit: <https://fhs.mcmaster.ca/conted/calendar.html>

Program Contact: **Laura Kennedy**

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