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

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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**

- **Day One (Monday):**
  
  1) **Approach to Psychotherapy in Primary Care**
      
      **Learning Objectives:**
      - Learn about change therapy vs. supportive therapy
      - Learn the principles of cognitive behavior therapy
      - Apply these principles to practice cases
  
  2) **Strategies for Dealing with the Difficult Patient**
      
      **Learning Objectives:**
      - 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

- **Day Two (Tuesday):**
  
  1) **Approach to Depression**
      
      **Learning Objectives:**
      - Differential diagnosis of the sad state
      - Treatment strategies
        - Using medication
        - Management of side effects
        - Drug interactions
        - Augmentation, substitution
  
  2) **Approach to Bipolar Disorder**
      
      **Learning Objectives:**
      - 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

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

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Day Three (Wednesday):

1) Somatizing: What Every Family Doctor Needs to Know
   **Learning Objectives:**
   - 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 and psychotherapeutic.

2) Approach to Psychosis in Primary Care
   **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.

Day Four (Thursday):

1) Approach to Anxiety in Primary Care I
   **Learning Objectives:**
   - Learn how to make diagnoses of specific anxiety disorders in a time efficient manner
   - Learn about psychotherapeutic strategies for these disorders
   - Learn about psychopharmacological strategies, using current guidelines

2) Approach to Anxiety in Primary Care II
   **Learning Objectives:**
   - Learn how to make diagnoses of specific anxiety disorders in a time efficient manner
   - Learn about psychotherapeutic strategies for these disorders
   - Learn about psychopharmacological strategies, using current guidelines

Day Five (Friday):

1) Approach to the Suicidal Patient
   **Learning Objectives:**
   - Learn how to do a risk assessment of the suicidal patient

2) Use of the DSM in Filling out Insurance Forms
   **Learning Objectives:**
   - Learn how to fill out insurance forms in a sophisticated manner
   - Learn how to use the multi-axial system to advocate for your patients
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.
Accommodations

Deerhurst Resort
Huntsville, Ontario
July 23rd-July 27th
For reservations please call:
1-800-461-4393 and quote
McMaster Muskoka Seminars
Pavilion Rooms $205.13 per night

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!
Registration

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

Seminars Available:
- FULL Week
- Monday
- Tuesday
- Wednesday
- Thursday

Week A3: July 9-13
(9:00am-12:15pm)
*Live/In Person Course*

Program Contact:
Laura Kennedy
MMS2018@mcmaster.ca
905-522-1155, ext. 39330
Department of Psychiatry, McMaster University, St. Joseph’s Healthcare, Room B340
Hamilton 100 West 5th Street, PO Box 65 Hamilton,
Ontario L8N 3K7

Psychiatry for Family Physicians

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

Seminars Available:
- 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

Dr. Jon Davine

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