

FOURTEENTH ANNUAL

2010

MCMMASTER
MUSKOKA
SEMINARS



Outstanding Continuing Medical Education in the Beautiful Resort Settings of Ontario, Canada.



DEERHURST
Resort

Seminar Overview



The McMaster Muskoka Seminars are designed to provide clinicians (family doctors, 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. The 2010 seminars will be held at the beautiful Deerhurst Resort in Huntsville, Ontario. Our seminars run from 9:00 – 12:15 daily, allowing registrants to make use of the resort amenities in the afternoons. Please log onto www.mcmastermuskokacme.com for more information.



1A: MINDFULNESS - PRACTICAL APPROACHES FOR HEALTH CARE PRACTITIONERS AND THEIR PATIENTS

July 12-16, 2010

"Mindfulness" is appearing everywhere these days yet most health care practitioners have little knowledge or experience with it. 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. Evidence for the values of these interventions will be described. Indications and contra-indications as well as an approach to evaluating the potential value of these programs will be described. Opportunities for further training in these practices will be outlined as this course will not be sufficient to lead mindfulness programs. 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.

Topics: What is mindfulness? Formal practices that cultivate mindfulness (body scan, sitting or lying meditation, walking meditation, eating meditation, loving kindness meditation, visualization practices that support mindfulness). Informal practices that cultivate mindfulness (i.e. attention to daily activities). What is the evidence for the value of mindfulness based interventions? What is the current scientific understanding of what happens with meditation? Indications and contraindications to referring patients to mindfulness programs. Things to look for in referring to mindfulness programs and teachers. Bringing mindfulness to daily life.

Faculty: Susan Abbey MD, FRCPC is at the interface of medicine and psychiatry. She teaches MBSR at the University Health Network and is a collaborator in studies of the usefulness of MBSR in the management of hypertension and distress associated with SLE. She has a personal mindfulness practice.

1B: EVIDENCE –BASED MENTAL HEALTH

July 12-16, 2010

This workshop will enable participants to develop their ability to quickly find answers in the research literature to clinical questions they encounter in practice. Participants will be coached how to ask researchable questions, rapidly acquire answers from the literature, appraise articles (when necessary) and apply the results to clinical decision-making. Participants will be actively involved at every session and will have the opportunity to work through examples drawn from their own practice. We will focus on randomized controlled trials and systematic reviews.

Topics: Structuring an effective 'PICO' question. Searching for answers in systems and synopses of evidence as well as syntheses and studies. How to judge the validity of the results of a randomized controlled trial by considering issues such as randomization, blinding, concealment and intention-to-treat analysis. How to interpret the size and precision of the results by considering the confidence interval, risk ratio and number-needed-to-treat. How to meld evidence with patient values and preferences to come to a clinical decision.

Faculty: Sacha Agrawal, MD FRCPC(C) general adult psychiatrist, Department of Psychiatry, McMaster University, facilitates a monthly evidence-based psychiatry seminar for residents and is completing an M.Sc. in Health Research Methodology with a focus on education research.

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2A: MINDFULNESS II - BUILDING SKILLS, REFINING PRACTICE

July 26-30, 2010

This course is for participants with some prior exposure to or experience with mindfulness-based approaches. It will assist participants in refining and further developing mindfulness-based approaches to working with physical and emotional pain, optimizing stress tolerance and enhancing occupational performance. A substantial portion of each class will be spent investigating formal and informal meditation practices. Group discussions will allow participants to reflect on their own experiences with these practices. A pre-course learning needs survey will be distributed to allow tailoring of the course content to the participants needs.

Topics: How are we presently engaging with mindfulness approaches and practices. Review of formal mindfulness meditative practices (body scan, sitting or lying meditation, walking meditation, eating meditation, loving kindness meditation, visualization practices that support mindfulness). Introduction to new applications of mindfulness in clinical care. MBSR research update 2010.

Faculty: Susan Abbey MD, FRCPC at the interface of medicine and psychiatry. She teaches MBSR at the University Health Network and is a collaborator in studies of the usefulness of MBSR in the management of hypertension and distress associated with SLE. She has a personal mindfulness practice.

2B: PSYCHIATRY FOR FAMILY PHYSICIANS

July 26-30, 2010

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. 2 topics/session will be presented, focusing on clinically relevant material and pragmatic approaches to these problems. The sessions will involve problem-based learning. 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, Depression in the Medically Ill, Approach to Post Traumatic Stress Disorder, Approach to Panic Disorder, Approach to the Suicidal Patient, Use of the DSM in Filling out Insurance Forms.

Faculty: Jon Davine, MD, CCFP, FRCP(C), Associate Professor in the Department of Psychiatry and Behavioural Neurosciences, McMaster University, with cross appointment in Family Medicine.

2C: PRACTICAL INTRODUCTION TO GENERAL PRACTICE PSYCHOTHERAPY

July 26-30, 2010

An interactive overview of relevant theories and techniques of General Practice Psychotherapy and brief overview of Interpersonal Therapy. "Do's" and "Don'ts" of psychotherapy including Record Keeping, Confidentiality, Patient and Therapist Safety, Consent to Treatment, Forming a Therapeutic Alliance and Boundary Issues. Interactive discussion with viewing of some Professional video of real patients and also some Hollywood films featuring depictions of psychotherapy.

Topics: Universal therapeutic factors in various common forms of psychotherapy, Psychotherapy Guidelines and suggested standards; Consent to treatment, record keeping, assessing suicide risk, assessing dangerousness (duty to warn), confidentiality, diagnosis, assessment and psychotherapeutic treatment of depression; appropriate boundaries for effective therapeutic intervention; discussion and viewing of video clips from movies; introduction to interpersonal psychotherapy (IPT) for depression; historical and conceptual basis of interpersonal psychotherapy; working with role disputes and role transitions; videotaped case presentations; the trans-theoretical model of behaviour change, one wounded healer's journey through stress and depression; issues in physicians' health and illness.

Faculty: Dr. Michael Paré, MD, M.Sc., M.Ed., C-IPT, C-GT, Physician Psychotherapist, Education Chair OMA Section on GP-Psychotherapy, Adjunct Professor, Department of Psychology, Tyndale University.

3A: MOODS and CYCLES: DIAGNOSIS and MANAGEMENT OF DEPRESSION IN WOMEN FROM MENARCHE TO MENOPAUSE and BEYOND

August 9-13, 2010

Throughout most of their lives, women are at greater risk for depression than men. Such increased risk may be exacerbated during periods in life that are associated with reproductive events (i.e., premenstrual, postpartum, menopausal transition). These 'windows of vulnerability' could occur in part due to a heightened sensitivity to intense hormonal fluctuations. After all, hormones and neurotransmitters share common pathways and receptor sites in areas of the brain linked to mood and behaviour. In this course, we will review the current knowledge on depression in women, examine the underlying mechanisms that may contribute to such an increased risk and discuss state-of-the-art treatment strategies to manage depression in women across the life cycle.

Topics: How Hormones Affect Mood and Behaviour in Women; The Dos and Don'ts While Managing Depression and Anxiety During Pregnancy and Postpartum; PMS, PMDD and PME; Diagnosis and Management; Menopause, Mood and Cognition: Hormonal and Non-hormonal Treatment Strategies; Clinical and Research Work on Women's Mental Health: Case Discussions, How to Get Involved

Faculty: Claudio N Soares, MD, PhD, FRCPC, Associate Professor at the Depts. of Psychiatry and Obstetrics & Gynecology at McMaster University, Academic Head, Mood Disorders Division & Director of the Women's Health Concerns Clinic. Meir Steiner, MD, PhD, FRCPC, Professor of Psychiatry and Obstetrics & Gynecology, McMaster University. Benicio N Frey, MD, PhD, Assistant Professor, Department of Psychiatry, McMaster University; Leader, Clinical Operations, Women's Health Concerns Clinic; Mood Disorders Program.

3B: PROMOTING RESILIENCE and PREVENTING BURNOUT: TOOLS FOR MANAGING WORK and LIFE

August 9-13, 2010

Physicians today are dealing with demands from multiple directions with limited time, energy and skills to manage them. In this interactive workshop participants will be introduced to concepts and tools to help them manage themselves and others, negotiate time and resources, understand and resolve conflict, and deal with the “stuff” of everyday life. Through reviews of relevant literature in the fields of psychology and business and opportunities for reflection, participants will develop a framework for promoting resilience and preventing burnout in their work and home life.

Topics: Managing Yourself—exploring emotional intelligence, leadership styles, defining values and motivations; Managing Others—understanding and managing conflict, having difficult conversations; determining needs, approaches to negotiation including how to negotiate a “no”; Managing Your Environment—managing time, projects, information and meetings; Moving Towards Resilience—aligning your work to create purpose, meaning and passion; recognizing and preventing burnout.

Faculty: Sarah Jarman, MD, FRCPC is an Assistant Professor in the Department of Psychiatry, University of Western Ontario and Joint Site Chief for RMHC London and St. Thomas. She is Vice Chair, MAC and Assistant Director of Medical Quality for SJHC London. She has been actively involved in curriculum development.

3C: PSYCHIATRIC REHABILITATION: AN INTRODUCTION

August 9-13, 2010

Clinical care for people with serious mental illnesses, such as persistent and severe mood and anxiety disorders or schizophrenia, should include evidence based and best practice assessments and interventions known to date. Psychiatric rehabilitation consists of such assessments and interventions that address psychiatric disabilities commonly associated with serious mental illnesses. Psychiatric rehabilitation is a field of mental health care that was formally initiated a few decades ago and is now a well-published and rapidly evolving field, yet it is not well known to many psychiatrists and other mental health care providers and trainees. Increased knowledge of psychiatric rehabilitation can improve care for people with serious mental illnesses. The goal of this seminar is to introduce psychiatrists and other mental health care providers and trainees to psychiatric rehabilitation. Objectives: Increase awareness of use and importance of psychiatric rehabilitation; Increase knowledge of psychiatric rehabilitation; Increase basic skills in psychiatric rehabilitation.

Topics: Psychopathology in a rehabilitation and recovery context; A history of psychiatric rehabilitation; Principles of psychiatric rehabilitation; Environments and programs in psychiatric rehabilitation; Psychiatric rehabilitation in a vocational context; Psychiatric rehabilitation process and readiness; Cognitive remediation; Social skills training; Facilitating activities of daily living; Psychoeducation; Supportive and self-oriented interventions; Family education and cultural adaptation; Case management and other environmental interventions; Ethical problems in psychiatric rehabilitation.

Faculty: Abraham (Rami) Rudnick, BMedSc, MD, MPsych, PhD, CPRP, FRCPC. Associate Professor, Dept’s of Psychiatry and Philosophy; Chair of the Division of Social and Rural Psychiatry; Coordinator of Bioethics; Director of the Extended Campus Program, University of Western, Ontario.

4A: COGNITIVE BEHAVIOUR THERAPY FOR WEIGHT MANAGEMENT: AN EVIDENCE-BASED APPROACH FOR HEALTH CARE PROVIDERS,

August 16-20, 2010

Weight management is considered an essential component in the prevention of chronic disease. Health care professionals are aware of this, but often have to rely on their own informal weight control knowledge and experience in providing patients with advice. This course will provide participants with a review of current research in, and recommendations for, body weight regulation. Using Cognitive Behavioral (CBT) principles, participants will learn to design both eating and activity plans, with a goal of improved health. Participants will learn how to approach practical, emotional and interpersonal obstacles to implementing a lifestyle plan. Finally, strategies for addressing body image will be reviewed. Participants will leave this course with a clear understanding of what is recommended in dealing with weight concerns, as well as practical knowledge of how one might change one’s lifestyle for the better.

Topics: Current recommendations for weight management; what is known about weight regulation; recommendations for dealing with health or body image weight issues; research on successful weight losers; weight management beliefs and relationship to body image; practical CBT strategies for lifestyle change.

Faculty: Michele Laliberte, Ph.D., C.Psych. is an Assistant Professor (part-time) in the Department of Psychiatry, McMaster University; Director, of the Outpatient Adult Eating Disorders Program, St. Joseph’s Healthcare in Hamilton.

4B: LAW AND PSYCHIATRY

August 16-20, 2010

This seminar will cover important medico-legal concepts and issues facing psychiatrists. This seminar sets out to develop a familiarity of important medico-legal concepts and issues facing psychiatrists such as malpractice and liability, violence, confidentiality and privilege, consent and capacity. There will be ample time for discussion and case presentation.

Topics: Introduction to Forensic and Medico-Legal Psychiatry; Introduction to Risk Assessment; Malpractice and Liability; Violence and the Psychiatric Patient; Confidentiality and Privilege, Consent and Capacity; The Psychiatrist in the Courtroom, Adult ADHD

Faculty: Dr. John Bradford, Associate Chief of the Integrated Forensic Program of the Royal Ottawa Healthcare Group; Professor and Head of the Division of Forensic Psychiatry, University of Ottawa. His research interests included sexual behaviours; impulse control disorders and most aspects of forensic psychiatry.

Accommodations

DEERHURST RESORT - HUNTSVILLE

WEBSITE: WWW.DEERHURSTRESORT.COM

For reservations call: 1-800-461-4393 and quote **"McMaster Muskoka Seminars"**. Sunday check-in and Friday check-out. Spouse and children under 18 stay free with seminar registrant. Guestroom types contingent upon availability so it is recommended to book early. Reservation is subject to a deposit and cancellation policy. Accommodations are not included in the registration fee. For room descriptions, please log onto www.deerhurstresort.com/accommodations.html

Rooms at Deerhurst Resort per unit per night (plus applicable taxes and resort fee of \$10 pp/per night)

Main Building Room \$199 (Pavillion)

Lakeside Room \$209

Junior 1 Bedroom Suite \$239 (Sports Villa)

1 Bedroom Condo \$299

2 Bedroom Condo \$475

3 Bedroom Condo \$585

14th ANNUAL MCMASTER MUSKOKA SEMINAR REGISTRATION FORM

Course Tuition: (Student and Resident rates available – please inquire)

EARLY BIRD RATE \$595.00 per course (before June 30, 2010)

REGULAR RATE \$645.00 per course

CREDIT CARD PAYMENTS – Please use our secure online registration form at:

www.mcmastermuskokacme.com

CHEQUE PAYMENTS – Cheques payable to **"McMaster University"**. Mail to address below along with registration form.

Name: _____ Profession: _____

Address: _____

Facility: _____ Email: _____

Phone: (_____) _____ Fax: (_____) _____

Course Registration – Please check off desired course(s):

- WEEK 1A – Mindfulness I
- WEEK 1B – Evidence-Based Mental Health
- WEEK 2A – Mindfulness II
- WEEK 2B – Psychiatry for Family Physicians
- WEEK 2C – Practical Introduction to General Practice Psychotherapy
- WEEK 3A – Moods and Cycles
- WEEK 3B – Promoting Resilience and Preventing Burnout
- WEEK 3C – Psychiatric Rehabilitation
- WEEK 4A – Cognitive Behaviour Therapy for Weight Management
- WEEK 4B – Law and Psychiatry

Total amount: \$ _____ (payment must accompany registration form)

Please mail or fax the registration form to: McMaster Muskoka Seminars
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Study Credits: The credit ratings assigned to the educational sessions for this conference by the Royal College of Physicians and Surgeons of Canada, MOCOMP Program, reflect the educational value of the program. The listed programs offered meet the accreditation criteria of the College of Family Physicians of Canada, and have been accredited for 15 MAINPRO-M1 credits each. Professional development credits may be given to Social Workers and Nurses. Attendees are advised to retain their letters of attendance.