



MDPAC
ACPM

MEDICAL PSYCHOTHERAPY
ASSOCIATION CANADA

ASSOCIATION CANADIENNE
DE PSYCHOTHÉRAPIE MÉDICALE

Presents:

Expanding Psychotherapy Horizons

MDPAC 32nd Annual Conference

May 24-25 2019

Radisson Admiral Hotel, Toronto

Featuring:



Kristina Virro

Fresh Insight

Psychotherapy & Nutritional Counselling

Modulating Mood Using Food



Dr. Bruce Ballon

Associate Professor of Psychiatry and Public
Health, University of Toronto

SWIMMING IN CYBER

21st Century Technology & Mental Health



Dr. Sheldon Joseph

Ask Dr Sheldon

Neuroplasticity Accessibility



Dr. Imants Barušs

Department of Psychology

King's University College at Western University

***Advances in Consciousness Research
with Implications for Psychotherapy***

CONFERENCE SCHEDULE

FRIDAY MAY 24

7:30—8:30

Registration/Breakfast

8:30—10:00

Keynote Kristina Virro

10:00—10:30

Refreshment Break

10:30—12:00

Keynote

Dr. Bruce Ballon

12:00—13:30

Lunch & AGM

13:30—17:00

Sessions

15:00—15:30

Refreshment Break

17:30—18:30

Reception

SATURDAY MAY 25

7:30—8:30

Registration/Breakfast

8:30—10:00

Keynote Dr. Sheldon Joseph

10:00—10:30

Refreshment Break

10:30—12:00

Keynote Dr. Imants Barušs

12:00—13:30

Lunch & CPD Focus Group

13:30—17:00

Sessions

15:00—15:30

Refreshment Break

Why Should You Attend the MDPAC Conference?

- The MDPAC Conference program presents a variety of topics from the practical to the theoretical, blending the art and science of psychotherapy and psychopharmacology.
- Many opportunities will be available to learn and interact with colleagues, gain new insights and obtain support for your practice of medical psychotherapy.
- Excellent plenary speakers and workshop choices to suit the novice to the experienced psychotherapist.

Conference Learning Objectives:

- To provide new information to improve clinical assessment skills
- To improve techniques for psychotherapy interventions
- To learn about new developments in the field and their applicability to assessment and treatment
- To understand the need for and importance of clinical self-awareness and boundaries in working with clients in psychotherapy
- To identify areas for further learning and development.

ACCREDITATION

MDPAC

Approved for 12 hours of MDPAC Group CE credits (for 2 days) and 2 hours of MDPAC CCI credits (automatically calculated when MDPAC member submits Group CE hours).

And

Friday, May 24, 2019 - AGM - 1 hour CCI

Reception - Friday, May 24, 2019 - 1 hour CCI

Saturday, May 25 Lunch - CPD Focus Group Session - 1 hour CCI



NOTES:

- ⇒ **SPACE IS LIMITED – Register Early to Avoid Disappointment**
- ⇒ **Program subject to change.**
- ⇒ **Confirmations will be sent via email 5 business days prior to the conference**

Reception

Friday May 24 17:30—18:30

Join the MDPAC Board of Directors and fellow colleagues for an informal reception.

REGISTER ONLINE AT MDPAC.CA

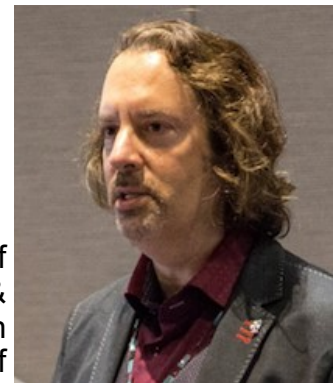
Friday May 24
Modulating Moods Using Food
Kristina Virro



As a nutritionist and psychotherapist, Kristina has a passion for looking at the intersection between mental and physical health. Her private practice, Fresh Insight, takes a holistic approach to wellness and seeks to inspire hope, catalyze change, and foster a sense of personal empowerment for individuals, couples, and families in the GTA.

In addition to being a published author, Kristina has shared her expertise with a number of media outlets, including The Globe & Mail, FLARE, Canadian Living and more. Prior to working as a psychotherapist, she was a journalist in the realm of television and documentary films and traveled across Canada and the United States to contribute to a documentary on the prescription drug abuse epidemic. Outside of therapy, she enjoys a good glass of wine while playing with her 180-pound Great Dane.

Friday May 24
SWIMMING IN CYBER
21st Century Technology and Mental Health
Dr. Bruce Ballon MD, ESP(C), FRCPC, FCPA



An award-winning psychiatrist, Dr. Ballon brings over two decades of experience in providing innovative education, simulations, facilitation & creativity for teaching and training to individuals and groups. Dr. Ballon is an Associate Professor of Psychiatry and Public Health for the University of Toronto, as well as an Adjunct Professor for the University of Ontario Institute of Technology's Faculty of Health Sciences. He has fellowships in Addiction Psychiatry and Youth & Family Psychiatry. As the Director of Education for SIM-one, he embraced a collaborative approach, developing numerous programs and helping foster the next generation of simulationists. He also was the creator & Head of both the Youth Addiction and Concurrent Disorders Program and the Advanced Clinical and Educational Services at the Centre for Addiction and Mental Health, which developed into the ongoing Problem Gambling, Gaming and Internet Services.

Dr. Ballon is a Senior Education Consultant for Baycrest, where he is involved in developing simulation & innovative experiential trainings. He also participates in the Arts and Humanities activities offered through Mount Sinai Hospital. Dr. Ballon also consults to Homewood Health's specialty clinics and residential programs across Canada, focusing on concurrent mental health, addiction and trauma issues. He is also a program development consultant for the Nursing Health Program for Ontario. He has also acted as a consultant for many healthcare professional organizations in regard to addiction and mental-health issues, such as the OMA, MOHLTC, and the CNO.

He has created numerous clinical treatment programs for addressing complex health conditions involving trauma, mental health and addiction. Dr. Ballon works with industries involved in technology & games for understanding its impact on people's lives. He is also an illusionist who performs to help educate the public of mental health issues, as well as collaborates with professional illusionists around the world. He has written books for children, parents, and the general public. He has been a media consultant to create accurate portrayals of psychiatric elements. He has also created games dealing with mental-health issues that have garnered him awards from the Games Manufacturers Association and international literary & academic associations.

Saturday May 25
Neuroplasticity Accessibility
Dr. Sheldon Joseph PhD

Dr. Sheldon M. Joseph, or Dr. Sheldon – as he prefers to be called – is a uniquely talented speaker, scholar, and innovator. With laser-like focus on his life's calling, he spends his days as a thoroughly engaging, dynamic motivational speaker, life sciences educator and entrepreneurial scientist. Dr. Sheldon is well-equipped with world-class credentials couched in his jovial, down-to-earth, conversational style of communication that inspires many and changes lives.



Via his AskDrSheldon.com portal, he interacts with the public and hones his skills by independently creating unique health talks and courses, delivering them with enthusiasm at the University of Toronto's School of Continuing Studies and University Lecture Series. His deep passion for invention and biomedical R&D is fully exercised through his innovative companies. This multi award winning professor, scientist, and author loves and is intrigued by anything that is made up of cells. This includes you! With humility, compassion, and gratitude, he has dedicated his life to the improvement of life for all.

Saturday May 25
Advances in Consciousness Research
with Implications for Psychotherapy
Dr. Imants Barušs BSc, MSc, PhD

Imants Barušs completed an interdisciplinary BSc, a MSc in mathematics, and PhD in psychology with specialization in the study of consciousness. He has taught courses about consciousness and altered states of consciousness for 32 years in the Department of Psychology at King's University College at Western University where he has risen to the rank of Professor.



He is also Adjunct Research Professor in the Faculty of Arts and Humanities at Western University and a member of the School of Graduate and Postdoctoral Studies at Western University. He has a particular research interest in the fundamental nature of consciousness. He is also currently a Co-Investigator for a clinical trial of meditation with a \$413,100.00 CIHR grant.

He is the author or co-author of 6 books, 50 papers, and 22 reviews and has given or co-authored over 100 presentations in different venues around the world. His most recent book, *Transcendent Mind*, co-authored with Julia Mossbridge, published by the American Psychological Association, has sold over 1000 copies and received laudatory critical acclaim. He is an Associate Editor with the *Journal of Scientific Exploration* and a Consulting Editor for *Psychology of Consciousness* and a professional member of the Society for Mathematical Psychology, the New York Academy of Sciences, and the Academy for the Advancement of Postmaterialist Sciences.

8:30 - 10:00

Modulating Moods Using Food

Kristina Virro

More and more research is concluding that our diets play an influential role in our mental health.

As a result, psychotherapists can benefit from assessing if clients' nutritional habits are contributing to symptoms.

But what would such an assessment look like? And how might psychotherapists navigate the terrain of making nutritional recommendations while staying within their scope of practice?

Registered Holistic Nutritionist and psychotherapist Kristina Virro answers these very questions to help therapists feel confident taking a more holistic approach to mental wellness through the use of nutrition.

10:30 - 12:00

SWIMMING IN CYBER 21st Century Technology and Mental Health

Dr. Bruce Ballon
MD, ESP(C), FRCPC, FCPA

An interactive discussion on current interactive technology, and its impact on mental health. Technology has allowed easier and quicker access for health but also exposure to numerous elements that can create behavioural issues for the vulnerable.

Explore the common issues and then consider practical approaches for tackling this growing problem in healthcare. Understanding ways the virtual worlds intersect with the physical one, and incorporating these considerations into practice, is crucial for treatment effectiveness in the modern world.

Session A

Update in Psychopharmacology in Mood Disorders

***Dr. Roger S. McIntyre,
MD, FRCPC***

Mood disorders are common, persistent, often treatment resistant. Increasing interest in the area of cognition anhedonia, and its implications for functional impairment is guiding new treatment discovery. This workshop will review latest pharmacotherapy treatments for adults with mood disorders. A particular emphasis will be given to combination treatments as well as experimental treatments e.g. anti inflammatory, metabolic treatments and the role of alternative treatments. Moreover, ketamine and psychedelics for mood disorders will be discussed.

**NOTE This session will be
from 1:30—4:00 pm**

Session C

Aging World, Aging Patients, Aging Self

Dr. Blair Roblin PhD, LLB

The workshop will explore several topics related to aging, including:

1. how an aging society affects all of us in terms of health care, consumer trends, technology, economics and the law,
2. the ways physicians advise, treat and comfort aging patients,
3. how we deal personally with our own aging, and
4. the challenges that physicians and other professionals face in transitioning to life after work.

Session B

How to Promote Yourself Professionally in this Era of Social Media

Kristina Virro

Social media can play an important role in promoting your practice and sending your valuable message to the world.

Nevertheless, therapists often feel overwhelmed by how to enter the world of social media and use it to its full potential.

With more than 7,000 likes on Instagram and 500 likes on Facebook, Kristina Virro explores how to present yourself professionally and authentically in today's digital age.

Session D

Sleep and Mental Health ***Dr. Colin Shapiro, BSc (Hon), MBBCh, PhD, MRCPsych, FRCP(C)*** ***& Dr. Dora Zalai, MD (Hon), PhD, C. Psych***

The course will provide pragmatic, clinically applicable information about :

1. sleep disorders in mental health conditions with special emphasis on depression, PTSD, and anxiety disorders
2. assessment of sleep disorders that are most relevant with regards to mental health conditions and
3. cognitive behavioural therapy for insomnia.

8:30 - 10:00

Neuroplasticity Accessibility

Dr. Sheldon Joseph PhD

Dr Sheldon will discuss and demonstrate creative ways that practitioners can make the complexity and power of neuroplasticity accessible to their patients and the public.

10:30 - 12:00

Advances in Consciousness Research with Implications for Psychotherapy

***Dr. Imants Barušs
BSc, MSc, PhD***

There has been an increasing shift toward post-materialist conceptions of reality as a result of research about consciousness. There is now good evidence for three main types of anomalous phenomena associated with consciousness—remote viewing, remote influencing, and post-mortem survival.

Research will be presented showing that there appear to be mental techniques that people can use for themselves that can move them into exceptional states of wellbeing, which has significant implications for psychotherapeutic intervention; recent incorporation into grief therapy of apparent after-death communication; and self-transformation, not only of oneself but others, using mental techniques that appear to shift the Practitioner and people exposed to those techniques into exceptional states of wellbeing.

12:00 - 1:15 pm

Focus Group on CPD Expansion Roll-Out

The College and Physicians and Surgeons (CPSO), who have granted MDPAC the Third Pathway, require that we incorporate the CanMEDS into our CPD Program. Including the CanMEDS Guidelines into our CE/CCI Program has required changes to the balance of CE to CCI each year and changes to how credits will be submitted. A new CE/CCI Reporting Program will be developed and the new changes will begin at the beginning of the next cycle - October 1, 2020. Come and learn about the changes and contribute to making the changes clear for all members.

This session has been developed for Clinical, Clinical CPD/CPSO, Certificant and Mentor Members of MDPAC, that is, members who submit credits for maintenance of MDPAC Membership.

Session E

Neuroplasticity Accessibility

Dr. Sheldon Joseph PhD

Dr. Sheldon will discuss (in his keynote talk) and demonstrate (in his workshop) creative and effective ways that practitioners can make the complexity and power of neuroplasticity accessible to their patients and the public.

Session F

Energy Psychology and Emotional Freedom Techniques (EFT/Tapping)

***Nancy Forrester
MBA, BEd, BSc***

Energy Psychology (EP) techniques combine imaginal exposure to upsetting stimuli with somatic stimulation of acupressure points on the upper body and a cognitive statement of acceptance and safety. This process often results in surprisingly rapid desensitization and gentle resolution of physical, emotional and psychological distress.

Emotional Freedom Techniques (EFT/tapping), the most widely used form of EP, is an evidence-based self-care and therapeutic modality. The techniques of EFT are easy to learn and use by therapist and patient, are useful on a broad base of presenting conditions and integrate with a wide range of psychological therapies.

This workshop offers

- A review of the history, science and research base of Emotional Freedom Techniques.
- Demonstrations and facilitated practice sessions in using Emotional Freedom Techniques for stress management, self-regulation and physical/emotional symptom relief.
- An introduction to using Emotional Freedom Techniques for resolution of adult trauma and childhood developmental and attachment trauma.
- An exploration of how to integrate Emotional Freedom Techniques into existing psychotherapy practices.

Learning Objectives:

- Attendees will have the confidence and competency to use EFT/tapping for themselves and patients at the level of self-regulation, stress management and symptom relief.
- Attendees will develop an awareness of how EFT/tapping is used for trauma resolution.

Session G

The Future on Neuromodulation for Depression

***Dr. Jeff Daskalakis
MD, PhD, FRCP(C)***

In any given year, 2.5 percent of the population experiences treatment resistant depression (TRD). TRD is estimated to cost 60-100 billion per year to treat in the US. Electroconvulsive therapy (ECT) is effective for TRD with remission rates ranging from 50 to 75 percent.

However, ECT use in TRD is limited to fewer than 1 percent of patients due to fear, stigma and memory side effects. Repetitive transcranial magnetic stimulation (rTMS) and magnetic seizure therapy (MST) offer a viable alternative to ECT with treatment results suggesting significant mood improvement in TRD.

These treatments are also associated with significant rates of remission of suicidal ideation (SI). In this presentation, rTMS and MST will be discussed in detail. Novel rTMS and MST treatment approaches will also be discussed.

Jeff Daskalakis, MD, PhD, FRCP(C)

Jeff Daskalakis is a Professor of Psychiatry at University of Toronto. He is presently the Temerty Chair in Therapeutic Brain Intervention and chief of the General Adult Psychiatry and Health Systems Division at CAMH. The Temerty Centre uses magnetic brain stimulation to study the role of cortical inhibition and plasticity as potential pathophysiological mechanisms in schizophrenia, depression and obsessive compulsive disorder.



Dr. Daskalakis also conducts treatment studies using repetitive transcranial magnetic brain stimulation (rTMS) and magnetic seizure therapy (MST) for refractory symptoms in these disorders. He holds or has held NARSAD, CIHR, Brain Canada and NIMH operating awards and grants. He has also been awarded the Samarthji Lal Award in Mental Health Research from the Graham Boeckh Foundation. He is also a member of the Brain and Behavior Research Foundation Scientific Council.

Finally, he has over 320 peer-reviewed publications and is an editorial board member for *Biological Psychiatry* and an Associate Editor for *Clinical Neurophysiology*.

Nancy Forrester MBA, BEd, BSc

Nancy Forrester started her psychotherapy practice thirty years ago after her own anxiety and post-partum issues required her to leave a successful career in post-secondary academia.



Through her own healing journey, she discovered that there is more to being human than having a highly developed intellect. Who knew that the body is actually designed to do more than hold up the brain! Attempts to integrate her science, education and business backgrounds with psychotherapy training led her to question to completeness of the then current therapeutic framework. Exploration eventually led to her discovery of what she calls 'the missing link', Emotional Freedom Techniques and Energy Psychology.

Today Nancy Forrester is the Founder and Executive Director of Canada's National Emotional Freedom Techniques Training Institute (NeftTI.com) which provides training, certification and consultation to mental health clinicians wishing to integrate Energy Psychology into their personal and professional skill sets.

She is Canada's only globally accredited Master EFT Trainer of Trainers and is a respected leader in teaching clinicians and coaches how to integrate mind body spirit techniques into powerful strategies that lead to safe, significant and sustainable results. Her workshops are sought after for their cutting-edge integration of theory and practice delivered in Nancy's clear, joyful and compassionate style.

Dr Roger McIntyre MD, FRCP(C)

Dr. Roger McIntyre is currently a Professor of Psychiatry and Pharmacology at the University of Toronto and Head of the Mood Disorders

Psychopharmacology Unit at the University Health Network, Toronto, Canada.

Dr. McIntyre is also Executive Director of the Brain and Cognition Discovery Foundation in Toronto, Canada. Dr. McIntyre is also Director for the Depression and Bipolar Support Alliance (DBSA) from Chicago, Illinois, USA. Dr. McIntyre is also Professor and Nanshan Scholar at Guangzhou Medical University, and Adjunct Professor College of Medicine at Korea University. Dr. McIntyre was named by Clarivate Analytics/ Thomson Reuters in 2014, 2015, 2016, 2017 and 2018 as one of "The World's Most Influential Scientific Minds". This distinction is given by publishing the largest number of articles that rank among those most frequently cited by researchers globally in 21 broad fields of science and social science during the previous decade.



Dr. McIntyre is involved in multiple research endeavours which primarily aim to characterize the association between mood disorders, notably cognitive function and medical comorbidity. His works broadly aims to characterize the underlying causes of cognitive impairment in individuals with mood disorders and their impact on workplace functioning. This body of work has provided a platform for identifying novel molecular targets to treat and prevent mood disorders and accompanying cognitive impairment.

ABOUT THE WORKSHOP PRESENTERS...

Dr. McIntyre is a contributor to the Florida Best Practice Psychotherapeutic Medication Guidelines for Adults with Major Depressive Disorder and Bipolar Disorder. Dr. McIntyre was the co-chair of the Canadian Network for Mood and Anxiety Treatments (CANMAT) Task Force on the Treatment of Comorbidity in Adults with Major Depressive Disorder or Bipolar Disorder and as well a contributor to the CANMAT guidelines for the treatment of Depressive Disorders and Bipolar Disorders. Dr. McIntyre has published more than 500 articles/manuscripts and has edited and/or co-edited several textbooks on mood disorders.

Dr. McIntyre completed his medical degree at Dalhousie University. He received his Psychiatry residency training and Fellowship in Psychiatric Pharmacology at the University of Toronto.

Dr. Blair Roblin PhD, LLB

Blair researches, writes and speaks on topics related to aging, including health care, economics, employment/retirement, legal rights, consumer trends and technology. His website, ouragingworld.com profiles his activities and interests in the sector.



He holds a PhD in Health Services Research and Gerontology, a Masters in Critical Disabilities Studies, a law degree, an MBA and a Chartered Business Valuator designation.

Blair currently consults in the seniors' care sector on matters related to policy and finance. He has spent over 30 years advising business owners, management teams and boards of directors on mergers and acquisitions, raising capital and business valuation issues. He taught at the Schulich School of Business for 20 years, including both the MBA and Executive Development programs.

Blair is Past Chair of March of Dimes Canada (MODC) and has been a board member of the organization for 15 years. MODC is focused on providing services to adults with disabilities and has approximately 2000 employees and annual revenues of \$150 million.

Dr. Colin Shapiro BSc (Hon), MBBCh, PhD, MRCPsych, FRCP(C)

Dr. Colin Shapiro is a professor in psychiatry and ophthalmology and has been involved in sleep research for almost half a century. He has published over 300 papers and has had a strong interest in measurements in sleep and psychiatry. He runs both a child and an adult sleep clinic and has a unique melatonin testing facility. His current interest includes making sleep assessments more available to the general public.



Dr. Dora Zalai MD (Hun), PhD, C. Psych

Dr. Zalai completed medical training in Hungary and worked as a physician prior to earning her doctoral degree in clinical psychology. She has held psychology positions at the University Health Network, London Health Sciences, St. Michael's Hospital, St. Joseph's Health Care (Hamilton) and a number of sleep clinics throughout Ontario. She currently works in the areas of clinical, health and rehabilitation psychology in supervised private practice and provides cognitive behavioural, mindfulness and acceptance-based treatments to individuals struggling with depression, anxiety, trauma, medical conditions, chronic pain and post-concussion symptoms. In addition, she provides cutting-edge sleep and body clock assessments and individually-tailored treatment for individuals with sleep and circadian disorders. Dr. Zalai has educated clinicians and patient groups about the relationship between sleep, fatigue, mental and physical health in Canada, Europe, Asia and Africa and is passionate about developing cognitive behavioural therapy for insomnia programs in community and in hospital settings.



REGISTRATION AND HOTEL INFORMATION

**Pre-Registration is strongly recommended.
Registration is processed on a prepaid first-come, first-served basis.**

Full 2019 Conference **

Early Registration Rate (Received prior to April 30 2019)
MDPAC Members \$550
Non-Members \$600
Medical Student/Resident (with proof of status) \$50

Registrations Received after April 30 2019
MDPAC Members \$575
Non-Members \$625
Medical Student/Resident (with proof of status) \$50

1 Day Registration ***

MDPAC Members \$325
Non-Members \$350
Medical Student/Resident (with proof of status) \$ 25

Friday MDPAC Annual General Meeting and Luncheon ONLY

\$25 (NOTE: Full Conference Registrants are automatically registered)

CANCELLATION POLICY

Cancellations must be received in writing by 5:00 p.m. on May 1 2019 and is subject to a \$50 administration fee. No refunds after May 1, 2019. No show - full fee.

E-Mail or fax refund requests to:

info@mdpac.ca

Fax: 1-866-328-7974.

**Fee for Full Conference Registration includes:

Breakfast, plenary sessions, refreshment breaks, luncheon and workshops.

*** Fee for 1 Day Conference Registration includes the following:

Breakfast, plenary sessions, refreshment breaks, luncheon and workshops.

CONFERENCE LOCATION AND ACCOMMODATIONS

Radisson Admiral Hotel Toronto

249 Queen's Quay West Toronto, Ontario

MDPAC Conference Registrants qualify for a reduced rate of \$249 per night (single or double) Register before April 22 to qualify for this rate.

When booking your room, please be sure to identify yourself as a registrant of the MDPAC Conference.

For reservations or general information, please call the hotel directly at: Toll-free: (800) 333-3333 Toronto call: (416) 203-3333

Parking: \$26 /day for 24 hours or \$15 for 6am to 6pm
(NOTE: Subject to change)

From North / East

Take 404/Don Valley Parkway South to Lakeshore Blvd exit; Turn right onto Lakeshore Blvd E; Take the Lakeshore to Rees Street, and turn left. Follow Rees Street around the back of the hotel to the entrance of the parking garage located on the east side of the building.

From HWY 401 / Airport:

Take Hwy 401 to 427 South; 427 to Gardiner Expressway; Gardiner Expressway to Lakeshore Blvd West; Turn Right onto take the Lakeshore to Rees Street, and turn right. Follow Rees Street around the back of the hotel to the entrance of the parking garage located on the east side of the building.

Public Transit/TTC:

TTC is available on streetcars 310, 509. and 510. which stop directly in front of the hotel.



The Radisson Hotel Admiral Toronto - Harbourfront is an intimate, boutique style hotel, elegantly appointed in a contemporary nautical theme. As "your destination in the city", the hotel affords a dramatic view of Lake Ontario.

At the same time, our Harbourfront location provides public transportation at our doorstep, as well as easy access to downtown Toronto points of interest.

When it's time to relax, guests at the hotel can enjoy complimentary access to an outdoor patio overlooking Toronto's Harbour and islands. Other convenient amenities at the Radisson Admiral include complimentary access to the fitness centre and business centre.

With a prime downtown Toronto location just minutes from CN Tower, Rogers Centre/Skydome, Air Canada Centre, Metro Toronto Convention Centre, Direct Energy Centre/National Trade Centre and many more, the hotel offers the kind of warm hospitality, inviting atmosphere and superb services sure to please.

REGISTER ONLINE AT MDPAC.CA