



MDPAC
ACPM

MEDICAL PSYCHOTHERAPY
ASSOCIATION CANADA

ASSOCIATION CANADIENNE
DE PSYCHOTHÉRAPIE MÉDICALE

MDPAC 33rd Annual Conference
November 6-7 2020
VIRTUAL Conference—VIA ZOOM



Featuring:

Dr. Carlos Davidovich MD, EMCC

Unconscious Cognitive Biases

Dr. Jon Davine MD, CCFP, FRCP(C)

***Somatizing: What Every Primary Care Practitioner
Needs to Know***

Dr. Robyne Hanley-Dafoe PhD

***Everyday Resiliency Through Optimal Stress,
Personal Alignment and Purpose***

Dr. Lawrence Martin MD, FRCP(C)

ADHD: A Primer for Psychotherapists

CONFERENCE SCHEDULE

FRIDAY NOV 6

9:00—10:30

Keynote Dr. Carlos Davidovich

10:30—11:00

Break

11:00—12:30

Keynote

Dr. Jon Davine

12:30—13:30

Lunch

13:30—17:00

Workshops

15:00—15:30

Break

SATURDAY NOV 7

9:00—10:30

Keynote

Dr. Robyne Hanley-Dafoe

10:30—11:00

Break

11:00—12:30

Keynote

Dr. Lawrence Martin

12:30—13:30

Lunch

13:30—17:00

Workshops

15:00—15:30

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 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:

At the end of this learning activity the learners will be able to:

- Identify new information that will improve their clinical assessment skills
- Apply improved techniques for their psychotherapy interventions
- Describe new developments in the field and their applicability to assessment and treatment
- Describe the need for and reflect on the importance of clinical self-awareness and boundaries in working with clients in psychotherapy
- Identify areas for further personal 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).

CFPC

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 12 Mainpro+ credits.

RCPSC

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada (RCPSC) and approved by McMaster University CHSE for up to 12 MOC Section 1 hours.

Special Thanks to the 2020 Conference Organizing Committee:

Dr. Elizabeth Alvarez, Dr. Joachim Berndt, Dr. Howard Eisenberg, Dr. David Posen, Dr. Lauren Torbin

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

2 Day Registration Fees

MDPAC Members \$300
Non-Members \$400
Medical Student/Resident (with proof of status) \$50

1 Day Registration Fees

MDPAC Members \$150
Non-Members \$200
Medical Student/Resident (with proof of status) \$25

CANCELLATION POLICY

Cancellations must be received in writing by 5:00 p.m. on October 15 2020 and is subject to a \$50 administration fee. No refunds after October 15 2020. No show - full fee. E-Mail or fax refund requests to: info@mdpac.ca

Friday November 6

Unconscious Cognitive Biases

Dr. Carlos Davidovich MD, EMCC

Dr. Davidovich has over 15 years of experience supporting the development of leaders and management teams alike on an international scale. Raised and educated in Argentina, Carlos lived and worked in Europe for twelve years and now lives in Canada where he works as an Executive Coach and oversees the Centre for Neuromanagement at Optimum Talent.



Originally educated as a Medical Doctor in Argentina, Carlos draws on this training in medicine, and understanding of the brain, to apply neuromanagement coaching modalities that lead to obvious, sustainable change for his clients.

Over the course of his career, for more than twenty years he has also gained management experience in business executive roles working for multinationals such as Hoffmann-La Roche and Pharmacia Corp/Pfizer. He is a professor of Neuromanagement in the MBA program at the University of New York in Prague and a thought leader with the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate <http://www.instituteofcoaching.org/our-thought-leaders>

Friday November 6

Somatizing: What Every Primary Care Practitioner Needs to Know

Dr. Jon Davine MD, CCFP, FRCP(C)

Dr. Davine is an Associate Clinical 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 is currently the Ontario representative on the Canadian Psychiatric Association Education Committee. He is currently a Council Member and Treasurer of the Ontario Psychiatric Association. He has co-edited a book called “Psychiatry in Primary Care, a concise Canadian pocket guide”, in 2011, with the second edition in 2019. He was made a Fellow of the Canadian Psychiatric Association in 2012 and of the American Psychiatric Association in 2013. He was made a Distinguished Fellow of the Canadian Psychiatric Association in 2014 and of the American Psychiatric Association in 2018.

Saturday November 7
Everyday Resiliency Through Optimal Stress, Personal Alignment and Purpose: How to Show Up and Make it Work for You
Dr. Robyne Hanley-Dafoe PhD

Dr. Robyne Hanley-Dafoe is an educator, speaker, author, and consultant. As a multi-award-winning psychology and education instructor, with over 13 years of teaching and research experience at Trent University, Robyne uses narrative pedagogy to engage and inspire. Described as transformational, Robyne's work connects researched informed practices with everyday applications that are realistic, universal and sustainable.



Saturday November 7
ADHD: A Primer for Psychotherapists
Dr. Lawrence Martin MD, FRCP(C)

Dr. Lawrence Martin is an Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University. He completed residency and fellowship training at the University of Toronto, and has completed two terms as Director of Psychiatry Resident Training, then Vice-Chair (Education) in the Department of Psychiatry at McMaster.

Dr Martin has held a variety of clinical administrative roles including Assistant Chief of Psychiatry at St Joseph's Healthcare and more than 10 years as Head of Service of the Regional Mood and Anxiety Disorders Program at St. Joseph's Healthcare.

For the first half of his career Dr Martin systematically misdiagnosed patients with ADHD as Bipolar Disorder NOS and treated their resistant depression with a wide range of misdirected and ineffective augmentation strategies. He did not know Adult ADHD existed, and did not have a clue what he was doing. After a minor epiphany 12 years ago he realized that a large portion of patients in the Mood Disorders Program were in fact suffering from ADHD. His practice now is focused on treating patients with ADHD. He is sorry he is apparently such a slow learner.



9:00 - 10:30**Unconscious
Cognitive Biases*****Dr. Carlos Davidovich MD,
EMCC***

Neuroscience research has begun to ‘connect the dots’ on how the brain works and how brain functioning supports both conscious and unconscious thought processes. With this newfound knowledge, we are beginning to understand the power of unconscious bias and its impact on behavior, decision-making and interpersonal dynamics. It is important for psychotherapists to be knowledgeable about unconscious bias, since its impact—and fallout—is part of our daily life.

This highly interactive presentation will teach us about the two basic systems that link biases to decision making, and how unconscious bias operates in the brain. The information will help to identify and work on the gap between a client’s intentions – and their actual behavior. In this presentation the objectives are:

- To understand the influence that unconscious bias has on the medical practice and specifically,
- To identify when unconscious biases can be useful and when they are counter-productive,
- How to support patients in re-framing and re-wiring conditioned patterns of behavior,
- Tips to support patients in overcoming biases.

11:00 - 12:30**Somatizing:
What Every Primary Care
Practitioner Needs to Know*****Dr. Jon Davine MD, CCFP,
FRCP(C)***

Somatizing is a common human experience, that presents very commonly in the primary care setting. In this keynote, we will present a definition of somatizing. We will present a timely and respectful way to make a mind/body link-up to patients, that can be understood and used by them. We will present the range of diagnoses that make up “Somatic Symptom and Related Disorders”. This will include discussion of illness anxiety disorder and body dysmorphic disorder.

I will discuss some of the issues I have with the current DSM-5 diagnoses. Participants will understand the range of conscious and unconscious mechanisms involved in these disorders. We will discuss treatment modalities for these disorders, both psychopharmacologic and psychotherapeutic.

Workshop A

Approach to Anxiety Disorders and PTSD in Primary Care

Dr. Jon Davine MD, CCFP, FRCP(C)

In the first part of the talk, we will focus on learning how to diagnose the different anxiety disorders in a time efficient manner. This will include panic disorder, generalized anxiety disorder, social anxiety disorder, and obsessive compulsive disorder. We will discuss effective psychotherapeutic techniques for these disorders, that can be applied in primary care. We will also discuss recent psychopharmacologic guidelines in the treatment of these disorders, that can be used in primary care.

In the second part of the talk, we will learn effective questioning to make the diagnosis of PTSD in a timely manner. We identify potential situations that may lead to PTSD. We will discuss effective psychotherapeutic techniques for PTSD that are applicable to primary care. We will also describe effective psychopharmacologic treatments of PTSD that can be used in primary care.

Workshop B

Internal Family Systems Therapy: What's All the Fuss About?

Derek Scott RSW, Founder of IFSCA

As you may be aware IFS therapy is now regarded by many as the emerging model of psychotherapy. Hailed by leaders in the field such as Bessel Van der Kolk, Gabor Mate and Janina Fisher because of its efficacy in the fields of trauma and addiction; IFS offer a new paradigm for therapy based on the premise that the personality is multiple, we all have a “Self” that can facilitate healing of the distress held by our “parts” and there is nothing “wrong” with us. This understanding shifts the focus of the work to the client’s system, relieving us of the responsibility for the relief of their suffering and associated burnout.

In this engaging workshop you will be introduced to the model, invited to get to know some of your own “parts”, witness a demonstration of the work and have the opportunity to ask questions about how the model may work with other therapeutic modalities.

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

Workshop C

Good Psychiatric Management for Patients with Borderline or Narcissistic Personality Disorders

Dr. Paul Links MD, FRCP(C)

Workshop Objectives:

At the end of this workshop, the participants will be able to:

1. Describe Good Psychiatric Management and the evidence for the model,
2. Characterize contemporary understandings of borderline and narcissistic personality disorders,
3. Discuss pragmatic, evidence-based approaches to management issues such as risk of suicide, comorbid disorders, fostering a sense of self-agency and establishing and maintaining a collaborative therapeutic relationship.

The purposes of this workshop are to discuss the development of Good Psychiatry Management (GPM) for patients with Borderline and Narcissistic Personality Disorders and indicate the current evidence for using GPM in the care of these patients. The workshop will review contemporary understandings of borderline personality disorder and the interpersonal hypersensitivity model and current views of narcissistic personality disorder and the intrapsychic coherence model. Practical pragmatic approaches to management issues such as risk of suicide, comorbid disorders, fostering a sense of self-agency and establishing and maintaining a collaborative therapeutic relationship will be discussed. Case vignettes that require active participant involvement will be included in the workshop.

9:00 - 10:30

**Resiliency Through
Optimal Stress,
Personal Alignment
and Purpose:
How to Show Up
and Make it Work for You**

***Dr. Robyne Hanley-Dafoe
PhD***

This keynote introduces the concept of resiliency from a broad worldview that incorporates five key areas. Sharing from Robyne's experiences traveling around the globe, Robyne reviews what people have in common that contributes to resiliency, and what we can do in our own lives to foster resiliency within others and ourselves. Robyne's talk highlights practical strategies and ideas grounded in optimal stress, value alignment, practical focus and the importance of continued goal setting. Using narrative pedagogy, Robyne's talk shares candid encounters with resiliency that are research informed and readily available to all of us.

11:00 - 12:30

**ADHD: A Primer for
Psychotherapists**

***Dr. Lawrence Martin MD,
FRCP(C)***

Objectives:

1. To understand the basic biology of ADHD;
2. To appreciate the impact of ADHD on personal development;
3. To appreciate the importance of comorbidity in ADHD;
4. To review treatment approaches in ADHD.

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

Workshop E

Trauma-informed Care Interventions

***Dr. Clare Pain MD, MSc,
FRCPC, D.Sc (Hons) AAU***

Unresolved psychological trauma can affect an individual's mental, physical, social, and spiritual well-being. In spite of these effects, it is not unusual for the impact of trauma to be hidden or unacknowledged. As a result, health care providers can feel confused and uncertain when working with trauma survivors, which may leave trauma survivors at risk of not receiving the care they need, even with a clinician's best intentions.

Trauma-informed care provides a framework that incorporates an understanding of the individual. It promotes sensitivity to engagement so as to ensure survivors receive care appropriate and responsive to their needs; delivered in a manner that facilitates acceptance of the care being offered.

This interactional workshop will address the impact of trauma, and the identification and management of patients suffering from symptoms and problems as a result of unresolved traumatic experiences. Clinical examples, demonstrations of techniques and strategies for working with trauma survivors will bring the theoretical material to life and illustrate the applied principles in practice. Participants are invited to bring clinical cases or submit clinical cases in advance for discussion.

Workshop F

Interpersonal Psychotherapy, Relationships and Health

Dr. Paula Ravitz MD, FRCPC

Learning objectives:

At the end of this half-day workshop, participants will be able to:

- Describe the indications, rationale and therapeutic guidelines of IPT,
- List the focus-specific tasks for helping patients in the contexts of relational losses, changes or conflicts that are associated with the onset or worsening of symptoms,
- Use technical aspects of IPT to improve communication and understanding of relational expectations and impacts.

Interpersonal Psychotherapy (IPT) is a pragmatic, evidence-supported, and guideline-recommended (WHO, CanMAT, APA, NICE) time-limited psychotherapy that is effective for depression across the life-span and in differing cultures. This half-day workshop reviews the evidentiary support, rationale, and therapeutic guidelines for the beginning, middle and termination phases of treatment, with specific tasks related to universal relational problem areas of loss, change and conflict. We will also review attachment based formulation and mentalizing principles that are compatibly integrated into case formulation and therapeutic processes of IPT.

Workshop G

An Introduction to Sensorimotor Psychotherapy: Bringing the Body into Patient and Self-care

**Dr. Harry Zeit MD, MDPAC(C)
Certified in Sensorimotor
Psychotherapy
and
Irina Dumitrache YTT**

"We have dys-synchronized effects in our nervous system. My mind, the emotional experience, and the physical experience are dys-synchronized. Which means, I can say things which I don't feel. We call that normal, but this is not normal. My physical, my emotional and my mental experience are supposed to be one congruent expression." Thomas Hübl noted in a recent presentation on Collective Trauma at Harvard Medical School.

Modern advances in neuroscience and psychotherapy emphasize the fundamental necessity of restoring affect regulation and mind/body integration in our work; often material to process only becomes available clinically when these functions and some degree of security emerge.

In this workshop, we will explore the role of sensorimotor psychotherapy and a co-regulating therapist in restoring aliveness and in co-creating new meanings. Experiential exercises and demonstrations will deepen our appreciation of the sensorimotor model and illustrate how it can be combined with other forms of therapy (ranging from CBT to Internal Family Systems Therapy), providing a sense of safety and effective techniques for addressing states of high arousal or dissociation which can otherwise interrupt the therapy process.

In our highly dysregulated world, where our nervous systems often bear the burden of ongoing and overwhelming stress, sensorimotor psychotherapy offers new hope in addressing the cognitive, emotional and somatic symptoms that currently affect so many of us.

We will complete the workshop by exploring ways in which we can utilize the model to create greater resilience in ourselves, including our ability to address the secondary traumatic stress we all face in our work with insecurely attached, distressed and dysregulated patients.

Irina Dumitrache YTT

Irina is a health coach and certified yoga teacher. She has collaborated with Dr. Zeit on many projects including the Caring for Self while Caring for Others series and on Creating Safety clinical groups. You can learn more about their work together at www.harryzeitmd.com



Dr. Paul S. Links MD, FRCP(C)

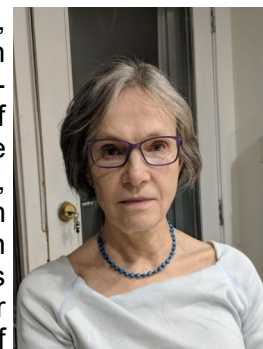
Dr. Links is Professor with the Department of Psychiatry and Behavioural Neurosciences, McMaster University, Hamilton ON, Canada. From 2012 until 2016, Dr. Links served as the Professor and Chair, Department of Psychiatry, Schulich School of Medicine & Dentistry, The University of Western Ontario, Chief of Psychiatry, London Health Sciences Centre and St. Joseph's Health Care, London, Ontario. Prior to coming to Western University, Dr. Links was holder of the Arthur Sommer Rotenberg Chair in Suicide Studies, University of Toronto for three terms. This Chair was the first in North America dedicated to suicide research. Dr. Links was the former President for the Canadian Association for Suicide Prevention (CASP) and former President of the Association for Research on Personality Disorders. Dr. Links served as the Editor of the Journal of Personality Disorders from 2009-2011. He was previously on the Editorial Board of Canadian Journal of Psychiatry.



He has published over 130 articles in scientific journals and four books. As an investigator he has received research grants from many agencies including Health and Welfare Canada, the Ontario Ministry of Health, the Ontario Mental Health Foundation, Canadian Institutes of Health Research and the Workplace Safety and Insurance Board of Ontario. In October 2009, Dr. Links was awarded the CASP Research Award for outstanding contributions to the field of suicide research in Canada. In May 2013, Dr. Links received the Award for Distinguished Achievement in the Field of Severe Personality Disorders from the Borderline Personality Disorder Resource Center at New York-Presbyterian Hospital.

Dr. Clare Pain MD, MSc, FRCPC, D.Sc (Hons) AAU

Clare Pain MD, MSc., FRCPC., D.Sc (Hons) AAU, is an Associate Professor, Department of Psychiatry, University of Toronto; Director of the Psychological Trauma Program, Mount Sinai Hospital, Toronto. In July 2014 she was awarded an honorary doctorate from Addis Ababa University (AAU) for her work to assist the development of psychiatry in Ethiopia.



She consults at the Canadian Center for Victims of Torture, and the New Beginning Clinic for refugee mental health in Toronto. She is the co-lead of the Toronto Addis Ababa Academic Collaboration (TAAAC), under which there are 24 educational partnerships between the University of Toronto and Addis Ababa University working to strengthen educational capacity and sustainability in post graduate training at AAU.

Her clinical focus is on the assessment and treatment of patients, including refugees, who continue to suffer from the effects of psychological trauma. She has lectured and taught on various aspects of psychological trauma including trans-cultural issues and increasingly on global mental health. She has published a number of articles and three books: "Trauma and the Body: a Sensorimotor Approach to Psychotherapy" with Pat Ogden and Kekuni Minton Norton 2006 and "The Impact of Early Life Trauma on Health and Disease: The Hidden Epidemic" an edited book with Eric Vermetten and Ruth Lanius, Cambridge University Press 2010. And "Psychotherapy Essentials To Go: Achieving Psychotherapy Effectiveness." Leszcz, M., Pain, C., Hunter, J., Maunder, R., & Ravitz, P. (2015). New York, NY: W. W. Norton & Company Inc.

Dr. Paula Ravitz MD, FRCPC

Dr. Paula Ravitz, Associate Professor of Psychiatry at University of Toronto, holds the Morgan Firestone Psychotherapy Chair at Mount Sinai Hospital. Her research, clinical work and teaching have focused on depression, perinatal mental health, Interpersonal Psychotherapy (IPT), attachment theory, mentalizing, and the therapeutic alliance.



Past president of the *International Society of Interpersonal Psychotherapy*, she has provided IPT training to interprofessional mental health providers in Canada, China, Ethiopia, France, Hungary, Israel, the U.K., and the U.S. In addition, she co-edited with Robert Maunder a 6-book/DVD series, *Psychotherapy Essentials to Go*, for skills-based teaching of IPT, CBT, Motivational Interviewing, Emotion Regulation using DBT, attachment based formulation, and approaches to understand and repair alliance tensions. (2013, 2015. WW Norton; www.psychotherapy.net).

Derek Scott RSW, Founder of IFSCA

Derek Scott is an RSW and certified IFS (Internal Family Systems) therapist. He is the founder of IFSCA, an organization dedicated to teaching the IFS model to counsellors and therapists in Canada and beyond. He has taken the highest level of IFS training (level three) 3 times.



Derek has worked in the field of counselling/therapy for over 35 years, including 15 working exclusively as an IFS therapist. He is a popular guest lecturer in the department of Thanatology at the University of Western Ontario and has presented at numerous national and international conferences.

Incorporating methodologies from his background and training in gestalt therapy, psychodrama and sociometry, Derek brings a wealth of expertise in working with groups. He is known for his combination of compassion, insight and humour as well as his ability to facilitate engagement with the group process.

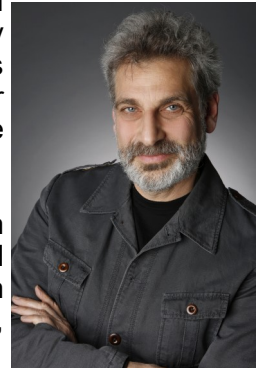
His published work includes:

- "Self-led Grieving: Transitions, loss and Death" in *Innovations and Elaborations in Internal Family Systems Therapy*
- "Healing through Internal Compassion" in *Techniques of Grief Therapy Assessment and Intervention*
- "Grief and the Internal Family System" in *Principles and Practice of Grief Counseling*.
- "Multiplicity and Internal Family Systems Therapy – A New Paradigm?" in *Psychologica*

Dr. Harry Zeit MD, MDPAC(C), Certified in Sensorimotor Psychotherapy

Harry Zeit MD currently works full-time practicing trauma therapy and psychotherapy. He is certified in sensorimotor psychotherapy, completing the final level of training in 2013.

Harry previously worked as an American board-certified emergency physician in Cambridge and Toronto, Ontario, between 1983 and 2005.



Harry is active in the Medical Psychotherapy Association of Canada and held the position of education chairman of the OMA Section in Primary Mental Health Care/GP Psychotherapy between 2011 and 2016.

He created the Caring for Self while Caring for Others Series to meet what he perceived to be a growing need for the medical profession to face challenges around unremitting stress and burnout, and to differentiate these physiology-driven processes from a mental health model which favoured treating burnout as anxiety or depression.

Harry is an advocate for trauma-informed and humane medical and mental health care. He is passionate about teaching and about cultivating the healing potential of traditional modalities integrated with newer somatic and neuroscience informed models.