



**MDPAC**  
**ACPM**

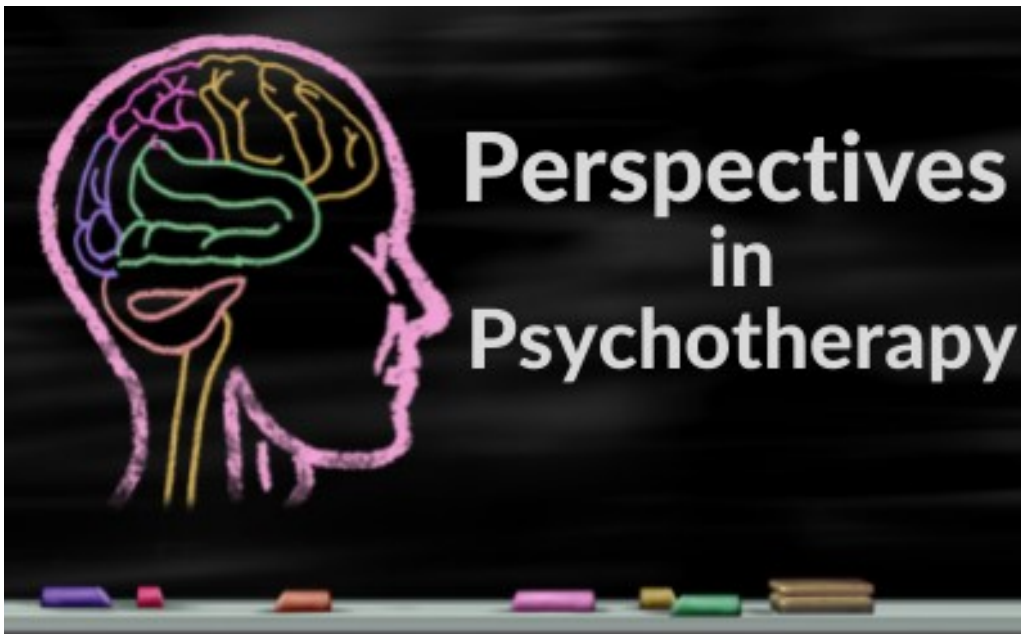
MEDICAL PSYCHOTHERAPY  
ASSOCIATION CANADA

ASSOCIATION CANADIENNE  
DE PSYCHOTHÉRAPIE MÉDICALE

## MDPAC 35th Annual Conference

September 23-24 2022

VIRTUAL Conference—VIA ZOOM



### Featuring:

**Dr. Lesley Wiesenfeld MD, MHCM, FRCPC**

*Psychotherapy with Older Adults: The more things change, the more they stay the same*

**Sheri Van Dijk MSW, RSW**

*Calming The Emotional Storm: Introduction to Dialectical Behavior Therapy*

**Dr. Courtney Howard MD**

*A Healthy Response to Climate Change*

**Francoise Mathieu MEd, RP, CCC**

*These Brightly Colored Threads: Lessons learned from the pandemic*

### CONFERENCE SCHEDULE

#### FRIDAY SEPT 23

9:00—10:30

Keynote Dr. Lesley Wiesenfeld

10:30—11:00

*Break*

11:00—12:30

Keynote: Sheri Van Dijk

12:30—13:30

*Lunch Break*

13:30—15:00

Workshops

15:00—15:30

*Break*

15:30—17:00

Workshops (continued)

#### SATURDAY SEPT 24

9:00—10:30

Keynote: Dr. Courtney Howard

10:30—11:00

*Break*

11:00—12:30

Keynote: Francoise Mathieu

12:30—13:30

*Lunch Break*

13:30—15:00

Workshops

15:00—15:30

*Break*

15:30—17:00

Workshops (continued)

## ***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 ACCREDITATION**

Approved for 6 hours MDPAC Group CE credits for the first day and 6 hours MDPAC Group CE credits for the second day or 12 hours MDPAC Group CE credits for 2 days. And 1 hour of MDPAC CCI credits per day or 2 hours of MDPAC CCI credits for 2 days (automatically calculated when MDPAC member submits Group CE hours).

### **Special Thanks to the 2022 Conference Organizing Committee:**

Dr. Elizabeth Alvarez, Dr. Howard Eisenberg, Dr. Mary Ann Gorcsi, Dr. Caroline King, Dr. David Posen, Dr. Yves Talbot, Dr. Heidi Walk

## **REGISTRATION**

**[CLICK HERE TO REGISTER ONLINE](#)**

### **2 Day Registration Fees**

MDPAC Members \$300

Non-Members \$400

Medical Student/Resident (with proof of status) \$50

### **CANCELLATION POLICY**

Cancellations must be received in writing by 5:00 p.m.

on September 15 2022 and is subject to a \$50 administration fee. No refunds after September 15 2022. No show - full fee.

E-Mail or fax refund requests to: [info@mdpac.ca](mailto:info@mdpac.ca)

### **1 Day Registration Fees**

MDPAC Members \$150

Non-Members \$200

Medical Student/Resident (with proof of status) \$25

## Friday September 23

### **Psychotherapy with Older Adults: The More Things Change, The More They Stay the Same.**

***Dr. Lesley Wiesenfeld MD, MHCM, FRCPC***

Dr. Lesley Wiesenfeld is the Chief of Psychiatry and Physician Lead for Geriatric Psychiatry at Sinai Health. She works with older adults across multiple settings, including the medical/surgical consult-liaison service and geriatric psychiatry outreach care to under-served communities. She has a particular interest in supporting older adults facing challenges adapting to functional changes, cognitive changes and role-transitions. At Sinai Health, she is also part of a broad coalition involved in resilience support for healthcare workers. In addition to her clinical leadership role, she is an experienced health professions educator and the former Associate Program Director for the U of T General Psychiatry Residency Program. She is also actively involved in quality and safety improvement projects for older adults.



## Friday September 23

### **The Emotional Storm: Introduction to Dialectical Behavior Therapy**

***Sheri Van Dijk MSW, RSW***

Sheri Van Dijk is a Social Worker who has been working with clients with severe mental health problems since 2000. With extensive experience in a hospital as well as community setting, Sheri now sees clients in private practice, and provides consultation and training internationally to other clinicians. Sheri has had extensive training in dialectical behavior therapy (DBT) and mindfulness and has been providing DBT-informed therapy to individuals and groups since 2004. In 2010, Sheri was the winner of the R.O. Jones Award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference.



Sheri is the author of several books that focus on helping readers learn DBT skills and apply them to a variety of mental health problems, including *Calming the Emotional Storm* and *Don't Let Your Emotions Run Your Life for Teens*. In 2013, she published *DBT Made Simple*, with the aim of making the therapy more accessible to both clients and clinicians. Sheri's newest book, *The DBT Workbook for Emotional Relief* was released in July.

## **Saturday September 24**

### **A Healthy Response to Climate Change**

#### ***Dr. Courtney Howard MD***

Dr. Howard is an Emergency Physician in Chief Drygeese Territory, and a globally recognized leader on the impacts of climate change on human and planetary health. She has advanced policy and advocacy on active transport, ecoanxiety, movement-building, plant-rich diets, fossil fuel divestment, carbon pricing, coal phase-out, hydraulic fracturing, vaccine equity, and health impact assessments. She led the 2017-2019 Lancet Countdown on Health and Climate Change Briefings for Canadian Policymakers, was the 2018 international policy director for the Lancet Countdown, and has researched wildfires and menstrual cups.



Dr. Howard sits on the boards of the CMA and the Global Climate and Health Alliance, the Steering Committee of the Planetary Health Alliance, the WHO-Civil Society Working Group on Climate Change and Health, and the Editorial Advisory Boards of the Lancet Planetary Health and the Journal of Climate Change and Health. She loves dancing with her two daughters.

## **Saturday September 24**

### **These Brightly Colored Threads: Lessons Learned From The Pandemic**

#### ***Francoise Mathieu MEd, RP, CCC***

Françoise is a Registered Psychotherapist and Executive Director of TEND, which offers consulting and training to professionals on topics related to secondary trauma, empathic strain, burnout, self-care, wellness and organizational health. Before specializing in stress and trauma, she worked as a mental health provider doing both crisis management and employee support to military personnel, medical students, residents, law enforcement, 911 communicators and other community mental health professionals in need of psychological support.



This program has grown in size and scope since its early inception and TEND is now present across North America offering training and consulting to a wide variety of workplaces. Françoise has worked with the University of Southern California, the Los Angeles Police, Cirque du Soleil, the Chief Coroner's Office and many other organizations who do high stress, trauma exposed work. She has presented to numerous health care organizations including Mount Sinai Hospital, Kingston General Hospital, Halton Healthcare, Sunnybrook, Sick Kids, Unity Health, Victoria General, St. Jude Children's Hospital and Rady Children's.

In addition to being a TEDx speaker, Francoise is one of the founding members of the Secondary Traumatic Stress Consortium. She is also the author of The Compassion Fatigue Workbook which was published by Routledge in 2012, as well as several articles and publications.



**9:00 - 10:30**

## **Psychotherapy with Older Adults: The More Things Change, The More They Stay The Same**

***Dr. Lesley Wiesenfeld MD,  
MHCM, FRCPC***

In this session, we will explore the developmental and psychosocial needs of older adults, impacting the delivery of psychotherapy, as well as common focal themes for older adults seeking psychotherapeutic interventions. We will also review some of the 'geriatric-specific' perspectives that are helpful to consider when delivering and modifying psychotherapy techniques for older adults in psychiatric and psychotherapeutic care.

### **Learning Objectives:**

- To review the common themes and developmental tasks in psychotherapy with older adults
- To consider what modifications may be needed to provide psychotherapy treatment to older adults
- To examine enablers and barriers to psychotherapy with older adults

NOTE: Interactive Component: 25-30 Minutes

**11:00 - 12:30**

## **Calming The Emotional Storm: Introduction to Dialectical Behavior Therapy**

***Sheri Van Dijk MSW, RSW***

Over 75% of mental illnesses described in the DSM are related to emotion dysregulation – the inability to manage emotions effectively. Given that Dialectical Behavior Therapy (DBT) was initially created to treat Borderline Personality Disorder (BPD), of which emotion dysregulation is a primary problem, it only makes sense that DBT would be effective in treating other disorders, and research continues to emerge to support this. This keynote will provide an introduction to DBT, including the origins of the therapy, and discussion of the Biosocial Theory of how emotion dysregulation develops. You will learn about some of the research demonstrating that DBT is effective in treating disorders other than BPD.

### **Learning Objectives:**

- Understand how and why DBT was created, and the three theories underlying DBT (the biosocial theory, behaviour theory, and dialectics)
- Have an understanding of the flexibility of DBT, and of its applicability to psychiatric illnesses and problems other than BPD
- Learn some skills and strategies to help clients to get unstuck and move toward healing

NOTE: Interactive Component: 25-30 Minutes

# **REGISTRATION**

**[CLICK HERE TO REGISTER ONLINE](#)**

## Workshop A

### Calming The Emotional Storm: Essential Dialectical Behavior Therapy Skills for Emotionally Dysregulated Clients

***Sheri Van Dijk MSW, RSW***

#### Learning Objectives:

- Learn how to validate clients to de-escalate emotions
- Understand how to use and teach the F-TIP skills to help clients re-regulate intense emotions fast
- Learn several skills to help clients manage emotions more effectively
- Understand different ways to get clients to buy into using skills, and techniques for teaching skills

NOTE: Interactive Component: 45+ Minutes

## Workshop B

### The Effective Group Psychotherapist

***Dr. Melyn Leszcz, MD, FRCPC, CGP, DFAGPA***

The workshop will examine the evidence based factors that contribute to therapist effectiveness in group therapy, looking at the finding that, although the psychotherapies are generally equivalently effective, not all therapists are equally effective.

The workshop will address what unfolds at the level of the therapeutic relationship in group therapy that can improve or impede clinical effectiveness.

#### Learning Objectives:

- Examine key evidence-based elements that contribute to group therapist effectiveness
- Integrate research, theory and clinical practice
- Gain capacity to activate the group within the here and now
- Understand the opportunities and risks of therapist use of self and transparency
- Utilize counter transference to enhance effectiveness.

NOTE: Interactive Component: 45+ Minutes

# REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

## Workshop C

### Family Therapy Evolution and Couples Therapy

***Dr. Yves Talbot MD, FRCPC, MCFP, MDPAC***

Over the last 70 years we have witnessed the development of family therapy and more recently an increase emphasis on couples therapy.

The workshop will offer a brief review of both. It will discuss the history as well as the different models that have emerged (Structural, Communication, and others). The workshop will also address how these were used for prevention and intervention with acute and chronic issues.

In the second part we will take the opportunity to reflect on some cases and engage the group in discussion and reflection. Challenges brought on by illness and dysfunction. We will work mainly around professionalism, communication and evidence base.

#### Learning Objectives:

- Describe different models of family and couples therapy
- Apply concepts of family and couples therapy to case studies

NOTE: Interactive Component: 45+ Minutes

## Workshop D

### Stress Mastery: A Therapeutic Approach

***Dr. David Posen MD***

The stress reaction is common to all of us and is an underlying factor in most of our patients' health problems. Helping them to handle their stress is an important part of our skill set, whether as family doctors or psychotherapists.

Over a forty year career of stress counselling, Dr. Posen has developed a structured approach that has served him and his patients well. It includes identifying sources of stress, many of which are self-created (which he playfully calls "losing games,") a thorough lifestyle inventory and a CBT-based "mastery model" to deal with each of the stressors in turn. This allows patients to resolve their issues while also practicing an organized approach to any stressful situations in the future. The workshop will be interactive, practical and entertaining.

**LEARNING OBJECTIVES:** At the end of this presentation, participants should be able to:

- Identify six areas in which patients create stress for themselves
- Use a visual tool to help patients monitor their stress and pace themselves
- Help patients make simple stress-reducing lifestyle changes
- Explain and use an organized model to address any stressful situation
- Learn about The Inefficiency Cycle, Ben Franklin Balance Sheet and a personal mosaic to keep work in perspective.

NOTE: Interactive Component: 45+ Minutes

## REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

**9:00 - 10:30**

## **A Healthy Response to Climate Change**

***Dr. Courtney Howard MD***

The ecological crisis is threatening health and the social, structural, and planetary foundations we depend upon to run health systems. Reports of ecological anxiety and ecological grief are increasing, with youth in particular expressing distress in their contemplation of the future. How are we to work to improve not only mental health now, but our capacity to thrive? This session will address techniques for supporting each other and our communities through the adjustment to a climate-changed world, as well as priority elements that must be addressed in order to stabilize health systems and build the well-being oriented society we require to ensure a healthy future.

### **Learning Objectives**

- Describe the planetary health frame and how it relates to mental health and health systems.
- Anticipate and manage the major threats posed by climate change to mental health and health systems.
- Describe priority action items to protect planetary health now and into the future, and how these relate to the concept of active hope.

NOTE: Interactive Component: 25-30 Minutes

**11:00 - 12:30**

## **These Brightly Colored Threads: Lessons Learned From The Pandemic**

***Francoise Mathieu  
MEd, RP, CCC***

As we head into the next phase of the pandemic, many of us (patients and clinicians alike) are trying to recover emotionally and physically. However, research has shown that before moving into future-forward mode, we need to process the impact that the last two years have had on our patients, ourselves and our communities as a whole.

During a recent event entitled Life after Covid, Trauma Psychiatrist Dr. Bruce Perry suggested that we first need to carry out an “intentional review” of our experiences of the pandemic and “start to dissect out the strands of this tapestry” to identify “these brightly colored threads that [...] we should carry forward.” How do we help our patients process their lessons learned? How do we stay healthy and compassionate as clinicians? This keynote will invite you to take stock so that we can move forward as a community.

### **Learning Objectives**

At the end of this presentation, participants should be able to:

- Identify the key psychological impacts of the pandemic on the health care system
- Describe the Post traumatic growth process and how it has been misunderstood
- Apply the key tenets of compassionate care to support patients

NOTE: Interactive Component: 25-30 Minutes

# **REGISTRATION**

**[CLICK HERE TO REGISTER ONLINE](#)**



## Workshop E

### Small and Often: Using Micro-strategies To Help Our Patients Refuel and Recalibrate After Disrupted and Challenging Times

***Francoise Mathieu  
MEd, RP, CCC***

Remember “two weeks to flatten the curve”? As we now know, “two weeks” turned into a complex multi-year series of prolonged lockdowns, school closures and intense pressures on families, workplaces, and clinicians alike. Basic human physiology has demonstrated that no one can stay healthy while being on high alert for prolonged periods of time. What may work well for a multi-week crisis is not tenable for a two year pandemic. Based on research on neuroplasticity, change management and compassion satisfaction, we will explore and discuss key strategies that physicians can use to support their patients and themselves to recalibrate and restore themselves into the Fall.

#### **Learning Objectives**

At the end of this presentation, participants should be able to:

- Describe the Window of Tolerance Framework and how it can be used in clinical practice.
- Identify key micro-strategies that best suit their patient needs.
- Develop a practical toolkit to provide patients with further strategies to recalibrate.

NOTE: Interactive Component: 45+ Minutes

## Workshop F

### What To Focus On! Emotional Management, Especially Anger and Rage

***Dr. David MacQuarrie  
MD(ret'd), PhD***

The angry patient --- volatile, perhaps ashamed and/or legally mandated, often not knowing what to do, likely with family of origin issues related to violence. Complicated issues. Learn how to work with these complex patients.

This workshop will explore practical concepts and skills, useful to both patient and therapist. Explore a model of anger management, the Blowing Out model, developed by myself and used in my practice over a twenty-five year period. Learn practical skills related to safety, the distinction of violence versus violation, how to use the Serenity Prayer, the distinctions and skills of cooperative and non-cooperative conflict.

#### **Learning Objectives**

By the end of the workshop, participants will be able to:

- Distinguish the primary importance of safety compared to security, and between violation compared to violence.
- Know how to work with the angry patient using powerful concepts related to the complexity of the mind and the practical use of emotional triangles, especially as manifest in the Serenity Prayer.
- Utilize a comprehensive model of anger management, the Blowing Out model

NOTE: Interactive Component: 45+ Minutes

## REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

## Workshop G

### **Inclusion, Diversity, Equity, and Anti-Racism (IDEA) in Psychotherapy**

***Dr. Kenneth Fung  
MD, FRCPC, MSc, FAPA,  
DFCPA***

Learning objectives:

By end of workshop, attendees will be able to:

- Identify the importance of Inclusion, Diversity, Equity, and Anti-Racism (IDEA) in mental healthcare and psychotherapy
- Identify obstacles to providing cultural competent care for diverse populations, including the issues of stigma, discrimination, and intersectionality
- Describe cultural beliefs, models of health and illness, and philosophies that may hinder or facilitate care or psychotherapy
- Develop a cultural competent approach towards more effective mental healthcare and psychotherapy for diverse populations

NOTE: Interactive Component: 45+ Minutes

## REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

### Dr. Kenneth Fung MD FRCPC MSc FAPA DFCPA

Dr. Kenneth Fung is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital. He is the Director of Global Mental Health and Associate Professor with the Department of Psychiatry, University of Toronto. His research, teaching, and clinical interests include both cultural psychiatry and psychotherapy, especially Acceptance and Commitment Therapy (ACT), CBT, and mindfulness. He conducts community-based research in stigma, resilience, mental health promotion, trauma, caregivers for children with ASD, immigrant and refugee mental health, and pandemic response. He is psychiatric consultant to the Hong Fook Mental Health Association and Mon Sheong Long-Term Care Centre. He is past chair of the Transcultural Section of the Canadian Psychiatric Association, and a Board Member of the World Association for Cultural Psychiatry. He is a past Chair of the Ontario Chapter of the Centering Science Pillar Committee of the Association of Contextual Behavioral Science (ACBS). His awards include the 2015 Social Responsibility Award from the U of T Faculty of Medicine; the 2016 American Psychiatric Association Foundation Award for Advancing Minority Health; the 2018 Psychotherapy Award for Academic Excellence from U of T; and the 2020 Colin Woolf Award For Sustained Excellence in Teaching.



### Dr. Molyn Leszcz MD, FRCP, CGP, DFAGPA

Dr. Molyn Leszcz is Professor, Department of Psychiatry, University of Toronto. Dr Leszcz served as Psychiatrist-in-Chief at Sinai Health System (2006-2017), Vice Chair, Clinical for the Department of Psychiatry, University of Toronto (2010-2017), and Chair (Interim) the Department of Psychiatry, University of Toronto (2014-15). He served as President of the American Group Psychotherapy Association from 2020-2022.

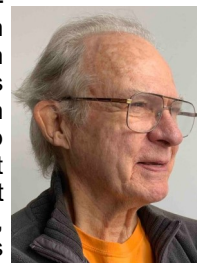


Dr. Leszcz's academic and clinical work has focused on improving integration in psychiatric care and broadening the application of the psychotherapies within psychiatry. Dr. Leszcz has also worked extensively in the areas of physician wellness and leadership, along with the effects of pandemic stress on health care providers. He co-authored with Irvin Yalom, the 5<sup>th</sup> and 6<sup>th</sup> (2020) editions of the Theory and Practice of Group Psychotherapy. A co-authored book in the *Psychotherapy Essentials to Go* series, *Achieving Psychotherapy Effectiveness*, was published in 2015.

Dr. Leszcz was awarded the Anne Alonso Award for Outstanding Contributions to Psychodynamic Group Therapy and also was awarded Distinguished Fellowship in the American Group Psychotherapy Association. Dr. Leszcz has been the recipient of a number of education and teaching awards at the University of Toronto.

### Dr. David MacQuarrie MD(ret'd), PhD

Dave MacQuarrie is a retired physician-psychotherapist with a Master of Arts in Applied Behavioral Sciences and a PhD in Wisdom Studies. Much of his work arises from his own life experience; while in practice, his focus was that of group therapy based on his anger management program. His trainings include Gestalt Therapy, NeuroLinguistic Programming, and Family Systems. During his 25 years of practice, more than 4000 patients benefited from his work; he has conducted over 250 workshops on anger management, and was Consultant Physician (Anger Management) at Belwood Health Services in Toronto. Dave is the author of two books, *Blowing Out the Darkness: the Management of Emotional Life Issues, Especially Anger and Rage* (2009) and *Acedia, The Darkness Within, and the darkness of climate change* (2012).



### Dr. David Posen MD

Dr. David Posen was a family doctor for 17 years before devoting his time exclusively to stress management, lifestyle counseling and psychotherapy in 1985. He was a charter member of MDPAC when it started as the GP Psychotherapy Association in 1984. David has lectured widely across North America for 35 years, including presentations for McMaster CME programs, at conventions for the OMA and GPPA, and physician groups in several Canadian provinces and many states across the USA. He is also the best-selling author of five books, including **ALWAYS CHANGE A LOSING GAME** (now in its 29<sup>th</sup> year and 5<sup>th</sup> edition), **THE LITTLE BOOK OF STRESS RELIEF** (translated into 7 languages) and **IS WORK KILLING YOU?** (profiled in USA Today, the Wall Street Journal and Publishers Weekly.) He's also appeared many times on TV and radio across Canada and has been quoted in many leading U.S. media outlets such as US News & World Report, People and The Huffington Post.



### Dr. Yves Talbot MD, FRCP, MCFP, MDPAC

Dr. Yves Talbot initially trained as a pediatrician at the Montreal Children's Hospital. During his training, Dr. Talbot and colleagues developed a family crisis team dealing mainly with families confronted with Sudden Infant Death Syndrome (SIDS). This program was extended to other services, such as surgery, for families in crisis. Dr. Talbot spent 3 1/2 years at the child guidance clinic in Philadelphia under Dr. Sal Minuchin as well as The Children's Hospital of Philadelphia, Department of Neonatology. In Philadelphia, he worked on the impact of neonatal intensive care unit (NICU) stays on families of premature babies. Returning to Canada, he became involved with Family Medicine teaching on the role of the family in health and illness. He became Chief of Family Medicine at the Mount Sinai Hospital in Toronto in 1982 where he introduced the concept of working with families in primary care.

He has since been involved in medical education where he published 3 books. In this work, he has also been involved with the Brazil Ministry of Health in developing a curriculum for the training of family health teams for over 15 years.

