



MEDICAL PSYCHOTHERAPY
ASSOCIATION CANADA
ASSOCIATION CANADIENNE
DE PSYCHOTHÉRAPIE MÉDICALE

MDPAC 36th Annual Conference

June 21-23 2024

HYBRID Conference—In person OR ZOOM



Featuring:

Dr. Bill Howatt PhD, EdD, Post Doc UCLA

- *The Cure to Loneliness & The Coping Crisis*

Dr. Daniela Lobo MD, PhD, FRCPC - *Understanding the Allure
of Technology: Prevention & Treatment of Tech Overuse*

Dr. Richard Boyatzis PhD - *The Science of Inspiring Learning
and Change*

Dr. Stan Tatkin PsyD, LMFT - *Couples Therapy in Family
Medicine: A Practical Guide*

Dr. Tom VERNY MD, DPsych, DHL (Hon), FRCPC, FAPA
- *The Embodied Mind: Understanding the Mysteries of
Cellular Memory, Consciousness, and Our Bodies*

Dr. Karlee Fellner PhD, RPsych (Alberta)
- *Intergenerational Survivance: Indigenous Wisdoms for
Clinical Practice*

CONFERENCE SCHEDULE

FRIDAY JUNE 21

10:00 am — 12:00pm Check-In

12:00—1:30 Welcome Lunch

1:30—3:00

Keynote: Dr. Bill Howatt

3:00—3:30 Break

3:30—5:00

Keynote: Dr. Daniela Lobo

5:00—6:00 Free Time

6:00—7:00 Reception

SATURDAY JUNE 22

7:00—7:45 Yoga/Meditation

8:00—9:00 Breakfast

9:00—10:30

Keynote: Dr. Richard Boyatzis

10:30—11:00 Break

11:00—12:30

Keynote: Dr. Stan Tatkin

12:30—1:30 Lunch

1:30—2:00 Walking Meditation

2:00—3:30 Workshops

3:30—4:00 Break

4:00—5:30 Workshops Continue

5:30—6:00 pm Free Time

6:00—7:30 pm MDPAC Dinner

SUNDAY JUNE 23

7:00—7:45 Yoga/Meditation

8:00—9:00 am Breakfast

9:00—10:30 am

Keynote—Dr. Tom VERNY

10:30—11:00 Break

11:00—12:30

Keynote—Dr. Karlee Fellner

12:30—2:00 pm

Networking Lunch

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

Special Thanks to the 2024 Conference Organizing Committee:

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

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

IN PERSON REGISTRATION

	EARLY BIRD By Apr 15	REGULAR After Apr 15
Member - Full Conference with Accommodations	\$ 1,200.00	\$1,300.00
Member - Full Conference with Accommodations & Guest*	\$ 1,550.00	\$1,650.00
Member - Full Conference (No Accommodations)**	\$ 550.00	\$ 600.00
Member - Friday Only (No Accommodations)**	\$ 150.00	\$ 150.00
Member - Saturday Only (No Accommodations)**	\$ 300.00	\$ 300.00
Member - Sunday Only (No Accommodations)**	\$ 150.00	\$ 150.00
Non-Member - Full Conference with Accommodations	\$ 1,500.00	\$ 1,600.00
Non-Member - Full Conference with Accommodations & Guest*	\$ 1,750.00	\$ 1,850.00
Non-Member - Full Conference (No Accommodations)**	\$ 650.00	\$ 700.00
Non-Member - Friday Only (No Accommodations)**	\$ 175.00	\$ 175.00
Non-Member - Saturday Only (No Accommodations)**	\$ 350.00	\$ 350.00
Non-Member - Sunday Only (No Accommodations)**	\$ 175.00	\$ 175.00
Student/Resident - Full Conference with Accommodations	\$ 1,100.00	\$ 1,200.00
Student/Resident - Full Conference (No Accommodations)**	\$ 400.00	\$ 450.00
Student/Resident - Friday Only (No Accommodations)**	\$ 125.00	\$ 125.00
Student/Resident - Saturday Only (No Accommodations)**	\$ 200.00	\$ 200.00
Student/Resident - Sunday Only (No Accommodations)**	\$ 125.00	\$ 125.00

VIRTUAL ATTENDANCE REGISTRATION

Member - Full Conference (Virtual)	\$ 400.00	\$ 400.00
Member - Friday Only (Virtual)	\$ 100.00	\$ 100.00
Member - Saturday Only (Virtual)	\$ 200.00	\$ 200.00
Member - Sunday Only (Virtual)	\$ 100.00	\$ 100.00
Non-Member - Full Conference (Virtual)	\$ 500.00	\$ 500.00
Non-Member - Friday Only (Virtual)	\$ 125.00	\$ 125.00
Non-Member - Saturday Only (Virtual)	\$ 250.00	\$ 250.00
Non-Member - Sunday Only (Virtual)	\$ 125.00	\$ 125.00
Student/Resident - Full Conference (Virtual)	\$ 100.00	\$ 100.00
Student/Resident - Friday Only (Virtual)	\$ 25.00	\$ 25.00
Student/Resident - Saturday Only (Virtual)	\$ 50.00	\$ 50.00
Student/Resident - Sunday Only (Virtual)	\$ 25.00	\$ 25.00

REGISTRATION FEES

Full Conference In Person fees include attendance at all keynotes and workshops, as well as breakfasts, breaks, lunches and Friday's reception. Those **with Accommodations** also include dinners.

Friday Only In Person fees include attendance at the keynotes, as well as lunch, break, and reception.

Saturday Only In Person fees include attendance at the keynotes and workshops, as well as breakfast, breaks, and lunch.

Sunday Only In Person fees include attendance at the keynotes as well as breakfast, break, and lunch.

NOTE: All sessions will be recorded and will be available for viewing until December 31 2024.

CANCELLATION POLICY

- Cancellations must be received in writing by 5:00 pm on June 7 2024 and are subject to a \$50 administration fee.
- No refunds after June 7 2024.
- No show - full fee.
- E-Mail cancellations to info@mdpac.ca

* Guests do not attend the conference, however are welcome to enjoy breakfast, lunch and dinner in the dining room, and enjoy the facilities.

** These registration categories do not include Saturday's Dinner. An additional fee of \$90 per person applies.

ACCREDITATION

MDPAC Accreditation

This program is approved for the following MDPAC credits:

- Friday, June 21, 2024 only - 3 hours Group CE credits - no CCI
- Saturday, June 22, 2024 only - 6 hours and 1 hour CCI (automatically calculated when MDPAC member submits Group CE hours).
- Sunday, June 23, 2024 only - 3 hours Group CE credits - no CCI

If attending all 3 days—June 21-23, 2024

- 12 hours MDPAC Group CE credits for the 3 days and 2 hours of MDPAC CCI credits (automatically calculated when MDPAC member submits Group CE hours).



CFPC ACCREDITATION

This one-credit-per-hour Group-Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the McMaster University Continuing Professional Development Program for up to 12 Mainpro+ credits.



NOTE: For those attending only 1 day, credits will be applied as follows:

- Friday, June 21, 2024 only - 3 Mainpro+ credits
- Saturday, June 22, 2024 only - 6 Mainpro+ credits
- Sunday, June 23, 2024 only - 3 Mainpro+ credits

RCPSC ACCREDITATION

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by McMaster University Continuing Professional Development Program. You may claim a maximum of **12 MOC Section 1 hours**



NOTE: For those attending only 1 day, credits will be applied as follows:

- Friday, June 21, 2024 only - 3 MOC Section 1 hours
- Saturday, June 22, 2024 only - 6 MOC Section 1 hours
- Sunday, June 23, 2024 only - 3 MOC Section 1 hours

AMA ACCREDITATION

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at <https://edhub.ama-assn.org/pages/about-ama-education>.



NOTE: For those attending only 1 day, credits will be applied as follows:

- Friday, June 21, 2024 only - 3 AMA PRA Category 1 Credits™
- Saturday, June 22, 2024 only - 6 AMA PRA Category 1 Credits™
- Sunday, June 23, 2024 only - 3 AMA PRA Category 1 Credits™

1:30 - 3:00

The Cure to Loneliness And The Coping Crisis

Dr. Bill Howatt
PhD, EdD, Post Doc UCLA



With the rapid growth in the number of working positions that have become hybrid or fully-remote, many have found that coping with this new found isolation can be trying as it is just something many of us have not had to do before. It makes sense it is hard because a core pillar for mental health is social connection. Social connections are influenced by our ability to connect with others as well the quality of these connections at home, work and in the community.

Isolation can be defined as a barrier that has a negative impact on our ability to perceive we can be as socially connected with others as we want. There are many different potential kinds of barriers that can negatively impact how a person connects, including financial circumstances, social isolation, and psychological safety, among others. In this webinar we will introduce some of the findings from research around perceived isolation and its barriers.

OBJECTIVES

In this presentation, participants will learn about the key elements to coping with isolation and loneliness. This will include:

- Discuss the link between mental health and social connections
- Explore what perceived isolation is
- Review the link between isolation and loneliness
- Define what loneliness looks like
- Provide some tips for how to insulate from experiencing loneliness

NOTE: Interactive Component: 25-30 Minutes

Dr. Bill Howatt is the founder of Howatt Human Resources Consulting and an international expert in Workplace Psychological Health and Safety. He is a highly sought-after speaker on leadership, mental fitness, and creating inclusive, psychologically healthy and safe workplaces. A behavioural scientist, he is passionate about supporting employees and leaders to create thriving workplaces. Dr. Bill's 30-plus years of professional experience includes providing services in clinical mental health, teaching courses for colleges and universities, being a committee chair, and filling various senior leadership roles in Canada and the United States, including the Wall Street financial district. His firm provides HR consulting globally, focusing on employees' psychological safety.

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

3:30 - 5:00

Understanding the Allure of Technology: Prevention and Treatment of Tech Overuse

***Dr. Daniela Lobo
MD, PhD, FRCPC***

The session will focus on understanding the psychological effects of technology in children and adults and strategies to prevent and treat technology overuse.

OBJECTIVES

- Recognize the effects of technology that lead to overuse
- Identify when the use of technology becomes a problem in different developmental stages
- Evaluate strategies to engage patients and parents in prevention
- Assess different forms of treatment for technology overuse

NOTE: Interactive Component: 25-30 Minutes



Dr. Daniela Lobo is an addiction psychiatrist with 22 years of experience in the field of behavioural addictions. She completed her residency in psychiatry and her PhD in gambling disorders at the University of São Paulo (Brazil) and she is Assistant Professor at the University of Toronto (U of T). Dr. Lobo is the Addictions Education Lead for the Department of Psychiatry at the U of T, and has been the medical lead for the Problem Gambling and Technology Use Treatment Service at the Centre for Addictions and Mental Health (CAMH) since 2009. She is passionate about education on and treatment of addictions, trauma and co-occurring disorders.



6:00—7:00 pm RECEPTION

Join us to mix and mingle with MDPAC members, learn more about the various committees, and participate in a book exchange!

9:00 - 10:30

The Science of Inspiring Learning and Change

Dr. Richard Boyatzis
Distinguished University
Professor, PhD

Growing and developing is a major driving force in our quest to help others, make a difference and contribute to a better organization and society. Coaches are people who help others establish a deep emotional connection with others, called resonance, whether in teacher-student, professor-student, doctor-patient, nurse-patient, coach-coachee, mentor-protégé, manager-subordinate, and likely parent-child and spouse/partner to spouse/partner relationships. Their own levels of emotional intelligence (EI) allow them to create and nurture resonant relationships. They use their EI on the path through mindfulness, hope, compassion, and playfulness. These experiences are essential to renewal of the human organism at the neurological, hormonal, emotional, and behavioral levels. Based on decades of research into EI, Professor Richard Boyatzis will lead the audience through examples of how coaching with compassion is key to leadership development and more resonant relationships. He will describe recent fMRI studies on coaching to the Positive Emotional Attractor (PEA) versus the Negative Emotional Attractor (NEA), as well as recent doctor-patient studies showing that arousal of the PEA increased treatment adherence for Type II Diabetics. He will explain why it is central to neuro-endocrine renewal in the human body (which is the only antidote to the ravages of chronic stress).

OBJECTIVES

- Identify a process for developing sustainable improvement on EI, resonant relationships and the central role of compassion in it.
- Recognize the psycho-physiological role of the Positive Emotional Attractor and the Negative Emotional Attractor in motivating

change or encouraging the status quo regression.

- Explore how coaching with compassion is effective in helping people change in sustainable ways, but coaching for compliance is not. And why it is crucial to the sustainability of the leader (i.e., the coach) as well.
- Contrast the neural activations involved in these two forms of coaching and why one prepares a person to consider change and learning and the other closes their minds.
- Comprehend how to coach others to develop EI, resonant leadership, and to sustainably change.

NOTE: Interactive Component: 25-30 Minutes



Richard E. Boyatzis is Distinguished University Professor of Case Western Reserve University, Professor in the Departments of Organizational Behavior, Psychology, and Cognitive Science. He has a BS in Aeronautics and Astronautics from MIT, a MS and PhD in Social Psychology from Harvard University. Using his Intentional Change Theory, he studies sustained, desired change at all levels of human endeavor. He is the author of more than 200 scholarly articles and 75 practitioner articles on coaching, leadership, competencies, emotional intelligence, neuroscience and management education. His Coursera MOOCs on leadership, emotional intelligence and coaching have over one and a half million visitors and enrolled from 215 countries. His 10 books include: *The Competent Manager*; the international best-seller, *Primal Leadership* with Daniel Goleman and Annie McKee; and *Resonant Leadership*, with Annie McKee, and *Helping People Change: Coaching with Compassion or Lifelong Learning and Growth* with Melvin Smith and Ellen Van Oosten; and *The Science of Change*.

11:00 - 12:30

Couples Therapy in Family Medicine: A Practical Guide

Dr. Stan Tatkin PsyD, LMFT

OBJECTIVES

This keynote address will help physician attendees and other mental health workers to:

- Formulate how and when to recommend couples counselling
- Assess the couple system
- Use basic crossing techniques for partner interviewing, assessing, and intervening
- Identify the basics about the attachment system and autonomic nervous system regulation between partners and physician

NOTE: Interactive Component: 25-30 Minutes



Stan Tatkin, PsyD, MFT, is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, California (CA), and, with his wife, Dr. Tracey Tatkin, co-founded the PACT Institute for the purpose of training other psychotherapists to use this method in their clinical practice.

In addition, Dr. Tatkin teaches and supervises family medicine residents at Kaiser Permanente, Woodland Hills, CA, and is an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He is on the board of directors of Lifespan Learning Institute and serves as a member on Relationships First Counsel, a nonprofit organization founded by Harville Hendrix and Helen LaKelly Hunt. He is the author of *In Each Other's Care, We Do, Wired for Love, Your Brain on Love, Relationship Rx, Wired for Dating, What Every Therapist Ought to Know*, co-author on *Baby Bomb*, and co-author of *Love and War in Intimate Relationships*.

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

Workshop A

Introduction to Narrative Therapy: Making the Most of Every Session

**Karen Young
MSW, RSW**

This workshop will offer participants the key ideas and practices of narrative therapy in clear, useable ways that can be taken into every day work in any setting. Karen will review both the fundamentals of foundational theories that inform narrative practices as well as practical applications. This will include the use of narrative therapy for single sessions such as at walk-in therapy clinics.

OBJECTIVES

- Identify the key ideas and assumptions that inform narrative therapy
- Comprehend how to re-energize curiosity and ask unique interesting questions
- Determine ways to engage with people in externalizing conversations that de-pathologize
- Discover and develop stories of people's knowledge, skill, qualities and values
- Identify guidelines for developing questions that will create meaningful conversations
- Explain how to structure each therapy session like a story
- Develop to end therapy sessions that create sustainability
- Formulate how to make the most of every session with people so time limited therapy can be meaningful and useful

NOTE: Interactive Component: 45+ Minutes



Karen is the Director of Windz Centre. She is an institute faculty, teaching many of the Windz workshops and certificate programs. She organizes and designs training, oversees research projects, provides narrative therapy supervision, and consults and trains at walk-in clinics. For over 16 years, Karen supervised and provided single session therapy at a walk-in therapy clinic.

Karen has provided consultation and clinical training to many organizations in Ontario, across Canada, and internationally regarding restructuring service pathways to include brief services such as walk-in clinics. She has been teaching narrative and brief narrative therapy for over 30 years and is a therapist with 36 years of experience working with children and families. Karen has contributed numerous publications regarding applications of brief narrative therapy and research in brief services and walk-in therapy. She co-authored the Brief Services policy paper for the Ontario Centre of Excellence for Child and Youth Mental Health (Duvall, J., Young, K., Kays-Burden, A., 2012), *No more, no less: Brief Mental Health Services for Children and Youth*. Karen was the lead in the first in Ontario Brief Services Evaluation Project, 2014, a multi-organization evaluation of brief services.

Karen has a great deal of knowledge and passion for narrative practices and is one of the few trainers who can teach the traditional aspects of the approach and new evolutions in the thinking. She has particular expertise in the application of narrative in brief and walk-in therapies. Karen is regarded as a trainer who conveys narrative ideas in very clear and useable ways.

Workshop B

Rediscovering Our Aliveness And Joy: How The Somatic Psychotherapies Can Support Our Recovery From Adversity And Traumatization

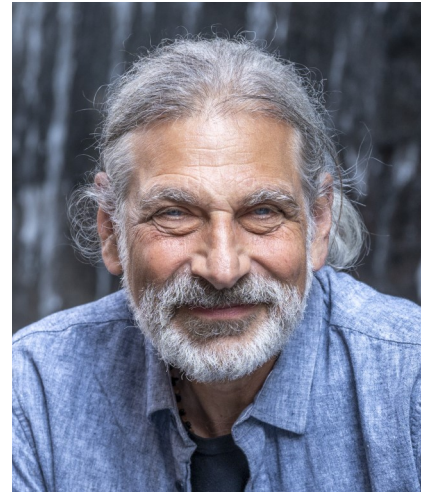
Dr. Harry Zeit
MD (MDPAC(C),
Certified in Sensorimotor Psychotherapy

During our session, we will review some of the rich history of the somatic psychotherapies. Through primarily experiential encounters (demos and guided exercises) we will familiarize ourselves with models such as Bioenergetics, Sensorimotor Psychotherapy and Deep Brain Reorienting, exploring how they can support accessing a deeper connection to our spark and vitality.

OBJECTIVES

- Acquire an understanding of the neuroscientific basis for somatic-based psychotherapies.
- Distinguish between body work and somatic psychotherapies and acquaint themselves with several different somatic psychotherapy models.
- Perform several different somatic practices designed to clear trauma or build resilience in both clinicians and patients.
- Observe demo sessions of sensorimotor psychotherapy and deep brain reorienting.

NOTE: Interactive Component: 45+ Minutes



Harry Zeit currently works full-time practicing individual and group trauma therapy and psychotherapy. He is a faculty member of the MD Psychotherapy Association of Canada year long training program. Dr. Zeit previously worked as an American board-certified emergency physician in Cambridge and Toronto, Ontario, between 1983 and 2005. Dr. Zeit 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. Between 2012 and 2019, Dr. Zeit facilitated the Caring for Self while Caring for Others series at the Ontario Medical Association, offering presentations on wide- ranging themes related to wellness and embodiment, diversity, and social change. These sessions brought together medical doctors, psychotherapists, administrators, and other healthcare providers. Evolving out of this project, Dr. Zeit began running trauma-informed groups aimed at creating a felt sense of safety and connection, combining sensorimotor psychotherapy, internal family systems therapy, yoga, and relational models. These groups are designed for both patient populations as well as for First Responders, medical doctors, and other health care providers. In both the Caring for Self while Caring for Others series and in his short- and long-term groups, he is assisted by his partner, Irina Dumitrache, a certified yoga teacher and health coach. You can find out more about their work on his website: www.harryzeitmd.com

Workshop C

Couple Therapy Techniques

Dr. Stan Tatkin PsyD, LMFT

This workshop is an extension of the keynote, which is to say, it goes further into the actual working with a couple in the physician's office or exam room. Through a combination of lecture, demonstration, and clinical video examples, attendees will learn basic interview, assessment, and intervention methods for working with couples quickly and within a limited timeframe. Attendees will learn about basic systems theory and application as well as an introduction to reading microexpressions and micromovements to track partners' responses while under stress.

OBJECTIVES

- Define, describe, and employ crossing and down the middle interventions.
- Describe brain error potentials and why they matter to a relationship safety and security system
- Demonstrate skills of self-regulation when working with difficult partners and couples
- Assess insecure-functioning behaviors exhibited by partners in the clinical setting
- Assess for, and make, referrals and recommendations to partners for further treatment

NOTE: Interactive Component: 45+ Minutes



Stan Tatkin, PsyD, MFT, is a clinician, researcher, teacher, and developer of A Psychobiological Approach to Couple Therapy® (PACT). He has a clinical practice in Calabasas, California (CA), and, with his wife, Dr. Tracey Tatkin, co-founded the PACT Institute for the purpose of training other psychotherapists to use this method in their clinical practice.

In addition, Dr. Tatkin teaches and supervises family medicine residents at Kaiser Permanente, Woodland Hills, CA, and is an assistant clinical professor at the UCLA David Geffen School of Medicine, Department of Family Medicine. He is on the board of directors of Lifespan Learning Institute and serves as a member on Relationships First Counsel, a nonprofit organization founded by Harville Hendrix and Helen LaKelly Hunt. He is the author of *In Each Other's Care, We Do, Wired for Love, Your Brain on Love, Relationship Rx, Wired for Dating, What Every Therapist Ought to Know*, co-author on *Baby Bomb*, and co-author of *Love and War in Intimate Relationships*.



6:00—7:30 pm
MDPAC DINNER

Join colleagues for a
sumptuous dinner!
(See registration rates
for conditions)

9:00 - 10:30

The Embodied Mind: Understanding the Mysteries of Cellular Memory, Consciousness, and Our Bodies

Dr. Tom Verny
MD, DPsych, DHL (Hon),
FRCPC, FAPA

The Embodied Mind explores the fully embodied nature of mental life, reviewing the cutting-edge science showing how the body responds to and encodes experience into its structure and function; and how our feelings, thoughts, and memories are shaped by physiological functions beyond those of our head-encased brain. It is a text book altering proposition challenging conventional scientific thinking. Materialism and determinism are science's Tweedledum and Tweedledee. The Embodied Mind challenges the prevailing concept of reductionism and emphasizes the need for a more holistic and spiritual approach to understanding the humanity of humans. We need a change of perspective. I survey the latest research in epigenetics, the human brain, personality changes following heart transplantation, the microbiome, and so much more. I invite you to 'think outside the box' and consider the body more than a transport vehicle for who we are, but rather one part of a much larger story than held by contemporary scientific views of mind and self.

One of the major obstacles to making progress in this respect is the current practice that restricts the care of sick people to separate medical specialties. Neurologists focus on disorders of the brain and nervous tissues. Cardiologists deal with diseases of the heart. The same narrow focus has also been widely adopted in research. Unfortunately, such an

organ-centered, blinkered perspective does not take into account the many physiological systems that operate simultaneously and in synchrony in our bodies. The brain is not separate from the body.

OBJECTIVES

- Define a new hypothesis of memory encoding and recall that disputes the widely held cortico-centric hypothesis where memory is encoded in neuronal synapses and recalled by activation of neural networks.
- Recognize that somatic cells communicate bio-electrically through gap junctions thus forming a neural-like network that is an ideal system for encoding information.
- Recognize that research on animals that undergo metamorphosis, hibernation and regeneration indicate capacity for learning and memory in spite of CNS modification or total loss (planaria) of brain matter.
- Explain how information may be inherited trans-generationally at the neuroanatomical and epigenetic levels affecting an organism's cognition, affect and behavior.
- Explain how heart transplant recipients provide evidence that personality is not limited to the brain but may also be stored in the heart, some of which may be transferred via heart transplantation from donor to recipient.

NOTE: Interactive Component: 25-30 Minutes



Thomas R. Verny is the author of eight books and 47 scientific papers, including *The Secret Life of the Unborn Child*, published in 28 countries. He has participated in more than 250 newspaper, radio and TV interviews in the past.

www.trvernymd.com

11:00 - 12:30

Intergenerational Survivance: Indigenous Wisdoms for Clinical Practice

Dr. Karlee Fellner
PhD, RPsych (Alberta)

This presentation offers an Indigenous liberatory framework for clinical practice grounded in land-based original teachings encompassing survivance and trauma wisdom.

OBJECTIVES

- Offer a basic understanding of Indigenous counter-narratives and concepts that challenge conventional approaches to mental health and psychopathology
- Introduce land-based tools that support (re)connecting with, (re)opening to, and (re)engaging one's personal and collective wisdom and medicine for healing
- Engage attendees in critical thinking regarding conventional approaches to assessment, diagnosis, and treatment that perpetuate (neo)colonialism in practice.

Attendees are encouraged to read the Psychology's response to the Truth and Reconciliation Commission (TRC) of Canada's Report (2018) commissioned by the Canadian Psychological Association (CPA) and Psychology Foundation of Canada (PFC) prior to attending as a context to this work. This presentation offers an authentically decolonizing approach to wellness based in Indigenous wisdoms rooted in survivance.

NOTE: Interactive Component: 25-30 Minutes



Dr. Karlee Fellner (PhD, RPsych) is a citizen of the Métis Nation of Alberta and the Founder and CEO of maskihkiy wellness (www.maskihkiy.com). She recently resigned from over 10 years as an Associate Professor in Counselling Psychology Indigenous Education at the University of Calgary in order to focus on the development and implementation of land-based psychotherapies and healing programs in central Alberta. Dr. Fellner is a prominent scholar activist who has been part of critical initiatives in Indigenous mental health and Equity Diversity and Inclusion (EDI), including CPA and PFC's national task force and Alberta's College of Alberta Psychologists and Psychologists' Association of Alberta's provincial working group on addressing the TRC in psychology; Association of State & Provincial Psychology Boards' Diversity, Equity and Inclusion Task Force; the EDI review panel for the Canada Research Chair program; and served as the Lead Coordinator for the 2022 National Multicultural Conference & Summit.

Dr. Fellner's areas of interest include Indigenous approaches to therapy and trauma work; Indigenous research, curriculum and pedagogy; culturally appropriate counselling; complex trauma; and holistic and traditional approaches to wellness. Dr. Fellner upholds Indigenous community priorities in all aspects of her work, engaging in transformative research, practice, and community development. She initiated the MEd programs Poo'miikapii: Niitsitapi Approaches to Wellness and Niitsitapiisinni: Real Peoples' Way of Life, which have awarded over 100 graduate certificates and degrees to community members. Dr. Fellner is also part of the instructional team for Indigenous Focusing-Oriented Therapy.

12:30—2:00 pm Networking Lunch

ABOUT THE KINGBRIDGE CENTRE

Discover Kingbridge

At Kingbridge, we understand that what happens outside of the meeting is just as important as what happens inside the meeting room. Whether you prefer some time in our fitness room, playing a game of pickleball in our indoor court, a reflective walk through the nature trails, or engaging with your team members in outdoor activities such as biking, volleyball or enjoying s'mores by the fire, the Kingbridge Centre has a variety of amenities designed to enrich your experience.

Outdoor activities include: volleyball, mountain biking, horseshoes, bocce ball, and badminton.

We invite you to explore the trails that run through our property. Each trail offers a suggestion for reflection designed to inspire deep thinking. It's our hope that the insights you find here will add meaningful value to your personal and professional life.

Click [HERE](#) to learn more about the Woodland Trails and Area for Contemplation.

[The Kingbridge Centre](#)

12750 Jane Street

King City, Toronto, ON L7B 1A3

Tel: 905-833-3086



REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)