



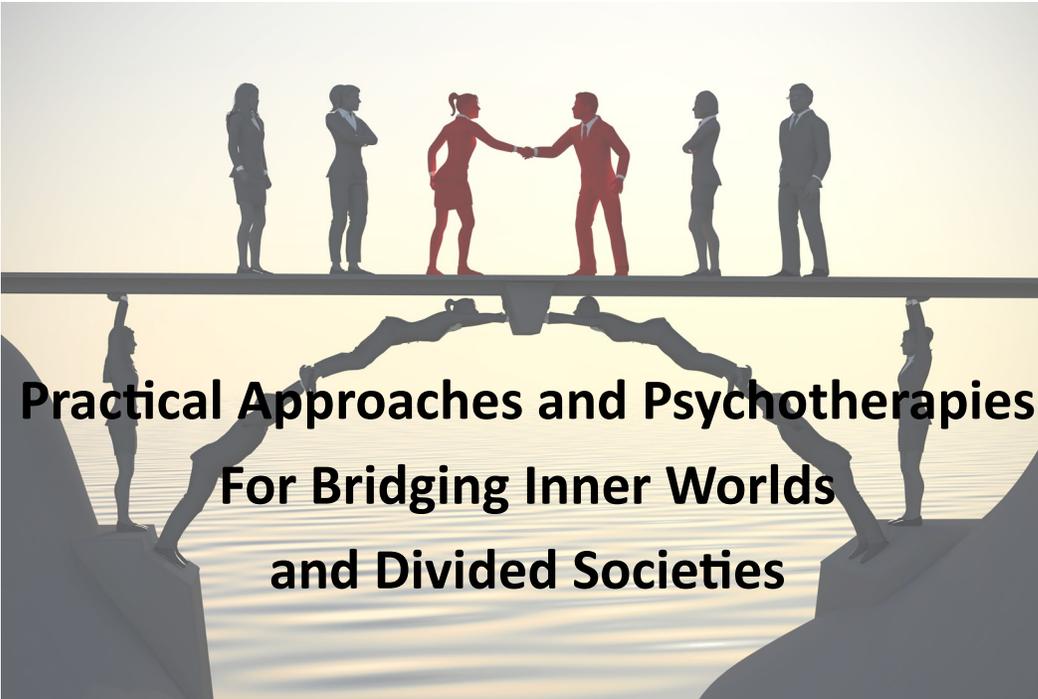
**MDPAC**  
**ACPMD**

MEDICAL PSYCHOTHERAPY  
ASSOCIATION CANADA  
ASSOCIATION CANADIENNE  
DE PSYCHOTHÉRAPIE MÉDICALE

## MDPAC 38th Annual Conference

June 5—7 2026

HYBRID Conference—In person OR ZOOM



**Practical Approaches and Psychotherapies  
For Bridging Inner Worlds  
and Divided Societies**

### Featuring Keynote Presentations:

***Jonathan Alderson***

***“Know Different”: Working with Families of Neurodivergent Individuals***

***Dr. Barbara Landau***

***Expanding Your Conflict Resolution Toolkit: From Families to Workplaces, Inter-Faith & Enduring International Disputes***

***Dr. Sheri Turrell***

***The Hopelessness of Youth: How Acceptance and Commitment Therapy Can Help***

***Dr. Gurmeet Kanwal***

***“Why Can’t a Woman Be More Like a Man?”***

***Thinking through Difference, Danger and Despair***

### CONFERENCE SCHEDULE

#### FRIDAY JUNE 5

10:00am—12:00pm Check-In

12:00—1:30 *Welcome Lunch*

1:30—3:00

*Modalities Panel Discussion*

3:00—3:30 *Break*

3:30—5:00

*Modalities Workshops*

5:00—6:00 *Free Time*

6:00—7:00 *Reception*

#### SATURDAY JUNE 6

7:00am—7:45 *Yoga/Meditation*

8:00—9:00 *Breakfast*

9:00—10:30

*Keynote: Dr. Sheri Turrell*

10:30—11:00 *Break*

11:00—12:30pm

*Keynote: Jonathan Alderson*

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*

#### SUNDAY JUNE 7

7:00am—7:45 *Yoga/Meditation*

8:00—9:00 *Breakfast*

9:00—10:30

*Keynote: Dr. Barbara Landau*

10:30—11:00 *Break*

11:00—12:30pm

*Keynote: Dr. Gurmeet Kanwal*

12:30—2:00

*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 2026 Conference Organizing Committee:

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

# REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

### IN PERSON REGISTRATION

|   | EARLY BIRD<br>By Apr 15 | REGULAR<br>After Apr 15 |
|---|-------------------------|-------------------------|
| Member - Full Conference with Accommodations              | \$ 1,300.00             | \$1,450.00              |
| Member - Full Conference with Accommodations & Guest*     | \$ 1,600.00             | \$1,750.00              |
| Early Arrival on Thursday                                 | \$ 425.00               | \$ 525.00               |
| Early Arrival on Thursday & Guest                         | \$ 600.00               | \$ 700.00               |
| Late Departure on Monday                                  | \$ 425.00               | \$ 525.00               |
| Late Departure on Monday & Guest                          | \$ 600.00               | \$ 700.00               |
| Member - Full Conference (No Accommodations)**            | \$ 800.00               | \$ 950.00               |
| Member - Friday Only (No Accommodations)**                | \$ 200.00               | \$ 250.00               |
| Member - Saturday Only (No Accommodations)**              | \$ 400.00               | \$ 500.00               |
| Member - Sunday Only (No Accommodations)**                | \$ 200.00               | \$ 250.00               |
| Non-Member - Full Conference with Accommodations          | \$ 1,600.00             | \$ 1,750.00             |
| Non-Member - Full Conference with Accommodations & Guest* | \$ 1,900.00             | \$ 2,050.00             |
| Early Arrival on Thursday                                 | \$ 475.00               | \$ 575.00               |
| Early Arrival on Thursday & Guest                         | \$ 650.00               | \$ 750.00               |
| Late Departure on Monday                                  | \$ 475.00               | \$ 575.00               |
| Late Departure on Monday & Guest                          | \$ 650.00               | \$ 750.00               |
| Non-Member - Full Conference (No Accommodations)**        | \$ 950.00               | \$ 1,100.00             |
| Non-Member - Friday Only (No Accommodations)**            | \$ 250.00               | \$ 300.00               |
| Non-Member - Saturday Only (No Accommodations)**          | \$ 450.00               | \$ 500.00               |
| Non-Member - Sunday Only (No Accommodations)**            | \$ 250.00               | \$ 300.00               |
| Student/Resident - Full Conference with Accommodations    | \$ 1,300.00             | \$ 1,450.00             |
| Student/Resident - Full Conference (No Accommodations)**  | \$ 800.00               | \$ 950.00               |
| Student/Resident - Friday Only (No Accommodations)**      | \$ 200.00               | \$ 250.00               |
| Student/Resident - Saturday Only (No Accommodations)**    | \$ 400.00               | \$ 500.00               |
| Student/Resident - Sunday Only (No Accommodations)**      | \$ 200.00               | \$ 250.00               |

### VIRTUAL ATTENDANCE REGISTRATION

|  |             |             |
|--|-------------|-------------|
| Member - Full Conference (Virtual)           | \$ 700.00   | \$ 850.00   |
| Member - Friday Only (Virtual)               | \$ 200.00   | \$ 250.00   |
| Member - Saturday Only (Virtual)             | \$ 300.00   | \$ 350.00   |
| Member - Sunday Only (Virtual)               | \$ 200.00   | \$ 250.00   |
| Non-Member - Full Conference (Virtual)       | \$ 1,000.00 | \$ 1,150.00 |
| Non-Member - Friday Only (Virtual)           | \$ 300.00   | \$ 350.00   |
| Non-Member - Saturday Only (Virtual)         | \$ 400.00   | \$ 450.00   |
| Non-Member - Sunday Only (Virtual)           | \$ 300.00   | \$ 350.00   |
| Student/Resident - Full Conference (Virtual) | \$ 350.00   | \$ 350.00   |
| Student/Resident - Friday Only (Virtual)     | \$ 100.00   | \$ 100.00   |
| Student/Resident - Saturday Only (Virtual)   | \$ 150.00   | \$ 150.00   |
| Student/Resident - Sunday Only (Virtual)     | \$ 100.00   | \$ 100.00   |

### 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 continental breakfast, breaks, and lunch.

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

**Early Arrival on Thursday fee** includes Thursday Accommodations, Thursday Dinner, Friday Breakfast & Lunch

**Late Departure on Monday fees** includes Sunday Accommodations, Sunday Dinner, Monday Breakfast & Lunch

**NOTE: All sessions will be recorded and will be available for viewing until December 31 2026.**

### CANCELLATION POLICY

- Cancellations must be received in writing by 5:00 pm on May 16 2026 and are subject to a \$50 administration fee.
- No refunds after May 16 2026.
- No show - full fee.
- E-Mail cancellations to [info@mdpac.ca](mailto:info@mdpac.ca)

**1:30 - 3:00**

**Psychotherapy Modalities  
Panel Discussion**

***Moderator:  
Dr. Kavita Patel***

***PANELLISTS:***

***Dr. Robin Beardsley  
Internal Family Systems (IFS)***

***Dr. Greg Dubord  
Cognitive Behavioural  
Therapy (CBT)***

***Dr. Caroline King  
Short-Term Psychodynamic  
Psychotherapy (STPP)***

**OBJECTIVES**

After this panel discussion, participants will be able to:

1. Compare conceptual and practical aspects of IFS, CBT and STPP;
2. Differentiate Short-Term from Long-Term Psychodynamic Psychotherapy ;
3. Understand the framework for 3 different psychotherapeutic modalities;
4. Demonstrate how these 3 modalities might be used in practice;
5. Identify further resources to deepen learning in these 3 therapeutic modalities.

**NOTE: Interactive Component: 25-30 Minutes**



Dr. Kavita Patel is a Family Physician with experience in healthcare quality improvement and information technology, and entrepreneurial, hospital and consulting roles.

She is a successful leader with the ability to contribute to and lead multidisciplinary teams. Her interests include: Patient Safety, Quality Improvement, and Evidence Based Care.

**SEE PANELLIST BIOGRAPHIES ON  
THE FOLLOWING PAGES**

## Workshop A

### Internal Family Systems (IFS)

**Dr. Robin Beardsley MD,  
CCFP**

**Dr. Elizabeth Parsons MD,  
FCFP, MDPAC(C)**

Have you ever wondered why therapeutic relationships go well with some patients and not others? Do you notice some days you have more energy than others? Often, we judge or criticize ourselves when things don't go as planned. Have you ever wondered where this criticism comes from or considered that your inner critic might have a positive intention? Join us as we explore the case presented to the panel with an Internal Family Systems lens. You will get a 'felt sense' of common internal 'parts' as we sculpt ourselves (the 'other human in the room') with this patient.

#### OBJECTIVES

After this workshop, participants will be able to:

- Distinguish between SELF and parts described in the modality of Internal Family Systems;
- Identify our own biases in therapeutic relationships;
- Differentiate the positive and negative beliefs of our common protectors or defenses as they relate to patients;
- Illustrate our internal system of proactive and reactive protectors in relationship to a challenging case in medicine.

NOTE: Interactive Component: 45+ Minutes



Dr. Robin Beardsley, a Family Physician with 35 years' experience of comprehensive family medicine practice and psychotherapy, is a certified IFS-I Therapist, approved Clinical Consultant, and trained teacher of Mindful Self Compassion. She provided psychotherapy in her medical practice early on using Satir

Transformational Systemic Therapy and CBT and started incorporating Internal Family Systems in 2015, switching over to full time psychotherapy in 2018.

She works with learners as a faculty member of the Department of Family Medicine at the University of Ottawa and teaches Self Compassion for Health Care communities. Robin has been involved with MDPAC (previously the GPPA) since the late 90's. She has been on the conference committee, the retreat committee, and more recently the education committee. She was instrumental in developing the Psychotherapy Training Program and was a recipient of the 2024 Theratree Award. She recently co-authored a book entitled "*It Doesn't Have To Be This Way. A Physician's Guide to Radical Self Care*" with Drs Risa Adams and Elizabeth Parsons. Her experiences of working with and healing from empathic distress in medical communities with IFS and Self-Compassion, along with her own journey, has given her a greater understanding of the complexity and multiplicity of our systems.



Dr. Elizabeth Parsons is a certified IFS therapist and approved clinical consultant with the IFS Institute and a certificant of MDPAC. She has had a focused practice in psychotherapy since 2007 and is level 2 trained in Sensorimotor Psychotherapy. Additional IFS training includes Somatic IFS and Creating Healing Circles. She is a presenter with the

MDPAC Psychotherapy Training Program and is a former chair of the MDPAC education committee as well as a former chair of the MDPAC board of directors. Physician well-being has long been one of her passions and she initiated the MDPAC annual retreat in 2011 to support and connect her colleagues. Her clinical practice focuses on Mindful Self-compassion and IFS-focused groups and she offers consultation for IFS therapists. She is a founding member of IFS Connect and is the co-author of "*It Doesn't Have to be this Way: A Physician's Guide to Radical Self-care*" with Drs. Risa Adams and Robin Beardsley.

## Workshop B

### 30 Tips from 30 Years of Cognitive Behaviour Therapy (CBT)

***Dr. Greg Dubord MD***

#### OBJECTIVES

After this workshop, participants will be able to:

- Recognize CBT tools that integrate into virtually any therapeutic modality;
- Employ CBT tools that enhance personal flourishing;
- Discover that learning CBT can be fun.

NOTE: Interactive Component: 45+ Minutes



Dr. Dubord is the CME Director of CBT Canada ([www.cbt.ca](http://www.cbt.ca)) and the Director of the Fellowship in Medical CBT (FMCBT). Under his leadership, CBT Canada won the National CME Program Award of the College of Family Physicians of Canada.

He has led CBT training for over ten medical schools and in every province—along with the Yukon, the Northwest Territories, and Nunavut—and in over a dozen countries. In total, he has presented over 500 full-day (or longer) workshops on CBT.

Dr. Dubord completed his CBT training under CBT's founder, Dr. Aaron T. Beck, and was the first Canadian Fellow of the Beck Institute. In the late 1990s the Clarke Institute of Psychiatry (now CAMH) recruited him to establish the Advanced CBT Institute. He received the University of Toronto Department of Psychiatry's Continuing Mental Health Education Award, and the CME Teacher of the Year award from the University of Toronto's Faculty of Medicine.

Dr. Dubord serves as Medical Director of TeleCBT ([www.telecbt.ca](http://www.telecbt.ca)), Ontario's largest OHIP-covered online psychotherapy clinic.

When he's not doing something CBT-related, Greg's passions include mountain biking, spinning pickleballs, alpine skiing, and playing frisbee with his Belgian Malinois—but most importantly, being the best husband and dad he can be.

## Workshop C

### Short-Term Psychodynamic Psychotherapy (STPP)

**Dr. Caroline King MD,  
FRCPC**

In this workshop, two main forms of STPP will be described, using videos and other learning tools. Intensive Short-Term Dynamic Psychotherapy (ISTDP), developed by Habib Davanloo and further researched and refined by other practitioners such as Allan Abbass uses judicious confrontation of defenses in order to move past resistance. In contrast, Accelerated Experiential Dynamic Psychotherapy (AEDP) was developed by Diana Fosha and aims to "melt" defenses using the experience of strong emotion in a supportive setting. Both however, rely on Malan's Triangle of Conflict (Feeling, Anxiety, Defense) and exposure to deep emotion in an experiential way, within a fixed number of sessions.

#### OBJECTIVES

After this workshop, participants will be able to:

- Explain the evolution of STPP within the larger group of psychodynamic psychotherapies;
- Recall the main similarities and differences between ISTDP and AEDP;
- Assess whether to pursue further training in ISTDP or AEDP, and where to get that training.

NOTE: Interactive Component: 45+ Minutes



Dr. King completed both her medical degree and Psychiatry residency at the University of Western Ontario. She then moved back to Hamilton, ON, where she worked for 5 years in inpatient and outpatient psychiatry within the McMaster Department of Psychiatry and Behavioural Neurosciences.

Having always been interested in psychotherapy, she left hospital practice in 2006 and opened a private practice. Over the next 10 years she sought training in many different modalities, including Jungian, Acceptance and Commitment Therapy (ACT) and Sensorimotor Psychotherapy. She likes to have many tools in her therapeutic toolbox in order to individualize patient therapy.

Dr. King has been teaching psychiatry residents at McMaster for many years, where she is an Assistant Clinical Professor (Adjunct). Currently, she is the module coordinator for the PGY-3 Psychodynamic Psychotherapy Seminar Series and supervises residents in their short-term psychodynamic training cases.

Dr. King has been involved with MDPAC since 2013, serving on several committees as well as on the Board and as President (2019-2022). She has also been involved in the MDPAC Psychotherapy Training Program, mainly as a small-group supervisor.

# REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)



**6:00—7:00 pm  
RECEPTION**

**Join us to  
mix and mingle  
with colleagues  
and learn more about  
the various  
MDPAC committees!**

## **TESTIMONIALS ABOUT THE KINGBRIDGE CENTRE**

*Great venue overall. Food was fantastic, staff were excellent, overall the flow of the place was really good and it was beautifully serene. Well-chosen.*

*This centre was incredible! The setting and the facility were very restorative. Great pools and hot tubs! The food was excellent. It was also easy to get to.*

*Excellent venue, please have the conference there again!*

*Amazing venue. So large and spacious, great facilities, lovely grounds, and delicious food. Also friendly and kind staff.*

*It was beautiful- loved the architecture and layout. The food and service was fantastic.*

*Really enjoyed my 2-night stay at Kingsbridge Centre. Food was fantastic. The staff were very polite and helpful. Got a chance to use the outdoor pool. Rooms were spacious and very comfortable for my needs.*

## **REGISTRATION**

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

**9:00 - 10:30**

## **The Hopelessness of Youth: How Acceptance and Commitment Therapy Can Help**

***Dr. Sheri Turrell PhD, CPsych***

Acceptance and Commitment Therapy (“ACT,” pronounced as a single word) is an empirically supported form of cognitive behavior therapy. ACT is based upon unique philosophical and theoretical foundations that target psychological and behavioral flexibility in the presence of whatever shows up inside (i.e., thoughts, emotions, and urges). As we learn to stand back and watch thoughts and feelings with curiosity and willingness, we make room to consider who and what matters so we can take our life in meaningful directions. This approach can be particularly helpful with youth (and health care professionals) who struggle with hopelessness in today’s complex world. Dr. Turrell will introduce you to the philosophical foundation and therapeutic processes of the ACT model and link these to clinical work. This keynote will be interactive and experiential, giving participants the opportunity to learn the basics of the model for themselves and use ACT to help others.

### **OBJECTIVES**

After this keynote, participants will be able to :

- Describe the ACT perspective of human suffering generally, and in the context of adolescents and young adults who present with hopelessness, more specifically;
- Relate ACT to its foundational underpinning of Functional Contextualism with an emphasis on psychological flexibility, rather than symptom reduction;
- List and describe the six core processes of the ACT model;
- Describe how to conceptualize youth hopelessness according to the ACT model;
- Explain how to use simple interventions to target hopelessness and promote adaptive, meaningful behavior.

**NOTE: Interactive Component: 25-30 Minutes**



Dr. Sheri Turrell is a Clinical Psychologist, Peer Reviewed ACT Trainer through the Association for Contextual and Behavioural Science (ACBS), and Psychoanalyst from Toronto, Canada with over twenty years of experience in mental health. She divides her professional time between her private practice, supervising students, and providing consultations and trainings to graduate students and clinicians locally and internationally.

Sheri is most passionate about her work with Acceptance and Commitment Therapy with adolescents and adults, both in individual and group work. She has been facilitating ACT groups for teens for over 10 years and more recently, parent groups. Her first book, “ACT for Adolescents,” co-authored with Mary Bell, was published in 2016. 2018 saw the release of “*The Mindfulness and Acceptance Workbook for Teen Anxiety*” co-authored by Sheri, Mary and Chris McCurry. She spent the past few years creating an online pre-recorded course for teens and young adults, *Choose Your Life*, that took much longer to finish than she predicted! Her third book, co-authored with Mary Bell, “*The ACT Relationship Skills Workbook for Teens*” is a teen self-help book released in 2024.

**11:00 - 12:30**

## **“Know Different”: Working with Families of Neurodivergent Individuals**

***Jonathan Alderson EdM***

Neurodivergence is now a fully accepted scientifically-supported construct that places every human being on an infinite spectrum of uniqueness. What are the practical implications for psychotherapy? Where does pathology fit? And is there room beyond "acceptance" for treatment anymore? Paradigms are changing rapidly, along with client expectations. Let's discuss!

### **OBJECTIVES**

After this keynote, participants will be able to:

- Describe the often unclear relationship between the “neurodivergent spectrum” and clinical diagnostics;
- Identify several current debates within the neurodivergent advocacy community, including anti-therapy sentiment;
- Evaluate the role of and use of language around clinical diagnoses in their practice in the context of neurodivergent-identifying patients;
- Define Neurodiversity Affirming Therapy (NDA);
- Evaluate their own professional values alongside neurodivergent client expectation.

**NOTE: Interactive Component: 25-30 Minutes**



Jonathan Alderson is the Founder and Director of the Integrative Multi-Treatment program for autism acceptance and development - a highly customized “precision” solution merging behavioral, cognitive, and biological therapies, paying specific attention to order and timing. A Masters from Harvard University and an internship with the Harvard Family Research Project, led to 1500-hours of play-based therapy training over eight years at the Autism Treatment Center of America in Massachusetts.

He has coached 2000 families, over 25 years, designing and directing therapy programs across Europe, Australia, Israel, Mexico and North America. He has been a keynote speaker for The Saskatchewan Ministry of Health, The Primary Elementary Teachers Association of Nova Scotia, the Royal College of Pediatricians (University of Nottingham), and the Canadian Psychiatric Research Foundation. Interviewed in the Toronto Globe and Mail, CBC radio, Breakfast Television, he also appeared in several episodes of the award-winning TV reality series *Employable Me* coaching adults with autism. He served as Chair of the Professional Advisory Committee of the Seneca College Behavioral Science Program, was Founding Chair of the Autism Speaks to Young Professionals Advisory Board, and a Trustee of the Awesome Foundation Toronto. He was editor of the book *Autism 101*, 2nd Ed., a contributor to the Huffington Post, and Parents Canada Magazine, and is the author of *Challenging the Myths of Autism* honored with 7 awards including the Mom’s Choice Gold Award.

In 2022 he founded ThriveGuide.co leveraging technology to reach even more families through the world’s first online instant individualized development plans for autistic children. In 2024, ThriveGuide was honored with the Titan Health Gold Award for Health Technology Solution.

## Workshop D

### Acceptance and Commitment Therapy: Bringing Values Into The Room With Youth

***Dr. Sheri Turrell PhD, CPsych***

In this dynamic and experiential workshop, clinicians will explore how the values process within Acceptance and Commitment Therapy (ACT) can be used to help teens build meaningful, vitalizing lives. Participants will learn how to guide teens in identifying their values and bring them to life through behaviour change. Through hands-on exercises, clinicians will embody their own values and gain practical tools for use in session. Some familiarity with the ACT model will be helpful but is not essential.

#### OBJECTIVES

After this workshop, participants will be able to:

- Describe the main qualities of values and the significance of values for youth;
- Distinguish values from goals and rules;
- Demonstrate elicitation of values through exercises in dyads and small groups;
- Explain how incorporating values work can enhance your work with youth;
- Apply values to your own life to enhance vitality and fulfillment.

NOTE: Interactive Component: 45+ Minutes



Dr. Sheri Turrell is a Clinical Psychologist, Peer Reviewed ACT Trainer through the Association for Contextual and Behavioural Science (ACBS), and Psychoanalyst from Toronto, Canada with over twenty years of experience in mental health. She divides her professional time between her private practice, supervising students, and providing consultations and trainings to graduate students and clinicians locally and internationally.

Sheri is most passionate about her work with Acceptance and Commitment Therapy with adolescents and adults, both in individual and group work. She has been facilitating ACT groups for teens for over 10 years and more recently, parent groups. Her first book, "ACT for Adolescents," co-authored with Mary Bell, was published in 2016. 2018 saw the release of "*The Mindfulness and Acceptance Workbook for Teen Anxiety*" co-authored by Sheri, Mary and Chris McCurry. She spent the past few years creating an online pre-recorded course for teens and young adults, *Choose Your Life*, that took much longer to finish than she predicted! Her third book, co-authored with Mary Bell, "*The ACT Relationship Skills Workbook for Teens*" is a teen self-help book released in 2024.

## Workshop E

### Working With Autistic Individuals: Change Versus Acceptance

**Jonathan Alderson EdM**

Dr. Temple Grandin is perhaps the world's most well-known and outspoken autistic adult. She once commented "I always find it kind of funny that normal people are always saying autistic children 'live in their own little world.'" What do we still need to learn about the autism lived-experience to be better allies? Meanwhile, the autism community itself is deeply divided: Parent groups lobby tirelessly for more government funding for autism treatments, while autistic adult groups campaign against treatment. We don't need to change, we need to be accepted and included, they plea. In this workshop, we'll discuss together the seeming oxymoron of change versus acceptance. And I'll share some of the most effective strategies, from 20 years of both parent coaching and play-therapy with autistic children, that build deep rapport, therapeutic alliance, and that inspire learning.

#### OBJECTIVES

After this workshop, participants will be able to:

- Define "Acceptance" as a working construct within both "Therapeutic Alliance" and in "Self-Growth/Actualization";
- Identify clinical implications of "acceptance" of neurodiversity juxtaposed to therapy/ treatment;
- Compose a Professional Statement that affirms neurodiversity acceptance concurrent with growth;
- Demonstrate strategies to successfully navigate several challenging conflicts (interactive case studies).

NOTE: Interactive Component: 45+ Minutes



Jonathan Alderson is the Founder and Director of the Integrative Multi-Treatment program for autism acceptance and development - a highly customized "precision" solution merging behavioral, cognitive, and biological therapies, paying specific attention to order and timing. A Masters from Harvard University and an internship with the Harvard Family Research Project, led to 1500-hours of play-based therapy training over eight years at the Autism Treatment Center of America in Massachusetts.

He has coached 2000 families, over 25 years, designing and directing therapy programs across Europe, Australia, Israel, Mexico and North America. He has been a keynote speaker for The Saskatchewan Ministry of Health, The Primary Elementary Teachers Association of Nova Scotia, the Royal College of Pediatricians (University of Nottingham), and the Canadian Psychiatric Research Foundation. Interviewed in the Toronto Globe and Mail, CBC radio, Breakfast Television, he also appeared in several episodes of the award-winning TV reality series *Employable Me* coaching adults with autism. He served as Chair of the Professional Advisory Committee of the Seneca College Behavioral Science Program, was Founding Chair of the Autism Speaks to Young Professionals Advisory Board, and a Trustee of the Awesome Foundation Toronto. He was editor of the book *Autism 101*, 2nd Ed., a contributor to the Huffington Post, and Parents Canada Magazine, and is the author of *Challenging the Myths of Autism* honored with 7 awards including the Mom's Choice Gold Award.

In 2022 he founded ThriveGuide.co leveraging technology to reach even more families through the world's first online instant individualized development plans for autistic children. In 2024, ThriveGuide was honored with the Titan Health Gold Award for Health Technology Solution.

## Workshop F

### Insight Journeying: An Introduction To Application of Clinical Hypnosis In Psychotherapy

***Kaia Day RSW***

Participants will gain an understanding of current research-based applications of clinical hypnosis, specifically in the context of a trauma-informed framework for working with non-ordinary states of consciousness in psychotherapy.

This workshop will include an overview of up-to-date definitions, indications, contraindications and pioneering new trends vis-a-vis an expansion of the depth-oriented clinician's toolkit.

#### OBJECTIVES

After this workshop, participants will be able to:

- Explain current research-based applications of clinical hypnosis within psychotherapy, with particular attention to trauma-informed practice and the ethical use of non-ordinary states of consciousness;
- Differentiate contemporary definitions, indications, and contraindications of clinical hypnosis;
- Use trauma-informed principles when working with non-ordinary states of consciousness, demonstrating sensitivity to safety, stabilization, and client readiness.

NOTE: Interactive Component: 45+ Minutes



Kaia Day is the President of Daybreak Therapy & Training and the Founding Director of the Program of Integrative Psychotherapist Studies at the SOPHIA School of Psychotherapeutic, Hypnotherapeutic & Integrative Arts . She brings over 25 years of experience in the provision of psychotherapeutic and clinical social work services, and now enjoys teaching within Daybreak's Clinical Counselling Hypnotherapist Program.

Kaia is Past-President of the Canadian Society of Clinical Hypnosis - Ontario Division, and has served as a Clinical Counselling Hypnotherapy expert at international conferences, Boards, and teaching organizations including University of Toronto faculty of medicine. Kaia has both received and provided extensive training around the world in the areas of clinical hypnotherapy, mindfulness-based approaches to psychotherapy, energy medicine, and Ericksonian-based psychotherapy.

*The Great Book Exchange*



**BACK BY  
POPULAR DEMAND**

**9:00 - 10:30**

## **Expanding Your Conflict Resolution Toolkit: From Families to Workplaces, Inter-Faith and Enduring International Disputes**

***Dr. Barbara Landau CM,  
PhD, LLB, LLM, CMed***

### OBJECTIVES

After this keynote, participants will be able to:

- Identify key conflict resolution concepts, important models, and skills to assist in planning and executing a strategy to address conflicts across several content areas.
- Evaluate the connection between our personal histories and our motivation to focus on significant conflict areas in our practice.
- Discuss the evolution of approaches to family conflicts from an adversarial process to cooperative problem solving.
  - What are the core requirements for cooperative problem solving?
  - What are the benefits?
  - When is it not appropriate?
  - What are alternatives when cooperation is not appropriate or safe?
- List several theories and skills that are essential tools for a successful conflict resolution practice across a range of topic areas, such as:
  - Family disputes
  - Tensions within and between interfaith, cross cultural and other vulnerable communities
  - Workplace conflicts
  - Tensions within interdisciplinary teams of mental health professionals who share responsibilities for clients

NOTE: Interactive Component: 25-30 Minutes



Dr. Barbara Landau, C.M., Ph.D., LL.B., LL.M.,  
Psychologist, Lawyer, Mediator and Arbitrator

Dr. Landau received the Order of Canada in 2021.  
Professional Practice:

- Chief Psychologist, Family Court Clinic at Clarke Institute
- Executive member of the Ontario Advisory Council on the Status of Women • Chief of Service, Adolescent Unit, Queen Street Mental Health Centre (now CAMH)
- Chief Psychologist, Scarborough General Hospital
- President of Cooperative Solutions from the 1980's until 2021
- President of Separation Pathways since 2021.

She has successfully resolved family law disputes, family business and estate issues, as well as workplace disputes, commercial, wrongful dismissal, medical malpractice and personal injury cases. She taught Conflict Resolution, Family Mediation and Family Arbitration. She is the lead author of *The Family Dispute Resolution Handbook* (7th edn), Lexis/Nexis.

Community Involvement:

- Barbara participated in 3 Compassionate Listening peace-building missions to Israel and Palestine.
- She is co-chair of the Canadian Association of Jews and Muslims (CAJM),
- She co-founded "Together in Hope", a Jewish, Palestinian/Arab women's dialogue group,
- She is a former Board member and Chair of the Shared Society Committee of JSpaceCanada, Barbara co-founded and is the Canadian representative to the J-Link Coordinating Committee. J-Link is an international network of progressive Jewish organizations.

11:00 - 12:30

**“Why Can’t a Woman Be More Like a Man?”  
Thinking through Difference,  
Danger and Despair**

**Dr. Gurmeet S. Kanwal, MD**

Drawing on the metaphor of enforced sameness from Shaw’s Pygmalion, this talk will examine the psychological impact of living in an increasingly polarized and unstable world, and the clinical challenges this presents for therapists. Patients today are not only struggling with intrapsychic and interpersonal conflict, but with existential anxieties rooted in real societal conditions: political divisiveness, threats of violence, war, cultural fragmentation, and a growing loss of shared meaning. This presentation will explore how therapists can help patients think psychologically about these realities without collapsing into either dismissal or catastrophic identification. Particular attention will be given to the ways difference becomes experienced as danger; how societal polarization reactivates developmental vulnerabilities around trauma, abuse, belonging, and identity; and how despair emerges when patients lose the capacity to imagine a viable future. The talk will suggest approaches for helping patients metabolize collective threat, mourn relational and communal fractures, regulate exposure to societal danger, and restore agency and futurity. The aim is to strengthen patients’, and therapists’ capacity to remain psychologically reflective, relationally engaged, and existentially alive in the face of difference, danger, and despair.

**OBJECTIVES**

After this keynote, participants will be able to:

1. Identify the psychological and existential impacts of societal polarization, violence, and global instability as they present in psychotherapy;
2. Recognize how experiences of difference, danger, and despair interact with patients’ developmental histories, identity, and sense of belonging;
3. Develop psychotherapeutic skills to help patients engage reflectively with collective threat, regulate exposure to societal danger, and sustain agency and futurity.

NOTE: Interactive Component: 25-30 Minutes



Gurmeet S. Kanwal, MD, is Clinical Associate Professor of Psychiatry at Weill Medical College of Cornell University (New York City), Supervising Psychoanalyst at the William Alanson White Institute (New York City) and Staff Psychiatrist, Scarborough Health Network (Toronto). He is past president of the Psychoanalytic Society of the William Alanson White Institute and Editorial Board Member of the International Journal of Psychoanalysis. He is the 2024 recipient of the Cooper Award for seminal contributions to psychoanalysis and psychoanalytic psychotherapy, and three time recipient of Teacher of the Year award of the Cornell Department of Psychiatry. He is Co-Founder of Mobius Psychological Services and Mobius Academy in Toronto, Canada and practices in both New York and Toronto. He is also Teaching Faculty at HamAva Institute for Psychoanalytic Psychotherapy, Tehran, Iran.

Dr. Kanwal is co-editor (with Salman Akhtar) of the books, *Bereavement: Personal Experiences and Clinical Reflections* (Karnac, 2017) and *Intimacy: Clinical, Cultural, Digital and Developmental Perspectives* (Routledge, 2019). His publications have appeared in *Contemporary Psychoanalysis*, *Neuropsychanalysis*, *Psychoanalytic Review*, *Psychoanalysis, Culture and Society*, *Psychoanalytic Perspectives*, *Journal of Infant, Child and Adolescent Psychotherapy* and *Journal of American Psychoanalytic Association*. He is co-author (with Usha Tummala-Narra) of the Chapter on South Asian Americans in the section on Racial and Ethnic Diversities in *Psychotherapy in Glen Gabbard’s Textbook of Psychotherapeutic Treatments* (Second Edition). He is also co-author (with Nahaleh Moshtagh) of a chapter in the forthcoming edition of the textbook, *Critical Social Justice in Counseling, Psychology, and Psychotherapy: A Case Study Approach*.

**12:30—2:00 pm Networking Lunch**

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