



MDPAC
ACPM

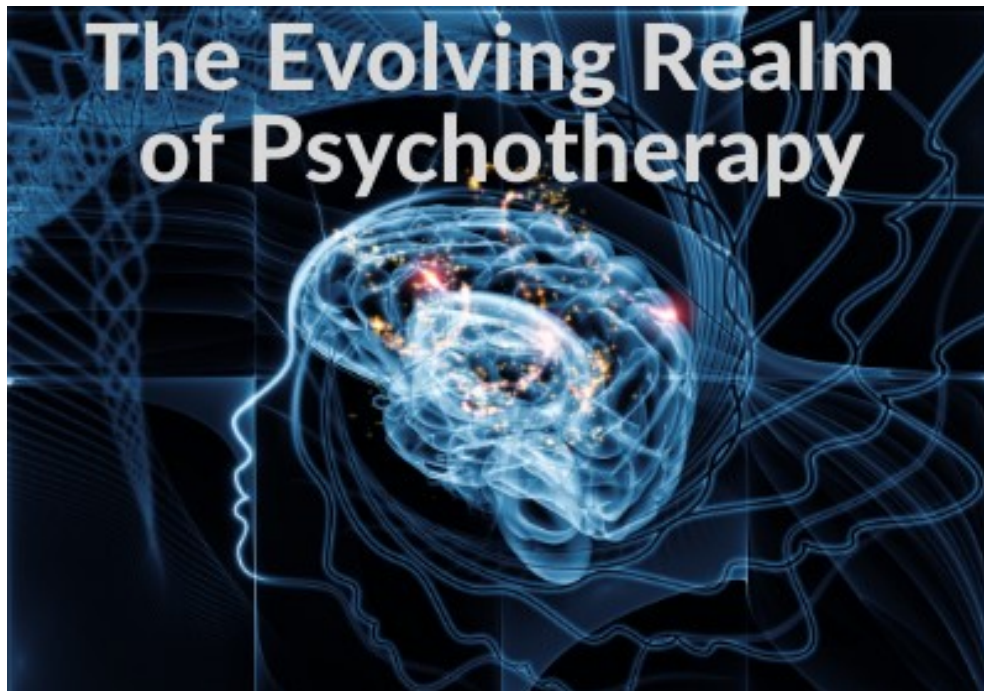
MEDICAL PSYCHOTHERAPY
ASSOCIATION CANADA

ASSOCIATION CANADIENNE
DE PSYCHOTHÉRAPIE MÉDICALE

MDPAC 34th Annual Conference

November 5-6 2021

VIRTUAL Conference—VIA ZOOM



Featuring:

Dr. Judson Brewer MD, PhD

Unwinding Anxiety

Dr. Sandy Buchman MD, CCFP (PC), FCFP

***Exploring Suffering and the Wish to Hasten Death:
Where and When Does MAID Fit as a Treatment
Option in Canada in 2021 and Beyond***

Dr. Emma Hapke MD, FRCPC

Psychedelic-Assisted Psychotherapy

Dr. Jillian Horton MD

We Are (Not) All Perfectly Fine

CONFERENCE SCHEDULE

FRIDAY NOV 5

9:00—10:30

Keynote Dr. Judson Brewer

10:30—11:00

Break

11:00—12:30

Keynote: Dr. Sandy Buchman

12:30—13:30

Lunch

***Optional Lunch and Learn:
Getting Comfortable with the
CanMEDS Roles***

13:30—17:00

Workshops

15:00—15:30

Break

SATURDAY NOV 6

9:00—10:30

Keynote: Dr. Emma Hapke

10:30—11:00

Break

11:00—12:30

Keynote: Dr. Jillian Horton

12:30—13:30

Lunch

13:30—17:00

Workshops

15:00—15:30

Break

Why Should You Attend the MDPAC Conference?

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

Conference Learning Objectives:

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

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

ACCREDITATION

MDPAC ACCREDITATION

Approved for 7 hours MDPAC Group CE credits for the first day and 6 hours MDPAC Group CE credits for the second day or 13 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).

CFPC ACCREDITATION

This Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 13 Mainpro+ credits.

RCPSC Accreditation

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification (MOC) program of the Royal College of Physicians and Surgeons of Canada (RCPSC) and approved by McMaster University CHSE for up to 13 MOC Section 1 hours.

Special Thanks to the 2021 Conference Organizing Committee:

Dr. Elizabeth Alvarez, Dr. Joachim Berndt, Dr. Howard Eisenberg, Dr. Mary Ann Gorcsi, Dr. Caroline King, Dr. David Posen, Dr. Yves Talbot, Dr. Lauren Torbin, Dr. Heidi Walk, Dr. Ben Zalkind

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

2 Day Registration Fees

MDPAC Members \$300

Non-Members \$400

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

1 Day Registration Fees

MDPAC Members \$150

Non-Members \$200

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

CANCELLATION POLICY

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

on October 15 2021 and is subject to a \$50 administration fee.

No refunds after October 15 2021. No show - full fee.

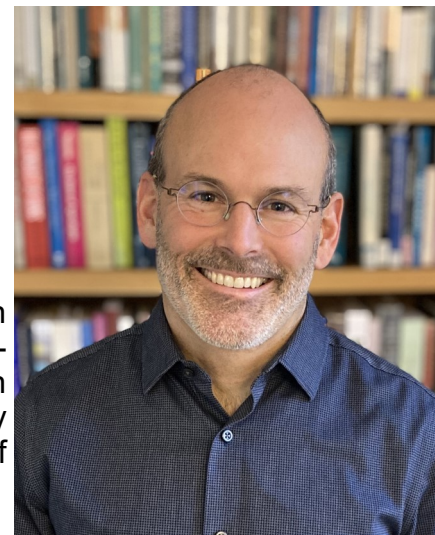
E-Mail or fax refund requests to: info@mdpac.ca

Friday November 5

Unwinding Anxiety: Can Insights from the Science of Habit Change and Help How We View and Treat Anxiety?

Dr. Judson Brewer MD, PhD

Dr. Jud Brewer MD PhD (“Dr. Jud”) is an internationally known addiction psychiatrist and neuroscientist and New York Times best-selling author. He is the Director of Research and Innovation at Brown University’s Mindfulness Center and associate professor of psychiatry at the Medical School. He is also the executive medical director of behavioral health at Sharecare Inc.



Dr. Brewer has developed clinically proven app-based training to help people with smoking, emotional eating and anxiety (www.drjud.com), and has studied the underlying brain mechanisms. His work has been featured on 60 minutes, at TED.com (4th most viewed talk of 2016 with over 15 Million views), in the New York Times, Time magazine, Forbes, NPR and the BBC among others. He is the author of *The Craving Mind: from cigarettes to smartphones to love, why we get hooked and how we can break bad habits* and *Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind* (Avery/Penguin Random House, 2021). You can follow him on twitter @judbrewer

Friday November 5

Exploring Suffering and the Wish to Hasten Death: Where and When Does MAID Fit as a Treatment Option in Canada in 2021 and Beyond

Dr. Sandy Buchman MD, CCFP (PC), FCFP

Dr. Sandy Buchman is a palliative care physician and an Associate Professor in the Department of Family and Community Medicine, Division of Palliative Care at the University of Toronto and McMaster University. He is the Freeman Family Chair in Palliative Care and Medical Director of The Freeman Centre for the Advancement of Palliative Care at North York General. From 2019-2020, he served as President of the Canadian Medical Association and is also a past president of the College of Family Physicians of Canada and the Ontario College of Family Physicians. From 2005-2019, he provided home-based palliative and end-of-life care with the Sinai Health System’s Temmy Latner Centre for Palliative Care and with the Palliative Care and Education for the Homeless (PEACH) Program of Inner City Health Associates in Toronto. Sandy is a founder and medical lead of a new residential hospice (Neshama Hospice) currently being built in the Toronto Area. He is the 2020 recipient of the W. Victor Johnston Award by the College of Family Physicians of Canada. This award recognizes a renowned Canadian or international family medicine leader for continuous and enduring contributions to the specialty of family medicine in Canada or abroad.



Saturday November 6

Psychedelic-Assisted Psychotherapy: The Past, Present and Future

Dr. Emma Hapke MD, FRCPC

Dr. Emma Hapke started her career as an attending psychiatrist at the Centre for Addiction and Mental Health (CAMH) in Toronto, Canada. She is also a lecturer at the University of Toronto. Dr. Hapke's specialty is in women's mental health and the treatment of developmental trauma, sexual trauma and complex PTSD. She has extensive training in multiple modalities of psychotherapy and has worked clinically with ketamine-assisted psychotherapy. She also has a growing interest in psychosocial oncology.



Dr. Hapke works with the Multidisciplinary Association for Psychedelic Studies (MAPS) as the principal investigator for the Montreal site of the Phase III study examining MDMA-assisted psychotherapy for PTSD and is trained by MAPS to deliver MDMA-assisted (3,4-methylenedioxy-methamphetamine-assisted) psychotherapy. In May 2021, Dr. Hapke joined the University Health Network (UHN) as an attending psychiatrist and is the co-founder of the newly established Centre for Psychedelic-Assisted Psychotherapy at UHN.

Saturday November 6

We Are (Not) All Perfectly Fine: Mindfulness, Personal Narrative, and Reckoning with Culture Transformation

Dr. Jillian Horton MD

Dr. Jillian Horton is an Associate Professor of Internal Medicine at the Health Sciences Centre and the University of Manitoba. She is a graduate of McMaster medical school and completed her residency and fellowship in general internal medicine at the University of Toronto.

Dr. Horton has completed a longitudinal internship in teaching Mindful Practice (at the University of Rochester) and Chief Wellness Officer training at Stanford University. She is a sought-after speaker and teacher of mindfulness for clinicians, both nationally and internationally. Her writing about medicine appears regularly in the LA Times, the Globe and Mail, Maclean's and Medscape, as well as a wide variety of American news outlets by syndication. She hosts the novel series Arts, Medicine, Life at the National Arts Centre in Ottawa.



In April 2020 she was awarded the prestigious Gold Humanism award by the Association of Faculties of Medicine of Canada for her national contributions to compassion in clinical care and her leadership in the field of humanities in medical education. Her first full-length book, *We Are All Perfectly Fine: A Memoir of Love, Medicine and Healing* was released by HarperCollins Canada in February and is a national bestseller.

9:00 - 10:30

Unwinding Anxiety: Can Insights from the Science of Habit Change and Help How We View and Treat Anxiety?

Dr. Judson Brewer MD. PhD

Can anxiety and worry be perpetuated like a habit? Anxiety levels are increasing individually and collectively in modern day. Faced with uncertainty, an overabundance of information (and misinformation), among other challenges, our minds struggle to keep up. Our brains default to old survival mechanism to help us deal with anxiety, which can lead to the development of unhealthy coping habits (e.g. stress eating) and ironically feed anxiety as a habit itself. Drawing on his clinical work, neuroscience research studies and development of next-generation digital therapeutics for habit change, Dr. Brewer will discuss the underlying behavioral and neurobiological mechanisms of why anxiety and other habits are formed and how we can paradoxically tap into these very processes to uproot them. He will also discuss how we can apply these insights to improving clinical treatments and to our own lives.

Learning Objectives:

1. Participants will be able to describe how anxiety forms as a habit
2. Explain how mindfulness affects reward valuation in the brain
3. Discuss how mindfulness approaches can help change habit patterns

11:00 - 12:30

Exploring Suffering and the Wish to Hasten Death: Where and When Does MAID Fit as a Treatment Option in Canada in 2021 and Beyond

***Dr. Sandy Buchman
MD, CCFP (PC), FCFP***

This presentation will address the challenges clinicians face in exploring intolerable suffering of patients with advanced illness who express a wish to end their lives, and how the option of medical assistance in dying (MAID) might be integrated into a treatment plan.

Learning Objectives:

- To describe the domains of human suffering – physical, psychological and spiritual - and the competencies needed to explore them.
- To understand the wish to hasten one's death as an expression of intolerable suffering.
- To appreciate the role of medical assistance in dying for patients with and without reasonably foreseeable death in addressing intolerable suffering in 2021.
- To discuss the potential challenge to medical practice in exploring mental illness as a sole underlying cause of suffering when this becomes an eligibility criterion for MAID in March 2023.

12:30—1:30 pm

OPTIONAL Lunch and Learn: Getting Comfortable with the CanMEDS Roles

Join us for a brief presentation followed by an interactive practical exercise.

Presenters: Dr. Muriel J. van Lierop, Dr. Barbara Kawa, Dr. Linda MacDonald and Dr. Stephen Sutherland.

Workshop A

Palliative Care and Psychotherapy

***Dr. Sandy Buchman
MD, CCFP (PC), FCFP***

This interactive workshop will focus on practical psychotherapeutic techniques and approaches used in palliative care to address the psychosocial difficulties patients and families experience in dealing with advanced illness.

Learning Objectives:

- To understand the critical importance of psychosocial care as an essential component of a palliative care approach.
- To appreciate the myriad of therapies and their benefits in palliative care to address the suffering of advanced illness.
- To explore how different psychotherapies may be optimally utilized through interactive discussion and role playing of common scenarios in palliative care.

Workshop B

Naturopathy and Supplements in Psychotherapy

***Dr. Jonathan Prousky
MSc, MA, RP, ND***

The presentation will review evidence-based concepts from stress research, i.e., allostasis, allostatic load, and allostatic overload, in the context of emotional regulation. Evidence-based natural health products (NHPs) that lower the intensity of emotional overwhelm and reduce pathophysiological harms to the brain and body will be thoroughly discussed, including their expected benefits, integration with commonly prescribed psychiatric medication, and possible adverse effects. Above all, the use of evidence-based NHPs will be articulated as putative treatments to support the psychotherapeutic process.

- Learning Objectives:
Learn basic concepts from contemporary stress research, including their relevance to emotional regulation.
- Review basic brain mechanisms that get activated from chronic stress.
- Learn specific evidence-based natural health products that facilitate allostasis and support the psychotherapeutic process.

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

Workshop C

Eating Disorders: Managing The Relentless Pursuit of Thinness

***Dr. Robbie Campbell
MD, FRCPC***

Learning Objectives:

- To appreciate the complex nature of body image and eating disorders;
- To be aware of the medical complications that can impact on the severity of illness;
- To understand the impact of comorbidities on treatment outcomes;
- To review available treatment options and need for follow-up care.

9:00 - 10:30

**Psychedelic-Assisted
Psychotherapy:
The Past, Present and Future**

Dr. Emma Hapke MD, FRCPC

This talk will provide a broad overview of the field of psychedelic therapy. We will trace the origins in indigenous cultures to the research in the 1950s and 60s to the recent explosion in research and interest known as the “psychedelic renaissance”. We will review general principles of psychedelic-assisted psychotherapy and understand how these principles are being applied to a variety of indications including treatment-resistant depression, PTSD and end-of-life distress. We will explore risks both for individuals and the movement at large. We will conclude with a look to the future of where this field may go with a review of up-coming regulatory changes in Canada and training opportunities.

Learning objectives:

- To gain an understanding of the history of psychedelic-assisted psychotherapy with its roots in indigenous cultures up until the recent renaissance in research
- To explore the principles of psychedelic-assisted psychotherapy including set, setting, preparation and integration
- To understand the current state of the research into psychedelic-assisted psychotherapy for a variety of indications
- To learn about opportunities to get involved in this field in Canada

11:00 - 12:30

**We Are (Not) All Perfectly
Fine: Mindfulness, Personal
Narrative, and Reckoning with
Culture Transformation**

Dr. Jillian Horton MD

Learning Goals:

1. Create an opportunity for personal reflection
2. Explore the risks, benefits and barriers of using personal narrative to affect culture change
3. Discover the ways in which mindfulness can allow us to influence the organisational and system factors that are the primary drivers of burnout

REGISTRATION

[CLICK HERE TO REGISTER ONLINE](#)

Workshop E

The Case for Resilience

Dr. Jillian Horton MD

Learning Goals:

1. Create an opportunity for personal reflection
2. Review the primary drivers of physician burnout, and how they interact with messaging around resilience
3. Explore an adaptive framing for resilience that allows the individual to see it as a tool for growth and change

Workshop F

Addressing Addiction in Private Practice

Dr. Ivan Perusco MD

This workshop is designed for primary care physicians who are relatively new to the field of addiction medicine.

Participants will learn about addiction and how to screen, diagnose, treat and/or refer their patients with possible addiction issues.

Learning Objectives

- Review screening tools and diagnostics
- Describe the process of care in addictions treatment
- Review current practice; strengths and gaps
- Explore “new” research and its practical application for treatment

Workshop G

IFS, COVID, Coping and Grief: Shedding Light on the Internal World

***Derek Scott RSW,
Founder of IFSCA***

Cast your mind back to 2019. Has your worldview changed at all since then? Your sense of safety? Your view of the future?

Janoff-Bulman's shattered assumptions theory proposes that experiencing traumatic events can change how victims and survivors view themselves and the world. Specifically, the effect that negative events have on three inherent assumptions: overall benevolence of the world, meaningfulness of the world, and self-worth.

Internal Family Systems teaches us that extreme distress is "exiled" in the system as the burden of it is held by a part. In order for that part's experience to not flood into consciousness the protective system (both proactive and reactive aspects) will kick into high gear. The proactive "manager" parts will often use minimising, somaticizing and other strategies to protect us from overwhelm; and if/when the exiled part gets triggered then the reactive aspect ("firefighter" parts) will kick in using alcohol, rage, porn, drugs... whatever strategies may distract from the emerging distress.

During COVID we have seen significantly increased firefighter coping, as we would expect. Suicidality, alcohol-related deaths and increased domestic violence can all be understood as firefighter-part activity.

Before beginning to approach our client's exiled parts and whatever grief they may be holding we need to first recognise, appreciate and get permission from their protective parts. As service

providers in the same COVID soup as our clients it behoves us to explore our own systems' responses to the pandemic so we can be clear on what we are holding individually and collectively.

Then we may be able to ask the three fundamental questions in grief: What's Lost? What's Left? What's Possible now?

Participants will:

- Understand how overwhelm and powerlessness are common responses to the pandemic, held by exiled parts
- Become clear on the positive intent of the parts of the protective system in helping us cope
- Have the opportunity to explore their own responses to the pandemic
- Recognise how Self can attend to the internal distress, countering the powerlessness and facilitating healing

Dr. Robbie Campbell MD, FRCPC

- Former Physician Lead, St. Joseph's Health Care – Parkwood
- Former Physician Lead, London Health Science Centre – Adult Eating Disorders Service

Dr. Campbell has worked with the treatment, recovery/relapse and research of anorexia, bulimia and binge eating disorders for over 40 years as a Psychiatrist. He brings vast clinical, research and administrative experience to the EDFC Board of Directors and has been named Professor Emeritus at the Schulich School of Medicine & Dentistry for Western University.



Dr. Ivan Perusco MD

Dr. Perusco specializes in addiction medicine and is a consultant to the Mental Health and Addiction Program at the Humber River Hospital in Toronto. He began working at the Humber River Hospital in Toronto in 1993 as a manager and medical director of the Alcohol Assessment and Treatment Program.



Shortly after his hire, the existing program was expanded further from only assisting alcoholics to addressing the needs of patients with other chemical dependencies. A four week outpatient program was put in place to provide the addict with tools and support to treat his/her addiction. A family program was also added to help family members to cope with the consequences of addiction.

Later, a 2-year follow-up program providing weekly evening meetings was also put in place in order to monitor progress and provide support in this early recovery stage.

In time, medical withdrawal management (detoxification) was incorporated into existing inpatient psychiatric beds to assist patients with life threatening withdrawal and co-occurring medical and psychiatric comorbidities.

These changes instituted by Dr. Perusco, allowed Humber to provide the continuum of care, required by the disease of addiction.

He briefly retired in 2010 and since his return, he has held a part time consulting role with the program, providing assistance with assessments, outpatient treatment and follow up care.

Dr. Jonathan Prousky MSc, MA, RP, ND

Dr. Prousky is the Chief Naturopathic Medical Officer at the Canadian College of Naturopathic Medicine (Toronto, Ontario). His primary responsibility is ensuring the delivery of safe and effective naturopathic medical care to patients, as well as ensuring the safety and effectiveness of the medical training in the naturopathic program. His clinical practice focus is primarily on the evaluation and management of mental health problems. He has spent over 20 years advocating and working with patients that wish to receive integrative care to help their mental health struggles.



Derek Scott RSW

Derek Scott is a registered social worker and Certified IFS (Internal Family Systems) therapist and consultant. He is the founder of IFSCA— an organization dedicated to bringing awareness of the IFS model to counsellors and therapists in Canada and beyond.



Through IFSCA he offers online courses teaching the IFS model. He has taken the highest level of IFS training (level three) 3 times.

Derek has worked in the field of counselling/therapy for over 35 years, including 15 working exclusively as an IFS therapist and 18 years as an AIDS counsellor specializing in multiple loss. He is a popular guest lecturer in the department of Thanatology at the University of Western Ontario and has presented at numerous national and international conferences.

His published work includes:

- *Self-led Grieving: Transitions, loss and Death* in Innovations and Elaborations in Internal Family Systems Therapy Martha Sweezy and Ellen Ziskind, ed. Routledge 2017
- *Healing through Internal Compassion* in Techniques of Grief Therapy Assessment and Intervention Robert A. Neimeyer, ed. Routledge 2015
- *Grief and the Internal Family System* in Principles and Practice of Grief Counseling. Howard Winokuer PhD, Darcy Harris PhD, FT, Springer publishing company, 2012.
- *Multiplicity and Internal Family Systems Therapy – A New Paradigm?* in Psychologica: Magazine of the Ontario Association of Consultants, Counsellors, Psychometrists and Psychotherapists. 2011
- *Coming Out: Intrapersonal Loss in the Acquisition of a Stigmatized Identity*, in Counting Our Losses: Reflecting on Change, Loss, and Transition in Everyday Life. Darcy L. Harris, ed. Routledge. 2010