

# SGFP event: Practical Mental Health Care

## OMA Section on General and Family Practice

In association with the OMA Section on Primary Care Mental Health  
**October 31<sup>st</sup>, 2020: 10:00 AM to 2:15 PM (Toronto Time)**

Both Psychiatrists and Family Doctors teach this well-established CPD program.

*Although many professionals know of the dangers of sexual misconduct with patients, they may not be aware of the pitfalls of crossing other boundaries such as hugging, doing favours or giving/receiving gifts. This talk will provide some tools to keep you and your patients safe.*

## Practical Mental Health Care 5 MainPro+Plus credits

 <p><b>Preventing and/or Managing Burnout</b></p>	<p><b>Dr. Mel Borins</b>                  Faculty of Medicine the University of Toronto</p>	<p><b>10:00 to 11:00 AM</b></p>	<p><b>Moral credits</b></p>
 <p><b>On Keeping Good Professional Boundaries</b></p>	<p><b>Dr. Gail Robinson</b>                  Faculty of Medicine the University of Toronto</p>	<p><b>11:00 AM to 12:00 AM</b></p>	<p><b>2 Credits</b></p>
<p><b>Break (45 MINUTES): Speaker to be determined</b></p>			
 <p><b>The 20 minute hour: psychotherapy on the run in comprehensive family medicine</b></p>	<p><b>Dr. Chase McMurren</b>                  Faculty of Medicine the University of Toronto</p>	<p><b>12:45 AM to 1:45 PM</b></p>	<p><b>2 Credits</b></p>
 <p><b>The Difficult Doctor-Patient Encounter</b></p>	<p><b>Dr. Michael Pare*</b>                  MD, Dip. ATPPP from The University of Toronto                  *Not a U of T faculty</p>	<p><b>1:45 to 2:15 PM</b></p>	<p><b>1 Credit</b></p>

Complete the form below and or email to [pcmhsection@gmail.com](mailto:pcmhsection@gmail.com).

### Registration Form

Date	Cost without MainPro + Credits	Cost with MainPro + Credits
Saturday, Oct 31 <sup>st</sup> (5 MainPro + credits)	\$150.00	\$175.00

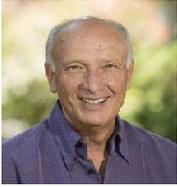
Residents can attend for half the regular fee

Please pay by Visa Card or E-transfer to [client.correspond@gmail.com](mailto:client.correspond@gmail.com).

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_

## Speakers:



**Dr. Mel Borins** is a family physician, and Associate Professor in the Faculty of Medicine at the University of Toronto. He is author of *Go Away Just for the Health of it* and *Possibilities-The Pronoic Photosongbook*. Dr. Borins is a mentor with MDPAC and has been the Course Director of a Five Weekend Learning Program in Psychotherapy at the University of Toronto since 1998. Dr. Borins has lectured in Canada, U.S.A., India, Japan, Indonesia, China, Taiwan, Korea, Sri Lanka and New Zealand on health and healing.



**Dr. Gail Erlick Robinson, MD, FRCP (C)** is a Professor of Psychiatry and Obstetrics/Gynecology at the University of Toronto and she works in the Women's Mood and Anxiety Program Reproductive Transitions at Sunnybrook Health Science Centre. Dr. Robinson co-founded the Women's Mental Health Program at the University of Toronto. Gail sees patients, lectures, does research and publishes about women's mental health issues. She has a special interest in the psychological impact of various aspects of women's reproductive life. Gail also focuses on violence against women and has been involved in setting guidelines, designing courses and acting as an expert witness in cases concerning sexual abuse, violence against women and boundary violations by authority figures. She was a member of the 2015 Minister of health Task force on Abuse of Patients. Gail was appointed to the Order of Canada in June 2017 for her pioneering contributions to women's mental and physical health, and to the advancement of professional regulation in health care. She was appointed to the Order of Ontario in 2013 for her advocacy work re: violence against women.



**Dr. Chase Everett McMurren** is a psychotherapist and the medical director at the Al and Malka Green Artists' Health Centre within the University Health Network where he provides both individual and group psychotherapy. He is a home-visiting physician for long-living elders who are homebound, and a faculty member in the Department of Family and Community Medicine at the University of Toronto. Dr. McMurren serves as a Mentor in the Ontario College of Family Physicians' Collaborative Mental Health Network and as an Assessor and Clinical Supervisor for the College of Physicians and Surgeons of Ontario. Dr. McMurren believes that a person-centred, integrative approach to psychotherapy is central in helping people explore and release patterns that seem to get in the way of living well. In addition to training at the Mount Sinai Psychotherapy Institute, Toronto Institute for Contemporary Psychoanalysis and Beck Institute, Dr. McMurren has also trained in mindfulness-based stress reduction (MBSR) and completed restorative yoga teacher training. To keep musically active, Dr. McMurren is currently developing skills in harp therapy and is using it as an opportunity to learn and apply the Alexander Technique.



**Moderator and Speaker: Dr. Michael Pare, B.Sc., M.Sc., M.Ed., M.D.**, General Physician Practicing Psychotherapy and Registered Psychotherapist. Michael is Chair of the OMA Section on Primary Care Mental Health and President of the North York General Medical Society. He is coordinator the Medical Clinic for Person Centred Psychotherapy. Michael is a Teaching Mentor of the Medical Psychotherapy Association of Canada and the Ontario College of Family Physicians. He is a recognized expert legal witness in the field of mental health and, more specifically, Primary Care Mental Health and psychotherapy both within the field of medicine and beyond. Michael can be reached at [michaelpare@rogers.com](mailto:michaelpare@rogers.com) or at (416) 723-1716.

## Program Committee members:



**Dr. Alykhan Abdulla MD CCFP FCFP DIPSPORTMED CTH CCPE McPL ICD.D** has three children, Adil is an articling lawyer, Iman is in pre-med and Alim is into musical theatre. He is a badminton enthusiast, a ballroom dancer, and a movie buff. He is multi-angular in his interests and pursuits. On a vocational angle, he is a comprehensive family doctor, palliative, sports, cosmetic and travel medicine consultant working in a FHO and FFS. He is assistant professor Department of Family Medicine and Academic Consultant Level 1 Faculty of Nursing at University of Ottawa. He was awarded the Family Physician of the Year for Eastern Ontario in 2008. On a leadership angle, he is Chairman of the Section of General and Family Physicians. He has been President of the Academy of Medicine Ottawa and District 8 Chair. He has served on the following community boards Eastern Ontario Regional Lab Association, Ottawa Regional Cancer Foundation, Bruyere Foundation, and the Shepherds of Good Hope. He was awarded the United Way Community Builder Award in 2009. Finally, on a community engagement angle, he is involved in organizing educational events for doctors, providing interviews to radio, newspaper and TV. He is a published poet. He used to have a TV show on Roger's community TV called Med Talks. He was awarded a Queen Elizabeth II's Diamond Jubilee Medal in 2013.



**Dr. Michael Kates, B.Sc., MD, CCFP, FCFP:** Dr. Kates is a graduate of U of T Medicine 1981; Completed Family Medicine Certification in 1983 at McGill provides Family Medicine in Etobicoke and Mississauga, comprehensive practice, teaching at Mississauga Family Medicine Teaching Unit (Trillium Summerville) which is a satellite site with the Department Family and Community Medicine (DFCM) at University of Toronto. Fellow of the College of Family Physicians (FCFP). Michael is avid runner and golfer (Great COVID Busters!) and a Family Man!



**Moderator: Dr. James Whyte, B.Sc.N., M.D., CCFP** is a Family Physician practicing psychotherapy. He has been an adjunct professor at the Northern Ontario School of Medicine, and is an adjunct professor at Tyndale University College in the Department of Psychology and has been teaching Counselling and Psychology. James is a member of the OMA Section on Primary Care Mental Health and sits on the executive committee. He is also Co-Chair of the education Committee of the Section.)

## Participant feedback from the previous time we did this exact program (This session is back by popular demand)

### Educational Program in Practical Mental Illness/Mental Health's program on July 11<sup>th</sup> Toronto

**The Evaluation:** Our participant feedback has been very positive. See some details below:



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

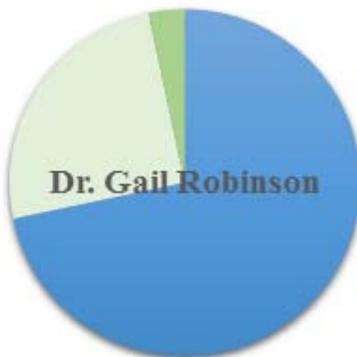
#### **Preventing and/or Managing Burnout**

(Speaker: Dr. Mel Borins)

**92%** of participants felt the program was Excellent and Very Good in terms of the sessions: style, content, and format. The session overwhelmingly met the participants' expectations.

#### **Objectives:**

1. The high stress professions and the risk of physical, mental and emotional burnout.
2. Signs and symptoms of excessive stress and potential burnout.
3. Ways to cope with work/life balance and to be more emotionally resilient.



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

#### **On Keeping Good Professional Boundaries**

(Speaker: Dr. Gail Erlick Robinson)

**97%** of participants felt the program and speakers were Excellent and Very Good in terms of the sessions: style, content, and format. The session very much met the participants' expectations.

#### **Objectives:**

1. The different between Boundary Crossings and Boundary Violations.
2. What do we mean by a "boundary" in a doctor-patient relationship?
3. What is the therapeutic frame?



■ Excellent ■ Very Good ■ Good ■ Fair ■ Poor

#### **The 20 minute hour: Psychotherapy on the run in comprehensive family medicine**

(Speaker: Dr. Chase McMurren)

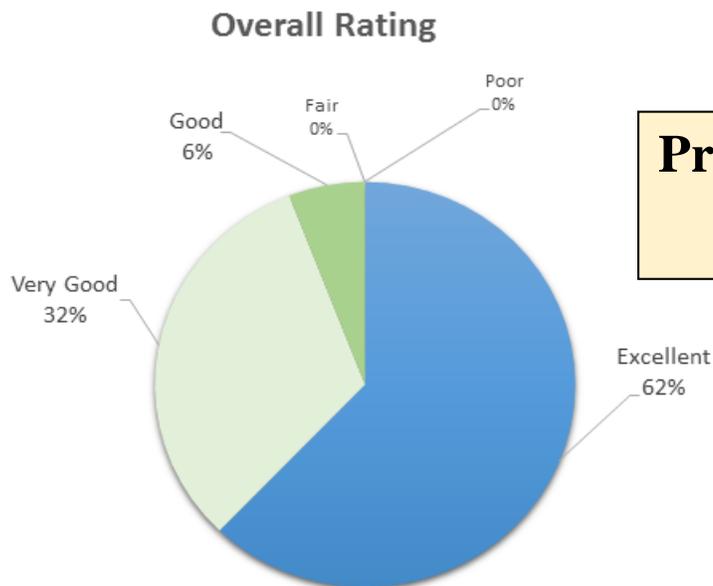
**93%** of participants felt the program and speakers were Excellent and Very Good in terms of the sessions: style, content, and format. The session clearly met the participants' expectations.

#### **Objectives:**

1. Effective psychotherapy in a shorter time – 20 minutes
2. Various techniques for this type of supportive psychotherapy
3. What things to avoid in this type of psychotherapy

# Ontario Medical Association

## Feedback and evaluation of the previous program



### Practical Mental Health Care MainPro + Program July 11<sup>th</sup>, 2020

*Dr Borins gave us many helpful and practical tips for preventing burnout in these difficult times.*

### What was the most effective part of the program? Why?

- I appreciated the handouts and references which will be useful in the future. The speakers were all extremely engaging and obviously committed to their patients and profession. Very encouraging.
- Very good, dynamic speakers and good audio visual with lot of references.
- The good dialogue generated among presenters and participants. Questions asked were relevant, common scenarios encountered by family physicians.
- A real sense of collegiality, care concern for each other's well-being even at a distance. We really are "all in this together" learning, sharing, teaching. It was relaxing being in my own home, doing yoga stretches as needed.
- The whole package – all speakers were effective.
- Structure of the activity, kept on time, lots of "info" in a short period of time, great enthusiasm on part of the presenters maintained in the presentation and the Q& A.
- Being able to view multiple topics and experts from the comfort of my home!!

*Was very informative, happy to attend.*

*Talk on managing the difficult patient excellent and useful practice.*

*Dr. Robinson's topic on professional boundaries was very practical due to giving great examples of situations that all physicians encounter.*