



MDPAC
ACPM

**MEDICAL PSYCHOTHERAPY
ASSOCIATION CANADA**

**ASSOCIATION CANADIENNE
DE PSYCHOTHÉRAPIE MÉDICALE**

Presents:

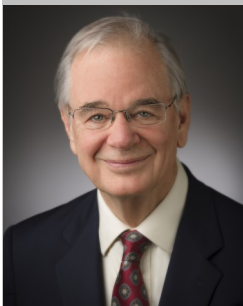
Resilience and Recovering from Complex Trauma

MDPAC 30th Annual Conference

May 26-27 2017

Radisson Admiral Hotel, Toronto

Featuring:



Dr. Jon Allen

Clinical Professor, Department of Psychiatry
and Behavioral Sciences at the Baylor
College of Medicine in Houston, Texas

***Treating Attachment Trauma
with Plain Old Therapy***



Dr. Eileen Russell

Clinical Instructor in the Department of
Psychiatry at NYU Medical Center

***Restoring Resilience: Discovering
Our Clients' Capacity for Healing***



Dr. Pri Weerasekera

Professor Coordinator, Postgraduate
Psychotherapy Program at McMaster University

Effectiveness of Psychotherapy

CONFERENCE SCHEDULE

FRIDAY MAY 26

7:30—8:30

Registration/Breakfast

8:30—10:00

Keynote Jon Allen

10:00—10:30

Refreshment Break

10:30—12:00

Keynote

Jeanette Roxborough

12:00—13:30

Luncheon and AGM

13:30—17:00

Sessions

15:00—15:30

Refreshment Break

17:30—18:30

Reception

SATURDAY MAY 27

7:30—8:30

Registration/Breakfast

8:30—10:00

Keynote Eileen Russell

10:30—12:00

Keynote Pri Weerasekera

12:00—13:30

Luncheon

13:30—17:00

Sessions

15:00—15:30

Refreshment 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 interact with colleagues, 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:

- To provide new information to improve clinical assessment skills
- To improve techniques for psychotherapy interventions
- To learn about new developments in the field and their applicability to assessment and treatment
- To understand the need for and importance of clinical self-awareness and boundaries in working with clients in psychotherapy
- To identify areas for further learning and development.

ACCREDITATION

MDPAC

6 hours of Group CE for each day.

1 hour CCI for Annual General Meeting

1 hour CCI for Friday Reception

(Discussion with colleague(s) (Group/individual)

1 hour of CCI for each day

Discussion with colleague(s) at all day Group CE

Special Thanks to the 2017 Conference Organizing Committee:

Dr. Alison Arnot Chair, Dr. Brian Bailey, Dr. Howard Eisenberg Dr. Brian McDermid, Dr. Lauren Torbin



NOTES:

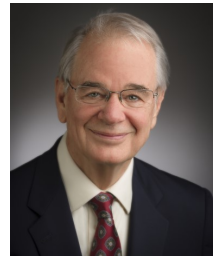
- ⇒ **SPACE IS LIMITED – Register Early to Avoid Disappointment**
- ⇒ **Program subject to change.**
- ⇒ **Confirmations will be sent via email 5 business days prior to the conference**

Friday May 26

Treating Attachment Trauma with Plain Old Therapy

Dr. Jon G. Allan PhD

Jon G. Allen, Ph.D., holds the position of Clinical Professor as a member of the Voluntary Faculty in the Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine in Houston, Texas. He recently retired from The Menninger Clinic where he held the positions of Senior Psychologist and the Helen Palley Chair in Mental Health Research as well as Professor of Psychiatry in the Menninger Department of Psychiatry and Behavioral Sciences at the Baylor College of Medicine. In his four decades at Menninger, he taught and supervised fellows and residents; conducted psychotherapy, diagnostic consultations, and psychoeducational programs; and initiated research on clinical outcomes. He is an adjunct faculty member of the Center for Psychoanalytic Studies in Houston and of the Institute for Spirituality in the Texas Medical Center. He is on the editorial boards of the *Bulletin of the Menninger Clinic* and *Psychiatry*. His books include *Coping with Trauma: From Self-Understanding to Hope*; *Coping with Depression: From Catch-22 to Hope*; *Mentalizing in Clinical Practice*; *Restoring Mentalizing in Attachment Relationships: Treating Trauma with Plain Old Therapy*; and *Mentalizing in the Development and Treatment of Attachment Trauma*.



Friday May 26

Lived Experience Raising and Advocating for a Child with Complex Medical Needs

Jeannette Roxborough

Jeanette Roxborough is an actress and stunt performer appearing for over 15 years in films, television shows, commercials and print ads. She is also the mother of Teya, born deaf with a rare neurological disorder, olivopontocerebellar hypoplasia severely affecting basic motor skills.

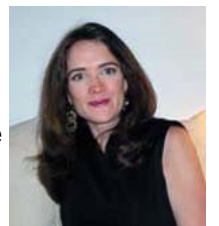


Saturday May 27

Restoring Resilience: Discovering Our Clients' Capacity for Healing

Dr. Eileen Russell PhD

Dr. Eileen Russell is a clinical psychologist in private practice in New York City and Montclair, NJ. She is Senior Faculty and founding member of the AEDP Institute and is a part-time Clinical Instructor in the Department of Psychiatry at NYU Medical Center/ Bellevue Hospital where she formerly worked with people with addictions and serious mental illness. She is also on the Faculty of the National Institute for the Psychotherapies' (NIP) Integrative Trauma Studies Program. She is author of Restoring Resilience: Discovering Your Clients' Capacity for Healing (W.W. Norton & Co., 2015). In it she integrates Accelerated Experiential Dynamic Psychotherapy with other experiential approaches and modern psychodynamic thinking, expands our understanding of resilience to include clinical populations, and argues for the power of a resilience-oriented approach to depth-oriented therapy. In addition to training clinicians in AEDP, nationally and internationally, her research and writing interests include the development of AEDP theory and practice, human agency/will, resilience, integrating positive psychology and psychodynamic practice, and spirituality in psychotherapy.

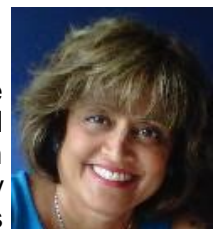


Saturday May 27

Effectiveness of Psychotherapy

Dr. Pri Weerasekera MD, MEd, FRCPC

Dr. Priyanthi Weerasekera is Professor and Postgraduate Psychotherapy Coordinator in the Department of Psychiatry and Behavioural Neurosciences, McMaster University. She obtained an Hons. BA, and MD from McMaster University, and an M.Ed from Harvard University. With her colleagues she has developed an evidence-based, competency-focused psychotherapy training program, which has been extensively published and presented at numerous professional meetings and academic institutions. More recently, a web-based component of this program known as PTeR (or Psychotherapy training e-Resources), has been developed which offers students and mental health professionals an innovative method to learn psychotherapy. PTeR is accredited by the Royal College and the American Medical Association for CME credits. Dr. Weerasekera is the recipient of several national and international educational awards for her work in psychotherapy education. She continues to train residents in different forms of psychotherapy and general psychiatry, and is furthering her work in psychotherapy curriculum development.



8:30 - 10:00**Treating Attachment Trauma
with Plain Old Therapy*****Dr. Jon G. Allen PhD***

The proliferation of hundreds of brands of psychotherapy in the absence of evidence of general differences among brands in effectiveness has created confusion for therapists and patients. Yet evidence abounds for the effectiveness of therapeutic relationships, regardless of therapy brand. A half-century of attachment theory and research provides a robust empirical basis for creating therapeutic relationships, and using this knowledge is especially crucial in treating patients who have been traumatized in attachment relationships in childhood and adulthood. Employing clinical illustrations, this keynote address explicates the value of generic psychotherapy when informed by the large body of psychotherapy research in conjunction with contemporary attachment research. Critiquing the over-reliance on manualized approaches, the presenter advocates a blend of humanism and science in the conduct of psychotherapy, with a focus on treating trauma.

At the end of this keynote address, attendees will be able to:

- identify the common factors that contribute most substantially to therapy outcomes so as to tailor their interventions accordingly;
- prioritize interpersonal regulation of emotional distress in the conduct and focus of psychotherapy as contrasted with the common practice of prioritizing self-regulation; and
- direct their attention to the critical intervention in the treatment of attachment trauma, namely, mentalizing (empathizing with) patients' traumatic experience when they are in distressed states such that they are less traumatized by feeling alienated and alone in the midst of emotional pain.

10:30 - 12:00**Lived Experience Raising and Advocating
for a Child with Complex Medical Needs*****Jeanette Roxborough***

Jeanette Roxborough found herself at a young age, a single parent with limited resources and took on the role of advocating for her daughters' extraordinary needs. Jeanette challenged the limitations of conventional local resources and searched all the way to an innovative physiotherapist in Chile defying the local medical prognosis that Teya would never walk independently. Teya walked free at 7.5 years old.

Jeanette shares with you the powerful story of overcoming relentless bureaucracy powered by her love for Teya and sustained by resilience.

As quoted by Dr. Wayne Dyer "You'll see it when you believe it"

At the end of this keynote, attendees will have:

- An insight into emotional life of a lifetime caregiver.
- Deeper understanding of on-going challenges faced by advocates and care-givers within the medical system.
- Greater understanding of the importance of envisioning a better future when faced with a difficult diagnosis.

Session A

Resiliency Among Childhood Abuse Survivors

Dr. Esme Fuller-Thomson PhD

A substantial proportion of Canadians have experienced childhood abuse, yet many survivors live fully flourishing and happy adult lives. Some survivors are free from mental health problems but struggle with chronic physical health conditions. Illnesses such as cancer, heart disease, migraines, ulcerative colitis and osteoarthritis are more common in adults who were maltreated as children. An important question is why some survivors are susceptible to mental and physical illness in adulthood and others are not. We will share new research on factors associated with resiliency and vulnerability among adults who have experienced childhood trauma.

At the end of this session, attendees will be able to:

- describe the profile of survivors of childhood maltreatment who achieve complete mental health in adulthood.
- identify the adult physical health conditions which are more prevalent in those who have experienced childhood adversities.
- discuss strategies to promote mental and physical well-being among adult survivors of childhood abuse.

NOTE: The film *RESILIENCE: The Biology of Stress and the Science of Hope*, an engaging new film on the science behind toxic stress, will be shown at the beginning of this session.

For a preview, visit <http://kpjrfilms.co/resilience>

Session B

Experiential Training Groups (ETG)

**Dr. Kasra Khorasani, MD, FRCP(C)
and Dr. André Roch, MD, CGP**

What better way to learn about group dynamics than to be part of a small group (maximum of 12 members) committed to examining its own process and development in the here and now. The ETG provides a unique opportunity for reflection, feedback, and shared understanding. This group is not intended to serve as “therapy”, yet, there will be a degree of connection and personal disclosure that will naturally unfold as members get to know one another. Members will also be able to understand their experience using the theoretical models provided during the didactic summary at the end of the formal group experience. As part of the group contract, group members agree to participate for the whole duration of the group, and also participate in debriefing and evaluation of the group experience.

The group leaders will model competent leadership by shaping positive norms, establishing a safe environment, and assisting the group with honest dialogue about issues as they occur in the here and now experience. As the group develops, it will naturally move through a series of stages, common group themes, and dynamic issues such as boundaries, attachment, conflict, envy, competition, intimacy, group cohesion, and termination.

**A maximum of 12 registrants will be accepted.
Register early.**

Objectives:

- Identify developmental stages in the group experience.
- Articulate common themes and dynamics in the group process.
- Link personal subjective responses with theoretical concepts.
- Describe leaders’ interventions that facilitated group process and assisted the group’s forward movement.

Session C

An Introduction to Working with Narrative and Emotion Processes in Emotion-focused Therapy for Complex Trauma

Dr. Lynne Angus PhD CPsych

In therapy, as in life, all significant emotions are embedded in important stories, and all significant stories revolve around important emotional themes”(Handbook of Narrative and Psychotherapy, Angus & McLeod Ed., 2004). To further enhance the facilitation of narrative change processes in EFT, Lynne Angus has co-authored 'Working with Narrative in Emotion-focussed Therapy: Changing stories, healing lives' (Angus & Greenberg 2011), with Les Greenberg, a co-founder of Emotion-focused Therapy, and more recently, Working with Narrative Processes in Emotion-focused Therapy for Complex Trauma (Angus & Paivio 2015; Paivio & Angus, in press) with Sandra Paivio.

Drawing on clinical insights and evidence-based clinical research findings, this introductory workshop will introduce practitioners to key components of an Emotion-focussed Therapy for Complex Trauma clinical model and identify specific client markers and intervention strategies to facilitate client emotional self-regulation, reflectivity and trauma narrative integration in EFT T therapy sessions. Using extensive video taped examples, this workshop will introduce practitioners to effective ways of working with client same old storytelling and emotional avoidance in early phase sessions, to accessing adaptive emotions, reflective meaning making and the emergence of a new view of self, and self identity narrative change, in mid and late phase EFTT (Paivio & Angus, in press ; Angus & Paivio 2015).

Goals :

- Introduce principles of emotion transformation, narrative disclosure and reflective meaning making in EFTT that will include :
- Early Phase : working with client emotional avoidance and limited narrative disclosure for enhanced trauma narrative integration and regulated emotional engagement in EFTT early phase sessions
- Middle/Working Phase : implementing process-guided EFTT imaginal confrontation dialogues for emotional transformation and new story outcomes in EFTT mid phase sessions
- Final Phase : identifying and enhancing client emotion-focused, reflective storytelling in late phase sessions for the co-construction of new views of self and positive self narrative change.

Session D 13:30—15:00**Healthy by Nature:
The Importance of Being
in the Natural World to Restore Health*****Dr. Elizabeth (Lisa) Nisbet PhD***

Contact with the natural environment has a variety of physical and psychological health benefits. Nature can reduce stress, improve mood, and promote vitality (Nisbet & Zelenski, 2011; Tsunetsugu, Park, & Miyazaki, 2010). Unfortunately, many people have little or no contact with the natural environment, particularly in urban centres (Maller, Townsend, Pryor, Brown, & St. Leger, 2005). This disconnect from nature has negative consequences for human and environmental health. The burgeoning field of environmental psychology has led to a number of promising strategies for (re)connecting children and adults with nature. This session provides an overview of the empirical evidence of nature's health benefits, the experimental and community-based interventions to improve nature contact, and the consequences for human and environmental health.

Participants in this session will be able to:

- explain the empirical research approaches for assessing connectedness with nature;
- evaluate the physical and psychological health outcomes associated with nature immersion; and
- identify potential applications of the research on human-nature connectedness from the perspectives of individuals and health care providers.

Session E 15:30—17:00**Neurologic Music Therapy*****Dr. Corene P. Hurt-Thaut PhD***

Very few people would argue the universal power that music has on humans, but what is really going on in the brain when it engages in a task such as listening to, moving with, or playing music? This presentation will give you a brief introduction to the evidence-based practice of Neurologic Music Therapy, a research-based system of 20 standardized clinical treatment techniques which are based on scientific knowledge in music perception and production and the effects thereof on nonmusical brain and behavior functions. Several case studies will be used to demonstrate the transforming power of music on cognitive, sensorimotor, and speech and language functions with a variety of clinical populations.

At the end of this workshop, attendees will have:

- A basic understanding of what is going on in the brain when it engages in music.
- An understanding of how elements of music can be used to influence nonmusical brain and behaviors functions.
- Experience, through case examples, the indirect influence of cognitive, motor, and speech functions on the emotional health of our clients.

Reception**17:30—18:30**

***Join the MDPAC Board of Directors
and fellow colleagues
for an informal reception.***

8:30 - 10:00

**Restoring Resilience:
Discovering Our Clients'
Capacity for Healing**

Dr. Eileen Russell PhD

As clinicians, we can marvel at certain clients who bounce back from severe trauma and worry about others whose recovery seems glacial. Thinking about resilience as something one has or does not prevents clinicians from seeing the strength and adaptation that have helped many of our clients survive. This keynote address will examine useful ways of understanding resilience from a clinical perspective and introduce approaches to help restore and enhance resilience in our clients without denying symptoms, suffering, complexity, or the real impact of trauma.

Recognizing our resilient partner-in-healing that resides in each of our clients is the starting point of this kind of work. Inadequate resources, too much aloneness, trauma and adaptation make survivors of many. Transforming this survivor's strength on behalf of the self into something that is more life-giving, liberated, and creative is the art of all effective psychotherapy. We will look at some examples of that (including videotape), and some principles of AEDP on healing-oriented change processes.

At the end of this keynote, attendees will have:

- Define the essence of resilience from a depth-oriented, experiential perspective
- Distinguish between resilience potential and resilient capacity
- Describe how resilience may be expressed through resistance or through transference.

10:30 - 12:00

Effectiveness of Psychotherapy

Dr. Pri Weerasekera MD, MEd , FRCPC

The last few decades have witnessed significant advances in psychotherapy research. This research demonstrates that evidence-based therapies help patients with psychiatric disorders and psychological problems. Some of these therapies include: CBT, IPT, DBT, psychodynamic, experiential (EFT), couple, family and group. Level 1 Evidence (that is meta-analyses or double-blind controlled trials) exists for most of these therapies across a variety of conditions. The therapeutic alliance has also been found to predict outcome early in treatment. Individual patient variables have also been shown to differentially predict response to treatment, indicating that not all patients with the same disorder respond similarly to the same psychotherapy. The purpose of this presentation is to provide an update of the recent psychotherapy literature so that the clinician will become familiar with the current indications and contraindications of the various psychotherapies for patients with psychiatric disorders and a variety of psychological problems.

At the end of the keynote attendees will be able to:

- Determine which psychotherapies will be most beneficial for patients with psychiatric disorders
- Understand the differences between the different psychotherapies
- Understand the important ingredients for forming effective alliances with their patients

NEW MEMBER LUNCHEON

12:00—13:30

New members join the Members of the Membership Committee where we will discuss the many benefits of membership with MDPAC and entering CE/CCI credits into the web-program.

Session F

Restoring Resilience Through Attachment, Affect, and Co-Regulated Experience in AEDP

Dr. Eileen Russell PhD

Through videotape of actual sessions and theoretical and clinical discussion, Dr. Eileen Russell will show how the work of AEDP (Accelerated Experiential Dynamic Psychotherapy), focuses on affect, the body, and the therapeutic relationship, to restore resilience. She will outline a theory of resilience that is detailed in her book, *Restoring Resilience: Discovering Your Clients' Capacity for Healing* (W.W. Norton & Co.), and show how healing involves a movement from expressions of resilience as resistance to forms of resilience that help individuals transform, thrive, and flourish.

Goals for the Workshop:

- To expand the discussion of resilience from the morning keynote presentation
- Presentation of the basic theoretical concepts and practical interventions of Accelerated Experiential Dynamic Psychotherapy (AEDP)
- Presentation of the concepts of *self-in-transition* and the *transformational other*
- Introduction to AEDP skills that help clients move to more open, expansive expressions of resilience in the processing of healing attachment trauma
- Explain the importance of deepening naturally-occurring positive emotional experience in restoring mature resilience even in the context of depth-oriented psychotherapy

Session G

PeTR; Overview of Psychotherapy Training e-Resources

Dr. Pri Weerasekera MD, MEd, FRCPC

Advances in psychotherapy research and the ongoing development of novel psychotherapies, makes it is very difficult for psychotherapists to keep up with this literature. Attending conferences can be costly, and requires considerable time away from work, that is not always practical. On line resources can help provide access to this information without leaving ones home, and at much less cost. To meet this need, PTeR, or Psychotherapy Training e-Resources was developed at McMaster University to help the busy mental health professional learn psychotherapy at their own convenience. PTeR contains several psychotherapy e-modules such as CBT, psychodynamic, interpersonal, DBT, motivational interviewing, group, family, mindfulness and many others. Each e-module contains numerous video clips of specific therapies for patients with psychiatric disorders, power point presentations, reference materials, MCQs to assess knowledge base, and an innovative interactive "virtual therapist" assesses virtual clinical competence. Preliminary results reveal satisfaction with the site and improvement in knowledge base. PTeR is also accredited for CME credits with the MDPAC/GPPA.

At the end of this workshop attendees will be able to:

- Utilize on-line resources to assess their knowledge base in psychotherapy
- See the differences between EFT, CBT, IPT and psychodynamic therapy when helping a patient with depression in the context of grief
- Use an on-line resources to understand the different theories in the different psychotherapies and see how they are delivered

Session H

Applications of Muse Brain Biofeedback Technology in Therapy with Clients

Ben Nachmani & Michael Decaire

We will discuss using personal neurofeedback technology such as Muse, and the Muse Dashboard as a key component of psychotherapy practice. Attendees will learn how Muse can be integrated flexibly into the therapeutic process as both an in-session tool and to facilitate homework compliance between sessions. Multiple case studies will be discussed.

Learning goals:

- How to use Muse to increase therapeutic gains and increase compliance across sessions
- How to use Muse data to modify your therapeutic approach and target interventions session to session
- How to use Muse as an exit tool to extend success once a client has graduated from your practice

Lynne Angus PhD

Lynne Angus Ph.D., C.Psych. is a Professor of Psychology at York University in Toronto, Ontario, Canada and a clinical supervisor and therapist at the York University Psychology Clinic. Lynne practices, supervises and conducts psychotherapy research addressing the contributions of narrative and emotion processes for clinically significant change, particularly in the context of Emotion-focussed Therapy. Over the past 25 years, Lynne has published over 90 publications addressing the unique contributions of metaphor, narrative, emotion and meaning making processes to productive client change, and has conducted numerous training workshops addressing implications for effective therapy practice.



She has co-authored *'Working with Narrative in Emotion-focussed Therapy: Changing stories, healing lives'* (Angus & Greenberg 2011) with Les Greenberg and *Narrative Process in Emotion-focussed Therapy for Trauma* (Paivio & Angus in press), and APA Therapy video (Angus & Paivio, 2015) with Sandra Paivio. Senior editor of *The Handbook of Narrative and Psychotherapy* (Angus & McLeod, 2004), she was also co-editor of *Bringing Psychotherapy Research to Life: Legacies from the Society for Psychotherapy Research* (Castonguay, Muran, Angus, Hayes, Ladany & Anderson 2007). Finally, Lynne is a past president of both the International Society for Psychotherapy Research and North American Chapter, Society for Psychotherapy Research.

Michael Decaire

Michael Decaire is a Clinical Psychologist and Psychotherapist registered with the College of Psychologists of Ontario, College of Registered Psychotherapists of Ontario, and Newfoundland & Labrador Psychology Board. Michael has since established himself as an in demand consultant at several group practices in the Greater Toronto Area and through rural hospital work. Michael specializes in psychodiagnostic assessment and treatment prescription. Therapeutically, he has an interest in mindfulness therapy, acceptance and commitment therapy, clinical hypnosis, and the management of learning and attentional disorders. Michael also holds professional interests in health governance, telepsychology, biomedical ethics, and program evaluation. He is in his second term as the president of the Ontario Association of Psychological Associates and a faculty member of the graduate studies program at Adler Toronto. Michael is the founder and clinical director of FLEX Psychology.

Esme Fuller-Thomson PhD

Professor Esme Fuller-Thomson's research examines the association between adverse childhood experiences and adult physical and mental health outcomes. Her work has examined the long-term impact of childhood physical abuse, sexual abuse and witnessing parental domestic violence. Her newest research investigates factors associated with resiliency and flourishing among survivors of childhood maltreatment. She has published more than 100 articles in peer reviewed journals including the *New England Journal of Medicine* and *The Lancet*. Her work has been widely cited in the media including the *New York Times*, *Wall Street Journal*, *Time Magazine*, *The Globe & Mail* and *The Atlantic*. Professor Fuller-Thomson holds the Sandra Rotman Endowed Chair in the Factor-Inwentash Faculty of Social Work at the University of Toronto. She is cross-appointed to U. of T.'s Department of Family & Community Medicine and the Faculty of Nursing and is the director of the Institute for Life Course & Aging.



Corene P. Hurt-Thaut PhD

Dr. Corene P. Hurt-Thaut received her master's in music therapy, and her PhD with an interdisciplinary focus of music, neuroscience and statistical design, from Colorado State University. She served as a research associate and special assistant professor of music therapy at Colorado State University from 1997-2014, teaching classes in piano technique, counseling for psychiatric populations, research and methods in music therapy, and advanced techniques in neurologic rehabilitation. She has been the Program Director for The Academy of Neurologic Music Therapy since 1999, and is currently assistant professor and research associate at the University of Toronto, and associate professor at the ArtEZ Conservatory.



She is nationally and internationally recognized for her clinical expertise in the evidence based practice of Neurologic Music Therapy, with clinical experience in a diverse range of populations including: stroke, Parkinson's disease, traumatic brain injury, cerebral palsy, multiple sclerosis, Alzheimer's disease, autism, and psychiatric disorders. Dr. Hurt-Thaut has numerous research publications in the area of music and cognitive function, motor control, and speech/language rehabilitation, as well as ten book chapters highlighting specific applications of neurologic music therapy to her credit.

ABOUT THE PRESENTERS...

Kaz Khorsani MD, FRCP(C)

Kasra Khorasani, MD, FRCP(C) is a group psychotherapist, psychiatrist and psychoanalyst practicing in Toronto. He is the president of the Canadian Group Psychotherapist Association. He facilitates process groups and supervision groups for psychotherapists as well as supportive interpersonal groups for the elderly in nursing homes and patients in psychiatric units.

He is a faculty member with the University of Toronto, and on staff at St. Michaels Hospital and at St Joseph's Health Centre in Toronto. He is the founder of TS Medical Centre, a multi disciplinary community of psychotherapy practitioners working in a supportive collegial setting in downtown Toronto.

Ben Nachmani

Ben Nachmani is the Head of Sales for the Wellness and Performance program at InteraXon, a Toronto based Neuro-Technology Company. He works with healthcare professionals, corporations, sports teams and research institutions to bring Muse: the brain sensing headband to their demographics.

Ben is an experienced presenter on topics ranging from neuroscience to business development. Ben graduated from McGill University with a BA in Psychology and Marketing, and studied behavioral neuroscience at Uppsala University in Sweden.

Elizabeth (Lisa) Nisbet PhD

Elizabeth (Lisa) Nisbet is an Assistant Professor of Psychology at Trent University. Her research encompasses personality, social, health, and environmental psychology, exploring individual differences in 'nature relatedness' and the links between human-nature relationships, health, happiness, and sustainable behaviour. Her work is supported by the Social Sciences and Humanities Research Council of Canada (SSHRC) and appears in *Environment and Behavior*, *Canadian Psychology*, the *Journal of Happiness Studies*, and *Psychological Science*. Dr. Nisbet teaches courses on health psychology, emotion and motivation, personality, environmental health, and environmental psychology.



Andre Roch MD, CGP

André Roch, M.D., C.G.P. has been a physician-psychotherapist since 1984 and he has maintained a private practice in Sudbury providing individual, couple, family and group psychotherapy. Dr. Roch is on staff at the Health Sciences North Hospital in Sudbury since 1987. He is a psychotherapy supervisor and a certified psychotherapist through the American Group Psychotherapy Association and he is a member of the Boards of the Canadian Group Psychotherapy Association and the Medical Psychotherapy Association Canada.

He is an assistant professor at the Northern Ontario School of Medicine and has been the francophone lead for many years. He continues to develop psychotherapy training in Northern Ontario. He has recently developed new psychotherapy groups in long term care homes and residential homes in the Sudbury area. He really comes alive in a group setting and likes to innovate in the field of medical psychotherapy.

REGISTRATION AND HOTEL INFORMATION

**Pre-Registration is strongly recommended.
Registration is processed on a prepaid first-come, first-served basis.
Please note that registration for some workshops is limited.**

Full 2017 Conference **

Early Registration Rate (Received prior to April 30 2017)
MDPAC Members \$500
Non-Members \$550
Medical Student/Resident (with proof of status) \$50

Registrations Received after April 30 2017
MDPAC Members \$525
Non-Members \$575
Medical Student/Resident (with proof of status) \$150

1 Day Registration ***

MDPAC Members \$300
Non-Members \$325
Medical Student/Resident (with proof of status) \$ 25

Friday MDPAC Annual General Meeting and Luncheon ONLY

\$25 (NOTE: Full Conference Registrants are automatically registered)

CANCELLATION POLICY

Cancellations must be received in writing by 5:00 p.m. on May 1 2017 and is subject to a \$50 administration fee. No refunds after May 1, 2017. No show - full fee.
Mail or fax refund requests to:
MDPAC Office 312 Oakwood Court, Newmarket, ON L3Y 3C8
Fax: 1-866-328-7974.

**Fee for Full Conference Registration includes:

Breakfast, plenary sessions, refreshment breaks, luncheon and workshops.

*** Fee for 1 Day Conference Registration includes the following:

Breakfast, plenary sessions, refreshment breaks, luncheon and workshops.

CONFERENCE LOCATION AND ACCOMMODATIONS

Radisson Admiral Hotel Toronto

249 Queen's Quay West Toronto, Ontario

MDPAC Conference Registrants qualify for a reduced rate of \$195 per night (single or double) Register before April 23 to qualify for this rate.

When booking your room, please be sure to identify yourself as a registrant of the MDPAC-Conference.

For reservations or general information, please call the hotel directly at: Toll-free: (800) 333-3333 Toronto call: (416) 203-3333

Parking: \$21 / day for 24 hours or \$12/day
(NOTE: Subject to change)

From North / East

Take 404/Don Valley Parkway South to Lakeshore Blvd exit; Turn right onto Lakeshore Blvd E; Take the Lakeshore to Rees Street, and turn left. Follow Rees Street around the back of the hotel to the entrance of the parking garage located on the east side of the building.

From HWY 401 / Airport:

Take Hwy 401 to 427 South; 427 to Gardiner Expressway; Gardiner Expressway to Lakeshore Blvd West; Turn Right onto take the Lakeshore to Rees Street, and turn right. Follow Rees Street around the back of the hotel to the entrance of the parking garage located on the east side of the building.

Public Transit/TTC:

Due to construction, there is currently no TTC available to the hotel.



The Radisson Hotel Admiral Toronto - Harbourfront is an intimate, boutique style hotel, elegantly appointed in a contemporary nautical theme. As "your destination in the city", the hotel affords a dramatic view of Lake Ontario.

At the same time, our Harbourfront location provides public transportation at our doorstep, as well as easy access to downtown Toronto points of interest.

When it's time to relax, guests at the hotel can enjoy complimentary access to an outdoor patio overlooking Toronto's Harbour and islands. Other convenient amenities at the Radisson Admiral include complimentary access to the fitness centre and business centre.

With a prime downtown Toronto location just minutes from CN Tower, Rogers Centre/Skydome, Air Canada Centre, Metro Toronto Convention Centre, Direct Energy Centre/National Trade Centre and many more, the hotel offers the kind of warm hospitality, inviting atmosphere and superb services sure to please.

MDPAC CONFERENCE REGISTRATION

Name _____

Address _____

City _____ Postal Code _____

Telephone _____ Fax _____

Email _____

Emergency Contact & Phone _____

Full 2017 Conference

Received prior to May 1 2017

Received after May 1 2017

___ MDPAC Members	\$500	\$525
___ Non-Members	\$550	\$575
___ Medical Student/Resident (with proof of status)	\$50	\$50

1 Day Registration

Please indicate date ___ Friday May 26 ___ Saturday May 27

___ MDPAC Members	\$300
___ Non-Members	\$325
___ Medical Student/Resident (with proof of status)	\$ 25
___ Friday MDPAC Annual General Meeting and Luncheon only	\$ 25

NOTE: The Friday AGM and Luncheon is included in the FULL CONFERENCE and FRIDAY ONLY registration fee.

Workshop Selection (Please indicate your first and second choices)

- ___ I will be participating in the Friday evening Reception.
___ I will be participating in the Saturday New Members Luncheon

CHOICE # Friday May 26 (Refreshment Break 15:00 - 15:30)

13:30—17:00

- ___ Session A Resiliency Among Childhood Abuse Survivors - Dr. Esme Fuller-Thomson PhD
___ Session B Experiential Training Groups (ETG) - Dr. Kasra Khorasani, MD, FRCP(C) and Dr. André Roch, MD, CGP
___ Session C Working with Narrative and Emotion Processes in Emotion-focused Therapy for Complex Trauma - Dr. Lynne Angus PhD CPsych

13:30—15:00

- ___ Session D Healthy by Nature: The Importance of Being in the Natural World to Restore Health - Dr. Elizabeth (Lisa) Nisbet PhD

15:30—17:00

- ___ Session E Neurologic Music Therapy - Dr. Corene P. Hurt-Thaut PhD

CHOICE # Saturday May 27 (Refreshment Break 15:00 - 15:30)

- ___ Session F Restoring Resilience Through Attachment, Affect, and Co-Regulated Experience in AEDP - Dr. Eileen Russell PhD
___ Session G PeTR: Overview of Psychotherapy Training e-Resources - Dr. Pri Weerasekera MD, MEd, FRCPC
___ Session H Applications of Muse Brain Biofeedback Technology in Therapy with Clients - Ben Nachmani & Michael Decaire

4. Payment Total Amount \$ _____ **___ Cheque (Payable to MDPAC)** **___ VISA/Mastercard**

Card # _____ Expiry Date _____

Please send completed registration form to:

MDPAC 312 Oakwood Court Newmarket, ON L3Y 3C8 or Fax: 1-866-328-7974