

3rd Annual Frederick W. Thompson Anxiety Disorders Centre Conference



Enhancing Outcomes in Anxiety and Obsessive- Compulsive Related Disorders

Friday March 6, 2015

Hyatt Regency Toronto
370 King Street, Toronto, Ontario
M5V 1J9, Canada

NEW THIS YEAR: Partnering with the 15th Annual Toronto Psychopharmacology Update Day and offering options of **intensive experiential workshop streams** for motivational interviewing, cognitive-behavioral therapy, and mindfulness-based approaches

Conference Description

The Frederick W. Thompson Anxiety Disorders Centre's Annual Conference is the only Canadian educational event focused on Obsessive-Compulsive & Related Disorders and Anxiety Disorders. The Conference previously won the **Ivan L. Silver Award for Excellence** in Continuing Mental Health Education. This year we are proud to bring you an exciting and expanded program, including partnering with the highly successful **15th Annual Toronto Psychopharmacology Update Day!** Our conference focuses on what clinicians need to know to **improve treatment outcomes** in these populations. The day kicks off with an internationally-recognized trainer in motivational interviewing, **Dr. Karen Ingersoll**, co-author of the book "Motivational Interviewing in Groups". **Dr. Jim Kennedy**, world-renowned expert and author of over 600 scientific articles on psychiatric genetics, will speak on how our genes influence response to treatment. This day offers attendees a choice of workshops to meet a range of learner goals, with topics including: management of anxiety and OC & Related Disorders; on-line therapy; engaging families in recovery; alternative treatment options; and what to do when anxiety and addictions are comorbid.

We are also offering **intensive experiential workshop streams** with the opportunity to develop and deepen skill sets in motivational interviewing, cognitive-behavioral therapy or mindfulness-based approaches by participating in up to 3 related workshops across both conference days. Registrants have the option of **attending both conferences at a discount**, for more in-depth learning opportunities.

Conference Objectives

By attending this conference, participants will learn to:

- Identify and apply a broad variety of approaches that can complement current treatments for anxiety and obsessive-compulsive disorders, and improve outcomes.
- Utilize basic cognitive-behavioral, mindfulness and motivational interviewing techniques when working with this population.
- Explain the potential role of genetic testing in treatment planning for anxiety and obsessive-compulsive disorders.
- Apply advanced treatment principles to Obsessive-Compulsive and Related Disorders, drawing from psychopharmacology, CBT and "Third Wave" approaches (e.g. mindfulness and ACT).

PROGRAM (Friday March 6) | Each presentation will include time for questions from the audience.

Presenter

8:00	Registration and Breakfast	
8:45	Welcome and Introduction	Dr. Peggy Richter, MD, FRCPC
8:55	An Illustrated Tale of Recovery from OCD: An Artist's Story	Lisa Walter, Visual Artist, Educator, Advocate
9:15	Morning Plenary Session	
	Can We Do Better with Anxiety Disorders? Integrating Motivational Interviewing to Enhance Outcomes	Dr. Karen Ingersoll, PhD,
10:30	Break & Refreshments	
10:45	Morning Workshop Sessions	
	A) Basic CBT Skills for Novices – Part 1	Dr. Judith Laposa, PhD
	B) Mindfulness for Beginners – Part 1	Dr. Steven Selchen, MD, MST, FRCPC
	C) Is There a Role for Alternative Medicine in the Treatment of Anxiety?	Dr. Martin Katzman, MD, FRCPC, BSc
	D) What Busy Doctors Need to Know about Drug Interactions when Treating Anxiety	Dr. Nathan Herrmann, MD, FRCPC
	E) Management of OCD Spectrum Disorders: Hair Pulling, Skin Picking, Hoarding and BDD	Dr. Mark Sinyor, MD, FRCPC & Eliza Burroughs, MA
	F) e-Therapy for Anxiety: What's Out There?	Dr. Vytas Velyvis, PhD
	G) Commitment Acceptance Therapy (ACT): Fostering Valued ACT-ions with Anxiety	Dr. Kenneth Fung, MD, FRCPC

12:15	Lunch (Provided)	
1:15	Afternoon Workshop Sessions	
	A) Practical Motivational Interviewing Skills	Dr. Karen Ingersoll, PhD & Dr. Tim Guimond, MD, FRCPC
	B) Basic CBT Skills for Novices – Part 2	Dr. Judith Laposa, PhD
	C) Mindfulness for Beginners – Part 2	Dr. Steven Selchen, MD, MSt, FRCPC
	D) Psychopharmacology for OCD	Dr. Nikola Grulich, MD, FRCPC
	E) The Brain-Body Connection: Using Exercise to Enhance CBT Outcomes	Dr. Neil Rector, PhD., C.Psych
	F) Engaging Families in Recovery	Kate Kitchen, MSW, RSW & Eliza Burroughs, MA
	G) Managing Addiction in The Anxious Patient: What Do you Do First?	Dr. Jan Malat, MD, FRCPC
2:45	Break & Refreshments	
3:00	Afternoon Plenary Session	
	How Our Genes Influence Response to Psychological and Drug Treatment of Anxiety	Dr. Jim Kennedy, MD, FRCPC
4:00	Closing remarks, Evaluations, and Prize Draw	Dr. Peggy Richter, MD, FRCPC

PROGRAM (Saturday March 7) | For a complete program visit: <http://psychconference.eventbrite.ca> **Presenter**

8:30	Morning Plenary Session	
	Enhancing Medication Compliance: Applications of Motivational Interviewing to Foster Engagement and Adherence	Dr. Karen Ingersoll, PhD
10:45	Morning Workshop Sessions	
	Advanced CBT: Building on Basic CBT Skills: Applications in Mood and Anxiety	Dr. Neil Rector, PhD., C.Psych
3:00	Afternoon Workshop Sessions	
	Advanced Mindfulness: How to Adapt Mindfulness to the Treatment of Active Mood & Anxiety Disorders	Dr. Steven Selchen, MD, MSt, FRCPC

Who should attend: Health care professionals dealing with Anxiety/OCD and related disorders, including psychiatrists, family practitioners, psychologists, social workers, nurses, and occupational therapists

Fees and Registration: includes breakfast, lunch, and refreshments

For Health Professionals: One Day Only.....\$275.00
 For Health Professionals: Both Days.....\$425.00
 For Fellows, Residents and Students: Each Day...\$95.00
 Receipts will be issued via email, if required.

Workshop Registration: To ensure optimal education the workshops are limited in the number of participants they can accommodate. Enrolment is on a first-come, first-served basis.

Online Registration:

To register online and pay by VISA, MasterCard or American Express, please visit our Eventbrite Page: <http://psychconference.eventbrite.ca>

Accreditation:



Continuing and Professional Development (CPD), Faculty of Medicine, University of Toronto, is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME), a subcommittee of the Committee on Accreditation of Canadian Medical Schools (CACMS). This standard allows CEPD to assign credits for educational activities based on the criteria established by The College of Family Physicians of Canada, and the Royal College of Physicians and Surgeons of Canada.

Location:



Contact Information: For more information please contact Amanda Calzolaio, Program Manager, Frederick W. Thompson Anxiety Disorders Centre at amanda.calzolaio@sunnybrook.ca.

Accommodations:

Please visit the Hyatt Regency Toronto: <http://torontoregency.hyatt.com/en/hotel/home.html>

Cancellation: Refunds will not be issued for cancellations received after February 23, 2015. A processing fee of **\$75.00** will be retained on all cancellations. Requests for cancellation must be made in writing to sia.maro@uhn.ca. Registrations are not transferable.

Disclosure: Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.