

2<sup>nd</sup> Annual

McMaster University Review Course in

# PSYCHIATRY

VIRTUAL CPD COURSE

2 virtual days

May 27–28,  
2021

## TARGET AUDIENCE

Family Physicians,  
Medical Specialists, Nurses,  
Nurse Practitioners,  
Physician Assistants, Psychologists,  
Pharmacists, Social Workers,  
Rehab Therapists, Residents,  
Students, and other Healthcare  
Professionals.

Register Online: [chse.mcmaster.ca/psychiatry](https://chse.mcmaster.ca/psychiatry)

## For Information

MELANIE KENNEDY, Event Coordinator  
[mkennedy@mcmaster.ca](mailto:mkennedy@mcmaster.ca)

Continuing Professional Development Office, McMaster University



HEALTH SCIENCES  
Continuing Professional  
Development



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# Chair

## Alina Brotea

Assistant Clinical Professor PT  
Department of Psychiatry and Behavioural Neurosciences  
McMaster University, Hamilton, ON

# Co-Chairs

## Nick Kates

Professor and Chair  
Department of Psychiatry and Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Heather McNeely

Associate Professor and Director of Continuing Education  
Department of Psychiatry & Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Karen Saperson

Professor and Vice Chair  
Department of Psychiatry & Behavioural Neurosciences  
McMaster University, Hamilton, ON

# Learning Objectives

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

- Identify the mental health needs of specific patient populations and know how to best meet those needs.
- Strengthen assessment and diagnostic skills related to numerous mental health concerns throughout the lifespan.
- Formulate comprehensive treatment plans utilizing a variety of therapeutic strategies, including pharmacotherapy and psychotherapy.
- Become aware of the latest clinical practice guidelines specific to each mental health concern addressed during this educational event.
- Be familiar with local, provincial and national resources, including online resources, specific to mental health concerns.
- Know when to refer for a specialty or tertiary care assessment.
- Appreciate that the provision of excellent mental health care requires a multidisciplinary effort, whenever possible.
- Assess for stress and burnout in self and others, identify ways to minimize risk, and know where to access help.

# Planning Committee

## Jon Davine

Associate Clinical Professor PT  
Department of Psychiatry and Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Natasja Menezes

Associate Professor  
Department of Psychiatry & Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Doug Oliver

Associate Professor  
Department of Family Medicine  
McMaster University, Hamilton, ON

## Roberto B. Sassi

Associate Professor  
Department of Psychiatry and Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Albina Veltman

Associate Professor  
Department of Psychiatry & Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Sandra Westcott

Psychiatry Resident  
Department of Psychiatry and Behavioural Neurosciences  
McMaster University, Hamilton, ON

## Danielle Stayzer

Program Manager  
Continuing Professional Development Office  
McMaster University, Hamilton, ON

## Angela Silla

Lead CPD Coordinator  
Continuing Professional Development Office  
McMaster University, Hamilton, ON

## Melanie Kennedy

Event Coordinator  
Continuing Professional Development Office  
McMaster University, Hamilton, ON



**DAY 1: Thursday May 27, 2021**

Register Online: [chse.mcmaster.ca/psychiatry](https://chse.mcmaster.ca/psychiatry)

TIME	TOPIC	SPEAKER
07:45–08:15	Online Orientation (self-guided)	
08:15–08:30	<b>WELCOME/LAND ACKNOWLEDGEMENT</b>	
08:30–08:57	An Approach to the Diagnosis of Mood Disorders	<b>Zena Samaan</b>
08:57–09:24	Pharmacotherapy Pearls for Treating Child, and Adult Depression	<b>Roberto Sassi</b>
09:24–09:51	Pharmacotherapy Pearls for Treating Depression in Older Adults	<b>Karen Saperson</b>
09:51–10:18	Non-Pharmacological Treatment Approaches for Mood Disorders: Top 10 Tips for Primary Care	<b>Brenda Key</b>
10:18–10:38	<b>BREAK</b>	
10:38–11:05	Pharmacotherapy Pearls for Treating Bipolar Disorder Throughout the Lifespan	<b>Luciano Minuzzi</b>
11:05–11:32	Understanding and Treating 1st Episode Psychosis	<b>Natasja Menezes</b>
11:32–11:59	Suicide Assessment, Management and Mental Health Forms	<b>Paul Links</b>
11:59–12:26	ECT and rTMS: When to Consider, and Follow-up Care	<b>Gary Hasey</b>
12:26–13:26	<b>LUNCH BREAK AND SELF-CARE VIDEO(S)</b>	
13:26–13:53	The Challenging Patient Interaction	<b>Heather Moulden</b>
13:53–14:20	Alcohol Use Disorders	<b>Jen Brasch</b>
14:20–14:47	Cannabis Use for Mental Health: What's the Evidence?	<b>James MacKillop</b>
14:47–15:14	Motivational Interviewing	<b>Holly Raymond</b>
15:14–15:34	<b>BREAK</b>	
15:34–16:01	Traumatic Brain Injury – Mental Health Outcomes and their Management	<b>Rob van Reekum</b>
16:01–16:28	Eating Disorders	<b>Jennifer Couturier</b>
16:28–16:55	Autism Spectrum Disorders	<b>Kerry Boyd</b>
16:55–17:22	ADHD Throughout the Lifespan	<b>Bode Akintan</b>
17:22–17:32	<b>WRAP-UP</b>	

\*Activity subject to change

\*For interactivity, each 20 minute talk will be followed by 7 minutes of Q&A, and polling using an Audience Response System

**DAY 2: Friday May 28, 2021**

Register Online: [chse.mcmaster.ca/psychiatry](https://chse.mcmaster.ca/psychiatry)

TIME	TOPIC	SPEAKER
08:15–08:30	<b>WELCOME/LAND ACKNOWLEDGEMENT</b>	
08:30–08:57	The Impact of Racism on Mental Health for People of Black African and Caribbean Descent	<b>Suzanne Archie</b>
08:57–09:24	LGBTQ2S+ Mental Health: What Every Healthcare Provider Should Know	<b>Albina Veltman</b>
09:24–09:51	Healing Intergenerational Trauma: A Primer on Indigenous Mental Healthcare Approaches	<b>Ashley Johnson</b>
09:51- 10:18	Immigrant and Refugee Mental Health	<b>Soh-Yoon Min</b>
10:18–10:38	<b>BREAK</b>	
10:38–11:05	Is it an Anxiety Disorder? How to Diagnose an Anxiety Disorder	<b>Randi McCabe</b>
11:05–11:32	Pharmacotherapy Approaches in the Treatment of Anxiety Disorders and OCD	<b>Noam Soreni</b>
11:32–11:59	Practical Psychotherapy Tips and Resources in the Treatment of Anxiety Disorders	<b>Karen Rowa</b>
11:59–12:26	To Sleep Perchance to Dream – Managing Insomnia	<b>Nick Kates</b>
12:26–13:26	<b>LUNCH</b>	
13:26–13:53	Trauma: How to Assess and Psychotherapy Approaches CPT and EMDR	<b>Margaret McKinnon</b>
13:53–14:20	Trauma: How to Treat (Pharmacotherapy Approaches)	<b>Don Richardson</b>
14:20–14:47	Alzheimer's Disease: Diagnosis and Pharmacotherapy	<b>Sophiya Benjamin</b>
14:47–15:14	The Dementias: Behavioural Symptoms and Management	<b>Dante Duarte</b>
15:14–15:34	<b>BREAK</b>	
15:34–16:01	Neurocognitive Consequences of Covid-19	<b>Emily MacKillop</b>
16:01–16:28	MOT & CAS Reporting Requirements: How to Interpret the Law	<b>Jonathan Crowson</b>
16:28–16:55	When Losing a Loved One: Coping with Grief	<b>Jelena King</b>
16:55–17:22	Surviving Covid-19: Bolstering Resilience for Health Care Providers	<b>Sabina Nagpal</b>
17:22–17:32	<b>WRAP-UP</b>	

\*Activity subject to change

\*For interactivity, each 20 minute talk will be followed by 7 minutes of Q&A, and polling using an Audience Response System

# Speakers & Moderators

**Zena Samaan**  
Associate Professor

**Roberto Sassi**  
Associate Professor

**Karen Saperson**  
Professor

**Brenda Key**  
Associate Professor

**Luciano Minuzzi**  
Associate Professor

**Natasja Menezes**  
Associate Professor

**Paul Links**  
Professor

**Gary Hasey**  
Associate Professor

**Heather Moulden**  
Associate Professor PT

**Jennifer Brasch**  
Associate Professor

**James MacKillop**  
Professor

**Holly Raymond**  
Assistant Clinical Professor PT

**Rob van Reekum**  
Assistant Clinical Professor PT (Adjunct)

**Jennifer Couturier**  
Associate Professor

**Kerry Boyd**  
Associate Clinical Professor PT

**Bode Akintan**  
Assistant Professor

**Suzanne Archie**  
Associate Professor

**Albina Veltman**  
Associate Professor

**Ashley Johnson**  
Assistant Professor

**Sohyoon Min**  
Assistant Clinical Professor PT

**Jelena King**  
Assistant Professor

**Randi McCabe**  
Professor

**Noam Soreni**  
Associate Professor

**Karen Rowa**  
Associate Professor

**Nick Kates**  
Professor

**Margaret McKinnon**  
Associate Professor

**Don Richardson**  
Assistant Clinical Professor PT (Adjunct)

**Sophiya Benjamin**  
Associate Clinical Professor PT

**Dante Duarte**  
Assistant Professor

**Emily MacKillop**  
Assistant Professor PT

**Jonathan Crowson**  
Associate Professor

**Sabina Nagpal**  
Assistant Professor PT

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## Registration Information



HEALTH SCIENCES

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REGISTER ONLINE: [chse.mcmaster.ca/psychiatry](https://chse.mcmaster.ca/psychiatry)

## Registration Fees \*HST# 11903 5988 RT0001

2 Day Physicians	\$250.00 <small>+HST</small>
2 Day Other Healthcare	\$175.00 <small>+HST</small>
2 Day Students/Residents	\$100.00 <small>+HST</small>
One Day Physicians/Other Healthcare	\$150.00 <small>+HST</small>
One Day Students/Residents	\$75.00 <small>+HST</small>

## Confirmation of Registration

A written acknowledgement of your registration will be sent prior to the activity. Receipts are emailed at the time of registration and an additional email will be sent after the activity, confirming your certificate of attendance is ready to download or print. Your registration is not complete unless a confirmation is received. If you have not received a confirmation within 7 days of registration, please contact the CPD office.

## Accessibility

If you have an accommodation need, please e-mail [mkennedy@mcmaster.ca](mailto:mkennedy@mcmaster.ca) to make the appropriate arrangements.

## Cancellation Policy

The University reserves the right to cancel an activity due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **May 14, 2021** will be refunded less a 25% administrative fee to a maximum of \$50.00. No refunds will be issued for cancellations received after this date.

## Liability

Continuing Professional Development Office (CPD) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual participating in this activity.
- That may result from the use of technologies, program, products and/or services during this activity.
- That may arise out of, or during this activity.

## For Course Information

**Melanie Kennedy**, Event Coordinator  
Continuing Professional Development Office, McMaster University  
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## Registration Information

Continuing Professional Development Office  
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