

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.

Accredited for up to

**14.5**

Mainpro+ &  
MOC Section 1

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



Follow us @McMasterCHSE #McMasterCPD #PsychiatryCPD  
@MacPsychReview

# 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:

- Employ assessment and diagnostic skills related to numerous mental health concerns throughout the lifespan.
- Describe comprehensive treatment plans utilizing a variety of therapeutic strategies, including pharmacotherapy and psychotherapy.
- Identify the latest clinical practice guidelines specific to each mental health concern addressed during this educational event.
- Evaluate the mental health needs of specific patient populations and know how to best meet those needs.
- Cite local, provincial and national resources, including online resources, specific to mental health concerns.
- Decide when a referral for a specialty assessment or tertiary care should be made.
- Realize that the provisions of excellent mental health care requires a multidisciplinary effort, whenever possible.
- Evaluate 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 Event 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</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>Michael Van Ameringen</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 Reporting Requirements: How to decide who, and how to talk about it                 | <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

**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

**Michael Van Ameringen**  
Professor

Accredited for up to

# 14.5

## Mainpro+ & MOC Section 1

## Accreditation Statement

McMaster University, Continuing Professional Development Office (CPD) is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME) to provide CFPC Mainpro+ and RCPSC Maintenance of Certification (MOC) study credits for Continuing Medical Education.

This one credit-per-hour Group Learning program meets the certification criteria of The College of Family Physicians of Canada and has been certified by McMaster University, Continuing Professional Development Office for up to **14.5 Mainpro+ credits**.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by McMaster University, Continuing Professional Development Office. You may claim a maximum of **14.5 hours (credits are automatically calculated)**.

The American Medical Association: Through an agreement between The Royal College of Physicians and Surgeons of Canada and The American Medical Association, Physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at: [www.ama-assn.org/go/internationalcme](http://www.ama-assn.org/go/internationalcme)

Each healthcare provider should claim only those hours of credit that he/she actually spent in the educational activity.

2<sup>nd</sup> Annual

# McMaster University Review Course in PSYCHIATRY

VIRTUAL CPD COURSE



HEALTH SCIENCES  
Continuing Professional  
Development

## Registration Information

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 [mkenedy@mcmaster.ca](mailto:mkenedy@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  
[mkenedy@mcmaster.ca](mailto:mkenedy@mcmaster.ca)

### Registration Information

Continuing Professional Development Office, McMaster University  
[cmereg@mcmaster.ca](mailto:cmereg@mcmaster.ca)

**This event will be recorded and participants will receive access to the video recordings after the event for a period of 6 months. However, only participants who log into to the live event are eligible to receive a certificate of attendance for CME credits.**



Follow us @McMasterCHSE #McMasterCPD  
#PsychiatryCPD @MacPsychReview

Subscribe to our CPD Office email newsletter to be notified of all upcoming conferences:

[chse.mcmaster.ca](https://chse.mcmaster.ca)

or email your request to: [mkenedy@mcmaster.ca](mailto:mkenedy@mcmaster.ca)

\*You may unsubscribe at anytime.