



**The Ontario Psychiatric Association
in Collaboration with
The Toronto Physician Health Project*
Presents a One-Day Workshop
Transtheoretical Model of Therapeutic and Practical Interventions**

Wednesday, January 25, 2006
The Toronto Marriott Eaton Centre Hotel, 525 Bay St., Toronto

**Hear Dr. Prochaska present on his groundbreaking work!
Transtheoretical Aspects of Psychotherapy**



Dr. James O. Prochaska is Director of Cancer Prevention Research Consortium and Professor of Clinical and Health Psychology at the University of Rhode Island. He is the author of over 100 publications, including, *Changing for Good*, *Systems of Psychotherapy* and *The Transtheoretical Approach*. He is internationally recognized for his work as a developer of the stage model of behaviour change. He is the principal investigator on over \$50 million dollars in research grants for the prevention of cancer and other chronic diseases.

According to Dr. Prochaska's original book on *Systems of Psychotherapy: A Transtheoretical Analysis*, there were so many theories in the field of psychotherapy that this encouraged him to pursue his own research. In this book, he did a comparative analysis of 18 major theories of psychotherapy and behavioural change such as consciousness raising from the Freudian school of thought, contingency management from the Skinnerian tradition, and helping relationships from the Rogerians. Thus, the term **transtheoretical**.

James Prochaska, PhD, has altered the way we think about changing self-destructive behaviours. The transtheoretical stage model recognizes change as a process, and enables many more people to enter treatment at earlier points of readiness.

Doctors for Doctors: Transtheoretical Model of Therapeutic and Practical Interventions in Treating Physicians

In response to a knowledge gap discovered among physicians treating other physicians, the Toronto Physician Health Team designed *Doctors for Doctors: Therapeutic and Practical Challenges in Treating Physicians*. We have adapted Dr. Prochaska's Transtheoretical Model of change to understand healthy behavior change leading to increased physician health. The purpose of this educational course was two-fold: to increase the actual number of local physicians willing to see physician-patients referred to them by the Ontario Medical Association's Physician Health Program; and to enhance their knowledge, therapeutic skills and confidence.

Michael Kaufmann, MD, CCFP
Medical Director, OMA Physician Health Program

Tatyana Barankin, MD, FRCPC, DCP
Head, Continuing Medical Education,
Division of Child Psychiatry, Department of
Psychiatry, University of Toronto; Physician
Coordinator, Toronto Physician Health Project

Kathy Bugeja, MBA
Coordinator, Toronto Physician Health Project
Representative, OMA, District 11

Dr. Michael Paré, MD, MSc., CGP
Physician Psychotherapist, Toronto; Physician
Coordinator, Toronto Physician Health Project;
Chair, Education Committee, Ontario Medical
Association Section on GP-Psychotherapy
Vice President, The General Practice
Psychotherapy Association

* A collaboration between the OMA
Physician Health Program and
OMA District 11



Program Agenda

8:00 am	Registration
8:30 am	<i>Transtheoretical Aspects of Psychotherapy</i> Dr. James Prochaska
10:00 am	Break
10:20 am	Programme continues
12:00 pm	Lunch
1:00 pm	<i>Recent Developments in the Field of Physician Health</i> Michael Kaufmann, MD, CCFP, ASAM Cert. Medical Director, OMA Physician Health Program
1:30 pm	<i>Precontemplation and Contemplation Stages in Physician Health Change</i> Dr. Michael Paré, MD, MSc., CGP Physician Coordinator, Toronto Physician Health Project
1:50 pm	<i>Preparation and Action Stages of Physician Health Change</i> Tatyana Barankin, MD, FRCPC, DCP Physician Coordinator, Toronto Physician Health Project
2:10 pm	<i>Maintenance and Relapse Stages of Physician Health Change</i> Kathy Bugeja, MBA
2:30 pm	Break
2:50 pm	Small Group Workshops Workshop #1 topic: <i>Boundary Issues, Countertransference, Transference, Suicidality</i> Workshop #2 topic: <i>Reporting Issues, Confidentiality, Third-Party Reports, Other Internal And External Barriers to Seeking Help.</i>
4:30 pm	Overview and Debriefing
5:00 p.m.	Conclusion of Day

Learning Objectives

Through a combination of didactic learning and interactive discussions within a small group format, participants will:

1. Learn an overview of the Transtheoretical Model of Change, a theoretical model of behaviour change relevant to physician health behaviours.
2. Learn how the Transtheoretical Model of that describes how people modify a problem behaviour and instead acquire a more positive behaviour change.
3. Enhance their confidence and skills to assess, diagnose and treat physicians who may present with a range of mental health needs.
4. Improve their therapeutic skills in managing physician patients.
5. Gain skills in managing practical challenges and barriers as they relate to physician patients.

Accreditation Pending



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Promoting Physician Health

January 26, 27, 28th, 2006
Toronto Marriott Eaton Centre Hotel
525 Bay Street, Toronto

THEME SPEAKER

Dr. Michael Myers
“Mood Disorders in Physicians: Challenges in Diagnosis and Treatment”

INVITED SPEAKERS

Mr. Michael Bay
“Results from Provincial Study”

Dr. Gary Chaimowitz
“Dual Agency: A Warning for Psychiatrists”

Dr. Robert Cooke
“Ontario Psychiatric Outreach: The University of Toronto Perspective”

Dr. Anthony Feinstein
“Psychological Distress in War Journalists”

Dr. Alison Freeland
Coroner’s Workshop - “The Royal Ottawa Experience”

Ms Diane Gagné
“How to Maximize Tax Savings with Professional Corporations”

Dr. David Goldbloom
“Physician Interactions with the Pharmaceutical Industry: Issues, Ethics, and Guidelines”

Dr. Brian Hoffman
Coroner’s Workshop – “AGHPS Study of Coroner's Reports”

Dr. Ruth Kajander
“Psychiatry in Ontario”

Dr. Alan Kindler
“Contemporary Psychoanalytic Psychotherapy in the Treatment of Narcissistic Disorders”

Dr. Barry McLellan
Coroner’s Workshop – “Issues and Perspective from the Chief Coroner”

Dr. Saibal Nandy
“Dromomania - How to Travel Well”

Dr. Zindel Segal
“Mindfulness, Psychotherapy and the Modification of Mood Disorders”

For more conference information including registration, please visit our website at www.eopa.ca or contact the OPA Head Office at opa@bellnet.ca or by phone at 905-827-4659.