

GP Psychotherapy Basic Skills Core Curriculum



An Experiential Learning Approach Emphasizing Skill Acquisition and Self Reflection

Seven weekend learning seminars presented by GP Psychotherapists. This program emphasizes the importance of the therapeutic relationship and the evolving nature of the psychotherapeutic process and includes the following key concepts:

- **Self Knowledge**
- **Communication Skills:** verbal, non-verbal and empathic listening skills
- **Compassion and Empathy**
- **Ethics and the importance of Boundaries and Values:** Exploration of the complexity of boundary issues with an awareness of the profound impact therapists have, consciously and unconsciously on patients. Fostering respect for differing human values with emphasis on how our own values influence the process of psychotherapy.
- **Therapists' Self Care:** physical, emotional, and spiritual dimensions of wellbeing with an understanding that the way we care for ourselves impacts the way we care for others
- **Transference and Countertransference**
- **Supervision and Personal Work:** essential components in providing quality medical psychotherapy
- **Peer teaching and learning**

Learning Objectives

- **To understand** the Therapeutic Alliance in providing psychotherapy
- **To learn the following skills:** therapeutic communication, assessment, treatment, formulation, and therapeutic intervention
- **To understand** the importance of clinician self awareness and self reflection in working with psychotherapy patients (issues of counter-transference)
- **To develop awareness** of the need for supervision and collegial support in the provision of medical psychotherapy

Accreditation

The core modules qualify for 12 CPD credits per module for maintenance of membership in the GPPA.

CPFC

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for 25.0 Mainpro-C credits (minimum of 4 weekend seminars) and 12.1 Mainpro-M1 credits for additional weekend seminars. Those who do not wish to claim Mainpro-C credits may claim 12.1 Mainpro-M1 credits per weekend seminar.

Supervision

We offer one hour of supervision per module free of charge. We require documentation of 6 hours of individual supervision for the certificate of completion of the BSCC course.

Learning Modules

INITIAL ASSESSMENT AND RECORDKEEPING

Presented by Drs. Mel Borins, Natasha Graham and Marc Gabel

October 23-25 2009

Initial Assessment And Recordkeeping:

- Presenting problem, history of therapy and relationships, spiritual history, occupation, achievements, current life context
- Developmental factors, history of abuse or sexual trauma, drug and alcohol abuse, neurological dysfunction, and mental status examination
- Formulating a diagnosis
- Role of Rx and necessity for medical work-up
- Determine patient requirements for therapy in the "Supportive-Expressive" therapeutic continuum.

Therapy Preparation:

- Informing the patient of expectations, establishing goals/objectives and therapeutic contract.

Structure:

- Frequency of sessions, duration of treatment, review of progress, limit setting, confidentiality.

Informed Consent:

- Benefits/Risks of Treatment & side effects.

Relationship to Interested Others:

- Referring physician and family doctor
- Insurance companies and lawyers

Pharmacotherapy and Psychotherapy:

- Issues related to integration of both

Records and Notekeeping:

- Principles and practicalities of recordkeeping for GP psychotherapists; whether full-time or part-time, in referral or non-referral practice, or family doctors providing psychotherapy/counseling within their own individual medical practices. The role of RHPA, CPSO, CMPA, OHIP, etc, as it pertains to medical records will be explored by participants.

THERAPEUTIC ALLIANCE PART 1 – Self Knowledge and Basic Communication Skills

Presented by Drs. Pauline Abrahams and Ginny McFarlane

January 22-24 2010

- Listening skills – empathetic attention and presence
- Awareness of body language, patient clues (moods/mood shifts); pacing; verbal tone, fluency and clarity; capacity to maintain non judgmental stance
- Encouragement of self examination and self reflection as therapeutic tools
- Examination of therapist responsiveness that can lead to counter-transference complexities
- Managing therapist discomfort in the therapeutic process

THERAPEUTIC ALLIANCE PART 2 – Forming a Therapeutic Alliance

Presented by Drs. Jaga Iwanowska and Julie Webb

Spring 2010

(Pre-Conference GPPA Annual Conference)

- The bond between the therapist and patient is an empathic connection based on mutual human responses, trust and respect: a working alliance based on agreement re goals/tasks.
- Patient factors – motivation, expressiveness, mental status
- Therapist factors – unconditional positive regard, empathy, openness, absence of hostility or dogmatism, counter-transference, training, availability, etc
- Patient-therapist interactive factors/communication
- Sociocultural and spiritual or religious factors

Bowlby's Attachment Theory

Conclusion Of Therapy Issues:

- Terminating therapy effectively

CASE FORMULATION AND TREATMENT PLANNING

Presented by Drs. Louis Morissette, Helen Newman and Roy Salole

(Note: Case Formulation Part 1 Seminar is a pre-requisite for Part 2. Each runs for an entire weekend, and full fees are required for each session)

PART 1 – Identifying Dysfunctional Patterns

June 19-21 2009

- Learning to develop and maintain a focus
- Learning how to identify dysfunctional patterns presented by patients through verbal and non-verbal information – across therapeutic models
- Review of how different psychotherapeutic models conceptualize patient dysfunctional patterns: Psychodynamic, Experiential, Cognitive & Behavioural Systems

PART 2 – Strategies for Changing Patterns

July 17-19 2009

- Learning how to intervene as patients' core patterns emerge, interrupt destructive and maladaptive patterns, and foster change.
- Explore useful strategies for change in behavioural, cognitive, interpersonal, intrapsychic, and spiritual problematic patterns
- Review of change strategies in different psychotherapeutic models
- Rudiments of Transtheoretical Therapy (Prochaska and DiClemente's "Change Theory")
- Recognizing & working through impasses & breaks in therapeutic alliance

TRANSFERENCE, COUNTER-TRANSFERENCE AND PERSONAL VALUES OF THE THERAPIST

Presented by Drs. Joan Barr and Michael Cord and Victoria Winterton

September 25-27 2009

Managing the Therapist's Own Feelings – Counter-transference:

- Significance of therapist's contribution to the nature of therapeutic relationship: emotional responses, personal qualities, availability

The Concepts Of Boundaries:

- Boundary transgressions, safety and abuse of power

Personal Values of the Therapist:

- Reflection of the rights and responsibilities of being a culturally defined professional & therapist personal attitudes
- Gender and Spiritual issues

Supervision/Case Consultation:

- An essential element for the practicing therapist
- Contracts and responsibilities of both parties
- Theoretical perspectives

ANNUAL CONFERENCE MODULE

April 25 2009

Workshops:

Mind-Body Therapies: Techniques in Psychosomatic Medicine

The Mindful Physician: Developing a Daily Mindfulness Practice

Presented by Dr. Lucinda Sykes

Techniques in Communication and Reflective Listening

Tips and Pearls: Basic Strategies of Psychotherapy For Family Doctors

Presented by Dr. Mel Borins

FACULTY

Pauline Abrahams MB ChB, CCFP. GP Psychotherapist practicing in Palliative Care; Director, Family Practice Residency Program, Scarborough Hospital, U Toronto.

Joan Barr, MD, M.Ed, MGPP. GP Psychotherapist, Toronto; Former Chair GPPA Edn/Conference Cmtees; Past President & Chair of GPPA..

Mel Borins, MD, CCFP, FCFP, MGPP. Associate Professor, Department of Family & Community Medicine, U Toronto; Active staff St Joseph Health Centre, Toronto.

Michael Cord, MD. Full time psychotherapy practice and practice supervision, Toronto. Mentor/Supervisor of GPPA, Ontario College of Family Physicians, and CPSO; Past Vice-Chair, OMA Section of GPP.

Marc Gabel, MD, MPH, Former Director & President of GPPA, & Editor, GPPA Newsletter; Presently CPSO Council member, & Discipline, Methadone, Outreach committees. Former chair Discipline and a peer assessor. Full time MD Psychotherapy practice, Toronto,

Natasha Graham, MD, HonsBSc, FCFP, CGGP. Full time GP Psychotherapist in private practice in Toronto.

Jaga Iwanowska, LRCP & SI, CCFP. Trained at Toronto Institute of Human Relations. GPPA Mentor Emeritus; Past Chair, GPPA Education Cmtee; Past Director, GPPA Basic Skills Core Curriculum.

Ginny McFarlane BSc, MD, CCFP, CGPP. MD Psychotherapist practicing group psychotherapies. Using Gestalt Therapy, CBT and Mindfulness practices she has created The Mindful Mood and DreamPath Workshops.

Louis Morissette MD, CCFP, FCFP, CGPP. Early practice in rural medicine in Quebec. Now practicing Addiction Medicine. CSAM (Canada & USA). ITAA certified Transactional Analyst. Assistant Professor, U of Ottawa.

Helen Newman, MBChB, CGPP. GP practicing psychotherapy in Ottawa. CBT, TA & Schema Focused therapy. Chair, GPPA Membership Cmtee.

Larry Nusbaum, MD, GP Psychotherapist, Toronto. Member, GPPA Professional Development Committee, Psychotherapy Guidelines Task Force.

Roy Salole, MB.BS, DMJ, CTA. Certified Clinical Transaction Analyst (1993); Clinical Member, Can. Group Psychotherapy Assoc. GP Psychotherapist, Ottawa; TA & Ego-state therapy, Gestalt & Schema-focused CBT.

Lucinda Sykes, MD, BSc. GP Psychotherapist in private practice, Toronto.

Julie Webb MD. CGPP; Member, GPPA Board & Liaison, to Education Cmtee. Trained at Toronto Institute Human Relations. DNMS (Developmental Needs Meeting Strategy) & Psychodynamic Therapy.

Victoria Winterton, MD, FCFP, MGPP; Full time GP Psychotherapist, Owen Sound; BESTCO Registered Sex Therapist; President, GPPA Board of Directors.

REGISTRATION FORM

Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____ Fax#: _____

Tel: _____

Email: _____

- GPPA member – category _____
- GPPA non-member

Please provide the following information:

1. Your Education:

Medical School/Graduation year: _____

Degrees: #1 _____ #2 _____ #3 _____

Specialist Certification: _____

2. List two learning objectives in taking this course:

1. _____

2. _____

3. Average number of hours per week of:

Mental Health provided in your medical practice _____

Scheduled focused psychotherapy provided in your medical practice _____

Registration for Residential Weekend Modules

Please check the Module(s) that you plan to attend:

- Initial Assessment and Recordkeeping • October 23 – 25 2009
 - Therapeutic Alliance Part 1: Communication Skills And Supportive Psychotherapy • January 22 – 24 2010
 - Therapeutic Alliance Part 2: Forming A Therapeutic Alliance • Spring, 2010. Preconference @ GPPA Annual Conference
 - Ethics and Well Being of the Therapist • March 2010
 - Case Formulation and Treatment Planning. Part 1: Identifying Dysfunctional Patterns • June 19-21 2009
- (Note: Case Formulation Part 1 Seminar is a prerequisite for Part 2. Each runs for an entire weekend, and full fees are required for each weekend)*
- Case Formulation and Treatment Planning. Part 2: Strategies to Facilitate Change • July 17-19 2009
 - Transference, Countertransference and Personal Values of the Therapist • September 25 – 27 2009

Dietary Restrictions: _____

Fees: Total amount: \$ _____

- Cheque enclosed payable to the GPPA
- Charge my VISA / Mastercard

VISA/Mastercard card #: _____

Expiry date: _____

Name on card: _____

Course Structure

Weekend Modules

The core modules will each be presented as weekend small group learning (12 hrs. of CPD). This includes didactic presentations, interactive discussion, case review and self-reflection as well as practice of clinical skills in the context of group supervision. Working in pairs or triads may also be used to practice techniques such as interviewing and communication skills, etc.

Seminars will be held on a weekend from Friday night to Sunday midday inclusive, to provide a learning experience that is based on developing a cohesive group experience amongst the participants. We want registrants to come for the whole weekend, interact and learn with peers in a safe environment. Some seminars will be residential and held in Orillia, Ont. Some will be non-residential and held in Toronto, Ont. Separate food and lodging fees will apply. Details will be sent closer to the weekend in question.

Note: Individual weekend modules may also be attended without making a commitment to taking the entire course. Registration will be on the basis of one -module -at -a -time registration.

Annual Conference Module

Didactic and diagnosis-based information will be presented in lecture format. Small-group workshop sessions will be used to teach Stress Reduction techniques and Psychotherapeutic Communication skills for the family doctor.

Certificate of Completion:

A Certificate will be provided at the completion of the course. Each module must be attended in its entirety.

TYPICAL WEEKEND FORMAT

FRIDAY EVENING

06:00 - 7:00 Arrival

07:00 - 8:00 Shared Supper

08:00 - 9:30 Group Process: Introductions – group contract – Individual learning contracts.

SATURDAY

09:00 - 10:15 Didactic Presentation

10:30 - 11:45 Experiential sessions will utilize various modalities such as small group activities or working in pairs, and role playing, case presentation and supervised roleplay practice.

02:00 - 03:15 Experiential

03:30 - 04:30 Didactic Presentation and Discussion

04:30 - 07:00 Break & Supper

07:00 - 08:00 Didactic Presentation and Discussion

08:00 - 09:30 Experiential

SUNDAY

08:30 - 09:30 Didactic Presentation and Discussion

09:30 - 10:30 Experiential

11:00 - 12:00 Experiential

12:00 - 01:00 Review of Contracts and Group Process

01:00 - 01:30 Lunch

REGISTRATION DETAILS

A. Fees:

Registration received at least 2 weeks prior to Module:

Clinical, Certificant or Mentor Member: \$350 Others: \$425

Registration received less than 2 weeks prior to Module:

Clinical, Certificant or Mentor Member: \$400 Others: \$475

B. Accommodation: NOTE: An extra fee will be payable by participants. Details will be sent closer to the weekend in question.

Note: attendance at the entire weekend is required for each module. For Certification, special consideration will be given for late or missed sessions, on written application.

CANCELLATION POLICY: Refunds, less a \$50 fee, will be issued up to two (2) weeks prior to the weekend modules. After that time, no refunds will be given.

LIMITED REGISTRATION: Because of the interactive and experiential nature of this program, weekend modules will be limited to 12-15 registrants, depending on the module and the venue.

NOTE: We reserve the right to cancel sessions due to low registration or limit participation - at our own discretion.

Mail registrations to:

**GPPA, 312 Oakwood Crt., Newmarket, Ont. L3Y 3C8
Credit Card payments can be faxed to 1-866-328-7974**