



**25<sup>th</sup> Annual Conference of the  
General Practice Psychotherapy Association  
April 27-28, 2012  
Radisson Admiral Hotel, Toronto**

***Models of Therapy  
Meeting Patients Where They Need To Heal***

***Why Should You Attend the GPPA Conference?***

- ❖ The GPPA Conference program presents a variety of topics from the practical to the theoretical, blending the art and science of psychotherapy and psychopharmacology.
- ❖ Many opportunities will be available to learn and interact with colleagues, gain new insights and obtain support for your practice of medical psychotherapy.
- ❖ Excellent plenary speakers and workshop choices to suit the novice to the experienced psychotherapist.

**Conference Learning Objectives:**

- To provide new information to improve clinical assessment skills
- To improve techniques for psychotherapy interventions
- To learn about new developments in the field and their applicability to assessment and treatment
- To understand the need for and importance of clinical self-awareness and boundaries in working with clients in psychotherapy
- To identify areas for further learning and development.

**Accreditation** *(see page 2 for more details)*

**CFPC:** The Annual Conference meets the accreditation criteria of the College of Family Physicians of Canada.

**GPPA:** The Annual Conference is awarded Continuing Education (CE) and Continuing Collegial Interaction (CCI) credit.

## IMPORTANT INFORMATION

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### Models of Therapy...

How do we assist our patients with their healing? Recent research suggests that some of our cherished interventions in the cognitive and behavioral realms are just too superficial to produce lasting change, while others - such as some psychoanalytical models - get lost in the depths of implicit memory and the uncoded unconscious. How can current findings from *the new brain science* help us?

At this conference we will be exploring models as diverse as Brainspotting, Dialectical Behavioral Therapy, Psychopharmacology and Shamanic Journeying, as we ask: how we can most effectively and profoundly meet our patients in the pivotal regions of the psyche where they most are capable of initiating change, integration, growth & healing?

One of the tenets of many psychotherapy paradigms is the awareness that we heal within social, cultural and interpersonal relationships. With this in mind, please join us, at our annual conference, and tap into the creative, healing and transformative powers of our psychotherapy community

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### Accreditation

#### **CFPC:**

##### **Annual Conference**

6.0 hours MAINPRO-M1 credit for Friday  
7.0 hours MAINPRO-M1 credit for Saturday

#### **GPPA**

##### **Annual Conference**

6 hours CE for each conference day  
1 hour CCI for Annual General Meeting  
1 hour CCI for Friday Dinner Meeting  
1 hour CCI for each full conference day

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### Conference Handout Materials

In an effort to be more environmentally friendly, the GPPA will be posting session handout materials online. Registered delegates will be sent a link to these handouts 3 weeks prior to the conference, and are welcome to print out the handouts as you wish.

**NOTE: Printed session handout materials will NOT be provided at the conference.**

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### Interested In a Display Table?

Are you interested in promoting your affiliated organization, or promoting a product relevant to GP psychotherapists? Contact the GPPA Office at [info@gppaonline.ca](mailto:info@gppaonline.ca) for more information.

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### About the GPPA

A collegial association of physicians involved in the practice of psychotherapy from all provinces and territories in Canada.

Its goals are to provide members with opportunities to: gain support and feedback in their practices of psychotherapy; interact in various educational modalities; participate actively in finding ways to develop and protect standards of practice; pro-actively protect our rights to provide psychotherapeutic care to our patients.

**For more information, visit [www.gppaonline.ca](http://www.gppaonline.ca)**



#### **Conference Organizing Committee:**

Dr. Catherine Low, Chair    Dr. Alison Arnot    Dr. Heidi Walk    Dr. Lauren Zeilig    Dr. Harry Zeit

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## Special Keynote Presenters at 2012 Conference

Friday April 27 - Morning Keynote Presentation

### IIINTERPERSONAL NEUROBIOLOGICAL APPROACH TO ADDICTIONS AND CONCURRENT DISORDERS

#### Dr. Alison Arnot MD

Dr. Arnot is a family doctor with fourteen years of experience working in the field of Addiction and Concurrent Disorders. She is a mentor in Central West Division of the Medical Mentoring in Addiction and Pain (MMAP) Program organized by the OCFP. She also works as the Medical Director of the Health and Counselling Centre at the Mississauga campus of the University of Toronto.



Friday April 27 - Morning Keynote Presentation

### BRAINSPOTTING: A NEW BRAIN-BASED RELATIONAL THERAPY

#### Dr. David Grand PhD

David Grand, PhD is the discoverer and developer of the relational brain-based approach Brainspotting (BSP). In the last eight years Dr. Grand has trained over 4,000 therapists in his method in the US, Europe, South America and the Middle East. Dr. Grand is also the author of EMOTIONAL HEALING AT WARP SPEED and THIS IS YOUR BRAIN ON SPORTS. He has adapted BSP for application to sports and creativity enhancement. Dr. Grand is on the faculty of Naropa University, the Omega Institute, the Kripalu Center and the Esalen Institute. Dr. Grand is also the producer/director of the documentary COME HELL OR HIGH WATER and the playwright for I WITNESS.



Saturday April 28 - Morning Keynote Presentation

### DIALECTIC BEHAVIOUR THERAPY - NOT JUST FOR BPD!

#### Sheri Van Dijk, MSW, RSW

Sheri Van Dijk, MSW, RSW is a Social Worker, registered with the Ontario College of Social Workers and Social Service Workers. She has been working in the mental health field since 2000, the last eight years spent both in private practice and at Southlake Regional Health Centre, working with clients with severe mental health problems. Sheri has had extensive training in dialectical behavior therapy (DBT), mindfulness, and cognitive-behavior therapy (CBT), and has been running DBT-informed groups for the past eight years.

Sheri is the author of The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder, Don't Let Your Emotions Run Your Life for Teens, and Calming the Emotional Storm, and is co-author of The Bipolar Workbook for Teens. Her fifth book, DBT Made Simple, will be published in January, 2013. Sheri is the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.



Saturday April 28 - Morning Keynote Presentation

### ACCELERATED EXPERIENTIAL DYNAMIC PSYCHOTHERAPY - THE PHENOMENOLOGY OF TRAUMA, TRANSFORMATION AND TRANSCENDENCE

#### Dr. Danny Yeung MD

Danny Yeung M.D., Chair of International Training and Senior Faculty of the AEDP Institute, is a trainer and supervisor of Accelerated Experiential Dynamic Psychotherapy (AEDP) for post-graduate mental health professionals in Hong Kong, China, and Canada. A Lecturer and Clinician Teacher with the Department of Psychiatry in the Faculty of Medicine at the University of Toronto, Danny also serves as a Consultant Physician / Psychotherapist of Assertive Community Treatment Team and Mental Health Court Support Program for the Department of Psychiatry of Mount Sinai Hospital. His unique contribution as a family doctor and a psychotherapist in the ACT Team, unparalleled globally, was instrumental in helping his team to win the American Psychiatric Foundation Advancing Minority Mental Health Award in 2007 and the Leading Practices Award presented by Ontario Hospital Association in 2007. He was also given the Joel Sadavoy Community Mental Health Award for 2011.



**Friday April 27 2012**

**Morning Plenary Sessions**

**8:30 - 10:00 Interpersonal Neurobiological Approach to Addiction and Concurrent Disorders**  
***Dr. Alison Arnot, MD***

This presentation will feature a brief overview of the neurobiological adaptations in addiction and then go on to demonstrate how these interfere with integration which is critical for good mental health. Also to be discussed will be the link between the most common major mental health disorders and addiction and demonstrate why it is important to screen for and treat addiction in order help patients achieve good mental health.

**10:00 - 10:30 Refreshment Break**

**10:30 - 12:00 BrainSpotting - A New Brain Based Relational Therapy**  
***Dr. David Grand, PhD***

Brainspotting (BSP) is a psychotherapy approach discovered by David Grand, PhD, in 2003. BSP utilizes the Dual Attunement Model; relational presence with neurobiological access using the field of vision for “relevant eye positions” (Brainspots). The BSP approach facilitates Focused Mindfulness helps to process and relieve trauma-based conditions and to address performance blocks and anxiety. Dr. Grand will interactively present Brainspotting with PowerPoint and lecture as well as active audience participation.

**12:00 - 13:30 Working Lunch - Annual General Meeting of the GPPA**

**Afternoon Workshops      13:30 - 17:00 (Refreshment Break 15:00 - 15:30)**

**Session A Emerging Research on Cannabis and The Brain**  
***Dr. Alison Arnot MD***

The workshop will be an opportunity to discuss the emerging research on cannabis and the brain; the medical treatment of addiction to specific substances and what addiction treatment entails, using the outpatient, multidisciplinary collaborative model currently in use at the Addiction and Concurrent Disorders Centre at the Credit Valley Hospital.

**Session B Brainspotting - Clinical Applications: Demonstration and Practicum**  
***Dr. David Grand, PhD***

In this workshop Dr. Grand will actively expand on his presentation of Brainspotting from his keynote presentation with a combination of demonstration and practicum. The Dual Attunement Model will be further discussed in terms of the client’s ability for self-healing in the appropriately held treatment frame which is set with both relational and neurobiological attunement.

**Session C Psychopharmacological Treatment of Major Depression**  
***Dr. Howard Schneider MD, CGPP, CCFP***

We will go through the psychopharmacological treatment of a patient presenting with Major Depression. Of course, you are going to provide psychotherapy to the patient. But what about the psychopharmacology? What do we do when the first medication doesn’t work? What do we do when the patient is not a textbook perfect patient (like the ones assumed in most guidelines) and has this or that comorbid problem? What do we do when the second medication doesn’t work? No handouts or slides with copious amounts of information. We will instead focus on learning a few principles well. Bring paper and pen, and enthusiasm :)

**Session D The Way of the Shaman**  
***Jeannette McCullough***

Shamanism is a disciplined way of getting knowledge and help which is based on the premise that we do not have to restrict ourselves to working in one reality, one dimension, when we need assistance. There is a whole other reality to help us in our lives – a reality full of beauty and harmony that is ready to provide us with the same kind of wisdom that we read about in the writings of the great mystics and prophets. We need only to keep an open mind. In an expanded state of awareness brought about by rattles and a frame drum, an awakening or an enhancement of your spiritual capacities is experienced. This form of divination, or direct revelation, can be applied in contemporary life for problem solving, well-being and healing, for yourself, on behalf of others and in the service of the planet.

**Friday April 27 2012 (cont'd)**

**5:30 - 8:15 GPPA 25th Anniversary Dinner and Retrospective**

Join us as we participate in collective storytelling and reflection on the GPPA, its history, and its membership. Members will be invited to share their personal stories and reflections in a warm intimate sharing circle.

*NOTE: There is an additional fee for attendance at this dinner.*

**Saturday April 28 2012**

**Morning Plenary Sessions**

**7:00 - 8:00 Yoga Session**

***Dr. Heidi Walk BAH, MD, CCFP***

Please join us in this gentle awakening to the day with mindful Yoga. Beginners welcome.

**8:30 - 10:00 Dialectical Behavior Therapy: Not Just for BPD!**

***Sheri Van Dijk, MSW, RSW***

This keynote speech will be an introduction to dialectical behavior therapy (DBT). This will include the following:

- How DBT was developed and how it differs from traditional therapies such as cognitive behavior therapy (CBT)
- An introduction to the theories that DBT is grounded in, including the biosocial theory, dialectics, and behavior theory
- Research on and discussion of using DBT for borderline personality disorder and other illnesses

While the theme of this presentation is introducing clinicians to DBT, there will be an emphasis on the fact that DBT is now known to be useful for many different psychiatric difficulties, not just borderline personality disorder.

**10:00 - 10:30 Refreshment Break**

**10:30 - 12:00 Accelerated Experiential Dynamic Psychotherapy**

**- The Phenomenology of Trauma, Transformation and Transcendence**

***Dr. Danny Yeung MD***

At the end of the keynote address, the participants is expected to:

1. Understand the hierarchical nature of the autonomic nervous system in response to traumatic threats.
2. Understand the four (psychobiological) states and three state transformations as descriptive phenomenology associated with neuroplasticity in Accelerated Experiential Dynamic Psychotherapy (AEDP).
3. Understand AEDP as leading edge clinical application of working with attachment and emotions in healing trauma.

**12:00 - 13:30 Buffet Lunch**

**Afternoon Workshops      13:30 - 17:00 (Refreshment Break 15:00 - 15:30)**

**Session E Calming the Emotional Storm: Using DBT to Help Your Clients Manage Their Emotions**

***Sheri Van Dijk, MSW, RSW***

This workshop will provide a more in-depth discussion of how to use DBT to help your clients manage their emotions more effectively. Through didactic instruction and experiential practice, participants will learn the following:

- How to format individual DBT sessions to provide the structure your dysregulated clients need
- The four modules of skills taught in DBT and how to teach these skills to your clients so they can manage their emotions more effectively
- Some of the dialectical strategies that can help you and your client get “unstuck” in therapy

Discussions in this workshop will focus on general emotion dysregulation rather than on specific diagnoses. Case examples will be provided and participants are welcome to bring their own cases for brief discussion of how skills can be applied to help clients manage emotions more effectively.

**Saturday April 28 2012 (continued from previous page)**

**Session F Accelerated Experiential Dynamic Psychotherapy  
- The Phenomenology of Trauma, Transformation and Transcendence  
*Dr. Danny Yeung MD***

At the end of the workshop, the participants is expected to:

1. Practice experiential skills in receptive listening, open questions and slowing down the process.
2. Practice experiential skills in moment-to-moment tracking of defensive resistance, anxiety, and core affect.
3. Practice experiential skills in working with defensive resistance from a non-confrontational, non-pathologizing stance.
4. Practice experiential skills in processing core affective experience to completion and effecting transformative change.

**Session G Meeting Patients at Their Emotional Level:  
Using the Theraplay® Model for Children and Families  
*Dr. Susan Bundy-Myrow, Ph.D.***

Successful therapy entails addressing a child or adult not only at the cognitive level, but especially at the emotional level of development. Theraplay, a model of therapy developed by Ann M. Jernberg in the late 1960's, based on attachment theory, provides impactful, multisensory opportunities in which parents can increase their understanding and skillfulness in helping their children develop. Unlike traditional play therapy, which tends to focus on the child individually, Theraplay® is an interpersonal approach. Theraplay itself is playful, physical, and therapist-directed, according to the goals established with the parents. It can be used to help treat children who are shy, depressed, overactive, anxious (including obsessive compulsive disorder), and has application for children on the Autism Spectrum. Theraplay can play a significant part in therapy for children with attachment disorders due to early trauma or attachment breaches.

In this brief workshop, the core principles of Theraplay will be introduced and participants will see video examples of the work. Brief role play experiences will help the participants feel the impact of this fun, engaging, and rewarding approach. Applications to a variety of presenting concerns will be outlined.

**Session H Queer Think for the Straight Shrink (GP Psychotherapist)  
*Dr. Albina Veltman***

The session will cover the following points:

1. Terminology overview - The ABCs of working with LGBTTTTIQQ communities
2. Heterosexual privilege exercise
3. Guided imagery exercise
4. Barriers to health care access in LGBTQ individuals
5. Mental health issues in LGBTQ individuals
6. Youth-specific issues (e.g. bullying, coming out, suicide)
7. Asking the right questions - How do you ask about sexual orientation and gender identity?
8. How to create a positive office space
9. Cases for discussion
10. Feedback

**Dr. Alison Arnot MD**, is a family doctor with fourteen years of experience working in the field of Addiction and Concurrent Disorders. She is a mentor in Central West Division of the Medical Mentoring in Addiction and Pain (MMAP) Program organized by the OCFP. She also works as the Medical Director of the Health and Counselling Centre at the Mississauga campus of the University of Toronto.

**Dr. Susan Bundy-Myrow, Ph.D., RPT-S**, is a Licensed Psychologist in private practice, Autism consultant, and Certified Professor of Child Psychotherapists and Play Therapists (IBECPT-P). Together with David Myrow, Ph.D., she is a recipient of the 2011 Ann M. Jernberg Award for her contributions to Theraplay as author, clinician and trainer. A Clinical Assistant Professor at the State University of New York at Buffalo, Dr. Bundy-Myrow also teaches child and play therapy approaches to Psychiatric residents. More information is available at [www.theraplace.com](http://www.theraplace.com).

**Dr. David Grand, PhD** is the discoverer and developer of the relational brain-based approach Brainspotting (BSP). In the last eight years Dr. Grand has trained over 4,000 therapists in his method in the US, Europe, South America and the Middle East. Dr. Grand is also the author of EMOTIONAL HEALING AT WARP SPEED and THIS IS YOUR BRAIN ON SPORTS. He has adapted BSP for application to sports and creativity enhancement. Dr. Grand is on the faculty of Naropa University, the Omega Institute, the Kripalu Center and the Esalen Institute. Dr. Grand is also the producer/director of the documentary COME HELL OR HIGH WATER and the playwright for I WITNESS.

**Jeannette McCullough** is a Registered Nurse and Shamanic Practitioner who has experience in many diverse health care settings, and as an educator at a community college teaching Pharmacology, Psychology, Human Growth and Behaviour and Life Skills. She is a graduate of the Foundation for Shamanic Studies' Three-Year Program in Advanced Shamanism and Shamanic Healing. Michael Harner and Sandra Ingerman are her teachers, as are the helping spirits who are aligned with her. Jeannette is a founding member and served for three years on the executive of the Complementary Therapies Nurses' Interest Group, a special interest group of the Registered Nurses Association of Ontario. Since 1998 she has been offering health teaching, supportive counselling and shamanic approaches to wellness to individuals and to groups. For additional information, visit [www.shamansong.ca](http://www.shamansong.ca)

**Dr. Howard Schneider MD, CGPP, CCFP** is a Family Physician practicing in Neuropsychiatry and Psychiatry. For the last fourteen years he has been taking care of patients in the community at Sheppard Associates in Toronto, and for the previous decade prior to that he took care of psychiatric patients presenting to the emergency department of the Cité de la Santé Hospital in Laval, Québec. He has been practicing Cognitive Behavioral Therapy for the last two decades and received training at the Beck Institute. He has an interest in neuroimaging and for the last several years has been involved with 3D SPECT functional imaging as an aid in the management of neuropsychiatric and psychiatric conditions.

**Sheri Van Dijk, MSW, RSW** is a Social Worker, registered with the Ontario College of Social Workers and Social Service Workers. She has been working in the mental health field since 2000, the last eight years spent both in private practice and at Southlake Regional Health Centre, working with clients with severe mental health problems. Sheri has had extensive training in dialectical behavior therapy (DBT), mindfulness, and cognitive-behavior therapy (CBT), and has been running DBT-informed groups for the past eight years. Sheri is the author of The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder, Don't Let Your Emotions Run Your Life for Teens, and Calming the Emotional Storm, and is co-author of The Bipolar Workbook for Teens. Her fifth book, DBT Made Simple, will be published in January, 2013. Sheri is the winner of the R.O. Jones award for her research on using DBT with bipolar disorder, presented at the Canadian Psychiatric Association Conference in September, 2010.

**Dr. Albina Veltman** is an Assistant Professor at McMaster University in the Department of Psychiatry & Behavioural Neurosciences. She specializes in working with traditionally marginalized populations, including people who identify as lesbian, gay, bisexual, transgender and/or queer. In partnership with the LGBTQ Community Wellness Centre of Hamilton, she developed the City of Hamilton's first mental health clinic for individuals who identify as LGBTQ. She is involved with Rainbow Health Ontario and the Canadian Professional Association for Transgender Health and continues to advocate for increased access to hormone treatment and gender reassignment surgeries for individuals who identify as transgender in Ontario and nationally.

**Dr. Danny Yeung M.D.**, Chair of International Training and Senior Faculty of the AEDP Institute, is a trainer and supervisor of Accelerated Experiential Dynamic Psychotherapy (AEDP) for post-graduate mental health professionals in Hong Kong, China, and Canada. A Lecturer and Clinician Teacher with the Department of Psychiatry in the Faculty of Medicine at the University of Toronto, Danny also serves as a Consultant Physician / Psychotherapist of Assertive Community Treatment Team and Mental Health Court Support Program for the Department of Psychiatry of Mount Sinai Hospital. Danny is the lead author of *Rainbow After: Psychological Trauma and Accelerated Experiential Dynamic Psychotherapy*, arguably one of the original trauma treatment manual published in Chinese. He coauthored *Portrait of the Soul*, a study of nine personality styles, currently in its 6<sup>th</sup> edition. Together with Dr. Diana Fosha, he also coauthored a chapter in the *Casebook of Psychotherapy Integration*, published by American Psychological Association.

## REGISTRATION AND HOTEL INFORMATION

**Pre-Registration is strongly recommended.**  
**Registration is processed on a prepaid first-come, first-served basis.**  
Please note that registration for some workshops is limited.

### Full 2011 Conference \*\*

Early Registration Rate (Received prior to March 15, 2012)	
GPPA Members	\$475
Non-Members	\$525
Medical Student/Resident (with proof of status)	\$150
Registrations Received after March 15, 2012	
GPPA Members	\$500
Non-Members	\$550
Medical Student/Resident (with proof of status)	\$150

### 1 Day Registration \*\*\*

GPPA Members	\$275
Non-Members	\$300
Medical Student/Resident (with proof of status)	\$ 75

### Friday GPPA Annual General Meeting and Luncheon ONLY

NOTE: Full Conference Delegates are automatically registered	\$ 25
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### Friday GPPA 25th Anniversary Dinner

NOTE: ADDITIONAL FEE REQUIRED	\$ 75
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### CANCELLATION POLICY

Cancellations must be received in writing by 5:00 p.m. on April 1, 2012 and is subject to a \$50 administration fee. No refunds after April 1, 2012. No show - full fee.

Mail or fax refund requests to:

GPPA Office 312 Oakwood Court, Newmarket, ON L3Y 3C8  
Fax: 1-866-328-7974.

**\*\*Fee for Full Conference Registration includes:**

*Friday April 27 - continental breakfast, plenary sessions, refreshment breaks, AGM and luncheon, and workshops.*

*Saturday April 28 - continental breakfast, plenary sessions, refreshment breaks, luncheon and workshops.*

**\*\*\* Fee for 1 Day Conference Registration includes the following, as identified by each day:**

*Friday April 27 - continental breakfast, plenary sessions, refreshment breaks, AGM and luncheon, and workshops.*

*Saturday April 28 - continental breakfast, plenary sessions, refreshment breaks, luncheon and workshops.*

## Conference Accommodations and Location

### Radisson Admiral Hotel

GPPA Conference Registrants qualify for a reduced rate of \$209.00 per night (single or double) Register before April 1 to qualify for this rate. When booking your room, please **be sure to identify yourself as a registrant of the GPPA Conference.**

For reservations or general information, please call the hotel directly at:  
Toll-free: (800) 333-3333 Toronto call: (416) 203-3333

**Parking: \$21 / day for 24 hours or \$12/day**  
**(NOTE: Subject to change)**

### Radisson Admiral Hotel Toronto 249 Queen's Quay West Toronto, Ontario

#### From North / East

Take 404/Don Valley Parkway South to Lakeshore Blvd exit; Turn right onto Lakeshore Blvd E; Turn slight left onto Parliament St; Parliament becomes Queen's Quay East; Follow Queen's Quay past Yonge St where it becomes Queen's Quay West - hotel is on the left side.

#### From HWY 401 / Airport:

Take Hwy 401 to 427 South; 427 to Gardiner Expressway; Gardiner Expressway to Lakeshore Blvd West; Turn Right onto Lower Simcoe Street; Turn immediately Right onto Queens Quay West - hotel is on the right side.

#### Public Transit/TTC:

TTC Streetcar Route 509 leaves from Union Station and will take you directly to the Radisson

The Radisson Hotel Admiral Toronto - Harbourfront is an intimate, boutique style hotel, elegantly appointed in a contemporary nautical theme. As "your destination in the city", the hotel affords a dramatic view of Lake Ontario.

At the same time, our Harbourfront location provides public transportation at our doorstep, as well as easy access to downtown Toronto points of interest.

When it's time to relax, guests at the hotel can enjoy complimentary access to an outdoor patio overlooking Toronto's Harbour and islands. Other convenient amenities at the Radisson Admiral include complimentary access to the fitness centre and business centre.

With a prime downtown Toronto location just minutes from CN Tower, Rogers Centre/Skydome, Air Canada Centre, Metro Toronto Convention Centre, Direct Energy Centre/National Trade Centre and many more, the hotel offers the kind of warm hospitality, inviting atmosphere and superb services sure to please.

**Radisson**  
RADISSON ADMIRAL



## CONFERENCE AT A GLANCE

### Friday April 27 2012

#### Morning Plenary Sessions

- 8:30 - 10:00 Interpersonal Neurobiological Approach to Addiction and Concurrent Disorders  
*Dr. Alison Arnot, MD*
- 10:00 - 10:30 Refreshment Break
- 10:30 - 12:00 Brainspotting - A New Brain Based Relational Therapy  
*Dr. David Grand, PhD*
- 12:00 - 13:30 Working Lunch - Annual General Meeting of the GPPA

#### Afternoon Workshops      13:30 - 17:00 (Refreshment Break 15:00 - 15:30)

- Session A Emerging Research on Cannabis and The Brain  
*Dr. Alison Arnot, MD*
- Session B Brainspotting - Clinical Applications: Demonstration and Practicum  
*Dr. David Grand, PhD*
- Session C Psychopharmacological Treatment of Major Depression  
*Dr. Howard Schneider MD, CGPP, CCFP*
- Session D The Way of the Shaman  
*Jeannette McCullough*
- 17:30 - 20:30 GPPA 25th Anniversary Dinner (Additional Fee Applies)

### Saturday April 28 2012

- 7:00 - 8:00 Yoga Session (OPTIONAL)  
*Dr. Heidi Walk, BAH, MD, CCFP*

#### Morning Plenary Sessions

- 8:30 - 10:00 Dialectic Behavior Therapy - Not Just for BPD!  
*Sheri Van Dijk, MSW, RSW*
- 10:00 - 10:30 Refreshment Break
- 10:30 - 12:00 Accelerated Experiential Dynamic Psychotherapy  
- The Phenomenology of Trauma, Transformation and Transcendence  
*Dr. Danny Yeung MD*
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- Session E Calming the Emotional Storm: Using DBT to Help Your Clients Manage Their Emotions  
*Sheri Van Dijk, MSW, RSW*
- Session F Accelerated Experiential Dynamic Psychotherapy  
- The Phenomenology of Trauma, Transformation and Transcendence  
*Dr. Danny Yeung MD*
- Session G Meeting Patients at Their Emotional Level - Using the Theraplay Model  
*Dr. Susan Bundy-Myrow PhD*
- Session H Queer Think for the Straight Shrink (GP Psychotherapist)  
*Dr. Albina Veltman*

# GPPA Conference Registration Form

## 1. Registrant Information

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Province \_\_\_\_\_ Postal Code \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
\*\*Email \_\_\_\_\_  
Emergency Contact & Phone \_\_\_\_\_



**PRIVACY POLICY OPT OUT** In accordance with Canada's Personal Information Protection and Electronic Documents Act (PIPEDA), this is notification that GPPA will be sharing your contact information with conference sponsors, exhibitors and delegates.  **Check here if you do not wish to have your contact information shared with these listed parties.**

**\*\* Note: Please provide a valid email address as you will be emailed a link to download the conference handout materials.**

## 2. Registration Package (Please indicate your selection)

**Why not consider becoming a member of the GPPA to take advantage of reduced fees? For more information, visit [www.gppaonline.ca](http://www.gppaonline.ca)**

<b>Full 2012 Conference</b>	Received prior to March 15, 2012	Received after March 15, 2012
<input type="checkbox"/> GPPA Members	\$475	\$500
<input type="checkbox"/> Non-Members	\$525	\$550
<input type="checkbox"/> Medical Student/Resident (with proof of status)	\$150	\$150

### 1 Day Registration

Please indicate date  Friday April 27  Saturday April 28

<input type="checkbox"/> GPPA Members	\$275
<input type="checkbox"/> Non-Members	\$300
<input type="checkbox"/> Medical Student/Resident (with proof of status)	\$ 75

**Friday GPPA Annual General Meeting and Luncheon only** \$ 25  
*NOTE: This is included in the FULL CONFERENCE and FRIDAY ONLY registration fee.*

**Friday Evening 25th Anniversary Dinner** \$ 75  
Please indicate your attendance.

**Saturday Morning Yoga Session (Optional - No Cost)**  
Please dress appropriately and bring a yoga mat if you have one - we will have a limited supply available.

## 3. Workshop Selection (Please indicate your first, second, and third choices)

### **CHOICE #** **Friday April 27**

- Session A Dr. Alison Arnot - **Emerging Research on Cannabis and The Brain**
- Session B Dr. David Grand - **Brainspotting- Clinical Applications: Demonstration and Practicum**
- Session C Dr Howard Schneider - **Psychopharmacological Treatment of Major Depression**
- Session D Jeannette McCullough - **The Way of the Shaman**

### **CHOICE #** **Saturday April 28**

- Session E Sheri Van Dijk - **Calming the Emotional Storm: Using DBT**
- Session F Dr. Danny Yeung - **Accelerated Experiential Dynamic Psychotherapy**
- Session G Dr. Susan Bundy-Myrow - **Using The Theraplay Model for Children and Families**
- Session H Dr. Albina Veltman - **Queer Think for the Straight Shrink (GP Psychotherapist)**

## 4. Payment

Total Amount \$ \_\_\_\_\_  
 Please find enclosed my Cheque (Payable to GPPA)  
 I wish to pay by VISA/Mastercard Card # \_\_\_\_\_ Expiry Date \_\_\_\_\_  
Signature \_\_\_\_\_

**Please send completed registration form to:  
GPPA 312 Oakwood Court Newmarket, ON L3Y 3C8 or Fax: 1-866-328-7974**