

COMING IN MARCH 2015!

15th Annual

**Toronto Psychopharmacology
Update Day**

**Department of Psychiatry
University of Toronto**

Saturday, March 7, 2015

ONLINE REGISTRATION NOW OPEN

<http://psychconference.eventbrite.ca>



**Psychiatry
UNIVERSITY OF TORONTO**

15th Annual Toronto Psychopharmacology Update Day Saturday, March 7, 2015

The **Toronto Psychopharmacology Update Day** is Canada's premier psychopharmacology conference, designed for dynamic clinicians. Speakers come from a variety of key University of Toronto teaching hospitals including: Toronto Western Hospital (UHN), Toronto General Hospital (UHN), the Centre for Addiction and Mental Health, Sunnybrook Health Sciences Centre, and Ontario Shores. This year, we also include Dr. Karen Ingersoll from the University of Washington and Dr. Serge Beaulieu from McGill University. Both morning and afternoon sessions feature a blend of plenary talks and interactive workshops. New this year—we are partnering with the 3rd Annual Frederick W. Thompson Anxiety Disorders Centre Conference (Friday March 6, 2015). The conferences have been designed to complement each other, and you can take some workshops during the Friday event that lead to Advanced workshops on the same topic on Saturday (in CBT and in Mindfulness). Both conferences are held at the same location, the Hyatt Regency hotel in downtown Toronto. Each conference costs \$275, but register for both for \$425, a savings of \$125!

The Toronto Psychopharmacology Update Day, now in its 15th year, attracts psychiatrists, family physicians, pharmacists, and nurse practitioners from across Canada. Founded and Chaired by Dr. Sagar Parikh, the conference is now sponsored by CANMAT and features a renewed focus on evidence-based medicine, clinical guidelines, and understanding underlying mechanisms of treatment.

Format & Objectives

- Plenary addresses given by expert faculty.
- Interactive workshop sessions on a wide range of topics tailored to the specific needs of your practice (your choice of 2 workshops; choose from list).
- Review of cases from participating physicians.
- Handouts and key literature recommendations on dedicated conference website and free onsite internet access.

Planning Committee

Sagar Parikh, MD, FRCPC (Chair), Professor of Psychiatry, University of Toronto, Education Chair, CANMAT, and Staff Psychiatrist, University Health Network

Naveen Dayal, MD, FRCPC, Trillium Health Partners

Diana Kjenak, MD, FRCPC, University Health Network

Peggy M.A. Richter, MD, FRCP(C), Sunnybrook Health Sciences Centre

Patricia Rockman, MD, CCFP, FCFP, University Health Network

Patricia Marr, BScPharm, PharmD, University Health Network

Sia Maro, Conference Coordinator, University Health Network

Disclosure

Speakers will be requested to disclose to the audience any real apparent conflict(s) of interest that may have direct bearing on the subject matter of this program.

The Canadian Network for Mood and Anxiety Treatments (CANMAT) reserves the right to cancel event. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for events cancelled by CANMAT will be refunded; however CANMAT will not be liable for any loss, damages or other expenses that such cancellations may cause.

Fees* (Lunch included)

Health Professionals: One day only.....\$275 CAD

Health Professionals: Both days \$425 CAD

Fellows, Residents and Students**: Each day\$95 CAD

*fees is exclusive of HST. Please add HST

** cost is for each day and only valid with proof of status

Workshop Registration

To ensure optimal education the workshops are limited to 35 participants. Enrolment is on a first-come-first served basis.

Registration Procedure

Online: To register online and pay by Visa or MasterCard go to the conference online registration page at:

<http://psychconference.eventbrite.ca>

Receipts of Payment

Receipts are issued by email only.

Cancellation Policy

Refunds will not be issued for cancellations received after February 23, 2015. A processing fee of \$75 will be retained on all cancellations. Requests for cancellations must be made in writing to sia.maro@uhn.ca. Registrations are not transferable.

Accommodation

**The Hyatt Regency Toronto
370 King Street West, Toronto**

Please direct your room requirements to the hotel reservations department. Phone: 416.343.1234 Toll free: 1.800.233.1234
www.torontoregency.hyatt.com



Psychiatry
UNIVERSITY OF TORONTO

15th Annual Toronto Psychopharmacology Update Day Saturday, March 7, 2015

Program

8:00-8:25 Sign-In & Breakfast

8:25-8:30 Welcome & Introduction *Sagar Parikh, MD, FRCPC – University Health Network*

8:30-10:00 MORNING SEQUENTIAL PLENARY SESSIONS

- **Around My World in Thirty Minutes: A Whirlwind Update on Child Psychopharmacology** *Daniel Gorman, MD, FRCPC - Hospital for Sick Children*
- **Motivational Interviewing to Enhance Medication Compliance** *Karen Ingersoll, PhD - University of Washington*
- **Introducing 2015 CANMAT Depression Guidelines** *Sidney Kennedy, MD, FRCPC - University Health Network*

10:00-10:30 Q&A Session

10:30-10:45 Break & Refreshments

10:45-12:00 MORNING CONCURRENT WORKSHOPS (choose one)

A – Assessing and Managing Sleep Disorders *Raed Hawa, MD, DABSM, FRCPC - University Health Network*

B – Treatment of GAD & Other Anxiety Disorders *Nikola Grujich, MD, FRCPC, - Sunnybrook Health Sciences Centre*

C – How to Use DSM-V Scales: Symptoms & Functioning
Vytas Velyvis, PhD - Adler International Learning
Sagar Parikh, MD, FRCPC - University Health Network

D – Managing Refractory Psychosis: Interactive Case Discussion *Chekkara Shammi, MBBS, DPM, MRCPsych, FRCPC, - Ontario Shores Centre for Mental Health Sciences*

E – Advanced CBT: Building on Basic CBT Skills - Applications in Mood & Anxiety *Neil Rector, PhD, C.Psych - Sunnybrook Health Sciences Centre*

F – Managing In-Patients: Key Treatment Challenges *Andrea Waddell, MD, MEd, FRCPC - University Health Network*

12:00-1:00 Lunch [Provided]

1:00-2:30 AFTERNOON SEQUENTIAL PLENARY SESSIONS

- **Advances in CBT: Neuroscience Mechanisms/Models of Action** *Lena Quilty, PhD, Centre for Addiction and Mental Health*
- **Advances in Treating Bipolar Depression** *Serge Beaulieu, MD, PhD, FRCPC - McGill University*

2:30-3:00 Q&A Session

3:00-3:15 Nutrition Break

3:15-4:30 AFTERNOON CONCURRENT WORKSHOPS (choose one)

A – Advanced Mindfulness: Adaptations for Acute Mood & Anxiety *Steven Selchen, MD, FRCPC, - Sunnybrook Health Sciences Centre*

B - Medico-legal Aspects of Psychiatry & Psychopharmacology Practice *Gerard Craigen, MD, FRCPC, LLB*

C – Assessments of Cognitive Impairment: From MCI to Dementia *Andrea Iaboni, MD, FRCPC - University Health*

D – The Expected, Unexpected, and Everything Inbetween: Navigating Drug Interactions in Psychiatry *Jamie Kellar, BScPhm, PharmD - Centre for Addiction and Mental Health*

E – Advances in Brain Stimulation: ECT and More! *Peter Giacobbe, MD, FRCPC - University Health Network*

F – Psychopharmacology in Your Emergency Room *Simuran Brar, MD, FRCPC - University Health Network*

4:30 Closing