Continuing Professional Development

Technology and Psychiatry Unplugged

Technological tools such as e-mail, personal digital assistants and telemedicine are relevant to and can be useful in psychiatric practice, but psychiatrists must protect the security and confidentiality of patient information while using them, concluded one plenary speaker at the ICPD conference in February.

Some 120 psychiatrists and mental health professionals fled work and harsh winter temperatures to earn continuing education credits in a warmer climate at the eighth annual ICPD, which was held from Feb. 24–28, 2003, at the Camino Real Hotel in Puerto Vallarta, Mexico.

“It is very rewarding to be part of a conference where the attendees show up for every session, participate actively in the plenaries and working groups, and then contribute to the following year by shaping the curriculum.”
—Dr. D. Goldbloom

The rich and diverse content of this year’s program, co-chaired by faculty members Dr. Jon Davine and Dr. David Goldbloom, attracted delegates from across Canada, Australia, Belgium and the United States. Topics such as technology in psychiatry, psychotherapy for eating disorders, borderline personality disorder and emergency psychiatry aptly reflected the meeting’s theme, “Practical Approaches to Current Issues in Psychiatry.”
“It is very rewarding to be part of a conference where the attendees show up for every session, participate actively in the plenaries and working groups, and then contribute to the following year by shaping the curriculum. We try to keep the conference focused on meeting the needs of front-line clinicians, ranging from the best evidence in treating anxiety disorders to incorporating technology into everyday practice,” said Dr. Goldbloom.

Dr. Davine and Dr. Goldbloom recruited expert teachers and clinicians to lead learning sessions. Faculty members included Dr. John Dudley, Dr. Harry Karlinsky, Dr. Nick Kates, Dr. Jodi Lofchy, Dr. Neil Rector, Dr. Michael Rosenbluth, Dr. Mark Sanford, Dr. Richard Swinson and Dr. Blake Woodside.

As in the past, this year’s ICPD offered delegates two plenary sessions and a choice of one of four concurrent workshops. The morning-only format of the ICPD allows participants to engage in high-quality continuing professional development and also spend time with their companions and families in a relaxed environment.

In addition to the informal networking opportunities afforded by the conference layout and setting, a welcome reception and “fiesta night” buffet on the beach allowed delegates and families to greet and mingle with other participants. A live mariachi band gave local colour to the evening festivities.

Delegate feedback during the final evaluation session of the conference is invaluable for conference organizers determining the content and location of the next year’s conference. As of press time, the location for the 2004 ICPD has not yet been decided. Look for updates and details in future Bulletin articles. KH

Doctor–Patient Relationship Vital in Psychiatric Treatment

Active listening skills and an unhurried, efficient office atmosphere are two strategies psychiatrists can use to strengthen the doctor–patient relationship and thereby increase treatment adherence. This was the conclusion of one presentation at the CPA’s inaugural Ski-CPD conference in mid-February.

Psychiatrists from across Canada braved bone-chilling temperatures to attend the first annual CPA winter meeting, “New Perspectives in Depression,” which was held Feb. 13–16, 2003, at the Fairmont Tremblant hotel in Mont-Tremblant, Que.

Expert teachers led sessions focusing on neuroscience, psychotherapy, cardiac disease, treatment adherence and depression in populations of women, children and adolescents. “Depression, and specifically depression in women, was the overwhelming area of interest identified on the learning needs assessment,” said Dr. Susan Abbey, planning committee chair.

Preliminary findings from a longitudinal study on adolescent depression currently underway at Dalhousie University were presented at the meeting, in response to members’ identified needs. The data suggest that girls between the ages of 12 and 15 years who have a high risk of developing major depression begin menstruation earlier and have more sleep irregularities than do other, usual-risk adolescent girls.

Program faculty members included Dr. Susan Abbey, Dr. Jim Ellison, Dr. Sophie Grigoriadis, Dr. Sidney Kennedy, Dr. Stan Kucher, Dr. François Lespérance, Dr. Claire O’Donovan and Dr. Priyanthy Weerasekera.

Ski-CPD conference organizers adopted a popular “learning and leisure” format that is similar to the one used at the CPA’s international CPD conference, which is held annually at a sun destination. After early-morning plenary sessions, delegates and their families had the chance to participate in winter activities. In late afternoon, the group reconvened for two sessions of three concurrent workshops each.

“Over 250 CPA members responded to a learning-needs assessment for this meeting, which helped shape the program. Members don’t just want high-quality CPD; they want to be able to interact with other participants outside formal learning sessions in venues that offer something for their partners and families,” said Dr. Abbey.

Overall feedback from meeting participants indicated that many were pleased with the conference, its format and its educational value. The next Ski-CPD conference will be held in early 2004 at a yet-to-be-confirmed location. Watch for announcements of next year’s date and location in future issues of the Bulletin.

Free Online CPD Trial Presentation Now Available

Before paying for one of the accredited online presentations currently offered by the CPA, try previewing the free online session, “The Therapeutic Misconception in Clinical Research,” led by Dr. Paul Appelbaum.

Although this free presentation is not accredited for Section 1, it can be used to earn credits under Sections 2 (unaccredited activities) or 4 (personal learning projects) of the MOC options grid.

For more information about accredited online CPD, contact Katie Hardy at khardy@cpa-apc.org or phone 613-234-2815, ext. 223.

How to Access the Free Session

**CPA Members:**
1. Visit www.cpa-apc.org
2. Click on “Members Only” and log in with your username and password
3. Click “View Now” under “Accredited Online CPD”
4. Click “Free Demo” on the left-hand navigation menu, then “Link Now” to begin viewing

**Non-Members:**
1. Visit www.cpa-apc.org
2. Click “Accredited Online CPD” and follow the non-members’ link
3. Click “Free Course” on the left-hand navigation menu then “Link Now” to begin viewing

**Schedule of Accredited Events**

**Until June 16:** “Evidence-Based Psychotherapies for Depression: A Review of the Literature” (Dr. Priyanthy Weerasekera)
**Until June 23:** “Progress in Managing Depression in Children and Adolescents” (Dr. Stanley Kucher)
**Sept. 9–Oct. 20:** “Treatment-Resistant Depression (TRD): Making a Difference” (Dr. Sidney Kennedy)
**Sept. 23–Nov. 3:** “Depression and Cardiac Disease: What We Have Learned and Where We Are Going” (Dr. François Lespérance)

**Oct. 7–Nov. 17:** “The Therapeutic Alliance and Adherence in the Pharmacotherapy of Depression” (Dr. James Ellison)

**Oct. 23–Dec. 1:** “Long-Term Management of Bipolar Disorder: Relapse Prevention, Improving Treatment Adherence and Outcome” (Dr. Lakshmi Yatham, Dr. Joseph Goldberg, Dr. Eduard Vieta, Dr. J. Tauscher)

**Nov. 4–Dec. 15:** “New Perspectives in Depression: What Are We Learning From Neuroscience and Novel Treatments?” (Dr. Sidney Kennedy)

Cost per credit hour: CPA Members, $20; Non-Members, $30.

These presentations are available in English only.
Meetings • Réunions

For more details, please contact the host organization directly. To list a meeting, please forward the meeting name, theme, date, location, contact person and contact information to bulletin@cpa-apc.org. Indicate whether you would like the meeting listed on the CPA Web site. Meetings of interest to Bulletin readers will be included. More meeting listings appear on the CPA Web site at (www.cpa-apc.org).

July 29 juillet–August 2 août 2003 Toronto, ON
International Psychoanalytical Association 43rd International Congress - Working at the Frontiers
Information: Daniel Widlocher (tel: 44-20-8446-7526; e-mail: congress@ipa.org.uk; Web site: www.ipa.org.uk)

National 2003
July 14 juillet–August 28 août Collingwood and Gravenhurst, ON 7th Annual McMaster Muskoka Seminars
Note: CPA members are entitled to a 10% discount on the McMaster Muskoka Seminars
July 14–18 “Mood Disorders Across the Lifespan; Interpersonal Psychotherapy for Depression and Other Applications”
July 21–28 “Clinical Neuropsychiatry; Practical Psychiatry of the Elderly”
July 28–August 1 “Risk Assessment: Different Views”; “Psychiatry Update for Family Physicians I”; “Psychotic Disorders for Primary Care Physicians”; “Clinical Psychopharmacology”
August 4–8 “Consent, Capacity and Substitute Decision Making”; “Psychiatry Update for Family Physicians II”; “Psychotherapy Integration: Practical Applications”
August 11–15 “An Introduction to Cognitive Behavioral Therapy with an Emphasis on Mood and Anxiety Disorders” (e-mail: info@mcmastermuskokacme.com; Web site: www.mcmastermuskokacme.com)
July 25–28 juillet Toronto, ON
4th International Neuro-Psychoanalysis Congress—The Unconscious in Cognitive Neuroscience and Psychoanalysis Information: Paula Barkay, Neuro-Psychoanalysis Centre, 21 Maresfield Gardens, London NW3 5SD (e-mail: Paula.Barkay@neuro-psychoanalysis.org)