

23rd Mount Sinai Academic Day

Health and Behaviour:
*Insights from the interface of psychiatry
and primary care to improve the health of your patients*

May 6, 2016

Fee: \$150 Physician, \$100 Non-Physician, \$75 Residents/Fellows/Students

Chestnut Conference Centre, 89 Chestnut Street, Toronto

To register: www.mountsinai.on.ca/mspi

Many of the challenges of healthcare occur at the interface of mental health and primary care. Come and engage in expert, innovative and practical approaches to these problems for mental health professionals and primary care providers.

Welcome: **Dr. Benoit Mulsant**, Professor and Chair, Department of Psychiatry, University of Toronto and Executive Director of the Medical Psychiatry Alliance; **Dr. Molyn Leszcz**, Psychiatrist-in-Chief, Sinai Health System, Professor and Vice Chair, Clinical, Department of Psychiatry, University of Toronto

Key Problems at the Interface of Physical Medicine and Mental Health: **Dr. Robert Maunder**, Professor, University of Toronto and Interim Director of Brain Body Integration, Medical Psychiatry Alliance



Patrick Luyten, PhD Associate Professor, Director of the Psychoanalysis Unit at the Faculty of Psychology and Educational Sciences, University of Leuven (Belgium); Research Department of Clinical, Educational, and Health Psychology, University College London (UK); Visiting Professor at the Yale Child Study Center, New Haven, CT, US.

Management and treatment of so-called “difficult patients” with persistent somatic symptoms: An integrative attachment and mentalization-based perspective



Mike Evans, MD Associate Professor, Family Medicine, University of Toronto; Lead for Digital Preventive Medicine at the Li Ka Shing Knowledge Institute; Chair in Patient Engagement in Child Nutrition at University of Toronto and recipient of over 13 million views on YouTube.

Creating peer to peer healthcare: Lessons in storifying evidence, creativity, nudge, and healthy viruses

A discussion of a complex case of comorbid cancer and mental health problems with: **Dr. Gary Rodin**, Harold and Shirley Lederman Chair in Psychosocial Oncology and Palliative Care, Head of the Department of Supportive Care, Princess Margaret Cancer Centre in Toronto and **Dr. Shelley McMains**, Clinical Psychologist and Head of the Borderline Personality Clinic, CAMH.

Plus, participants will attend one of the following workshops of their choice with:

- **Dr. Barry Simon:** Managing lifestyle change and medication adherence in type 2 diabetes
- **Dr. Patricia Rockman:** Mindfulness-based cognitive therapy
- **Dr. Abe Sniderman:** Managing traumatic brain injury for non-specialists
- **Dr. Pamela Meredith, OT, PhD:** A Sensory/attachment approach to supporting people with chronic conditions including chronic pain
- **Dr. Valerie Taylor:** Managing the metabolic consequences of psychiatric medication
- **Wayne Skinner, MSW:** Motivational interviewing
- **Dr. Andrea Furlan:** Opioids for chronic non-malignant pain: friend or foe?

If you have any questions please contact Kyla Pretty kppretty@mtsina.on.ca 416-586 4800 ext. 8714