

COMING IN MARCH 2016!

16th Annual

**Toronto Psychopharmacology
Update Day**

Saturday, March 19, 2016

ONLINE REGISTRATION NOW OPEN

<http://psychconference.eventbrite.ca>



16th Annual Toronto Psychopharmacology Update Day Saturday, March 19, 2016

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. The goal of the conference is to provide clinicians with an update on treatment for mental disorders while also providing insight into mechanisms of action of treatment. This year, we also include Dr. Srijan Sen from the University of Michigan speaking on an innovative study on stress and depression involving over 4000 physicians entering residency. Both morning and afternoon sessions feature a blend of plenary talks and interactive workshops. For a second year—we are partnering with the 4th Annual Frederick W. Thompson Anxiety Disorders Centre Conference (Friday March 18, 2016). The conferences, designed to complement each other, are held on consecutive days at the Hyatt Regency hotel in downtown Toronto. Each conference costs \$295, but register for both for \$450, a savings of \$140!

The Toronto Psychopharmacology Update Day, now in its 16th year, attracts psychiatrists, family physicians, pharmacists, and nurse practitioners from across Canada. Founded and Chaired by Dr. Sagar Parikh, the conference is sponsored by CANMAT and features a renewed focus on evidence-based medicine, skill-based workshops, and understanding underlying mechanisms of treatment.

Format & Objectives

- Improve ability to use medication for mood, anxiety, and psychotic disorders.
- Improve knowledge and application of treatment guideline recommendations.
- Review cases from participating physicians.
- Better address treatment challenges, both inpatient and outpatient, using psychological and somatic approaches.

Fees* (Lunch included)

Health Professionals: One day only..... \$295 CAD
Health Professionals: Both days \$450 CAD
Fellows, Residents and Students** : \$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>

For Information Email: torontopsychopharm@gmail.com

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.

Receipts of Payment

Receipts are issued by email only.

Cancellation Policy

Refunds will not be issued for cancellations received after March 4th, 2016. A processing fee of \$75 will be retained on all cancellations. Requests for cancellations must be made in writing to torontopsychopharm@gmail.com. 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



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Program

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

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

8:30-10:00 **MORNING SEQUENTIAL PLENARY SESSIONS**

- **Pharmacogenomics in Practice** *Daniel Mueller, MD, PhD - Centre for Addiction and Mental Health*
- **Rolling Out Guidelines: From Ontario Shores to All Ontario** *Ian Dawe, MD, FRCPC - Ontario Shores Centre for Mental Health Sciences*
- **Pharmacotherapy of OCD** *Peggy Richter, MD, FRCPC - Sunnybrook Health Sciences Centre*

10:00-10:30 Q&A Session

10:30-10:45 Break & Refreshments

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

A – Psychiatric Drug Interactions That Can Cause Harm: Practical Approaches to Improve Safety *Patricia Marr, BScPharm, PharmD - University Health Network*

B – Treatment Resistant Depression: Advanced Pharmacotherapy *Peter Giacobbe, MD, FRCPC, - University Health Network*

C – Inpatient Challenges *Andrea Waddell, MD, MEd, FRCPC - University Health Network*

D – Practical Use of DSM-V Rating Scales *Vytas Velyvis, PhD - Adler Associates*

E – Applying Mindfulness to Mood and Anxiety Disorders *Steve Selchen, MD, FRCPC - Sunnybrook Health Sciences Centre*

F – Integrated Care: A Practical Primer on Consulting at the Interface of Psychiatry and Other Disciplines *Nadiya Sunderji, MD, FRCPC and Abbass Ghavam-Rassoul, MD, MHSc, CCFP - St. Michael's Hospital*

12:00-1:00 Lunch [Provided]

1:00-2:30 **AFTERNOON SEQUENTIAL PLENARY SESSIONS**

- **Stress and Depression in Medicine** *Srijan Sen, MD, PhD - University of Michigan*
- **Overview of New and Emerging Antipsychotics** *Ofer Agid, MD, FRCPC - Centre for Addiction and Mental Health*

2:30-3:00 Q&A Session

3:00-3:15 Nutrition Break

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

G – DBT Skills in Every Day Practice *Carmen Wiebe, MD, FRCPC - Centre for Addiction and Mental Health*

H - Bipolar Depression: Treatment Options *Naveen Dayal, MD, FRCPC - Trillium Health Partners*

I – Managing Metabolic / Weight Issues in Psychiatric Patients *Valarie Taylor, MD, PhD - Women's College Hospital*

J – Medico-legal Aspects of Psychiatry and the Psychopharmacology Practice *Gerard Craigen, MD, FRCPC, LLB*

K – Overview of New CANMAT MDD Guidelines *Sagar Parikh, MD, FRCPC - University of Michigan*

L – Treatment of GAD and Related Anxiety Disorders *Simon Davies, MD, PhD - Centre for Addiction and Mental Health*

4:30 Closing