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The Ontario Psychiatric Association is the provincial voice of Ontario's Psychiatrists.

Register now for our 2022 program of virtual events & continuous education:

OPA PSYCHOTHERAPY CONFERENCE 2022

PSYCHOTHERAPEUTIC APPROACHES TO SOMATIC SYMPTOM DISORDERS

SAT OCTOBER 15TH, DR. MARGARET CHENG TUTTLE

Most of us have seen patients in our practices who are preoccupied with somatic symptoms such as pain, fatigue, GI distress, or limb weakness. Even when there is buy-in from the patient regarding a diagnosis of somatic symptom disorder, the treatment course can be long and difficult. In this presentation, I will first describe the evolution of the most recent diagnostic criteria for Somatic Symptom Disorder (SSD) in DSM-5 (2013). I will then present two evidence-based psychotherapeutic approaches to patients with SSD:

- a) A time limited cognitive behavioral approach, as described in "Overcoming Functional Neurological Symptoms: A Five Areas Approach" by Williams, Kent, et al.
- b) An exploration of psychodynamic meanings to the somatic symptoms through Intensive Short-Term Dynamic Psychotherapy (ISTDP), as described by Abbass and Schubiner, in "Hidden from View"

OPA EDUCATIONAL PROGRAMMING - SUMMER CME

We are pleased to re-offer programming from the past year at a discounted rate! Viewing recordings of educational events can be claimed as Section 2 Royal College MOC credits.

Available offerings:

- ◆ 2021 OPA Psychotherapy Day: "The cost-effectiveness of psychodynamic psychotherapy, the patients who need it, and obstacles to its provision", Dr Susan Lazar
- ◆ 2022 OPA Expert Series: Approaches to Complexity - 4 sessions total
- ◆ 2022 OPA Indigenous Health: "Personal Reflections on Disparities in Indigenous Health and Mental Health", Dr Anna Banerji

RECORDINGS WILL BE AVAILABLE TO PURCHASE THROUGHOUT JULY & AUGUST 2022, ACCESSIBLE FOR VIEWING ON YOUR OWN TIME UNTIL SEPTEMBER 30, 2022

UPCOMING IN 2022

OPA MENTAL HEALTH & ADDICTION DAY

NOV 17TH-18TH

Questions? Contact us at registration@eopa.ca

Now, more than ever, it is vital to support the organisation that advocates for you, provides valuable continuous education and champions professional standards.

MEMBERSHIP

OPA MEMBERSHIP BENEFITS

- ◆ Provincial advocacy representation
- ◆ Leadership opportunities on OPA Council to represent members' interests
- ◆ Eligibility for OPA Awards
- ◆ Discounted registration rates for OPA's educational events
- ◆ Discounts on educational programming from OPA partners
 - ◆ Psychopharmacology Institute (50% off)
 - ◆ Sick Kids CCMH Learning Institute (15% off)

Membership fees waived for Members-in-Training (residents and medical students)

OPA ADVOCACY INITIATIVES

- ◆ Indigenous Health
- ◆ Access to Care
- ◆ Psychotherapy

ADDITIONAL PROJECTS

- ◆ Mental Health Act Reform