

4th Annual Frederick W. Thompson Anxiety Disorders Centre Conference



The Future Is Now: Evolving Best Practices for Obsessive-Compulsive Disorders & Anxiety

Friday March 18, 2016

Hyatt Regency Toronto
370 King Street, Toronto, Ontario
M5V 1J9 Canada

AGAIN THIS YEAR: Partnering with the 16th Annual Toronto Psychopharmacology Update Day

Conference Description

The Frederick W. Thompson Anxiety Disorders Centre's Annual Conference is the only educational event focused on Obsessive-Compulsive & Related Disorders and Anxiety Disorders in Canada. The conference has previously won the **Ivan L. Silver Award for Excellence in Continuing Mental Health Education**. Now in our fourth year, we are happy to again be partnering with the **16th Annual Psychopharmacology Update Day**. The programs are complementary, and conference costs will be greatly discounted if registering for both events!

This year will focus on what clinicians need to know about advances in treatment and newer technologies. In keeping with this theme, Dr. Z. Jeff Daskalakis, Temerty Chair in Therapeutic Brain Intervention and author of over 200 peer-reviewed publications in this area, will be speaking on emerging biomarkers and mechanisms of response to brain stimulation. We are proud to present the inaugural Thompson Award this year to Dr. Richard Swinson in honour of his work as a Canadian leader in anxiety disorders. Dr. Swinson, Professor Emeritus and former Chair of the Department of Psychiatry and Behavioural Neurosciences, McMaster University, will be reflecting on the evolution of treatment of anxiety and his forecast for the future of care. The conference offers attendees a choice of workshops to meet a range of learner goals, with topics including: psychopharmacology in OCD; e-therapies; current uses of neuromodulation therapies; CBT; Mindfulness; and sessions on adults, youth, and families.

Conference Objectives

By attending this conference, participants will learn to:

- Apply advanced treatment principles to OCD and Anxiety, drawing from psychopharmacology, CBT and Mindfulness-based approaches
- Identify and describe the diagnosis and management of the OC Related Disorders: Trichotillomania, Excoriation (Skin-Picking) Disorder, Hoarding and BDD
- Discuss and utilize e-therapies and peer support to enhance client care
- Explain the potential of neuromodulatory therapies for refractory anxiety and OCD

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PROGRAM (Friday March 18) | Each presentation will include time for questions from the audience.

Presenter

8:00	Registration and Breakfast	
8:45	Welcome and Introduction	Peggy Richter, MD, FRCPC
8:55	The Impact of Severe Obsessive-Compulsive Disorder on the Family	Laura Armstrong, BA, PFCC Member
9:15	Morning Plenary Session	
	Looking Forward, Looking Back: The Future of Anxiety	Richard Swinson, MD, FRCPC
10:05	Q & A Session	
10:30	Break & Refreshments	
10:45	Morning Workshop Sessions	
	A) CBT for Anxiety & OCD – Part 1	Lance Hawley, PhD, C.Psych
	B) Mindfulness for Beginners – Part 1	Steven Selchen, MD, MSt, FRCPC
	C) Neuromodulation Therapies for Refractory OCD and Anxiety	Daniel Blumberger, MD, MSc, FRCPC
	D) The Art and Science of Peer Support in Recovery	Daniel Farb, BSc, Peer Support Supervisor

E)	Management of OC Spectrum Disorders: Trichotillomania, Excoriation (Skin-Picking) Disorder, Hoarding and BDD	Peggy Richter, MD, FRCPC
F)	Psychopharmacological management of OCD and Tic Disorders in Children and Adolescents	Daniel Gorman, MD, FRCPC & Elia Abi-Jaoude, MSc, MD, PhD (C), FRCPC
12:15	Lunch (Provided)	
1:15	Afternoon Workshop Sessions	
	G) CBT for Anxiety & OCD – Part 2	Lance Hawley, PhD, C.Psych
	H) Mindfulness for Beginners – Part 2	Steven Selchen, MD, MSt, FRCPC
	I) When Someone You Love Has OCD: Managing Family Accommodation to Improve Outcomes	Kate Kitchen, MSW, RSW
	J) Psychopharmacology for OCD	Nikola Grujich, MD, FRCPC
	K) E-therapy for Anxiety: What's Out There?	Eliza Burroughs, MC, RP
	L) Advanced CBT for OCD: A Case-Based Approach	Neil Rector, PhD., C.Psych
2:45	Break & Refreshments	
3:00	Afternoon Plenary Session	
	Identifying Biomarkers of Response to Brain Stimulation	Jeff Daskalakis, MD, FRCPC
4:00	Closing remarks, Evaluations, and Prize Draw	Peggy Richter, MD, FRCPC

PROGRAM (Saturday March 19) | For a complete program visit: <http://psychconference.eventbrite.ca>

Presenter

8:30	Morning Plenary Session Pharmacogenomics in Practice	Dr. Daniel Mueller, PhD
10:45	Morning Workshop Sessions Rolling Out Guidelines: From Ontario Shores to All Ontario	Dr. Ian Dawe, PhD., C.Psych
3:00	Afternoon Workshop Sessions Pharmacotherapy of OCD	Dr. Peggy Richter, MD, FRCPC

Who should attend: Health care professionals dealing with Anxiety/OCD and related disorders, including psychiatrists, family practitioners, psychologists, social workers, nurses, and occupational therapists

Fees and Registration: includes breakfast, lunch, and refreshments
 For Health Professionals: One Day Only.....\$295.00
 For Health Professionals: Both Days.....\$450.00
 For Fellows, Residents and Students: Each Day...\$95.00
 Receipts will be issued via email, if required.

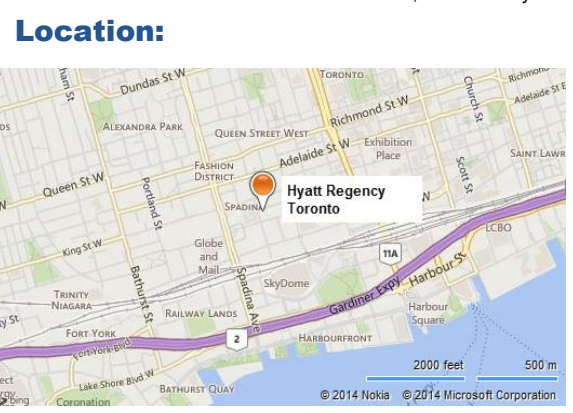
Workshop Registration: To ensure optimal education the workshops are limited in the number of participants they can accommodate. Enrolment is on a first-come, first-served basis.

Online Registration:
 To register online and pay by VISA, MasterCard or American Express, please visit our Eventbrite Page: <http://psychconference.eventbrite.ca>

Planning Committee

Peggy M.A. Richter, MD, FRCPC (Chair)
Steven Selchen, MD, MSt, FRCPC (Co-Chair)
Karen Wang, MD, MEd, Psychiatric Resident
Nathaniel Charach, MD, BSc, Psychiatric Resident
Neil Rector, PhD, C. Psych
Lance Hawley, PhD, C. Psych
Sagar Parikh, MD, FRCPC
Peter Sakuls, MD, CCFP
Kate Kitchen, MSW, RSW
Lorraine Fairbloom, MA, BScOT, BSc, OT Reg (Ont)
Amanda Calzolaio, MMI, BSc

Accreditation: Continuing and Professional Development (CPD), Faculty of Medicine, University of Toronto, is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME), a subcommittee of the Committee on Accreditation of Canadian Medical Schools (CACMS). This standard allows CEPD to assign credits for educational activities based on the criteria established by The College of Family Physicians of Canada, and the Royal College of Physicians and Surgeons of Canada.



Contact Information: For more information please contact the Frederick W. Thompson Anxiety Disorders Centre at ThompsonCentreEducation@sunnybrook.ca.

Accommodations:
 Please visit the Hyatt Regency Toronto:
<http://torontoregency.hyatt.com/en/hotel/home.html>

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

Cancellation: Refunds will not be issued for cancellations received after February 26, 2016. A processing fee of **\$75.00** will be retained on all cancellations. Requests for cancellation must be made in writing to sia.maro@uhn.ca. Registrations are not transferable.