



The OPA Summit on Innovation in Psychology *Exciting Developments to Add to your Toolbox*

Thursday, October 15, 2015
8:00am-4:00pm

Pre-Summit Workshop *Best Practices in Clinical Supervision*

This important workshop is aimed at both supervisors and supervisees (and graduate students preparing to meet the College's supervision requirement for registration). Led by Dr. Diana Brecher, Ryerson University, the Workshop will review the OPA's new *Guidelines on Best Practices in Supervision* and other recently developed documents, including the *Supervisee's Bill of Rights*, so that you learn how to develop a contract that takes into account various models of supervision to best meet the supervisee's needs, how to address ethical issues, and how to provide constructive and ongoing feedback.

Register early since space is limited!

Friday, October 16, 2015 *Summit Day 1*

7:30am-8:30am Registration and Continental Breakfast

8:30am-8:45am Introductory Remarks: Dr. Jane Storrie, OPA President

8:45am-9:45am **The Great Debate: Is Public Awareness an Essential Driving Force in the Development of Government Policy?**

Our Summit will get off to a great start with a debate between champions of mental health, **Dr. Carolyn Bennett MP, Christine Elliott MPP**, and the *Globe and Mail's Open Minds* reporters, **Andre Picard** and **Erin Anderssen**. Carolyn and Christine will try to defend the position that policy development is evidence-based while the *Globe* reporters will contend that nothing much happens until the media raises awareness of the issue. *The Globe* reporters will receive the *Media Award* and Christine and Carolyn will receive *Public Service Awards*.

9:45am-10:45am **Brain Plasticity: No Longer Just Child's Play**

Dr. Roger McIntyre will present some of the latest theories debunking a role for serotonin levels in the development of depression and other mental disorders. These theories point to interventions that enhance brain plasticity, a phenomena that was once thought to end by adulthood. Dr. McIntyre will address the question "What impact will these theories have on clinical practice and our research and teaching agendas?" You will discard some of your tools after hearing this presentation.

10:45am-11:00am Nutrition Break

11:00am-12:00pm CBT-I For Sleep Dysfunctions: Assisting your patients to sleep like a baby

International guidelines identify cognitive behavioural therapy for insomnia (CBT-I) as the first-line treatment for chronic insomnia. Currently, CBT-I is rarely available to the large number of Canadians (10-15%) who need it. Let's change that. **Dr. Judith Davidson** will provide a primer.

12:00pm-1:30pm GALA LUNCHEON EVENT

1. The OPA's Tribute to Outgoing President, Dr. Jane Storrie

Participate in Dr. Storrie's installation into the OPA's Past-Presidents' Council as she shares her final thoughts.

2. Installation of the new President, Dr. Jonathan Douglas

His inaugural speech will be the highlight of the day. Hear firsthand about our plans to move Psychology Aid Ontario forward and Dr. Douglas' vision for the OPA during his term of office.

3. Hearing the Voices Of Young People: Kids Can't Wait

The presentation by Mr. Irwin Elman, the Ontario Provincial Advocate for Children and Youth, and members of the Youth Advisory Committee on the urgent need to create a family-centred mental health system will tug at your heartstrings. These amazing young people will speak about the challenges they faced when placed in foster care and receive advice regarding what kids and their families really need – a lesson for all of us.

1:30pm-2:45pm Behavioural Homes and Collaborative Care Models: Answering the Needs of Ontario's Most Vulnerable of Patient Populations

Moderated by **Jan Kasperski**, CEO of the OPA, this panel presentation will focus on the roles that psychologists and psychological associates are playing in integrated approaches to mental healthcare. Hear experts talk about their integration models: from Michigan State University led by **Dr. Rebecca Maloui**, the Behavioural Home, from **Dr. Peter Szatmari**, the Collaborative Care Model developed and being piloted by the Transformational Research in Adolescent Mental Health Network. **Dr. Sylvain Roy** and **Dr. Susan Farrell** will provide feedback these models would help in addressing the needs of the most vulnerable amongst us - the homeless and the dually diagnosed populations. You cannot play the game if you don't know the game how is is being played. This panel will give you a heads up on system changes that will impact your practice.

2:45pm-3:00pm Break

3:00pm-4:00pm The Big Shift in Canadian Healthcare: Technology and Social Media are Driving Connected, Integrated, Community-Based, Patient-Centred Care

Dr. Sylvain Roy will facilitate a panel that includes **Zayna Khayat** from MaRS Health and Director of MaRS EXCITE who will provide an overview of the shift that is occurring in health care, the impact of telepsychology on psychological services will be discussed by **Marc Faktor**, President of Medeo, **Dr. Michael Evans** will focus on direct to patient education and **Mr. Sean Kelly** from BD will inform you on how point-of-care testing devices are going to change practices. You will shift your thinking about traditional approaches to mental healthcare after this session.

4:00pm-5:00pm Innovations in School Psychology: A Focus on Handy Tools for School Success

Moderated by **Dr. Debra Lean**, this workshop will provide an overview by several lead psychologists and psychological associates in the province discussing the innovations that are being tested and implemented within their school boards. This presentation will be of great value to school psychologists and community-based psychologists who interact with children and adolescents in their practices. You be schooled in the use of plenty of new tools to put in your toolbox, thanks to this session.

5:00pm-7:00pm
The Gala Presidential Reception and Poster-Presentations

Saturday, October 17, 2012
Summit Day 2

7:30am-8:15am Special General Meeting and Continental Breakfast

8:30am-8:35am Summit Day 2 Opening Remarks: Dr. Jonathan Douglas, OPA President

8:35am-9:30am Witchcraft Can Be Hazardous to Your Health: Practical Ways to Address Stigma and Other Treatment Barriers

Dr. Bruce Ballon, an Associate Professor Of Public Health and Psychiatry, University of Toronto, and **Dr. Jane Storr**, OPA Past-President, will cover the ways in which the mental health system and well-meaning healthcare providers have been a major cause of stigma and the innovative ways that you can reduce the impact of stigma and other barriers to care in your practices.

9:30am-10:30pm Keynote Address: The Brain that Changes - and Heals Itself

Dr. Norman Doidge, the author of "*The Brain that Changes Itself*" and "*The Brain's Way of Healing*" is the Keynote Speaker at our luncheon on Saturday. Dr. Doidge's first book has sold over one million copies in 20 different languages and is rated as the best general book on the brain. The "Brain Way of Healing" takes the concept of neuroplasticity as a focus of treatment one step further to give hope to patients suffering from chronic pain, Parkinson's Disease, ADHD, autism, multiple sclerosis, traumatic brain injury, learning disabilities, and balance problems. In addition, Dr. Doidge will address the potential to reduce the symptoms of dementia by 60%. With such a compelling speaker, you will not want to miss this great luncheon.

10:30am-11:00am Nutrition Break

11:00am-12:30pm Mental Illness and Brain Development: What Does Nutrition Have to Do With it?

Dr. Bonnie Kaplan is a Professor at the University of Calgary who is actively involved in researching the impact of nutrition on a variety of conditions such as ADHD and learning disabilities, and micronutrients (vitamins and minerals) for the treatment of mood disorders, aggression and explosive rage. Her research is primarily aimed at the use of nutrients as a way to prevent and reduce psychiatric symptoms. The impact of her research, including her work on nutrition on the mental health of pregnant mother and the neurodevelopment of offspring, will make you want to add nutritional counseling to **your** treatment tool box.

12:30pm-1:30pm

GALA LUNCHEON and OPA AWARDS CEREMONY

Recognizing the Best of the Best in Psychology Research, Education and Clinical Practice

1:30pm-2:30pm Motivational Interviewing and OQ 45: Partnering with Patients to Enhance Clinical Outcomes

Drs. Henny Westra from the Faculty of Health at York University **and Dr. Kelly Horner**, from Ryerson University, will provide an overview of the techniques of Motivational Interviewing (a key method of fully engaging patients in a deliberate conversation with a prime goal directed towards changing behaviours) and OQ 45 Questionnaire that allows the patient to assesses their symptoms prior to each session to inform the content of the session and potential changes in treatment interventions. This will be a practical session will take home gems applicable to every type of clinical practice (and your own kids).

2:30pm-2:45pm Nutrition Break

2:45pm- 4:30pm Neurofeedback, Biofeedback and Cranial Electrotherapy Stimulation: Clinical Gadgetry That Will Unleash Your Inner Geek

Drs. Karen Shue and Jonathan Douglas will share the podium to introduce you to two new tools for your toolbox, Neurofeedback and Cranial Electrotherapy Stimulation. While most of the tools you will take away from our Summit are conceptual, this session will introduce to tools that you can hold in your hand. This introduction to Neurofeedback will be like looking at a Lee Valley catalogue full of tools that you have never used before. You may not know how to use them (and you will need additional training) but you will leave dying to learn more. On the other hand, following this hour of training, you will be ready to go with CES and heart-rate variability biofeedback ... you will be able to release your inner geek right away!

4:30pm Closing Remarks: Dr. Jonathan Douglas and Jan Kasperski
