

## Comments from Previous Registrants

### What was the most important impact on you as a family physician?

- Became a better listener and have more self-confidence
- More tools to apply to different situations
- The program raised my comfort level in counselling, particularly for couples and families
- MUCH improved my counselling skills, patients and I are happier
- Better timing with input, stopped being a fixer
- Enjoy the counselling aspect of my practice more
- Greater awareness of counter-transference issues; self-analysis

### How did it change your practice?

- Do more counselling, I look forward to counselling sessions
- I have set aside specific hours for counselling
- Feeling more comfortable and probably more competent in doing psychotherapy; better use of time, selection of patients
- I can now do a lot of psychotherapy myself, rather than referring everyone; able to decide which patients I can counsel, and which I refer
- More focused work when counselling
- Learned how to set limits
- Gave me better tools to use
- Felt better knowing other family physicians face similar problems as mine

### What techniques have you applied in your practice?

- Cognitive behavioural therapy
- Beck Depression Inventory
- Mind over Mood Workbook
- Active listening
- Solution-focused therapy: miracle questions, scaling, and reframing
- Brief supportive psychotherapy
- Role playing and empty-chair techniques
- C.A.G.E. Questionnaire
- Genograms, Family Life Cycle
- Listening exercises for couples
- Grief Counselling
- Sexual Counselling
- Too numerous to list!



Family & Community Medicine  
UNIVERSITY OF TORONTO

## Counselling & Psychotherapy

IN FAMILY MEDICINE

Online Program

Division of  
Mental Health  
and Addictions

The Department of  
Family & Community Medicine

September 2023 to May 2024  
Online Learning Program  
Toronto, Ontario, Canada

up to 196.5 Mainpro+® Credits

[www.cpd.utoronto.ca/CPFM](http://www.cpd.utoronto.ca/CPFM)

Enrolment is limited

### Weekend Dates for 2023-2024

- September 29, 30, October 1, 2023
- November 17, 18, 19, 2023
- January 19, 20, 21, 2024
- March 1, 2, 3, 2024
- May 3, 4, 5, 2024

### For Information

Continuing Professional Development  
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## Program Objectives

This interactive program will provide an intensive year-long introductory program on current approaches and techniques to help physicians increase their knowledge and clinical skills in office counselling and psychotherapy.

At the conclusion of this program, participants will have:

- Increased their feeling of competence in office counselling and psychotherapy
- Enhanced their ability to work with psychosocial issues and the patient-doctor relationship
- Increased the time they spend in practice doing psychotherapy with individuals and families or couples
- Increased their overall comfort levels in counselling individuals, couples and families

## Target Audience

Family Physicians in active practice who are either doing or considering to do Counselling and Psychotherapy as part of their practice. This program is particularly valuable for those who did not receive training in Counselling and Psychotherapy in medical school.

## Certificate

Participants successfully completing this program will be presented with a certificate from the Department of Family and Community Medicine, Temerty Faculty of Medicine, University of Toronto.

## Accreditation

This Group Learning program is certified by the College of Family Physicians of Canada for up to 196.5 Mainpro+ credits.

This educational activity is approved by the Medical Psychotherapy Association Canada for 65 Group CE Credits and 18 CCI Credits.

## The Program

The program will consist of mostly practice-based interactive learning. The group will meet online for five weekends (Friday evening, all day Saturday and Sunday morning). There will be reading assignments, as well as mentoring.

- Workshops by experts in the field
- Discussion of participants' therapy with their patients
- Small group processing
- Live demonstrations of techniques
- Opportunity to practice skills
- Practical ways of integrating psychotherapy and counselling into general practice
- **There will be four online small group mentoring sessions between each weekend throughout the program. Everyone will be accommodated through an internet meeting modality.**

## Organizing Committee

Mel Borins, MD (Program Director)

Stephen Holzapfel, MD

Ginny McFarlane, MD

Tat-Ying Wong, MD

## Fees

\$2830 + 13% HST CAD for the year-long program, including materials. A deposit of \$500 +HST CAD is required on application.

**Receipts of Payment are issued by e-mail only.**

## Cancellation

Requests for cancellation must be made in writing. Registrations are not transferrable.

The University of Toronto reserves the right to cancel events. Registrants will be notified at the earliest possible date in the event of a cancellation. Registration fees for events cancelled by the University will be refunded; however the University will not be liable for any loss, damages or other expenses that such cancellations may cause.

Cancellation Policy: <https://www.cpd.utoronto.ca/cpfm/fees/>

## Topics Covered

You will be asked to rank these topics according to your preference, from 1 to 5, and to suggest any additional ones on the application questionnaire.

- Sexual Dysfunctions
- Working with Couples
- Working with Families
- Grief Counselling
- Addictions
- Brief Treatment Models, Time Limited Counselling
- Treatment of Depression (Drug/Non-Drug)
- Working with Challenging Patients
- Managing ADHD
- Psychopharmacology
- Palliative Care, Death and Dying
- Solution Focused Therapy
- Practical Assessment Skills
- Relaxation Skills for Stress Management
- Mindfulness Based Stress Reduction Techniques
- Medical-Legal Issues
- Anxiety Disorders
- Self-Care and Self-Compassion
- Personality Disorders

To apply:

[www.cpd.utoronto.ca/CPFM](http://www.cpd.utoronto.ca/CPFM)