



2022 MPA SPRING SCIENTIFIC CONFERENCE

7.5 MAINPRO+ CREDITS
7.5 MOC SECTION 1 CREDITS

MAY 15 - 16, 2022 | *This event is online only*

SUNDAY, MAY 15, 2022

1145 Opening Remarks

1200 Understanding and Managing Somatoform and Functional Disorders: Lecture |
Anton Scamvougeras MBChB FRCPC & Andrew Howard MD FRCPC

1315 Break

1330 Workshop A*: Understanding and Managing Somatoform and Functional Disorders |
Anton Scamvougeras MBChB FRCPC & Andrew Howard MD FRCPC

1445 Break

1500 Workshop B*: Somatization in Youth: Piloting Mind-Body Connection Groups in Manitoba |
Polina Anang PhD MD FRCPC & Jennifer MacMullin PhD CPsych

1615 Closing Remarks

**Workshops A & B will run concurrently and be repeated. Attendees will be assigned to workshops at random and will subsequently attend the alternate workshop.*

MONDAY, MAY 16, 2022

0800 Opening Remarks

0815 Somatic Symptom Disorder with Predominant Pain | **Pamela L. Holens PhD CPsych**

0930 Break

0945 Illness Anxiety Disorder |
Patricia Furer PhD CPsych

1100 Break

1115 Using Mentalizing to Address the Adult Impact of Childhood Adversity |
Jon Hunter MD FRCPC

1230 Closing Remarks

OBJECTIVES

At the conclusion of this event participants should be able to:

- Describe a treatment approach for somatic presentations of psychiatric illness
- Recognize the bidirectional nature of physical pain and psychological distress

TARGET AUDIENCE

Academic Family Physicians, Residents, Interprofessional Teams, Rural & Remote Practicing Family Physicians, Researchers, Urban Practicing Family Physicians, Psychiatrists, Pediatricians, Internists, and Neurologists

ABOUT THE MPA

The MPA's objectives are to represent psychiatrists within Doctors Manitoba, as well as to provide a formal regional representation to the Canadian Psychiatric Association and its national components. The MPA plays a role in advocating (along with other groups) for the mental health and psychiatric care of Manitobans, promoting our psychiatric profession, addressing the wellbeing of our profession's practitioners and learners, and fully participating and supporting the ongoing educational needs of its members.



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PRESENTERS

JON HUNTER MD FRCPC

Keynote Speaker



Jon Hunter is a Professor at the University of Toronto, holds the Pencer Family Chair in Applied General Psychiatry at the Sinai Health System where he also heads the Psychosocial Team at the Marvelle Koffler Breast Center, and works on the Psychiatric Consultation-Liaison

team. His interests include the psychological care of cancer patients, the role of early life experience in adaptation to disease, the role of therapeutic alliance in treatment outcomes, and supporting hospital staff in times of strain.

ANDREW HOWARD MD FRCPC

Keynote Speaker



Andrew Howard is a Consultant Neuropsychiatrist in the University of British Columbia Neuropsychiatry Program, and a Clinical Associate Professor in the UBC Department of Psychiatry, Vancouver, BC. He developed expertise in psychosomatic medicine, completing a psychology degree at Harvard, MD

at Queen's University, Kingston, and psychiatry residency & neuropsychiatry fellowship at the University of British Columbia. He is the consultant psychiatrist to the Parkinson's and other movement disorders clinic, the Centre for Huntington's Disease, and to the deep brain stimulation program at UBC. He oversees the BC Neuropsychiatry Program's educational efforts serving medical students, residents, fellows and colleagues locally, nationally and internationally.

ANTON SCAMVOUGERAS MBChB FRCPC

Keynote Speaker



Anton Scamvougeras is a Consultant Neuropsychiatrist in the University of British Columbia Neuropsychiatry Program and a Clinical Associate Professor in the UBC Department of Psychiatry. He obtained his medical degree in Cape Town, South Africa, and worked as

a family physician in rural Canada before specializing in Psychiatry at McMaster University with fellowship studies in neurosciences, MRI, and research methodology and has a special interest in understanding and helping individuals with severe Somatoform Disorders. He has been at UBC since 1994, and has a special interest in understanding and helping individuals with severe Somatoform Disorders. He also runs the UBC Adult Tourette's Syndrome Clinic, assisting individuals with Tourette's and related conditions.

JENNIFER MACMULLIN PhD CPsych



Jennifer MacMullin is an assistant professor with the Department of Clinical Health Psychology at the University of Manitoba. She is a clinical psychologist with the Clinical Health Sciences Centre, working with children and adolescents with chronic health conditions and co-morbid mental health concerns.

Dr. MacMullin is co-facilitating Mind-Body Connection groups for youth experiencing somatization and their parents in collaboration with consult-liaison psychiatry. She is also involved in teaching and supervision of Clinical Health Psychology residents.

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sustained practice change.

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PRESENTERS

PAMELA L. HOLENS PhD CPsych



Dr. Holens is an Associate Professor with the Department of Clinical Health Psychology at the University of Manitoba. She is a clinical psychologist at the Winnipeg Operational Stress Injury Clinic and lead psychologist for the Winnipeg Fire Paramedic Service. Dr. Holens

works with individuals who experience post-traumatic stress disorder and chronic pain. She is the developer of an online ACT-based treatment for chronic pain that has been used at the OSI Clinic since 2012 (Holens et al., 2017; Buhler et al., 2021; Libbrecht et al., 2021), and co-developer of a group-based mind-body healing treatment for individuals with chronic pain and other somatoform disorders based on the book "Unlearn Your Pain" by Howard Schubiner, MD (Schubiner & Betzold, 2019; Holens et al., 2021).

POLINA ANANG MD PhD FRCPC



Dr. Anang is an Assistant Professor with the Department of Psychiatry, Child and Adolescent Psychiatrist, Fellow of Royal College of Physicians and Surgeons of Canada. She obtained her medical degree and PhD in Psychosomatic Medicine from

Johannes Gutenberg University in Mainz, Germany. She enjoys close collaboration with pediatric interdisciplinary teams providing care for youth with chronic illness, somatic symptom, and conversion disorders. Dr. Anang is co-facilitating Mind-Body Connection groups for youth with Somatization and their parents in collaboration with Clinical Health Psychology. Dr. Anang provides supervision in psychodynamic psychotherapy to psychiatry residents, mentors medical students, and created the curriculum for Indigenous perspectives on Mental Health PGY1-PGY4 seminar series.

PATRICIA FURER PhD CPsych



Dr. Furer is a clinical psychologist and director of the Anxiety Disorders Clinic at St. Boniface Hospital and Program Director for the Clinical Health Psychology Residency program at the University of Manitoba. She is an Associate Professor in the Department

of Clinical Health Psychology and Adjunct Professor in the Department of Psychology at the University of Manitoba. Dr. Furer specializes in the assessment and cognitive-behavioral treatment of anxiety disorders. She has extensive experience writing about and treating perinatal anxiety, health anxiety, fear of death, and mixed anxiety disorders. Current areas of research interest include treatment of perinatal anxiety, evaluation of stepped-care treatment models, and web-based interventions. Dr. Furer is involved in teaching and supervision of clinical and research activities with Clinical Health Psychology residents and other medical learners as well as graduate students in the Department of Psychology at the University of Manitoba.

2022 MPA SPRING SCIENTIFIC CONFERENCE PLANNING COMMITTEE

Dr. Graeme Omelan
Dr. Leonard Schwartz
Dr. Christine Polimeni
Dr. Danielle Thordarson
Dr. Marissa Martin



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REGISTRATION

	FULL CONFERENCE MAY 15 & 16	ONE DAY REGISTRATION MAY 15 MAY 16
MPA Member Physicians	\$200	\$140
Non-MPA Physicians	\$250	\$175
MPA Member Allied Health Professionals	\$175	\$125
Non-MPA Allied Health Professionals	\$200	\$140
Postgraduate Students - Rady Faculty of Health Sciences	\$50	\$35
Undergraduate Students - Rady Faculty of Health Sciences	No Cost	No Cost

ONLINE

Methods of payment are by VISA, MasterCard and AMEX. Register for the conference online at

www.cpd-umanitoba.com/event/

To become an MPA member, visit the MPA website:

manitobapsychiatricassociation.ca/login/

REFUND POLICY

Upon written request prior within two weeks of the event, a refund will be given less \$35 for administrative costs. No refunds will be given for cancellations after that date.

DISCLOSURE OF CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers participating in this event are required to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.

ACCREDITATION STATEMENT

This event was co-developed with the CPD Medicine Program, University of Manitoba and was planned to achieve scientific integrity, objectivity and balance. This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been approved by the CPD Medicine Program, University of Manitoba for up to 7.5 Mainpro+ credits. This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada, and approved by the CPD Medicine Program, University of Manitoba for a maximum of 7.5 hours. Participants should only claim credit for the actual number of hours attended. The University of Manitoba CPD Medicine Program is fully accredited by the Committee on Accreditation of Continuing Medical Education (CACME).

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