



Keeping One Step Ahead

Collaborative Mental Health Care

Practical Approaches to Mental Health Promotion

11th Canadian Conference on Collaborative Mental Health Care

Pre-Conference Institute

Thursday May 13, 2010 9:00-4:30pm
Delta Winnipeg

Pre-Conference Institute (Option 1):

**Cognitive Behavioural Therapy Assessment and Skills in
Realistic Primary Care Time**

Cognitive Behavioural Therapy is an effective, evidence-based assessment and intervention style used with mental health patients. Dr. Weinerman and colleagues have adapted the approach to be practical for the primary care setting and demonstrated outcomes in physician uptake and improved satisfaction for patients, physicians, and providers. The training engages the patients in a joint approach where responsibility for their care is shared and provides the workshop participants with a logical targeted framework to confidently intervene with their mental health patients using depression as a lens.

In this one-day intensive workshop the focus is on practical skills. Participants will be guided through a co-occurring disorder screening and assessment in order to develop the problem list / action plan. From this, participants will learn to develop practical interventions consistent with their individual style, the patient's needs, and the mental health symptoms. The presenters will keep the context of primary care in the forefront and will demonstrate how this approach is being used within practice time constraints and physician billing structures.

In order to facilitate ongoing self-learning in this area there will be a mix of practice and discussion and use of well-developed web-based material. Demonstration videos and web-based algorithms will be utilized throughout the workshop and will be available to participants for future learning.

Learning Objectives

Upon completion of this training, participants will be able to:

1. Recognize the goals of the enhanced skills module and how it can support family physician mental health clinical care, which will improve patient care and experience.
2. Identify the key components of the mental health enhanced skills module.
3. Navigate through the intervention manual from assessment to skills (offered electronically and paper based)
4. Enhance expertise in mental health assessment and problem list care plans
5. Improve skills in Cognitive Behavioural Therapy that are consistent with your practice in the Primary Care Setting.

Intended Audience

All professionals working in the area of collaborative mental health care, especially Primary Health Providers, Mental Health Counsellors/Professionals, Psychologists, Psychiatrists, Nurses, Dieticians, and Policy Decision Makers.

Presenters

1. Helen Campbell MD FRCPC, Director, Urgent Short Term Assessment and Treatment Clinic, Victoria BC
2. Magee Miller MSW, Therapist, Urgent Short Term Assessment and Treatment Clinic, Victoria BC
3. Jan Stretch RPN, Therapist, Urgent Short Term Assessment and Treatment Clinic, Victoria BC
4. Rivian Weirnerman MD, BSc (Med), FRCPC, Site Chief Psychiatry, Victoria BC
5. Bruce Hobsen, MD, GP, Powell River

Pre-Conference Institute Fee:

\$125.00 if attending the full conference

\$175.00 if attending an Institute or one day of the conference only

If you have already registered for the conference and want to register for an institute, please email Carmen@plannersplus.ca. Please do not submit another registration.

If you have not previously registered, [please click here to link to the registration page](#).