



**MANITOBA  
PSYCHIATRIC  
ASSOCIATION  
FIFTH ANNUAL  
SPRING  
SCIENTIFIC  
CONFERENCE  
2018**

**“PSYCHOLOGICAL  
MANIFESTATIONS  
AND TREATMENT OF  
TRAUMA”**

**JUNE 3RD & 4TH, 2018  
FORT GARRY HOTEL  
222 BROADWAY AVE  
WINNIPEG, MB**

**CONFERENCE FEES  
& REGISTRATION**

<b><u>CONFERENCE FEE CATEGORY</u></b>	<b><u>BOTH June 3rd AND June 4th sessions</u></b>
MPA Physician Members	\$175
Non-MPA Physicians	\$250
Non-MPA Physician Early Bird (Deadline April 30th)	\$175
Non-Physicians	\$150
MPA Associate Members (Allied Health Professionals)	\$125
MPA Associates Members (Medical Residents)	\$75
Undergraduate Students of Rady Faculty of Health Sciences	No Cost

**Early Registration** and Payment Options Include Any of the Following:

- 1) By PayPal on the MPA website [Psychiatrymb.org](http://Psychiatrymb.org)
- 2) By Credit Card on the University Of Manitoba Website:  
[CPD-Umanitoba.com/event](http://CPD-Umanitoba.com/event)
- 3) Contacting Ms. Karen Simpson  
at 204-787-7098 OR  
[Ksimpson@exchange.hsc.mb.ca](mailto:Ksimpson@exchange.hsc.mb.ca)

**On Site Payment** by Cash/Cheque  
also available

**ABOUT THE JOINT MPA  
CONFERENCE  
& THE CPA CPD EVENT**

The MPA welcomes you to our Fifth Annual Spring Scientific Conference, being held in the **LaVerendrye Room (Mezzanine Level)**, Fort Garry Hotel.

Registration for the MPA Conference **INCLUDES COMPLIMENTARY ADMISSION** to the **Canadian Psychiatric Association (CPA)** annual Continuing Professional Development Institute being held June 4th from 1:30 - 5:00 pm in the **LaVerendrye Room**.

**The MPA recognizes** and thanks the following Exhibitors, who will present in the Exhibition Area of the conference, North Mezzanine, Fort Garry Hotel: Allergan, Lundbeck, MD Management, Mylan, Purdue, RBC Dominion Securities, Shire and Sunovion.

**2018 FIFTH ANNUAL SPRING  
SCIENTIFIC CONFERENCE  
PLANNING COMMITTEE**

Dr. G. Omelan, Chair  
Dr. C. Polimeni  
Dr. L. Schwartz  
Dr. D. Yehudaiff

## SCHEDULE OVERVIEW

### Sunday, June 3rd, 2018

12:00-12:45 pm - Registration

12:45-1:00 pm - Welcome & Introductions

1:00-2:15 pm - Dr. Ruth Lanius

#### **The Psychological and Neurobiological Dimensions of Trauma in Psychiatric Illness**

By attending this session, the participant will:

- Understand the comorbidity associated with PTSD
- Discuss the underlying neurobiology of PTSD

2:15-2:45 pm - Nutritional Break

2:45-4:00 pm - Dr. Ruth Lanius

#### **Trauma, Dissociation, and Altered Consciousness: Implications for Assessment and Treatment**

By attending this session, the participant will:

- Discuss how the 5 dimensions of consciousness, including time, thought, body, emotion, and intersubjectivity can be affected by psychological trauma
- Discuss a dissociative and non-dissociative presentation of each of these dimensions of consciousness

### Monday, June 4th, 2018

8:00-8:45 am - Registration and Light Breakfast

8:45-10:00 am - Dr. Jitender Sareen

#### **Cognitive Behaviour Therapy for PTSD**

By attending this session, the participant will:

- Have a framework for applying CBT in the treatment of PTSD
- Have an ability to apply these techniques via observing in session demonstrations

10:00-10:30 am - Nutritional Break

10:30-11:45 am - Dr. Rehman Abdulrehman

#### **Why Trauma in Refugees is About More Than What Happened "Back Home"**

By attending this session, the participant will:

- Have an understanding of the complex and ongoing development of trauma in refugees and their families
- Appreciate that the development of trauma can occur not only from experiences in ones country of origin, but can continue to develop over a period of acculturation
- Apply this information in clinical interventions .

11:45 am-12:00 pm - Questions and Wrap-Up

12:00-1:30 pm - Lunch Break (On Your Own)

1:30-5:00 pm - Canadian Psychiatric Association  
CPD Institute

## PRESENTERS' BIOGRAPHIES

**Dr. Rehman Abdulrehman**, C Psych, PhD, is a clinical and consulting psychologist, working individually with clients and with larger organizations. He is the director of Clinic Psychology Manitoba and an assistant professor with the Department of Clinical Health Psychology, in the Max Rady College of Medicine, Faculty of Health Sciences at the University of Manitoba. Dr. Abdulrehman works locally and internationally, currently also a visiting professor at the State University of Zanzibar, where he teaches and consults on program development in low resource settings. He is a specialist in CBT, with a focus on anxiety and anxiety related disorders, trauma, and cross cultural issues.

**Dr. Ruth Lanius (Keynote Speaker)**, MD, PhD, Professor of Psychiatry is the director of the posttraumatic stress disorder (PTSD) research unit at the University of Western Ontario. She established the Traumatic Stress Service and the Traumatic Stress Service Workplace Program, services that specialize in the treatment and research of PTSD and related comorbid disorders. She currently holds the Harris-Woodman Chair in Mind-Body Medicine at the Schulich School of Medicine & Dentistry at the University of Western Ontario. She has authored more than 100 published papers and chapters in the field of traumatic stress and is currently funded by several federal funding agencies. She has recently published a book 'Healing the traumatized self: consciousness, neuroscience, treatment' with Paul Frewen.

**Dr. Jitender Sareen**, MD, FRCPC, is the Medical Director for the Winnipeg Regional Health Authority (WRHA) Mental Health Program and is the Head of the Department of Psychiatry at the University of Manitoba. He has received national and local peer-reviewed grants in the areas of military mental health, indigenous suicide, and homelessness. Dr. Sareen has published over 300 peer-reviewed publications in the areas of traumatic stress, anxiety disorders, indigenous suicide, psychiatric neuroimaging, and military mental health.

## 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.

## ACCREDITATION

This Event was co-developed with the CPD Medicine Program, University of Manitoba and was planned to achieve scientific integrity, objectivity and balance.

This 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 a maximum of **5.0 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 5.0 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)