

# First Annual Structured Psychotherapy Conference

## Overview

Evidence base psychological treatments are now one of the first line treatments in mood and anxiety disorders and have considerable utility across all areas of mental health. This evidence is reflected in national (CANMAT) and international guidelines (NICE, UK). However considerable effort is required to translate evidence into practice in a publicly funded mental health care system. The aim of this conference is to:

1. Present examples of cutting edge evidence in clinical practise of structured psychotherapies
2. Demonstrate the science behind psychological therapies
3. Highlight factors which lead to successful implementation of psychological therapies

Additionally, participants will have the opportunity for hands on skills practice in breakout workshops.



## Keynote Speakers

Dr. David Clark, Chair, Experimental Psychology, University of Oxford, UK; and National Clinical and Informatics Advisor, Improving Access to Psychological Therapies (IAPT), NHS England

Dr. Keith S. Dobson, Professor of Clinical Psychology, University of Calgary

Dr. Roslyn Law, Dr. Roslyn Law, Consultant and Chair, Interpersonal Psychotherapy (IPT), UK Network

Dr. Patrick McGrath, Innovation and Knowledge Translation at IWK Health Centre, Nova Scotia

Dr. Farooq Naeem, Professor in the Department of Psychiatry, Toronto University

Dr. Sanjay Rao, Clinical Lead, Improving Access to Psychological Therapies (IAPT), Champlain LHIN

Dr. Zindel V. Segal, Distinguished Professor of Psychology in Mood Disorders, Department of Psychology at University of Toronto (Scarborough) .. *and many more!*

## Date and Time

November 22 and 23, 2018  
8:30 – 4:30 PM

## Target Audience

Psychotherapists, Psychologists, Social Workers, Counsellors, Psychiatrist, Family Physicians and health care professionals using psychotherapy in their practice.

## Location

The Royal, Associates in Psychiatry Auditorium  
1145 Carling Avenue, Ottawa

**Cost** \*Lunch and Breaks will be provided.

\$349: Early Bird Rate (*available until August 31, 2018*)

\$399: Standard Rate (*begins September 1, 2018*)

\$249: Student Rate

## Registration

To register please visit  
[www.cvent.com/d/tgqddb](http://www.cvent.com/d/tgqddb)

For more information, please contact Amy Quinn at [amy.quinn@theroyal.ca](mailto:amy.quinn@theroyal.ca) or 613.722.6521, ext 6570.

Or visit: [theroyal.ca/mental-health-centre/education-and-conferences/](http://theroyal.ca/mental-health-centre/education-and-conferences/)