AMA SECTION – GENERALIST IN MENTAL HEALTH
November 2-4, 2012

ADDITION, MENTAL HEALTH & CHRONIC PAIN:
Motivational Interviewing & Psychotherapy Workshop

GRANDE ROCKIES RESORT
901 Mountain Street
Canmore, Alberta
www.granderockies.com
Abstract

This workshop, limited to a maximum of 30 people, is designed for physicians to appreciate the latest advances in definitions, diagnoses, counseling and psychotherapy practices for a patient-centred approach to motivating behaviour change, including optimizing utilization of community resources, related to addiction, mental health and chronic pain problems. Skills demonstration and practice will be integrated to enhance learning and increase confidence in identifying and effectively dealing with challenging issues, including those related with the prescription of psychoactive and psychotropic medications. There will be a specific focus on reflection, interpretation, reframing and humanizing.

Objectives

1. Learn the latest definitions and diagnostic issues related to addiction, mental health and chronic non-cancer pain, in a biological, psychological, social and spiritual framework.

2. Gain a better understanding of motivational interviewing techniques to decrease patient resistance and elicit more information related to the barriers to health-related behaviour change.

3. Practice interviewing, counseling and psychotherapeutic skills in role-play scenarios to increase confidence in challenging patients and enhancing motivation to change dysfunctional behaviour patterns that reinforce chronic illness.
FRIDAY, November 2nd

1900 – 2100  Reception and Context – Current Practices

SATURDAY, November 3rd

0800 – 0830  Breakfast
0900 – 1030  Definitions and Diagnoses - Addiction, Mental Health and Chronic Pain
1030 - 1100  Nutrition Break
1100 – 1230  Practical concepts of Motivational Interviewing and Psychotherapy
1230 – 1330  Lunch
1330 – 1500  Triads: Basic Practice
1500 – 1530  Nutrition Break
1530 – 1700  Triads: Challenging Cases
1700 – 1730  Evaluation and Change Commitments

SUNDAY, November 4th

0930 -1130  Brunch and GNMH Section Meeting - Future Directions
Dr Raju Hajela is the President and Medical Director for Health Upwardly Mobile Inc. (HUM), an Integrated Health and Wellness company based in Calgary, Alberta. Our integrated team includes physicians, nurses, psychologists and social workers working together to provide tailored individual care to identify the individual’s physical and/or mental health issues. We also recognize the importance of the bio-psycho-social and spiritual dimensions for individuals and their families. Our work reflects collaborative strategies, preventive resources and leading edge research in the areas of Short Term Counseling and Long Term Therapy, Chronic Pain Management, Addiction and Mental Health concerns.

Dr Hajela received his MD from Dalhousie University in 1982 and his Master of Public Health from the Harvard School of Public Health in 1988. He has practiced Transcendental Meditation since 1986, completing his training in Maharishi Ayurveda in 1994 and has provided continuing medical education programs for physicians regarding the benefits of this form of meditation.

Dr Hajela’s clinical practice has focused on addiction, chronic pain, mental health and occupational health for over 25 years in both Ontario and Alberta. Dr Hajela continues to provide individual psychotherapy and co-facilitate weekly groups for individuals in recovery. These include health care provider group, mixed early recovery and men’s group.

Dr Hajela is a Certificant of the College of Family Physicians of Canada (CFPC), as well as the Canadian (CSAM), American (ASAM) and International Societies of Addiction Medicine (ISAM). He is a Certified Medical Review Officer and has been a Civil Aviation Medical Examiner in the past. He is a Fellow of the CFPC and ASAM; and a Diplomate of the American Board of Addiction Medicine (ABAM). He has held faculty appointments in Family Medicine and Psychiatry at Queen’s University (1992-2001) and has taught medical students and residents at the University of Toronto, Queen’s University and the University of Calgary. He has held leadership positions in national and international medical organizations. He has academic publications and numerous invited conference plenary presentations and workshops to his credit. He routinely provides training for health care professionals and does presentations for corporations, government and the general public.
Registration Form

ADDITION, MENTAL HEALTH AND CHRONIC PAIN:
MOTIVATIONAL INTERVIEWING AND PSYCHOTHERAPY WORKSHOP

AMA SECTION – GENERALIST IN MENTAL HEALTH
NOV 2nd – 4th, 2012
GRANDE ROCKIES RESORT

First name ____________________________ Last name ____________________________

Address __________________________________________________________________________

City ____________________ Province __________ Postal Code __________

Phone number (including area code) ________________________________________________

Email ____________________________

Payment by: ___ Cheque ___ Visa ___ MC

Card Number __________________________ Exp __________

Signature __________________________

REGISTRATION FEE

Registration prior to September 1st, 2012: $55/person excluding accommodation
Registration after September 1st, 2012: $105/person excluding accommodation

*Room booking information has been provided on the following page and rooms have to be booked by October 2, 2012

REGISTRATION IS ORGANIZED BY HEALTH UPWARDLY MOBILE INC.
REGISTRATION FEES are subsidized by the AMA Section of Generalists in Mental Health

Register by mail:
Mail registration form with payment to: Health Upwardly Mobile Inc
300-508 24th Ave SW
Calgary, Alberta, T2S 0K4
Cheque payable to Health Upwardly Mobile Inc.

Register by fax
Registration with credit card payment only may be faxed to 403-536-2480

Registration by email or phone
Please contact Sue Newton at 403-536-2480 OR suenewton@humassociates.net
Room Bookings

Room booking needs to be done directly with the GRANDE ROCKIES RESORT.

Call 1 877-223-3398 and state that you are with the HEALTH UPWARDLY MOBILE group.

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<thead>
<tr>
<th>Hotel Information</th>
<th>Dates</th>
<th>Rooms</th>
<th>Rate</th>
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<tbody>
<tr>
<td><strong>Grande Rockies Resort</strong></td>
<td>Fri 11/02/2012</td>
<td>Boutique Room</td>
<td>$102</td>
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<tr>
<td>901 Mountain Street</td>
<td>Sat 11/03/2012</td>
<td>1 Bedroom Suite (non view)</td>
<td>$142</td>
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<td>Canmore, Alberta</td>
<td></td>
<td>2 Bedroom Suite (non view)</td>
<td>$182</td>
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<td><a href="http://www.granderockies.com">www.granderockies.com</a></td>
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**Room Details**

**Common features to all rooms:**
- Gilchrist and Soames “Sprout Out” eco-friendly bath products for luxury hotels
- Italian Frette linens and towels, down duvets, bathroom robes
- Hi-speed, Wi-Fi internet access
- 40-inch stereo LCD flat screen TV’s with Blu-Ray DVD players
- Sony digital stereo alarm clock radios with iPod dock
- Cordless telephones, digital safes in every room

**Boutique (Hotel Room)**

Luxury hotel accommodation, located in the boutique building adjacent to the resort. Each 250 square foot room includes either a king or two queen size Vera Wang Bed, executive desk, iPod alarm clock, iron & ironing board, free Wi-Fi access, Toshiba flat screen televisions, marble bathroom, rain showers (no bathtub), marble entrances, arm chair and ottoman.

**Specific features:**
- King Sized Vera Wang Beds
Room Details (continued)

One Bedroom Suite
Luxury hotel accommodation, located in the Resort building. Each 600 square foot suite includes one king size Vera Wang Bed, double pull out sofa bed, desk, iPod alarm clock, iron & ironing board, free Wi-Fi access, (2) Toshiba flat screen televisions, gas fireplace, stand up rain showers (no bathtub), patio, balcony and barbecue. For a small increase in suite rate, take the opportunity to enjoy the breath taking view of the Canadian Rockies throughout your meeting stay.

Specific features:
• King size Vera Wang Beds
• Programmable steam showers with hydrotherapy jets, waterfalls and multiple shower heads
• Fully equipped and tastefully furnished kitchens
• In suite washer/dryer
• Spacious dining and living room areas
• Oversized balconies with barbecue, floor-to-ceiling patio doors
• Natural gas fireplace

Two Bedroom Suite
Luxury hotel accommodation, located in the Resort building. Each 800 square foot suite includes one king size Vera Wang Bed in the master bedroom with en suite and the second bedroom with two queen size Vera Wang bed with adjacent bathroom. Double pull out sofa bed, desk, iPod alarm clock, iron & ironing board, free Wi-Fi access, (2) Toshiba flat screen televisions, gas fireplace, stand up rain showers (no bathtub), patio, balcony and barbecue. Why not make your suite even more unforgettable?! For a small increase in suite rate, take the opportunity to enjoy the breath taking view of the Canadian Rockies throughout your meeting stay.

Specific features:
• King size Vera Wang Beds in master bedroom with en suite
• Queen size Vera Wang Beds in second bedroom with adjacent bathroom
• Programmable steam showers with hydrotherapy jets, waterfalls and multiple shower heads
• Fully equipped and tastefully furnished kitchens
• In suite washer/dryer
• Spacious dining and living room areas
• Oversized balconies with barbecue, floor-to-ceiling patio doors
• Natural gas fireplace