

AGM 2014

# Continuing Education Report

In 2013, MPS sponsored two full day 'Institutes': The June 7th spring workshop Developments in Mental Disorder Diagnosis: DSM-IV, DSM-V, and the Road Ahead by Dr. Robert Krueger, and the November 20th fall workshop Motivational Interviewing and Behavior Change by Dr. Michael Vallis. We are pleased to report positive reviews for both workshops, including the programs, speakers, and venues.



**In the June 7th workshop,** Dr. Robert Krueger, a Hathaway Distinguished Professor in the Department of Psychology at the University of Minnesota provided an overview of changes from DSM-IV to DSM-5, with particular emphasis on how DSM-5 is (and is not) connected with empirical research in personality and individual differences.

The workshop also addressed challenging practical issues that arise when classification systems such as the DSM are not in sync with data. The learning objectives for this workshop included understanding:

- a) the major aspects of the history of psychiatric classification that led to the approach taken in DSM-IV;
- b) the notable changes between DSM-IV and DSM-5, such as the removal of the multi-axial system; c) both the DSM-IV (copied in DSM-5 Section II) and DSM-5 Section III approaches to classifying personality disorders, as well as the conceptual underpinnings of these approaches; and
- d) the notable limitations of the DSM paradigm, current efforts to develop more empirically- based alternatives (e.g., the NIMH RDoC initiative), and the reasons why new empirically-based approaches are needed. A total of 169 people attended the workshop.



In the November 20th workshop, Dr. Vallis, a Canadian Diabetes Association Queen's Diamond Jubilee Medal winner, provided an overview of behavior change counseling - a combination of motivational enhancement interventions, behavior modification, and emotion management interventions. Behavior change counseling was presented as a model that is well suited to clinicians and case managers working in an interdisciplinary context, providing or assisting with stepped collaborative care, and collaborating with other professionals endeavoring to support/encourage behavior change. The learning objectives for this workshop included:

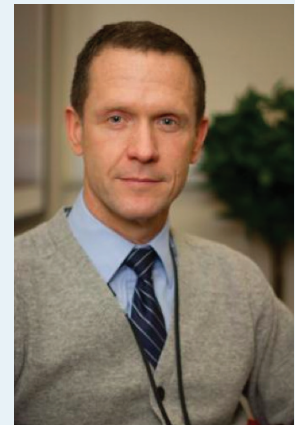
- a) the provision of an overview of behavior change counseling skills;
- b) identifying practical strategies that can be applied to overcome resistance;
- c) learning skills to motivate clients to change lifestyle behavior to prevent and/or manage diabetes and other chronic conditions; and d) increasing familiarity with an assessment and intervention model based on the constructs of motivational enhancement, behavior modification, and emotion management. A total of 131 people attended the workshop.

## Looking Ahead

**Dr. Lance McCracken**, Professor of Behavioral Medicine at King's College London, will be speaking at the Spring MPS Institute on May 27, 2014.

The workshop, titled **ACT and Psychological Flexibility in Chronic Pain and Physical Health: A Practical Workshop** is sponsored in part by Manitoba Public Insurance and the Workers Compensation Board of Manitoba and will be held from 8:00 AM to 4:30 PM at the Delta Winnipeg.

Brochures and registration information are available online at [www.mps.ca/may2014-institute](http://www.mps.ca/may2014-institute)



Respectfully submitted,

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Director of Continuing Education

### AFFILIATIONS

Canadian Psychological Association | American Psychological Association  
Council of Provincial Associations of Psychologists