

AGM 2015

# Continuing Education Report

In 2014, MPS sponsored two full day workshops: The May 27th spring workshop ACT & Psychological Flexibility in Chronic Pain and Physical Health: A Practical Workshop by Dr. Lance McCracken and the November 21st fall workshop Boundaries, Borders, and Multiplicities: Ethics and Professionalism for Mental Health Practitioner by Dr. Stephen Behnke. We are pleased to report positive reviews for both workshops, including the programs, speakers, and venues.



**In the June 27th workshop,** Dr. Lance McCracken, a Professor of Behavioral Medicine at King's College London and a Consultant Clinical Psychologist and the Psychology Lead at the INPUT pain management center at St Thomas' Hospital in London, provided an overview of ACT and psychological flexibility in the context of chronic pain and physical health conditions. The learning objectives of the workshop sought to provide attendees with (1) a basic conceptual understanding of the psychological flexibility model; (2) information regarding the current level of evidence for Acceptance and Commitment Therapy (ACT) for chronic pain and related conditions; and (3) experience in applying experiential methods for increasing psychological flexibility in their own and others' behaviour. A total of 78 people attended the workshop. This workshop was sponsored in part by the Workers Compensation Board of Manitoba and Manitoba Public Insurance.



**In the November 21st workshop,** Dr. Behnke, the Director of Ethics at the American Psychological Association, provided a review of standards in the CPA and APA Ethics Codes that are relevant to boundaries and borders in psychotherapy and explored how these concepts are so deeply embedded in the ethical understanding of the work that mental health professional do. The learning objectives of the workshop were as follows: (1) Know the ethical standards in the Canadian and American Psychological Association Ethics Codes that are especially relevant to borders and boundaries in psychotherapy; (2) Grasp the values underpinning the CPA and APA Ethics Code that form the basis for ethical standards relevant

to borders and boundaries in psychotherapy; (3) Gain a process for ethical decision making that incorporates ethical challenges in practice settings; (4) Understand how the CPA and APA Ethics Codes addresses aspects of identity such as age, gender, gender identity, race, sexual orientation, disability and religion; and (5) Understand how the CPA and APA Ethics Codes can be employed as useful tools in ethical decision making. A total of 90 people attended the workshop. This workshop was sponsored in part by BMS.

Looking Ahead:

## Looking Ahead

Dr. Robert Barth, a Fellow of the National Academy of Neuropsychology and regular contributor to AMA publications and programming for chronic pain, brain injury, and mental illness, will be providing a full-day workshop on May 1, 2015. The workshop, titled **Science-Driven and Method-Driven Psychological Evaluation, Especially for Medical-Legal Claims of All Types: A Series of Dr. Barth's Lectures for Medical Academies** 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 on-line at [www.mps.ca](http://www.mps.ca).**



Respectfully submitted,

Lesley Ritchie, Ph.D., C. Psych.  
Director of Continuing Education

### AFFILIATIONS