



To Design Health Systems that Serve the Global Community...Driven by Diversity

Save the Date!

**William Osler Health System
Mental Health and Addictions Program**
is pleased to present the following workshop:



**LET THE LIGHT IN:
Managing Loss and Depression through
Mindfulness, "Meaning Making" and
Laughter**

Throughout our lives, we experience various types of loss (loss of health, loss of a marriage, loss of a career, death of a loved one...) and the stress of these losses can lead to depression. We will explore this connection and various ways of managing loss and depression.

SPEAKERS: Dr. Robert Buckman
Dr. Kathleen Corcoran

WHEN: Friday, October 29th, 2010
9:00 a.m. – 4:00 p.m.
Registration starts at 8:00 a.m.

WHERE: Pearson Convention Centre
2638 Steeles Avenue East, Brampton, Ontario

COST: \$145.00 (Includes refreshments and hot lunch)

For further inquires, please email:

donna.dunleavy@williamoslerhs.ca

**LET THE LIGHT IN:
Managing Loss and Depression through Mindfulness, “Meaning
Making” and Laughter**

Dr. Robert Buckman

DR. ROBERT BUCKMAN lives in Toronto, Canada, where he is a medical oncologist at the Princess Margaret Hospital, and Professor in the Department of Medicine at the University of Toronto. He qualified as a physician from Cambridge University in 1972, and completed his training in medical oncology at The Royal Marsden Hospital in London including laboratory research leading to a Ph.D. He emigrated to Toronto in 1985.

He has written many articles on various aspects of medicine and oncology, concentrating in the last fifteen years on doctor-patient communication and breaking bad news. In 1994 he was made Canadian Humanist of the year, and in 2003 received the Fleming medal of the Royal Canadian Institute for the Advancement of Science.

Objectives:

At the end of this workshop the learner will be able to:

- Understand loss and its connection to depression
- Examine the importance of the acknowledgement of emotion and mood
- Recognize the use of laughter as a coping strategy for loss and depression
- Identify cultural differences in dealing with loss and depression

Dr. Kathleen Corcoran

DR. KATHLEEN CORCORAN is the Director of Training, Psychology Internship Program at the Centre for Addiction and Mental Health (CAMH), responsible for overseeing the APA/CPA accredited internship program in Psychology. She has her PhD in Clinical Psychology from the University of British Columbia and practices as a Psychologist privately as well as with the Cognitive Behaviour Therapy Clinic, Mood and Anxiety Program at CAMH. In addition, she is an Assistant Professor at the University of Toronto in the Department of Psychiatry.

Objectives:

At the end of this workshop the learner will be able to:

- **C**omprehend the use of Meaning Making in Cognitive Behavioural Therapy
- **B**ecome aware of “Mindfulness” in treating loss and depression
- **T**reat loss and depression through a better understanding of Recovery and Relapse Prevention

**MARK THIS DATE IN YOUR CALENDARS!!!
Registration Information to follow**