

Ottawa Psychiatry Enrichment Program (OPEP)

2017

Speakers catalogue

For more information, contact: psychiatryugme@uottawa.ca

OPEP Faculty



Dr. Kathleen Pajer is the Chief of Psychiatry at the Children's Hospital of Eastern Ontario (CHEO). Dr. Pajer received her medical degree from the University of South Alabama College of Medicine and did her residency in Psychiatry at Dartmouth-Hitchcock Medical Center and at Yale University School of Medicine. She was a Robert Wood Johnson Clinical Scholar at Yale and also received her Master's of Public Health from the Yale School of Public Health.

Dr. Pajer was on medical faculties of the University of Pittsburgh, The Ohio State University, and Dalhousie University before joining the University of Ottawa as Professor of Psychiatry. Her administrative work focuses on the development and evaluation of new mental health care delivery systems. She is the Co-Director of Project ECHO Ontario Child and Youth Mental Health. Dr. Pajer was also instrumental in bringing the Choice and Partnership Approach (CAPA) to child and youth outpatient care at CHEO, the result of which was a 90% reduction in wait times.

In 2009, she was recognized as one of "America's Top Psychiatrists". She was one of six women honoured at the Women Reshaping the World Conference held in Halifax in 2013.

Dr. Pajer's clinical research focuses on psychoneuroendocrinologic aspects of antisocial behaviors in girls. Her work has been funded by the U.S. National Institutes of Health and a number of foundations. Check out her TED talk! (<https://www.youtube.com/watch?v=XChIUCAkYCO>) She is currently using some of these methods to better understand self-harm in girls.

OPEP Faculty



Dr. Caroline Gérin-Lajoie is a bilingual psychiatrist and Assistant Professor at the University of Ottawa, Faculty of Medicine. She is also cross-appointed to the Palliative Care Division of the Department of Medicine. She worked as the Medical Lead of the Psychosocial Oncology Program at TOH Cancer Centre for a 7 year period.

She was appointed as Director of the Faculty Wellness Program at the University of Ottawa, Faculty of Medicine in January 2014, and as The Ottawa Hospital Medical Director of Physician Health and Wellness in July 2014. This role was expanded to include Physician Engagement, Health and Wellness in December 2016.

Over the last few years she has taken many Physician Manager Institute (PMI) courses to enhance her administrative skills and she has graduated from the OMA-CMA Master's Certificate Physician Leadership Course in June 2014. In 2015 she was featured in a Canadian Medical Association video on Physician Leader Profiles. And in 2016, she was invited to share her leadership journey at the Ontario Hospital Association's Emerging Leadership Conference and at the University of Ottawa's Residents as Leaders Course.

OPEP Faculty



uOttawa

Faculté de médecine
Faculty of Medicine



Dr. Tabitha Rogers is a psychiatrist and assistant professor specializing in the treatment of psychotic disorders. She holds a Masters in Social Work in addition completing her psychiatry residency in the University of Ottawa before being certified in psychiatry by the Royal College of Physicians and Surgeons of Canada. She has previously worked as a social worker, which gives her a unique insight into the lives of patients suffering from mental illness and in need of assistance. In addition to her clinical duties, she has served as a tutor for the 5th year psychiatry residents at University of Ottawa, helping them prepare for their Royal College exams. She has also held several administrative positions in the Department and with the psychiatrists at the Royal Ottawa Mental Health Center (ROMHC).

OPEP Faculty



Dr. Jacques Bradwejn is a psychiatrist who is Dean of the Faculty of Medicine at University of Ottawa and Founding Dean of the Ottawa-Shanghai Joint School of Medicine. He is a Full Professor of Psychiatry at University of Ottawa, previously a Full Professor at the University of Toronto and an Associate Professor at McGill University.

Prior to being Dean, he was the Chair of the Department of Psychiatry of the University of Ottawa and Chief of the Mental Health Department at The Ottawa Hospital and Psychiatrist-in-Chief at the Royal Ottawa Hospital in Ottawa, Canada.

He has also been a President of the Canadian College of Neuropsychopharmacology and Chair of the Board of the Association of Faculties of Medicine o Canada.

Dr. Bradwejn received his MD degree from the University of Sherbrooke, Canada and completed his specialty training in Psychiatry at McGill University, Canada. He also completed a fellowship training in neuropsychopharmacology at University of Montreal, Canada. He a Fellow of the Royal College of Physicians and Surgeons of Canada (FRCPC) and a Diplomate of the American Board of Psychiatry and Neurology (DABPN).

OPEP Faculty



Dr. Paul Fedoroff is Professor of Psychiatry at the University of Ottawa with cross-appointments to the Faculties of Criminology and the University of Ottawa Faculty of Law. He is Head of the Division of Forensic Psychiatry at the University of Ottawa. He is also Vice Chair of the Royal Ottawa Research Ethics Committee.

He is Past-President of the Canadian Academy of Psychiatry and the Law (CAPL). He is an appointed member of the Ontario Review Board (ORB). He was the first Director of Forensic Research Unit at the University of Ottawa Institute of Mental Health Research (IMHR) and Chair of the Sex Offender Committee of the American Academy of Psychiatry and the Law (AAPL) where he now a Counsellor.

In 2015, the Royal College of Physicians and Surgeons honored him as “Specialist of the Year” in Ontario and Nunavut. Check out his comments on recognizing excellence on behalf of the Royal College of Physicians and Surgeons of Canada here! (<http://www.royalcollege.ca/rcsite/awards-grants/awards/regional-mentor-year-award-e>)

He is Past-President of the International Academy of Sex Researchers (IASR). In 2015, the Sexual Behaviours Clinic, of which he is Director, was given the Gold Award, the highest honor of the American Psychiatric Association (APA) for an outpatient academic clinical research program.

Dr. Fedoroff’s primary clinical and research interests are in the assessment and treatment of men and women with problematic sexual behaviors, especially those with intellectual disabilities. He has published over 100 papers and chapters in these areas and has provided consultations locally, nationally and internationally. His publications support the proposition that with modern methods, paraphilic disorders can not only be successfully treated but also prevented.

OPEP Faculty



Dr. Mathieu Dufour is a bilingual forensic psychiatrist working at the Royal Ottawa Mental Health Centre. He completed his training in general and forensic psychiatry at the University of Ottawa. He graduated from Sherbrooke University medical school.

Dr. Dufour provides care to forensic patients in inpatient and outpatient settings. He also attends regularly the Mental Health Court. He provides expert opinions to the court on issues related to fitness to stand trial and criminal responsibilities. He is also an expert on risk assessment and testifies regularly in front of the Ontario Review Board.

Dr. Dufour holds different administrative positions at The Royal. He is the Clinical Director, Quality and Patient Safety. He is also the Clinical Lead for the Forensic Transitional Housing teams as well as the Brief Assessment Unit. He sits on the board of the Ontario Psychiatric Association and on the Coalition of Psychiatrists of Ontario.

He is an assistant professor at the University of Ottawa's faculty of medicine. He regularly participates in teaching activities for residents, medical students and the general public. He has won numerous undergraduate and postgraduate teaching and leadership awards at a departmental, faculty, local and provincial level with the Ontario Medical Association and the Academy of Medicine of Ottawa.

OPEP Faculty



Mamta Gautam, MD, MBA, FRCPC, CPDC, CCPE is a psychiatrist; an assistant professor in the Department of Psychiatry University of Ottawa; and the President and CEO of PEAK MD, a company that focuses on Leadership Resilience, and keeping well professionals well. Dr. Gautam is an internationally known expert, and sought-after speaker on topics related to Physician Health, and Physician Leadership. She has delivered over 1000 keynote presentations around the world, created podcasts and videos, and authored peer-reviewed articles and book chapters on this topic. She wrote regular columns on physician health, *Helping Hand*, in the Medical Post for seven years, and is now a regular contributor to the Canadian Society of Physician Leaders journal. Her books, *Irondoc: Practical Stress Management Tools for Physicians*, and *The Tarzan Rule: Tips for a Healthy Life in Medicine*, are both national bestsellers. She is on the faculty of several medical leadership courses, including those at the Canadian Medical Association's Physician Manager Institute, American Association for Physician Leadership, Canadian Society of Physician Leaders, Schulich's Ontario Medical Association Leadership Program, and the Oregon-based Foundation for Medical Excellence.

She has received numerous national and international awards to recognize and honor her pioneering work in physician health, including the 2004 College of Physicians and Surgeons of Ontario Council Award, and 2005 University of Ottawa Alumni Award for Community Contributions. She was named as the inaugural recipient of the 2011 Canadian Medical Association Misericordia Award. In 2015, the Ontario Medical Association awarded her the Glenn Sawyer Service Award. She has been awarded a Distinguished Fellowship in both the Canadian and American Psychiatric Associations for her innovative work in physician health.

OPEP Faculty



Dr. Pierre Blier is a full professor at the University of Ottawa, Department of Psychiatry and Cellular/Molecular Medicines and the recipient of the Endowed Chair in Mood Disorders Research at the University of Ottawa Institute of Mental Health Research (IMHR). He has also been awarded the prestigious Canada Research Chair in Psychopharmacology by the Canadian Federal Government.

As a world-renowned scientist, Dr Blier has received several awards for his groundbreaking research, in particular the Max Hamilton Award in 1998 from the International College of Neuropsychopharmacology for outstanding contributions in Psychopharmacology.

He obtained his B.Sc. from Bishop's University and a M.Sc. in Neuroscience from the Université de Montréal. Dr. Blier continued his research training throughout his medical training and obtained a Ph.D. in Neuroscience and his MD degree, both from the Université de Montréal.

After completing his clinical training, he carried out postdoctoral studies at the Laboratoire d'Étude et de Recherche Synthélabo in Paris. Dr Blier then joined the Department of Psychiatry at McGill University where he worked for 12 years, ascending through the ranks of assistant professor to full professor.

He continued his research endeavours for the next four years at the Brain Institute of the University of Florida as a tenured full professor.

Dr. Blier relocated to Ottawa in 2004 to the IMHR. Dr. Blier has delivered over 300 national and international lectures in his field, and is a well published author with over 200 papers.

OPEP Faculty



Dr. Katherine Allen completed her psychiatry residency training at the University of Ottawa, and currently practices as a general psychiatrist at Montfort Hospital. She treats inpatients, outpatients and has a concurrent disorders group for people who struggle with psychosis and substance use. In addition to her clinical duties, she is also active in teaching, serving as the University of Ottawa Unit III Leader and Anglophone Content Expert in psychiatry for pre-clerkship medical students. She has won numerous teaching awards as well as an award in psychotherapy. Her personal interests include travel, hiking and yoga.

OPEP Faculty



uOttawa

Faculté de médecine
Faculty of Medicine



Dr. Kate Huntington is a psychiatrist at the Royal Ottawa Mental Health Center (ROMHC) and an assistant professor in the Faculty of Medicine at the University of Ottawa. She completed her residency training in the University of Ottawa in 2003 where she also completed a fellowship in geriatric psychiatry. She is currently working in the Mood and Anxiety, Forensic, Ontario Telehealth Network (OTN) and electroconvulsive therapy (ECT) programs at ROMHC.

Having an avid interest in medical education, she has held several teaching positions in the Department of Psychiatry in Ottawa, including Site Education Director and Clerkship Director for Undergraduate Medical Education. Currently, she has accepted the position of Site Education Director for Postgraduate Medical Education at the Royal.

She has received numerous accolades and awards for her excellence in teaching from both the Faculty of Medicine and the Department of Psychiatry at University of Ottawa. She has been nominated to serve on the examination board for psychiatry for the Royal College of Physicians and Surgeons of Canada.

OPEP Faculty



Dr. Timothy Lau is a graduate of the University of Ottawa medical school and completed his residency in psychiatry and fellowship in geriatric psychiatry at the University of Ottawa. Dr. Lau is associate professor and formerly the program director for the Department of Psychiatry, Postgraduate Medical Education and was previously the director of Undergraduate Medical Education for the Department of Psychiatry at the Faculty of Medicine. For 2015, he was named the Aesculapian Society honorary president and the honorary president of the medical school graduating class in 2015 and 2016.

Dr. Lau is a distinguished teacher at the Faculty of Medicine and was the national chair of undergraduate psychiatric directors for the 17 medical schools in Canada. He was on the examination board for psychiatry at the Royal College of Physicians and Surgeons of Canada for many years and has served as chair of the psychiatry test committee.

He has won numerous undergraduate and postgraduate awards with the University of Ottawa for recognition of his teaching and advocacy as well as national recognition as a mentor with the Royal College. Check out the video of Dr. Lau speaking about recognizing medical excellence on behalf of the Royal College of Physicians and Surgeons [here!](http://www.royalcollege.ca/rcsite/awards-grants/awards/regional-mentor-year-award-e)

(<http://www.royalcollege.ca/rcsite/awards-grants/awards/regional-mentor-year-award-e>)

He has an interest in spirituality and bioethics and is the founder of the Canadian Federation of Catholic Physicians' Societies. He is an advocate for mental health and is a sought-after speaker for which he has given talks across the country. Drawing on his experience as a father of six, he helps organize and lead parenting courses and conferences as part of the International Federation for Family Development.

OPEP Faculty



uOttawa

Faculté de médecine
Faculty of Medicine



Dr. Katharine Gillis was appointed Chair of the Department of Psychiatry at the University of Ottawa in 2009, and Interim Head, Department of Psychiatry, Ottawa Hospital in July 2013. She is Clinical Director of the Shared Care Mental Health Program at The Ottawa Hospital, which provides clinical services combined with education and research in the teaching units of the Department of Family Medicine, University of Ottawa. She holds a cross appointment to this department and is a member of their Behavioral Medicine teaching program for residents. Her areas of research are in shared / collaborative mental health care in primary care and young adult mental health. She is a board member of the University of Ottawa Institute of Mental Health Research.

Dr Gillis is a 1982 graduate of Memorial University of Newfoundland Medical School and is a former family physician; during her medical career she has worked in Canada, the United States and New Zealand. She completed a psychiatry residency at the University of Ottawa in 1995 and has worked in consult liaison psychiatry and shared / collaborative mental health care since then. She has been a national leader in psychiatry education starting with serving as Psychiatry Residency Training Director for the University of Ottawa in 1999. She joined the Royal College of Physicians and Surgeons of Canada (RCPSC) Exam Board in Psychiatry in 2001 and from 2004-2008 she was national Chair of the Psychiatry English Exam Board at the RCPSC and a member of the Working Group on a National Strategy for enhancing Postgraduate Education in Psychiatry. Dr. Gillis is the incoming Chair of the RCPSC Assessment Committee, which she has served on since 2009 and has been a member of the RCPSC Council since 2011.

OPEP Faculty



Dr. Khalid Bazaid is a fellow of the Royal College of Physicians and Surgeons of Canada in general psychiatry and in the subspecialty of Child and Adolescent Psychiatry. Currently, in addition to his clinical duties, he is also the clerkship chair in the Department of Psychiatry at the University of Ottawa.

Dr. Bazaid is an active member of the Saudi Commission for Health Specialties, the Canadian Academy of Child and Adolescent Psychiatry (CACAP), the American Academy of Child and Adolescent Psychiatry (AACAP) and the American Psychiatric Association (APA).

Dr. Bazaid continues to be an examiner and contributes to the Certification Examination Committee in Psychiatry both in the Saudi Board and the Arab Board Certification Examination.

Dr. Bazaid was and continued to be a member of the scientific committee in developing the fellowship Program for the Arab Board subspecialty of Child and Adolescent Psychiatry.

Dr. Bazaid was a member and chairman of the Psychiatry Scientific Council of the Saudi Board (2011-2013), and a member of the Psychiatry Scientific Council of the Arab Board (2011-2014).

Dr. Bazaid was a member of the scientific committee in developing the fellowship Program for the Saudi Board subspecialty of Child and Adolescent Psychiatry.

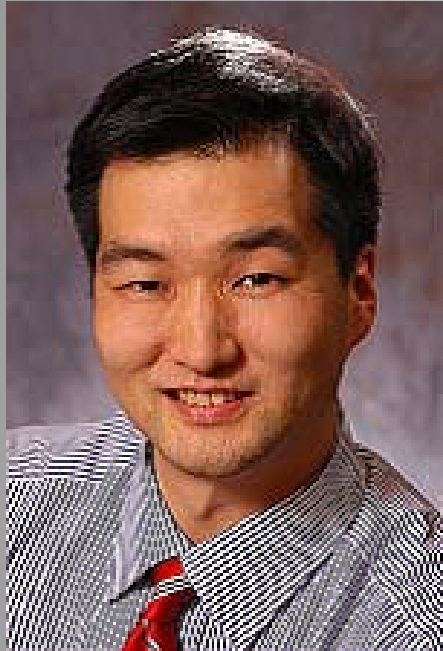
Dr. Bazaid's work has been presented nationally and internationally and he has received multiple national and international awards for both his teaching and his psychiatric expertise.

OPEP Faculty



uOttawa

Faculté de médecine
Faculty of Medicine



Dr. Elliott K. Lee is an assistant professor and sleep specialist at the Royal Ottawa Mental Health Center, where he works in the Sleep disorders clinic. Originally from Alberta, Dr. Lee went on to complete his psychiatry residency training in the Mayo Clinic in Rochester, Minnesota, where he also completed fellowships in both Sleep Medicine and Addiction Psychiatry. He is board certified in psychiatry by the Royal College of Physicians and Surgeons of Canada, and by the American Board of Psychiatry and Neurology, where he also has subspecialty certification in sleep medicine and addiction psychiatry. He also holds board certification from the American Board of Sleep Medicine.

Currently, in addition to his clinical duties, Dr. Lee is the chair of undergraduate education for the Department of Psychiatry, overseeing the psychiatry curriculum for all of the medical students in the Faculty of Medicine at the University of Ottawa. He also began to serve on the examination board for psychiatry at the Royal College of Physicians and Surgeons of Canada in 2016.

He has won numerous undergraduate and postgraduate teaching awards, as well as leadership awards at the departmental and Faculty level, as well as internationally with the Association of Academic Psychiatry (AAP). He has been consulted by several organizations, including the Canadian Sleep Society, CTV news, the Transportation Safety Board (TSB), The Privy Council Office, the Ottawa Citizen, the Globe and Mail, CBC.ca, CBC radio, Chatelaine, Flare, CTV newschannel, and the Ottawa Senators among others.