

W.O. McCORMICK ACADEMIC DAY

Topic:
Trauma and Related Disorders

Friday, April 25, 2025

8:30 a.m. to 4 p.m.

Atlantica Hotel Halifax



DALHOUSIE
UNIVERSITY

Department of Psychiatry

ACADEMIC DAY 2025 SCHEDULE

8–8:30 a.m.	Conference day registration for confirmed participants
8:30–8:45 a.m.	<p>Welcome</p> <p>Dr. Vincent Agyapong <i>Head, Department of Psychiatry, Dalhousie University; and, Chief of Psychiatry, NS Health Central Zone</i></p> <p>Opening remarks</p> <p>Matthew White <i>Co-Director, Mental Health and Addictions Program NS Health Central Zone</i></p>
8:45–9 a.m.	<p>Introduction to the format and overview of the day</p> <p>Dr. Cheryl Murphy <i>Conference Chair, Director of Continuing Professional Development, Department of Psychiatry, Dalhousie University</i></p>
9–10:15 a.m.	<p>Opening Plenary <i>Posttraumatic stress disorder and related biopsychosocial care: an overview</i></p> <p>Dr. Amjad Bin Faidh and Dr. Abraham (Rami) Rudnick</p>
10:15–10:30 a.m.	Break

Each plenary presentation time includes 15 minutes of Q&A.

10:30 – 11:30 a.m.	Plenary <i>Understanding Intergenerational Trauma in Indigenous Communities</i> Dr. Christopher Mushquash
11:30 a.m. – 12:15 p.m.	Plenary <i>Psychiatric disability assessment following psychological trauma of Afghan national humanitarian aid workers in an ongoing war zone</i> Dr. Nyassa Navidzadeh
12:15 – 1:15 p.m.	Lunch
1:15 – 2 p.m.	Plenary <i>Navigating the Therapeutic Process: Supporting Clinicians and Patients in PTSD Treatment</i> Dr. Margaret (Leigh) Meldrum, Rory MacIsaac, and Danielle Hopkins
2 – 2:15 p.m.	Break
2:15 – 3:40 p.m.	Plenary <i>Management of Common PTSD Comorbidities: Case Based Discussion</i> Dr. Sonia Detillieux
3:40 – 3:55 p.m.	Closing Panel All presenters
3:55 – 4 p.m.	Closing Remarks/Door Prize Dr. Cheryl Murphy

Each plenary presentation time includes 15 minutes of Q&A.

PLENARY SPEAKER INFORMATION

Dr. Abraham (Rami) Rudnick and Dr. Amjad Bin Faidh

Presentation: *Posttraumatic stress disorder and related biopsychosocial care: an overview*

Dr. Abraham (Rami) Rudnick

Abraham (Rami) Rudnick, MD, PhD, FRCPC, CCPE, CPRRP, MCIL, DFCPA, mMBA, is a practicing psychiatrist and a PhD-trained philosopher. He is a full Professor in the Department of Psychiatry and he is cross-appointed to the Department of Bioethics and to the School of Occupational Therapy, all at Dalhousie University in Nova Scotia, Canada. He is the Clinical Director of the Nova Scotia Operational Stress Injury Clinic (NSOSIC) at the Nova Scotia Health Authority, a Canadian Certified Physician Executive, and a Certified Psychiatric/Psychosocial Rehabilitation and Recovery Practitioner. He is the Editor-in-Chief of the Canadian Journal of Physician Leadership, and the founder of the Canadian Unit of the International Network of a UNESCO Chair in Bioethics (the unit was based at the University of Western Ontario, where he was the Chair of the Research Ethics Council and the founding Chair of the Division of Social and Rural Psychiatry). He was a member of the Board of Directors of Research Canada and the inaugural Chair of its Task Force on Racial and Indigenous Justice in Health Research and Related Innovation, and he is the Chair of the Public Policy Committee of the Canadian Psychiatric Association and the Co-Chair of the Policy and Health Issues Committee of Doctors Nova Scotia. He is a recipient of various Canadian and international recognitions, such as the Educator of the Year and the Leadership Awards of the Department of Psychiatry at Dalhousie University, the pioneer award in recovery research of Psychosocial Rehabilitation (PSR) / Readaptation Psychosociale (RPS) Canada, and the Michael Smith research award granted by the Schizophrenia Society of Canada, and he is a Distinguished Fellow of the Canadian Psychiatric Association. Some of his main areas of clinical academic expertise and related leadership experience are psychosocial care, including in relation to mental health interventions; bioethics, including in relation to mental health ethics; person-centered care, including with people who have mental health challenges; social justice, including in relation to social determinants of health; and digital health services, including in relation to mental health care. In these and other areas, he has published many papers, chapters and books, and presented and taught across the world, as

well as led and provided organizational and systems consultation for service development and quality improvement initiatives. As part of this, he has been collaborating for the last 5 or so years with his NSOSIC co-leadership, clinicians, patients and others involved, including collaborative research, such as a recent world first publication on operational stress injury: <https://doi.org/10.3390/encyclopedia3040095>.

Dr. Amjad Junaid Bin Faidh, MD

Psychiatrist | Psychiatry Fellow, Dalhousie University

Dr. Amjad Junaid Bin Faidh is a psychiatrist currently pursuing a fellowship in Operational Stress Injury at Dalhousie University, Halifax, NS. She holds a medical degree (MBBS) from Taibah University, Saudi Arabia, and completed her residency in psychiatry through the Saudi Board. Dr. Amjad is also a licensed consultant in psychiatry, recognized by the Saudi Commission for Health Specialties. She has work experience as a psychiatry associate consultant at the National Guard Hospital in Saudi Arabia, and her current clinical and academic interests focus on trauma-related disorders.

Dr. Christopher Mushquash

Presentation: *Understanding Intergenerational Trauma in Indigenous Communities*

Dr. Christopher Mushquash, Ph.D., C.Psych., is a Canada Research Chair in Indigenous Mental Health and Addiction, Professor in the Department of Psychology at Lakehead University and the Human Sciences Division of the Northern Ontario School of Medicine University. He is also the Director of the Centre for Rural and Northern Health Research at Lakehead University. He holds additional appointments as Vice President Research at the Thunder Bay Regional Health Sciences Centre and Chief Scientist at the Thunder Bay Regional Health Research Institute. Dr. Mushquash is a clinical psychologist at Dilico Anishinabek Family Care, providing assessment, intervention, and consultation services for First Nations children, adolescents, and adults. He is Anishinawbe (Ojibway) and a member of Pawgwasheeng (Pays Plat First Nation).

Dr. Nyassa Navidzadeh

Presentation: *Psychiatric disability assessment following psychological trauma of Afghan national humanitarian aid workers in an ongoing war zone*

Dr. Nyassa Navidzadeh, psychiatrist since 2010, started her practice in the North West Territories in adult as well child and adolescent psychiatry followed by her practice in Quebec, Montreal 2011 in general, community and emergency psychiatry. Previously adjunct professor at University de Montreal, currently assistant professor at the Department of Psychiatry, Dalhousie Faculty of Medicine, working at the Nova Scotia Operational Stress Injury Clinic in Dartmouth. She has been working as a psychiatrist and mental health specialist with Doctors Without Borders/Medecins Sans Frontieres since 2012 in multiple contexts such as during the Ebola outbreak in West Africa, war zones such as Afghanistan and Ukraine, prison settings in Malawi, refugee camps in Bangladesh for the Rohingya crisis, refugee camps in Central African Republic, in Greece, Egypt and Libya in rehabilitation centers for victims of torture and in the Mediterranean Sea with the Search and Rescue vessel on the world's deadliest migration route at sea. She is also a certified MBSR (Mindfulness Based Stress Reduction) teacher since 2017 as well as a certified Mindfulness meditation teacher since 2021.

Dr. Margaret (Leigh) Meldrum, Rory MacIsaac, and Danielle Hopkins

Presentation: *Navigating the Therapeutic Process: Supporting Clinicians and Patients in PTSD Treatment*

Dr. Margaret (Leigh) Meldrum

Dr. Meldrum is a clinical psychiatrist working at the Nova Scotia Operational Stress Injury Clinic, a specialized clinic providing care to military veterans and RCMP members. She is an assistant professor as well as the medical humanities coordinator for the Dalhousie University Department of Psychiatry. In her role as a medical educator, Dr. Meldrum teaches on the impacts of trauma and stress to medical and postgraduate students at Dalhousie University. She lives in Halifax with her partner, 7-year-old daughter, and goldendoodle.

Rory MacIsaac

Rory is a registered nurse, practicing in mental health and addictions since 2019. He has experience in geriatric mental health as well as community mental health, and is currently employed with the Operational Stress Injury Clinic, serving current and former members of the Canadian Armed Forces and RCMP. In his spare time, Rory enjoys spending time in nature with his dog Suzie.

Danielle Hopkins

Danielle Hopkins is a registered nurse working on the intake team at the Operation Stress Injury Clinic. She started her career as a LPN in 2013 and then continued her education, graduating from the Dalhousie Nursing program in 2019. She has been committed to working in MH and Addictions since the early days of her career and has worked on the Neurodevelopmental Stabilization Unit, Withdrawal Management Unit, Psychiatric Emergency Services, and the Halifax Community Mental Health Team. She feels especially passionate in working with Veterans, CAF members, and RCMP as she is a child of a Veteran and a current military spouse.

Dr. Sonia Detillieux

Presentation: *Management of Common PTSD Comorbidities:*
Case Based Discussion

Dr. Sonia Detillieux is currently working as a psychiatrist at the Nova Scotia OSI Clinic. She is collaborating with other members of the OSI clinic to do research on person centered care, intimate partner violence, and treatment options for nightmares. Dr. Detillieux studied medicine at UBC and did her residency in Victoria, BC. Prior to studying medicine, she completed her master's degree in Ecology at UBC. In between all of that she had three lovely children who continue to inspire her.

LEARNING OBJECTIVES

Conference objectives

After attending the conference, participants will be able to:

1. Describe an approach to the assessment and differential diagnosis of an individual presenting with a trauma related disorder.
2. Discuss common challenges in the assessment, diagnosis and management of individuals presenting with trauma related disorders.
3. Discuss an approach to the biopsychosocial management of individuals with trauma related disorders.

PLENARY SESSION OBJECTIVES

Presentation: **Posttraumatic stress disorder and related biopsychosocial care: an overview**

Objectives:

At the end of the session, participants will be able to:

1. Characterize mental trauma and its correlates.
2. Describe the current evidence-based approach to assessing and treating adults with posttraumatic stress disorder.
3. Describe emerging treatments for adults with posttraumatic stress disorder.

Presentation: **Understanding Intergenerational Trauma in Indigenous Communities**

Objectives:

At the end of the session, participants will be able to:

1. Describe factors contributing to intergenerational trauma in Indigenous communities, including the impacts of residential schools, colonial policies, and cultural disruption.
2. Identify the effects of intergenerational trauma, with an emphasis on how these effects are transmitted across generations within Indigenous communities.
3. Explore culturally appropriate, strengths-based approaches to supporting healing and resilience, incorporating Indigenous knowledge, community engagement, and trauma-informed practices in mental health.

Presentation: **Psychiatric disability assessment following psychological trauma of Afghan national humanitarian aid workers in an ongoing war zone**

Objectives:

At the end of the session, participants will be able to:

1. Recognize the scales used to measure outcome after psychic trauma.
2. Identify CAPS.
3. Identify the cultural and social issues influencing recovery after the trauma.

Presentation: **Navigating the Therapeutic Process: Supporting Clinicians and Patients in PTSD Treatment**

Objectives:

At the end of the session, participants will be able to:

1. Examine the impact of vicarious trauma on psychiatrists and clinicians treating patients with PTSD and discuss strategies for resilience and self-care.
2. Analyze the role of multidisciplinary teams in enhancing treatment outcomes for PTSD, emphasizing collaboration among psychiatrists, psychologists, social workers, and other healthcare professionals.
3. Evaluate the availability and effectiveness of community-based resources in Nova Scotia for PTSD patients and explore ways to integrate these supports into clinical practice.

Presentation: **Management of Common PTSD Comorbidities: Case Based Discussion**

Objectives:

At the end of the session, participants will be able to:

1. Discuss approaches and common challenges in treating PTSD with common comorbidities.
2. Share experiences and questions related to common PTSD comorbidities with other participants.
3. Network and improve knowledge of local resources available for treating patients with PTSD.

Presentation: **Closing panel (all speakers)**

Objectives:

At the end of the session, participants will be able to:

1. Clarify questions they have related to trauma or trauma related disorders that have arisen from prior experience and/or the conference presentations.
2. Identify individual areas for ongoing learning related to trauma or trauma related disorders.

CONTINUING PROFESSIONAL DEVELOPMENT

Certification/Accreditation

Educationally approved by Dalhousie University Continuing Professional Development and Medical Education



DALHOUSIE
UNIVERSITY

**CONTINUING PROFESSIONAL
DEVELOPMENT &
MEDICAL EDUCATION**

This activity meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Development and Medical Education for up to **5.5 Mainpro+®** Certified Activity credits.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Dalhousie University Continuing Professional Development and Medical Education. You may claim a maximum of **5.5** hours (credits are automatically calculated).

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found at:

edhub.ama-assn.org/pages/applications.

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers through an unrestricted educational grant.

This program has not received any external financial support.

EVALUATION

This year's evaluation can be found electronically at:



OR

<https://surveys.dal.ca/opinio/s?s=80193>

The survey will close on **Sunday, May 11 at 11:59 p.m.**

W.O. McCORMICK ACADEMIC DAY PLANNING COMMITTEE

Dr. Cheryl Murphy (Chair)

Director, Continuing Professional Development
Department of Psychiatry

Jana Tamm

Education Coordinator
Department of Psychiatry

Dr. Lara Hazelton

Department of Psychiatry Education Director & CPDME representative

Dr. Liana Aires

Family Medicine Planning Committee representative

Dr. David Gardner

Representative from non-psychiatric Department of Psychiatry faculty

Dr. Mark Bosma

Psychiatrist & Section Head, Geriatric Psychiatry
Department of Psychiatry

Dr. Lukas Propper

Psychiatrist & Education Lead
Division of Child & Adolescent Psychiatry

Dr. Kathy Black

Psychiatrist (Community Mental Health) and
Psychotherapy Committee representative

Dr. Sonia Detillieux

Psychiatrist (Operational Stress Injury Clinic)

The Planning Committee has no conflicts of interests to disclose.

Special thanks:

Dr. Abraham (Rami) Rudnick

