

# Welcome



Dear Colleagues,

We are looking forward to hosting the 69<sup>th</sup> Annual Conference of the Canadian Psychiatric Association (CPA). After a successful 2018 in Toronto, we are excited to continue to grow the largest psychiatric conference in Canada in Québec City.

This year we will continue to build on the high quality programming and national expertise through our pre-conference courses and CPA academy update courses. Each academy update course involves leading experts from the Canadian Academies of Child and Adolescent Psychiatry, Geriatric Psychiatry, Psychiatry and the Law, and Psychosomatic Medicine. Our pre-conference courses are scheduled on September 11<sup>th</sup>, 2019 and will focus on building psychiatric skills relevant to managing personality disorders, sleep disorders and other common presentations.

Based on last year's feedback, we are continuing with the highly rated keynote plenary sessions. These sessions summarize cutting edge issues facing the field and impacting psychiatric care across the country. Our plenary sessions will cover a range of timely topics for psychiatrists including:

- the role of virtual reality and artificial intelligence in mental health care
- transforming youth mental health in Canada
- nutritional psychiatry and the role of gut microbiota

In addition, Dr Michel Maziade will deliver the Distinguished Member Lecture focused on Parental Mental Illness and Genetically High-Risk Children: Scientific Knowledge That Can Transform Our Psychiatric Practice. Our annual conference program continues to highlight thought leaders, clinical experts, and leading researchers in mental health.

Our newly designed research papers and poster sessions now offer increased opportunity to learn from and interact with leading researchers in mental health. Poster sessions are now facilitated to support sharing of ideas, discussion and to summarize key insights.

Our always popular CPA-at-the-Movies is back with host Dr. Harry Karlinsky and will feature The Listeners. This documentary follows a cadre of volunteers who are trained to work in a crisis and suicide prevention centre. The movie examines the timely topics of suicide prevention, volunteerism and empathy through their experience.

Programming for our residents and early career psychiatrists is a core part of the conference and our Early Investigator Poster Session. Take advantage of the multiple networking opportunities at this year's conference including the 2019 President's Gala, which celebrates the achievements of our colleagues over dinner and dancing.

Join us in Québec City this September and experience the exceptional program, meet key leaders, and network with colleagues from across the country. We hope to see you there!

Sincerely,

Sanjeev Sockalingam, MD, MHPE, FRCPC, FAPM  
Chair, Annual Conference Program Subcommittee

Michael Butterfield, MSc, MD, FRCPC  
Associate Chair, Annual Conference Program Subcommittee

