

7-Night Antigua CME AWAY[®] Resort

March 21–28, 2026

At Sandals Grande Antigua Resort & Spa



25TH INTERNATIONAL CONTINUING PROFESSIONAL DEVELOPMENT (ICPD) CONFERENCE



**CME
AWAY[®]**
by Sea Courses
RESORT

**COMPANION
STAYS FREE!**

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The CME AWAY[®] Commitment

Sea Courses is a medical education company. We offer courses from the medical profession's top educators. These take place around the world allowing physicians to combine learning with personal health breaks and rejuvenation time. Medical professionals choose our CME AWAY[®] courses because of the combination of high quality and engaging speakers, the latest educational content, terrific venues and family time away from the stresses of everyday life. After 30 years, we are recognized as the leading provider of CME AWAY[®] experiences.



Our History

Sea Courses came into being in 1995. It was the creation of family physician Dr. Martin Gerretsen and his business partner Harvey Strydhorst. The first CME AWAY[®] trip operated in 1996 and this has been followed by over 600 more trips since then. [Click here to read more about our history!](#)

The CME AWAY[®] Difference

Our surveys continue to validate that destination CME's offer these key advantages over traditional local classroom CME events:

- All CME AWAY[®] programmes are certified by the College of Family Physicians of Canada.
- Participants have extended opportunities to interact formally and informally with faculty and peers.
- Sessions occur throughout the entire duration of your trip, allowing time for reflection and further questioning of what has been learned.
- Attendees not only come from several disciplines and health professions, but also from many provinces, states and countries – all of which adds to the group interactive discussions

Even though your primary goal is to be educated, you will accomplish so much more on a CME AWAY[®] by Sea Courses... The health benefits of time away, the learning experience that is a big part of travelling the world, a vacation experience with colleagues, family and friends. These are the unique advantages of the Sea Courses' CME AWAY[®] environment.

The CME AWAY[®] Takeaways

The goal on every CME AWAY[®] trip is for you to Explore, Learn & Connect.

Explore

- Currently adding new destinations for 2026 & 2027
- Topics beyond traditional CME

Learn

- CME's are filled with PEARLS that are relevant and practical for family physicians and specialists
- CME's are evidence based with interactivity and attendee participation is encouraged

Connect

- Networking with other professionals
- Opportunities to share knowledge with your peers throughout the duration of the trip

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INTRODUCTION

The Canadian Psychiatric Association (CPA) International Continuing Professional Development (ICPD) conference, now in its 25th year, is an event for busy psychiatrists and other health care professionals who want to combine vacation time with the opportunity to earn CPD credits.

Conference Learning Objectives

By the end of this conference, participants should be able to:

1. Apply the evolving psychiatric literature to their clinical decisions and appreciate the strengths and weaknesses of key papers and recent guidelines
2. Describe the evidence supporting the role of AI and other digital solutions in the delivery of psychiatric care and consider the challenges and ethical implications of their implementation into practice
3. Identify the professional opportunities for and appreciate the potential risks of social media use
4. Identify the risk factors for Alzheimer's and other dementias and develop an action plan to address modifiable risk factors with older adult patients
5. Differentiate case types that can be managed by general psychiatrists from those requiring subspecialty consultation and integrate approaches for more accurate diagnoses and appropriate treatment plans
6. Appreciate the evidence for use of, and alternatives for, lithium, clozapine and ECT

FACULTY

David Gratzer, MD, FRCPC

CPPD Site Coordinator and Co-Chief, General Adult Psychiatry & Health Systems Division, Centre for Addiction and Mental Health
Associate Editor, *Canadian Journal of Psychiatry* and *JMIR Mental Health*
Associate Professor, Temerty School of Medicine, University of Toronto

Catherine Hickey, MD, MMed, FRCPC

Head, Division of Geriatric Psychiatry, Eastern Health
Associate Professor, Discipline of Psychiatry, Memorial University of Newfoundland

TOPICS INCLUDE

- Great Papers and How They Can Change Your Practice
- The Big Depression Update
- Better Mental Healthcare: Is There an App for That? AI, Apps, and VR
- Social Media and Psychiatry
- Dementia Prevention 101: What Every Psychiatrist Should Know
- Geriatric Psychiatry for the General Psychiatrist
- Lithium, Clozapine, ECT - Still Relevant?

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DAY	DATE	LOCATION	CME TIMES
1	Saturday, March 21		
2	Sunday, March 22		
3	Monday, March 23		8:00 AM—12:15 AM
4	Tuesday, March 24		8:00 AM—12:00 PM
5	Wednesday, March 25		
6	Thursday, March 26		8:00 AM—12:15 PM
7	Friday, March 27		
8	Saturday, March 28		



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Voted the “World’s Most Romantic Resort” year after year, adults-only hotel Sandals Grande Antigua is located on Antigua’s best and most famous beach, Dickenson Bay. Explore the Caribbean Beachfront Village, a charming seaside garden oasis graced by meandering pathways, majestic palms and cooling Trade winds. Then step into a realm of chic sophistication where European grandeur unfolds from the hillside to villas-by-the-sea at the Six-Star, all-suite Mediterranean Oceanview Village. Come relax at a hotel located on silky-soft, pure white sands and let the warmth of the Caribbean fill your senses.

WHAT'S INCLUDED

AT SANDALS GRANDE ANTIGUA

EAT + DRINK

- Unlimited fine dining at 11 restaurants
- Breakfast, lunch, dinner and anytime snacks
- Unlimited premium liquors
- 7 bars, including swim-up bars
- Stocked bar in every hotel room
- Unlimited Robert Mondavi Twin Oaks[®] Wines

PLAY

- PADI-Certified SCUBA diving and equipment
- Snorkeling and equipment
- Hobie Cats, paddleboards, kayaks
- 6 pools and 6 whirlpools
- Tennis and land sports
- State-of-the-art fitness center
- Day and night entertainment and live shows

NO WORRIES

- All tips, taxes and gratuities
- Roundtrip airport transfers
- Wifi in hotel room and all common areas



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Caribbean Honeymoon Grande Luxe Poolside

GL-Caribbean Honeymoon Grande Luxe Poolside

Located on the second floor of the Flamboyant and Oleander buildings and the first and second floor on the Poinsettia Building. This cozy room features a private balcony or patio overlooking a quiet cottage pool surrounded by beautifully landscaped gardens. The room features a four-poster, king-size bed, flat screen TV, and an en-suite bathroom with a bathtub/shower combination. For your refreshment, your room includes Robert Mondavi varietal wines and a refrigerator stocked with bottled water, juice, soda and local beer. **View:** Pool and Tropical Gardens



Mediterranean Walkout Club Level Suite

PF-Mediterranean Walkout Club Level Suite

Located on the ground floor of the Cypress and Almond buildings, this cozy suite features a large private patio showcasing serene views of the resort's beautifully landscaped gardens. The suite features a four-poster, king-size bed, flat screen TV, and an en-suite bathroom complete with a double vanity, a whirlpool tub and a separate walk-in rain shower. Guests also enjoy Club Sandals concierge service including assistance with reservations and preferred check-in. **View:** Tropical Gardens



Mediterranean Honeymoon Oceanview Club Level Suite

MO-Mediterranean Honeymoon Oceanview Club Level Suite

Located in the Cypress and Almond buildings, this spacious suite features a private balcony showcasing gorgeous views of Dickenson Bay, the Mediterranean Village Pool, and the resort's beautifully landscaped gardens. The suite features a four-poster, king-size bed, flat screen TV, and an en-suite bathroom complete with his and hers vanities, a whirlpool tub and a separate walk-in rain shower. Guests also enjoy Club Sandals concierge service including assistance with reservations and preferred check-in. **View:** Ocean, Pool and Tropical Gardens



Mediterranean Oceanview Grande Luxe Club Level Suite

GO-Mediterranean Oceanview Grande Luxe Club Level Suite

Located in the Cypress Tower building, this spacious suite features either a private patio or balcony showcasing stunning views of the ocean and beach. The suite boasts a comfortable seating area, a four-poster, king-size bed, flat screen TV, and an en-suite bathroom complete with his and hers vanities, a whirlpool tub and a separate walk-in rain shower. Guests also enjoy Club Sandals concierge service including assistance with reservations and preferred check-in. **View:** Oceanview and Pool

TWO WORLDS IN ONE RESORT:

MEDITERRANEAN-INSPIRED OCEANVIEW VILLAS AND TRANQUIL BEACHFRONT COTTAGES



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Rates as of November 15, 2024 USD	Guest 1	Guest 2
GL-Caribbean Honeymoon Grande Luxe Poolside	\$6,498	FREE
PF-Mediterranean Walkout Club Level Suite	\$6,998	FREE
MO-Mediterranean Honeymoon Oceanview Club Level Suite	\$7,398	FREE
GO-Mediterranean Oceanview Grande Luxe Club Level Suite	\$7,998	FREE

Prices shown are CME AWAY[®] only group rates. Additional room categories may be available. Please ask your CME AWAY[®] Advisor.

CONFERENCE TUITION	
CPA Member (subject to validation by CPA)	\$ 1,495
Non-member	\$ 1,695
Frequent Traveller With CME AWAY [®] by Sea Courses? Ask your CME AWAY [®] Advisor about tuition discounts!	

TERMS & CONDITIONS

1. Rates shown are LAND ONLY. Airfare is not included.
2. This package is sold in USD, inclusive of taxes, gratuities & service charges.
3. Roundtrip resort airport transfers are included.
4. Sea Courses is not responsible for any international currency fluctuations charged by your credit card company or financial institution at the time of purchase or potential refund.
5. Tuition is sold in CAD.
6. Prices are valid at the time of printing and are subject to change without notice. Prices become guaranteed when payment is received.
7. A non-refundable trip deposit of \$500 per person is due at the time of booking. Final payment for trip and tuition is due by December 17, 2025.
8. A non-refundable tuition deposit of \$150 CAD per attendee is due at the time of booking to reserve your seat in the conference. Only paid registrants receive a certificate of attendance.
9. For cancellations prior to December 17, 2025, the penalty is loss of deposit.
10. For cancellations after December 17, 2025, the penalty is 100% of the total cost of the trip and tuition.
11. Rooms accommodate 1 or 2 adults (18 years and over). All rooms have 1 king size bed. No twins or triples.
12. Upgraded room types are limited and are subject to availability at the time of request.
13. Trip and conference must be booked through Sea Courses.
14. A \$100 CAD per room admin fee for any cancellation will be charged by Sea Courses.
15. Sea Courses reserves the right to change speakers and/or program content without notice. Sea Courses reserves the right to cancel the course with just cause. Upon cancellation, CME registration fee will be turned into a future credit.

TRAVEL INSURANCE

WHY BUY TRAVEL INSURANCE?

In this everchanging world, most of us still want to get on with our lives and not be overwhelmed by world events. Planning well in advance of travel means that there is time for conditions to change. It is therefore, more important than ever, to have adequate insurance coverage. Most insurance policies require government warnings NOT TO TRAVEL to a specific destination in order to allow cancellation with a full refund. Please carefully review the details of your policy.

For Canadian residents, we highly recommend Manulife Travel Insurance. We have sold their policies for many years with virtually no issues. In particular, we would strongly recommend securing their CANCEL FOR ANY REASON coverage. This must be booked within 48 hours of making your travel reservations. However, the coverage provides you with total peace of mind, regardless of the reasons you choose not to travel. Our travel advisors can explain all the details and provide you with the exact coverage you require.

[Click this link to access the registration form](#)