ODBAPA PSYCHIATRIC RESIDENT FELLOW (RFM) SALON
MARCH 14, 2024 (TORONTO)

Speaker #1: Sabrina Agnihotri, MD, PhD
PGY-5, Department of Psychiatry, University of Toronto

**Topic:** Nutritional Psychiatry: Reviewing the Evidence for the Link between Food and Mood

**Time:** Presentation: 7:30-8:00 p.m.; Q&A: 8:00-8:30 p.m.

**Learning Objectives:** At the end of this session, participants will be able to:

1. Discuss mechanisms involved in the interplay between diet and depression.
2. Review evidence for treatment of depression with dietary supplements and dietary patterns.
3. Identify evidence for diet interventions for treatment of depression.

Speaker #2: Nikhita Singhal, MD
Psychiatry Resident, University of Toronto
Chair, APA Child and Adolescent Psychiatry Fellowship

**Topic:** The Psychedelic Renaissance. A New Era in Psychiatry

**Time:** Presentation: 8:30-9:00 p.m.; Q&A: 9:00-9:30 p.m.

**Learning Objectives:** At the end of this session, participants will be able to:

1. Briefly describe the history of psychedelics in medicine and healing.
2. Summarize the current state of evidence regarding psychedelic-assisted therapy for a variety of mental health conditions.
3. Discuss benefits, risks and barriers associated with the integration of psychedelics into clinical practice.

**Date/Time:** Thursday, March 14, 2024, 7:00 - 9:30 p.m.
**Location:** The Sin & Redemption Pub, 136 McCaul Street, Toronto, Ontario

"This event 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 the Canadian Psychiatric Association (CPA). You may claim a maximum of 2 hours (credits are automatically calculated)."

"The specific opinions and content of this event are not necessarily those of the CPA, and are the responsibility of the organizer(s) alone.

Please register for this event now by email at odbapa@rogers.com and indicate your menu choice (see below for meal options and pricing).

Send your payment by e-transfer to mailto:payments.odbapa@yahoo.com

If you have any further questions, please contact us via Phone: (416) 493-0399, Fax: (416) 493-0399 or email: odbapa@rogers.com

Kind Regards,

Dr. Garry Shomair, Dr. Lily Van, Dr. Amina Ali
CPD Committee, ODB/APA
Registration Form ODBAPA March 14, 2024, Psych Salon.

Name: __________________________________________
Membership Status: _____________________________
Tel: ___________________ Email: __________ ________

**Menu Choice:**

- Chicken Schnitzel with cream mushroom sauce w/ Belgian fries $36.00
- Pork Schnitzel with peppercorn sauce w/ mashed potatoes $36.00
- Salmon Filet with capers, lemon butter sauce with rice and vegetables $36.00
- Grilled vegetables on skewer with rice $36.00

(Note: Total includes tax & service charge)

Assorted beverages, salad and dessert are available a la carte for an extra charge

Non-Member (add $10) _______________ Resident (FREE) Year _______________

Total Cost __________________________

Please note any food restrictions/allergies: ________________________________