



ROYAL COLLEGE OF PSYCHIATRISTS

International Congress



Student and trainee guide

RCPsych International Congress 2024
Monday 17 - Thursday 20 June
Edinburgh



Welcome from the PTC officers

Dear Delegate,

On behalf of the Psychiatric Trainee Committee, croeso, welcome to RCPsych International Conference 2024. We can't wait to return to Edinburgh for another fantastic Congress and we hope you will have a memorable time. Congress is always an inspiring and impressive event full of innovation, fascinating keynotes, workshops and opportunities to learn. It is also a great way to meet with friends and colleagues from across the country and forge new connections too.

We will again be hosting the Student and Trainees' Lounge which provides a space to take some time out and meet with other trainees and students. We will be hosting a variety of events at lunchtime which focus on issues important to trainees.

Congress is big and bold and packed with interesting sessions so it can be difficult to work out what to attend. We would encourage you take a look at the programme before you attend, alongside your PSPDP, and identify which sessions will help further your training best. In this guide we have selected some trainee highlights of the programme which I hope you will find useful. My thanks go to Dr Chiara Cattra (PTC Vice Chair) and Dr Daniela Borges (PTC secretary) who have kindly provided their reflections and top picks for Congress 2024. We look forward to welcoming you to Edinburgh very soon.

Diolch yn fawr,



Dr Laura Thorn
Chair



Dr Chiara Cattra
Vice Chair



Dr Daniela Borges
Secretary

RCPsych student and trainees' lounge

This is a place for you to visit and meet other trainees and students. It will also host daily lunchtime trainee-focused events, including an opportunity to meet the College Officers, the PTC and the Chief Examiner. Please do come and visit. It will be great to meet you.

We are delighted to let you know that we will be hosting the following exciting events:

Monday 17 June: 1.05pm - 1.55pm	Trainee wellbeing, coaching and mentoring
Tuesday 18 June 1.40pm - 2.40pm	Meet the College Officers
Wednesday 19 June 1.10pm - 2.10pm	Meet the Chief Examiner
Thursday 20 June 1.10pm - 2.10pm	Meet the PTC Officers

Student and Trainee Social

We hope that you will join us at our student and trainee social on Tuesday 18 June at 8.30pm. This is a fantastic opportunity to network with friends and colleagues for a relaxed evening of fun and friendly competition at [Volcano Falls Adventure Golf](#).

Find out more and book your place on the [College website](#).

Monday 17 June: highlights



KN1 Dr Lade Smith CBE

11.55am – 12.25pm

President's opening lecture



KN2 Prof. John J. McGrath

12.25pm – 12.55pm

Age of onset and cumulative risk of
mental disorders: a concise update



**KN4 Dr Ramaswamy
Viswanathan**

5.10pm – 5.40pm

Lifestyle for positive mental and physical
health

S7 Preparing psychiatrists for 21st Century health care- why is data and digital literacy important?

Time: 2.00pm – 3.15pm

Stream: Education and training

Room: Sidlaw

Dr Faith Ndebele will chair a panel of experts to discuss why digital literacy and data is so important for the future of psychiatry.

Objectives

At the end of the session, you will

- Have a greater understanding (and be able to articulate) the value of data for clinicians
- Know how to access datasets locally and nationally about their local populations
- Have a clear understanding of the relationship between high quality data and improved patient outcomes

S12 Publishing in the College journals: scope, scholarship and success

Time: 3.25pm – 4.40pm

Stream: Education and training

Room: Sidlaw

Dr Derek Tracey will chair a panel of experienced published psychiatrists to provide an educational session for psychiatrists at any stage of their careers.

Objectives

- Increase engagement and knowledge of each of the journals and in particular their scope and processes
- To provide guidance regarding academia and research and in particular, publishing in the college journals
- To encourage engagement with the journals and peer reviewers, authors, and participation within the ed boards

Fringe and social events

Stand up for Mental Health!

Time: 6.15pm – 7.30pm

Come and join us for some stand up comedy with a mental health theme. This will be a 'Bright Club' style event – where funny meets brains – headlined by none other than Sophie Scott from University College London.

We are also looking for 4-6 volunteers to do 5-7 minute sets, and will coach them to develop a script and make it funny! All you'll need is something you want to say – be it alternative, anecdotal, observational, satirical – it doesn't even really need to be about mental health. We are looking for a broad range of presenters from any background. If you want to give it a try, and get accolades from your peers for years to come, please email: s.lawrie@ed.ac.uk

Don't forget...

Student and Trainee lounge lunchtime session - trainee wellbeing, coaching and mentoring at 12.25pm – 1.55pm

Tuesday 18 June: highlights



KN8 Prof. Kenneth Kaufman

2.40pm – 3.10pm

The role of stigma in persons with epilepsy - a conversation with an expert by lived experience



KN9 Prof. Sophie Scott

3.10pm – 3.40pm

Funny, peculiar - what's the point of studying laughter?

S22 Why should research matter to psychiatrists?

Time: 12.25pm – 1.40pm

Stream: Clinical practice

Room: Sidlaw

Dr Hugo Critchley will chair this session discussing why research in psychiatry is so essential and why it should matter to us all as psychiatrists.

Objectives

- Gain an awareness of how psychiatrists in consultant or SAS posts, as well as trainees, could become more involved in clinical research in psychiatry
- Understand the importance of research for ultimately leading to improvements in patient care
- Understand why research matters to trusts.
- Understand why poor quality science which fails replication can affect individuals and wider society and why the reproducibility crisis needs addressing
- Understand the major factors involved in creating good quality neuroscience and why credibility matters

Fringe and social events

Student and Trainee Social

Time: 8.30pm

We hope that you will join us at our student and trainee social on Tuesday 18 June at 8.30pm. This is a fantastic opportunity to network with friends and colleagues for a relaxed evening of fun and friendly competition at Volcano Falls Adventure Golf <https://www.volcanofalls.co.uk/locations-edinburgh>

Find out more and book your place on the College website <https://www.rcpsych.ac.uk/events/congress/social-and-fringe-events/social-events>.

Congress run

Time: 8.00am – 8.45am

Founded in 2017, the Congress Run is a guided 5km jog for all abilities. Meeting outside the Conference Centre main entrance at 8am the route passes highlights of Edinburgh including the Royal Mile, Edinburgh Castle and the Meadows. Whatever your pace, this friendly event is an established highlight of the conference social programme

Don't forget...

Meet the College officers in the student and trainee lounge during the lunch break.

Wednesday 19 June: highlights



KN11 Dr Hilary Cass

9.30am – 10.00

The Cass Review – reflections and next steps



KN12 Dr Humphrey Needham-Bennett

2.10pm – 2.40pm

Don't forget mental illness when we talk about mental health

S38 Supporting all your trainees to pass the MRCPsych examination: making it personal

Time: 11.55am – 1.10pm

Stream: Education and training

Room: Fintry

Chaired by Prof Subodh Dave, the college dean and featuring Dr Ian Hall the chief examiner this session is a must attend for trainees facing exams.

Objectives

- Know how to access information about the exam
- Understand how to predict what will be examined
- Be able to support trainees in developing a range of learning strategies
- Understand the trainee perspective on how they can be best supported
- Adopt a personalised approach to supporting trainees
- Have ideas for a local faculty development program

S43 Embedding public mental health in training and practice: a primer for clinicians

Time: 3.40pm – 4.55pm

Stream: Education and training

Room: Fintry

Chaired by Professor Kam Bhui, this session will explore the importance of advocacy and leadership in PMH, recognising the pressing need for a cultural shift and in applying PMH principles to their own populations.

Objectives

- To recognise why a culture change from an individualised model of clinical psychiatry to a public health-based approach is essential for clinicians
- To learn how secondary care specialist services can work with partners to embed a public health-based approach in clinical services
- To demonstrate how psychiatry curricula and training programs (using the example of the RCPsych PMH leadership course) can help embed a public mental health approach in the training of future psychiatrists and the current workforce

S47 How to grow a psychotherapeutic psychiatrist: research findings and the psychotherapy curriculum for core trainees

Time: 5.05pm – 6.20pm

Stream: Education and training

Room: Sidlaw

Chaired by Dr Vivienne Curtis this session will explore how to grow a psychotherapeutic psychiatrist and discuss the psychotherapy curriculum for core trainees.

Objectives

- To explore how all trainees can be supported to achieve psychotherapy competencies that are clinically relevant
- To explore the reasons for any delays in attaining psychotherapy competencies including the role of the covid-19 pandemic
- To understand the impact and acceptability of online (compared to face to face) psychotherapy delivery and supervision

Fringe and social events

Kilts and flings - Learn to Highland Dance

Time: 6.25pm – 7.40pm

Join ex-PTC chair Dr Rosemary Gordon to learn more about this Scottish tradition and have a go yourself.

Congress Party

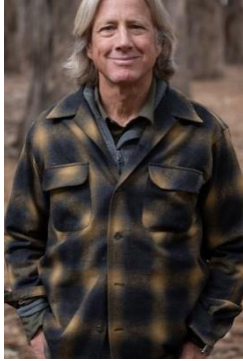
Time: 8.00pm

Join us for an evening packed full of dancing, music, food and socialising at [Ghillie Dhu](#), a traditional Scottish bar and restaurant. [Find out more and book your tickets](#) on the College website.

Don't forget...

Meet the Chief Examiner at lunch time today and ask any questions you have in the student and trainee lounge.

Thursday 20 June: highlights



KN14 Dacher Keltner

9.00am – 9.30

Awe as a pathway to mental and physical health



KN16 Judge Tim Eicke

2.10pm – 2.40pm

European Court of Human Rights

S51 Co-production made easy. 10 simple rules you can implement today to create patient designed and led care

Time: 10.30am – 11.45am

Stream: Leadership and management

Room: Pentland

This session will explore how you can plan ahead, and use lived experience to guide programmes, and implement co-production from the start of any initiatives. Bringing together learning distilled from evidence reviews, policy documents and lived experiences.

Objectives

- Use the ten simple rules to incorporate co-production in your everyday clinical interactions
- Understand how patient involvement can enhance clinical encounters and outcomes
- Be equipped to incorporate lived experience and an intersectional approach to your work
- How to address challenges that arise when working in a co-produced way
- Be equipped to incorporate lived experience and an intersectional approach to one's work

S60 Shattering glass ceilings: women in leadership

Time: 11.55am – 1.10pm

Stream: Leadership and management

Room: Lomond

Join inspirational psychiatrists in leadership roles Dr Trudi Seneviratne, Miss Nikki Nabavi, Dr Rosemary Gordon and Dr Suhana Ahmed who will explore their experiences and expertise as women in leadership roles.

Objectives

- Increased awareness of the prejudices and difficulties faced by women in psychiatry leadership positions, including but not limited to gender bias, imposter syndrome, work-life balance challenges, and discrimination
- Inspiration and empowerment: be inspired by the personal stories and experiences of the diverse panellists at various career stages
- Strategies for success: learn about the strategies, tactics, and coping mechanisms employed by women leaders to navigate their careers successfully and apply these lessons to their own professional journeys
- Importance of diversity: recognise the critical importance of diversity in medical leadership and how differing perspectives can enhance patient care, research, and the overall field of psychiatry
- Actionable insights: acquire actionable insights and practical advice on how to promote gender equity and inclusivity in their own

professional environments, whether as leaders, colleagues, or advocates

S62 RCPsych Act Against Racism – behaviours, competencies and systems to effectively tackle racism in the workplace

Time: 2.40pm – 3.55pm

Stream: Leadership and management

Room: Sidlaw

Chaired by the College registrar, Dr Trudi Seneviratne, this session will explore the recently published guidance on addressing racism in the workplace through focused actions at the systemic, organisational and individual levels.

Objectives

- Appreciate how systemic and individual factors mediate racism experienced by ethnic minority healthcare staff
- Be familiar with the Tackling Racism in the Workplace Guidance and the resources provided by the RCPsych
- Know how an organisation can implement the 15 actions (and the 6 domains they come under) to tackle racism in the workplace
- Know how to use systematic and incremental approaches to achieving transformational change, to be effective in your efforts to implement the actions in Act Against Racism

Fringe and social events

Mindfulness

Time: 8.00am – 8.45am

Join Drs Florian Ruths and Joy Patterson for a 45 minute taster programme (3 sessions starting on Tuesday) to introduce and practice the concepts of mindfulness. Mindfulness-based intervention can have a positive influence on the well-being of health professionals as reflected by the NICE guidance for staff well-being recommending mindfulness-based programs (NICE March 2022) and this session is sure to be useful for psychiatry trainees working and training within a stretched system.

Don't forget...

Meet the PTC officers at lunch time in the student and trainee lounge - we would love to see you there!

A note from Dr Chiara Cattri, PTC Vice Chair



The International Congress is a brilliant opportunity for trainees to learn and engage with the best and brightest in our field - in the beautiful city of Edinburgh! There will be opportunities to hear world-class research in action, mingle with the experts, and explore the latest in clinical practice in service of our patients. Please do pop by and say hello to us at the regular trainee events throughout Congress.

Here are my three picks for Congress 2024:

Prioritising care for mental illnesses, in an era of mental wellbeing awareness

Date: Tuesday 18 June

Time: 12.25pm – 1.40pm

Stream: Policy and media

Speakers

Chair: Alex Thomson, Central and North West London NHS Foundation Trust, London, UK

Dr Lade Smith, President of Royal College of Psychiatrists, London, UK

Dr Emma McAllister, Royal College of Psychiatrists, London, UK

Dr Raj Mohan, South London and Maudsley NHS Foundation Trust, London, UK

Though awareness and promotion of mental wellbeing has grown, the needs of those with complex, severe or enduring mental disorders must be held in mind in development of policy, public awareness, and in clinical practice. As trainees, we have a critical role in the future pathways of care, addressing of discrimination in service provision, and advocacy for our patients. This talk speaks to our sense of purpose and professional impact, far beyond our local spheres.

Rising rates of involuntary detention: is there a solution?

Date: Thursday 20 June

Time: 10.30am – 11.45am

Stream: Quality improvement

Speakers

Chair: Dr Lade Smith CBE, President, Royal College of Psychiatrists, London

Dr Patrick Keown, Cumbria, Northumberland, Tyne and Wear NHS

Foundation Trust, Newcastle

Professor Claire Henderson, King's College London, London

Professor Kam Bhui, University of Oxford, Oxford

Rates of involuntary detention have been rising, with notable increase in rates since deinstitutionalisation and subsequent service transformation. The panel will speak to the risks and benefits of these shifting detention rates, with focus on Advance Choice Documents — an immensely powerful tool in collaborative care — and co-produced systemic changes to enable the voices of service users at risk of detention to radically reform policy. Each of us are able to implement aspects of Advance Choice Documents and co-produced care, with potential for immense benefit of all.

An improbable psychiatrist - a patient's memoir

Date: Tuesday 18 June

Time: 9.30am – 10.00am

Stream: Keynote

Speakers

Dr Rebecca Lawrence, Consultant Psychiatrist, NHS Lothian

It is a true privilege to hear a senior psychiatrist speak of their own experiences as a patient with severe mental illness. Her reflections further extend to working in sites as both patient and clinician, her experiences of stigma and grace, and of a range of treatments. We are not immune, and it serves us well to reflect on our own minds at work — a story with hope at heart.

A note from Dr Daniela Borges, PTC Secretary



I attended the International Congress the year before joining core training. I was in awe of the breadth of topics and sessions. I knew then that I had made the right decision to choose psychiatry.

Coming back to the Congress now as a registrar, I am excited about the opportunities to meet colleagues and to be inspired for the next phase of my career. As in my first time, I am still struggling to choose between so many interesting sessions. However, I am sure I will be most interested in meeting you alongside the other PTC officers in all trainee events!

Here are my three picks for the 2024 Congress:

The role of Orexin in sleep/wake regulation: A paradigm shift

Date: Tuesday 18 June

Time: 10.00am - 10.30am

Stream: Keynote

Speakers

Professor Ramalingam N Chithiramohan MBBS FRCpsych

I often see the impact of insomnia in mental health conditions both as a symptom and a consequence of psychological distress, life events, or hospital admissions. I have trained in CBT-I and I am always keen to learn more about the wonders of sleep and the links to mental health. I am very interested in knowing more about this latest “kid on the block” for the treatment of insomnia, as well as the insights it brings into the world of sleep and circadian neuroscience.

Menopause - what EVERY psychiatrist needs to know

Date: Tuesday 18 June

Time: 11.00am - 12.15pm

Stream: Clinical practice

Speakers

Chair: Dr Catherine Durkin, Central and North West London NHS Foundation Trust, London

Dr Philippa Greenfield, Camden and Islington NHS Foundation Trust, London

Dr Trudi Seneviratne, Registrar, Royal College of Psychiatrists, London

Dr Sophie Behrman, Oxford Health NHS Foundation Trust, Oxford

Women's health is an area in medicine where we still have so much to learn and discover. In the 2022 Women's Health Strategy for England, more than 84% of women responding to the survey had at times felt that their healthcare professionals were not listening to them. One of the factors identified for this was a lack of knowledge about their condition. In the case of Menopause, distinguishing between symptoms arising from a primary mood disorder and those stemming from hormonal fluctuations can be challenging.

The commercial determinants of mental health: identifying and reversing these

Date: Thursday 20 June

Time: 10.30am - 11.45am

Stream: Clinical practice

Speakers

Chair: Dr Peter Byrne, East London Foundation Trust, London

Dr Peter Rice, Institute of Alcohol Studies, Glasgow

Dr May Van Schalkwyk, London school of Hygiene and Tropical Medicine, London

Professor Mark Petticrew, London school of Hygiene and Tropical Medicine, London

It is well-recognised that commercial determinants affect physical health in several ways. However, I am not so sure we know a lot about their impact on mental health. I am very curious to know more about what has already been identified, as well as reflect on ways to integrate this knowledge in my practice, as well as in advocacy for patients and society at large.