

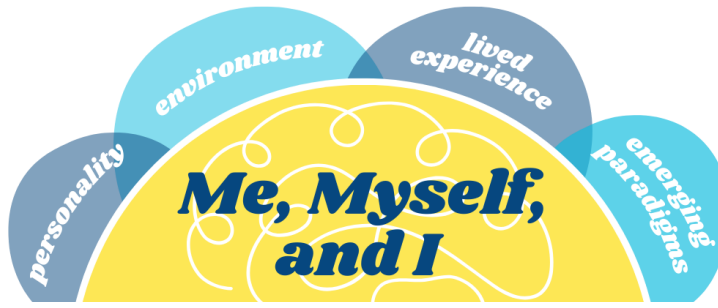
We would like to welcome you to the National Student Psychiatry Conference 2024. a two-day event that will take place on 13th-14th January 2024 and is being hosted by the award-winning University of Sheffield Psychiatry Society. We are keen on challenging stigma, pushing boundaries, and strengthening your interest in Psychiatry!

Under the theme of Me, Myself and I, attendees will have the chance to explore the intersection of the 'self' and the 'other'. Insightful speakers will be covering an unprecedented variety of topics ranging from climate change, personality, and disability, to emerging paradigms such as nutrition, space, and psychedelics. Workshops range from interactive sessions using playdoh in our 'Build-a-Brain' workshop and 'Humanising Healthcare' run by the interdisciplinary iHuman team to exploring 'Computational Psychiatry' and a 'Faculty Carousel' where you can speak to representatives from each subspecialty face to face. Alongside profound lived experience talks and a book stall to buy the latest works from our speakers, this conference aims to highlight how diverse the specialty is and inspire the next generation of Psychiatrists.

In addition to the academic content, we are also featuring the award-winning comedian, writer and mental health advocate, Harriet Dyer, for a comedy night on 13th January.

The organisers would like to thank all the speakers, facilitators and participants who will make this conference exciting and thought-provoking. Special thanks to our sponsors for their support and we encourage you to read further on the details of this conference and our sponsors.

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Day 1 - Saturday, January 13, 2024

9:00 am - 9:30 am	Registration
9:30 am - 9:40 am	Welcome - Sheffield Psych Soc
9:40 am - 9:45 am	Welcome - Mike Hunter <i>Executive Medical Director at Sheffield Health and Social Care NHS Foundation Trust</i>
The Self - Lived Experience	
9:45 am - 10:15 am	Sheffield Flourish: Building a mental health friendly city <i>Mrs Josie Soutar - Managing Director at Sheffield Flourish</i>
10:15 am - 10:45 am	Equality, justice, and the experiences of trauma <i>Prof Brendan Stone - Professor of Social Engagement and the Humanities at the University of Sheffield; Non-Executive Director for SHSC NHS Foundation Trust; a founding Director of Sheffield Flourish</i>
10:45 am - 11:00 am	The role and use of lived experience narratives in medical education <i>Ms Martha Simms and Ms Hannah Bromley - Medical Students at the University of Sheffield</i>
11:00 am - 11:15 am	Q&A session <i>Josie Soutar, Brendan Stone, Martha Simms and Hannah Bromley</i>
11:15 am - 11:30 am	Morning Break
The Self - Personality	
11:30 am - 12:00 pm	Why personality status is important in mental illness <i>Prof Peter Tyrer - Emeritus Professor of Community Psychiatry at Imperial College London</i>
12:00 pm - 12:35 pm	From Freud to Ghazali - Personality Psychology and its clinical applications <i>Dr Rania Awaad - Clinical Professor of Psychiatry and Director of the Stanford Muslim Mental Health & Islamic Psychology Lab, Stanford University School of Medicine; Stanford University's Affiliate Chaplain and Affiliate Professor of Islamic Studies</i>
12:35 pm - 1:05 pm	The Self Machine - Computational approaches to understanding the mind <i>Prof Dan Joyce - Consultant Psychiatrist; Professor of Connected Mental Health, University of Liverpool</i>
1:05 - 1:15 pm	Q&A session <i>Peter Tyrer and Dan Joyce</i>

1:15 pm - 2:00 pm	Lunch Break		
2:00 pm - 2:45 pm	Build-a-Brain Workshop <i>Sheffield Neuro Soc - neuroscience society for students interested in the brain and the mind</i> Workroom 2 - G05	Humanising Healthcare: Theories of subjectivity to theories of connectedness and care <i>Dr Nikita Hayden - Post-doctoral research associate on the Humanising Healthcare project, based in iHuman and the School of Education, University of Sheffield</i> Workroom 1 - G04	Exploring Computational Psychiatry <i>Dr Hugo Labat - Foundation Doctor in Severn</i> Lecture Theatre 7
2:45 pm - 3:00 pm	Afternoon Break		
The Self - Us, as Medical Students and Doctors			
3:00 pm - 3:30 pm	The Healthy Medical Student <i>Ms Leah Brooks - Mental Health Advocate and Medical Student at the University of Sheffield</i>		
3:30 pm - 4:00 pm	Eating Disorders in Men and Boys - Shaping Healthcare Through Creative Patient-Centred Approaches <i>Prof Heike Bartel - Professor of German Studies and Health Humanities, Faculty of Arts at the University of Nottingham</i>		
4:00 pm - 4:30 pm	The Psychiatry Foundation Programme <i>Dr Deepika Sharma - Foundation Doctor in Essex</i> <i>Dr Arthita Das - Consultant Psychiatrist; Honorary Senior Lecturer, Sheffield Medical School; Specialist Advisor to RCPsych on Foundation Training</i>		
4:30 pm - 4:45 pm	Q&A session <i>Leah Brooks, Heike Bartel, Deepika Sharma and Arthita Das</i>		
4:45 pm	End of the Conference – Off to the ‘University Arms’ for a pub social. <i>Follow the NSPC 2024 Organising Committee.</i>		
7:00 pm	Comedy Show with Harriet Dyer <i>Raynor Lounge, Bar One, Sheffield Students’ Union.</i>		

Day 2 - Sunday, January 14, 2024

9:00 am - 9:25 am	Registration
9:25 am - 9:30 am	Welcome - Sheffield Psych Soc
9:30 am - 9:45 am	<p>Welcome - Dr Declan Hyland, RCPsych</p> <p><i>Chair of the North West Division of the RCPsych, Specialist Advisor to the College's Pathfinder Fellowship scheme and member of the College's "Choose Psychiatry" committee</i></p>
9:45 am - 11:00 am	<p>Faculty Carousel - Psychiatry Networking Event</p> <p><i>Delegates will be allocated to 13 different groups following 13 different circuits. You will have 10 minutes to talk and ask questions to a Consultant/Trainee in each faculty in your circuit before moving to the next one, with 1 minute to rotate between. This is the opportunity for you to learn more about a speciality and network!</i></p> <p><i>Your circuit number is the number from 1 to 13 written on your name badge, it is also the number of the Faculty you will start the Carousel at. After Table 2, move to Table 3. After Table 6, move to Table 7. After Table 13, move to Table 1, and so on. Don't worry - we will go over the instructions before the Faculty Carousel begins!</i></p> <p><i>Please make sure to remain in your group and follow the corresponding circuit.</i></p> <ol style="list-style-type: none"> 1. Academic Psychiatry - Dr Helen Crimlisk 2. Rehabilitation and Social - Dr Elena Titova-Chaudhry 3. Perinatal Psychiatry - Dr Madeleine Bonney-Helliwell 4. Forensics Psychiatry - Dr Tom Nicoll 5. General Adult Psychiatry (a) - Dr Reem Abed 6. Old Age Psychiatry - Dr Charlotte Blewett 7. Intellectual Disability Psychiatry/CAMHS - Dr Mini Pillai 8. Addictions Psychiatry - Dr Ruta Rele 9. Neuropsychiatry - Dr Lokesh Aresh 10. General Adult Psychiatry (b) - Dr Arthita Das 11. Medical Psychotherapy - Dr Dasal Abayaratne 12. Eating Disorders Psychiatry - Dr William Gann
11:00 am - 11:15 am	Morning Break
Others - The Role of Our Environment	
11:15 am - 11:45 pm	<p>What does Climate Change have to do with Psychiatry?</p> <p><i>Dr Dasal Abayaratne - Higher Specialist Trainee in Medical Psychotherapy and General Adult Psychiatry</i></p>
11:45 pm - 12:15 pm	<p>Challenging the Status Quo: towards a precision, personalised, and humane approach to psychosis</p> <p><i>Prof Richard Bentall - Professor of Clinical Psychology at the University of Sheffield</i></p>
12:15 pm - 12:45 pm	<p>Deafness, Mental Health and the legal-sociocultural environment</p> <p><i>Dr Gurpreet Kaler - Consultant Forensic Psychiatrist for the male mental illness service and the National High Secure Deaf Service at the Rampton Hospital.</i></p>
12:45 - 1:00 pm	<p>Q&A session</p> <p><i>Dasal Abayaratne, Richard Benthall and Gurpreet Kaler</i></p>

1:00 pm - 1:45 pm	Lunch Break
1:45 pm - 2:00 pm	Student Oral & Poster Presentation (x3 of 5 minutes + Q&A)
Others - Emerging Paradigms	
2:00 pm - 2:30 pm	<p>Psychedelic Psychiatry</p> <p><i>Prof David Nutt - Psychiatrist; Professor of Neuropsychopharmacology at Imperial College London and founder of the charity DrugScience.org.uk</i></p>
2:30 pm - 3:00 pm	<p>Nutritional Psychiatry</p> <p><i>Dr Reem Abed - Consultant Psychiatrist; Undergraduate Psychiatry Lead at Sheffield Medical School.</i> <i>Dr Gurpreet Kaler - Consultant Forensic Psychiatrist</i></p>
3:00 pm - 3:15 pm	<p>Q&A session</p> <p><i>David Nutt, Reem Abed and Gurpreet Kaler</i></p>
3:15 pm - 3:25 pm	Afternoon Break
3:25 pm - 3:30 pm	<p>Announcement of the Winner of the Oral Presentation</p> <p><i>Sheffield Psych Soc</i></p>
Others - Emerging Paradigms	
3:30 pm - 4:00 pm	<p>Evolutionary Theory is the Missing Framework for Psychiatry and Medicine</p> <p><i>Dr Riadh Abed - Retired Consultant Psychiatrist, Medical Director and Hon. Senior Lecturer, University of Sheffield; Medical Member of the Mental Health Tribunals, Ministry of Justice; Current chair of the Section of Evolutionary Psychiatry at the World Psychiatric Association.</i></p>
4:00 pm - 4:30 pm	<p>Space Psychiatry</p> <p><i>Prof Nick Kanas - M.D., Professor Emeritus, University of California, San Francisco</i></p>
4:30 pm - 4:45 pm	<p>Q&A session</p> <p><i>Riadh Abed and Nick Kanas</i></p>
4:45 pm - 5:00 pm	<p>Closing note: Becoming a Psychiatrist in the 21st Century</p> <p><i>Dr Helen Crimlisk - Deputy Medical Director at Sheffield Health and Social Care NHS Foundation Trust; Psychiatry Lead at the University of Sheffield; Specialist Advisor for Workforce at the RCPsych</i></p>
5:00 pm	End of the conference

Faculty Carousel - Psychiatry Networking Event

1. Academic Psychiatry	Dr Helen Crimlisk
2. Rehabilitation and Social	Dr Elena Titova-Chaudhry
3. Perinatal Psychiatry	Dr Madeleine Bonney-Helliwell
4. Forensics Psychiatry	Dr Tom Nicoll
5. General Adult Psychiatry (a)	Dr Reem Abed
6. Old Age Psychiatry	Dr Charlotte Blewett
7. Intellectual Disability Psychiatry/CAMHS	Dr Mini Pillai
8. Addictions Psychiatry	Dr Ruta Rele
9. Neuropsychiatry	Dr Lokesh Aresh
10. General Adult Psychiatry (b)	Dr Arty Das
11. Medical Psychotherapy	Dr Dasal Abayaratne
12. Eating Disorders Psychiatry	Dr William Gann

Instructions

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Don't worry - we will go over the instructions before the Faculty Carousel begins!

Please make sure to remain in your group and follow the corresponding circuit.

Rotation Plan

Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
1. Academic Psychiatry	2. Rehabilitation and Social	3. Perinatal Psychiatry	4. Forensics Psychiatry	5. General Adult Psychiatry (a)	6. Old Age Psychiatry
2. Rehabilitation and Social	3. Perinatal Psychiatry	4. Forensics Psychiatry	5. General Adult Psychiatry (a)	6. Old Age Psychiatry	7. ID Psychiatry + CAMHS
3. Perinatal Psychiatry	4. Forensics Psychiatry	5. General Adult Psychiatry (a)	6. Old Age Psychiatry	7. ID Psychiatry + CAMHS	8. Addictions Psychiatry
4. Forensics Psychiatry	5. General Adult Psychiatry (a)	6. Old Age Psychiatry	7. ID Psychiatry + CAMHS	8. Addictions Psychiatry	9. Neuropsychiatry
5. General Adult Psychiatry (a)	6. Old Age Psychiatry	7. ID Psychiatry + CAMHS	8. Addictions Psychiatry	9. Neuropsychiatry	10. General Adult Psychiatry (b)

Group 7	Group 8	Group 9	Group 10	Group 11	Group 12
7. ID Psychiatry + CAMHS	8. Addictions Psychiatry	9. Neuropsychiatry	10. General Adult Psychiatry (b)	11. Medical Psychotherapy	12. Eating Disorders Psychiatry
8. Addictions Psychiatry	9. Neuropsychiatry	10. General Adult Psychiatry (b)	11. Medical Psychotherapy	12. Eating Disorders Psychiatry	1. Academic Psychiatry
9. Neuropsychiatry	10. General Adult Psychiatry (b)	11. Medical Psychotherapy	12. Eating Disorders Psychiatry	1. Academic Psychiatry	2. Rehabilitation and Social
10. General Adult Psychiatry (b)	11. Medical Psychotherapy	12. Eating Disorders Psychiatry	1. Academic Psychiatry	2. Rehabilitation and Social	3. Perinatal Psychiatry
11. Medical Psychotherapy	12. Eating Disorders Psychiatry	1. Academic Psychiatry	2. Rehabilitation and Social	3. Perinatal Psychiatry	4. Forensics Psychiatry

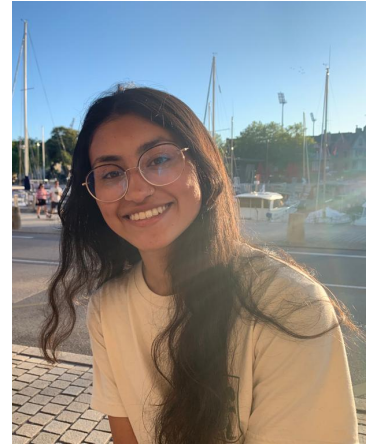
NSPC 2024 Organising Committee



Abdullah Ahmad - Director



Oscar Han - Associate Director and Finance Officer



Manisha Bumma - Liaison Officer



Dayo Taslim - Digital and Delegates Officer



Charlotte McCaffrey - Marketing Officer



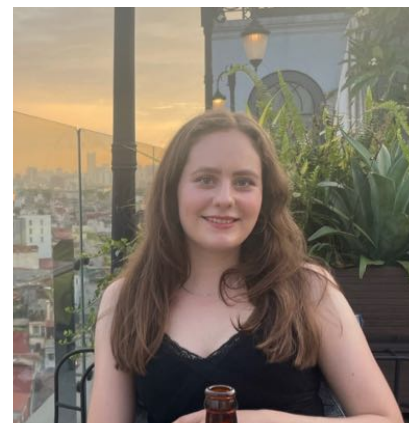
Karthik Venkateswaran - Events Officer



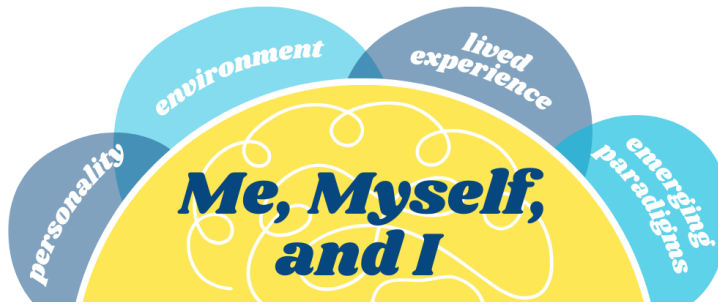
Bethany Oaten - Vice Marketing Officer



Shadha Shabani - Vice Marketing Officer



Ella Greenwood - Vice Marketing Officer



Speakers List

The Self - Lived Experience



Josie Soutar - Sheffield Flourish: Building a mental health friendly city

Josie Soutar is the Managing Director of Sheffield Flourish, a local mental health charity that uses a blended model of digital and face-to-face resources to help people living with mental ill-health. The Sheffield Flourish model is focused on the use of connectivity and involving people in the development and running of mental health services across Sheffield.

Josie has worked within the voluntary sector for over 20 years, driven by a passion to work with marginalised groups who don't receive the same public support as more popular causes. She started her career with Edinburgh-based homeless charity, Streetwork, and then returned to her Sheffield-roots as CEO of addiction charity, Sheffield Alcohol Support Service (SASS) as CEO, before joining Sheffield Flourish.

Josie is a keen advocate of the local voluntary sector and has combined her career with an interest in voluntary sector studies. She is currently undertaking a PhD at the Centre for Regional, and Economic and Social Research, exploring voluntary sector and state relationships through the Social Impact Bond funding mechanism.



Brendan Stone - Equality, justice, and the experiences of trauma

Brendan is Professor of Social Engagement and the Humanities at the University of Sheffield, a Non-Executive Director for SHSC NHS Foundation Trust, and a founding Director of the mental health charity [Sheffield Flourish] (<https://sheffieldflourish.co.uk>). Brendan has lived with serious mental illness throughout his adult life.



Martha Simms and Hannah Bromley - What is the role of lived experience narratives of mental health in medical education and training?

We are phase 2a medical students from the University of Sheffield and we undertook an SSC in research supervised by Dr Chris Blackmore in Autumn 2023. Our research consisted of carrying out 2 focus groups, one with a group of Patient as Educators (PAE's) and another with staff members from Sheffield Medical School. We then carried out a thematic analysis of these focus groups and obtained some interesting results.

The Self - Personality



Peter Tyrer - Why personality status is important in mental illness

Peter Tyrer is Emeritus Professor of Community Psychiatry in the Division of Psychiatry in the Department of Medicine at Imperial College, London, having previously been head of department and a professor at Imperial College since 1991. He was editor of the British Journal of Psychiatry from 2003 to 2013. He has chaired NICE guideline groups for borderline personality disorder, substance misuse and psychosis, and the management of imminent aggression for the Department of Health in England, has written over 600 original articles and 43 books, mainly about anxiety, depression, personality disorder and their treatment. Much of this work is in areas that attract little funding but which are very important in clinical practice. He has been very active in the development of the new ICD-11 classification of mental disorders and chaired the personality disorder revision section.

<https://nidotherapy.com/>



Rania Awad - From Freud to Ghazali - Personality Psychology and its clinical applications

Dr. Rania Awaad M.D., is a Clinical Professor of Psychiatry at the Stanford University School of Medicine where she is the Director of the Stanford Muslim Mental Health & Islamic Psychology Lab as well as Stanford University's Affiliate Chaplain and Affiliate Professor of Islamic Studies. In the community, she serves as the President and Co-Founder of Maristan.org, a holistic mental health nonprofit serving Muslim communities, and the Director of The Rahmah Foundation, a non-profit organisation dedicated to educating Muslim women and girls. In addition, she is faculty of Islamic Psychology at Cambridge Muslim College and The Islamic Seminary of America. She is also a Senior Fellow for Yaqeen Institute and the Institute of Social Policy and Understanding. Prior to studying medicine, she pursued classical Islamic studies in Damascus, Syria, and holds certifications (ijaza) in the Qur'an, Islamic Law, and other branches of the Islamic Sciences. Follow her @DrRaniaAwaad

<https://maristan.org/>



Dan Joyce - The Self Machine - Computational approaches to understanding the mind

Dan is a psychiatrist and formerly, a computer scientist who works on applications of data science and artificial intelligence applied to mental health. Before moving to the University of Liverpool in 2022, he worked at Oxford's Early Intervention for Psychosis team, clinical trial delivery and as a Senior Clinical Research Fellow at the University of Oxford's Department of Psychiatry. He completed his training at the South London and Maudsley NHS Foundation Trust and the Institute of Psychiatry, Psychology and Neuroscience at King's College London.

Workshops



Hugo Labat - Exploring Computational Psychiatry

Working in the South West of England, Dr Hugo Labat is a foundation trainee with a passion for finding and delving into the links between neuroscience, nature, psychiatry, and holistic medicine. To this end, he holds a Master's Degree in Cognitive Neuroscience and Human Neuroimaging, and has involved himself in disseminating what he knows about the intersections between these practically disparate fields.

For this year's conference, get hands-on and join Hugo's workshop as we explore his field of interest: Computational Psychiatry. Play with Bayesian equations to understand how they model everything from daily perceptions and illusions to florid psychosis, and learn how buckets of data could be leveraged using unsupervised learning to provide insights on treating depression.

Whatever your interest, computers and machine learning are part of the Coming Technological Wave, and equipping yourself is the only way to surf it; let's learn together, and work toward a future where man and machine work in harmony to make life better for everyone. <https://www.linkedin.com/in/dr-hugo-labat>

Sheffield Neuro Soc - Build-a-Brain Workshop



The Sheffield Neuroscience Society is dedicated to students fascinated by the brain and mind. Since our establishment, we have grown as a society with several talks and events organized each year by leading speakers within Sheffield and across the UK. Our primary goal is to highlight the extensive spectrum of neuroscience, from molecular intricacies to cognitive functions and everything in between!

The Build a Brain workshop will offer a unique lens through which attendees can redefine their comprehension of selfhood while unravelling the intricate relationship between the brain's structure, personal identity, and mental health.
Instagram: @sheffieldneurosoc



Nikita Hayden - Humanising Healthcare: Theories of subjectivity to theories of connectedness and care

Dr Nikita Hayden is a post-doctoral research associate on the Humanising Healthcare project, based in iHuman and the School of Education.

The format of this workshop will consist of a talk and then a discussion guided by seminar questions. First, the talk will outline the Humanising Healthcare project, an Economic and Social Research Council-funded project that seeks to identify affirmative healthcare experiences of people with learning disabilities. The talk will then consider several theories related to the conference theme of subjectivity. As Rosi Braidotti states: "we need a subject position worthy of our times". It is important, therefore, that we move from a focus on "I" to an exploration of "we". This focus on connectedness and relationality is fundamental to humanising healthcare. The talk will then consider ideas around connectedness, relational ethics, and an ethics of care approach. Finally, during the discussion, we will consider what these ideas mean for psychiatry, the Humanising Healthcare project, our own healthcare work, and our own healthcare experiences.

<https://www.sheffield.ac.uk/ihuman>

The Self - Us, as Medical Students and Doctors



Leah Brooks - The Healthy Medical Student

Leah is an award winning mental health advocate and medical student at the University of Sheffield. She is the COO for Future Frontline a non-for-profit organisation working to inspire and educate young people on the MDT within the NHS, and the Lead Student Advisor for Unitasterdays, helping widen participation into university. She uses her social media platform @wellnessmedic to give a raw insight into her mental health, imposter syndrome and wellbeing journey and this has led to her working with companies including UCAS, Coppafeel and The Ordinary to highlight mental health, with the hope of helping people feel less alone.



Heike Bartel - Eating Disorders in Men and Boys - Shaping Healthcare Through Creative Patient-Centred Approaches

Heike Bartel is Professor of German Studies and Health Humanities at the University of Nottingham's School of Modern Languages and Cultures. She has led several AHRC, MRC, Wellcome and BA-funded interdisciplinary projects on eating disorders in under-represented groups, including the RCGP-accredited training 'Consider Eating Disorders in Men'. She has published widely on patient-centred narratives of lived experience of illness and on health inequalities (website: <https://www.nottingham.ac.uk/research/groups/hungry-for-words/index.aspx>) and has won the THE 2021 research project of the year award (arts, humanities and social sciences) . Her latest book: 'Men Writing Eating Disorders: Autobiographical Writing and Illness Experience in English and German Narratives' (2020) <https://www.nottingham.ac.uk/research/groups/hungry-for-words> Twitter: @ConsiderMaleEDs



Deepika Sharma - The Psychiatry Foundation Fellowship

Dee is an FY2 in Essex undertaking the RCPsych psychiatry foundation fellowship hopefully starting her core psychiatry training next year. She is a proud Sheffield alumna and was president of Sheffield PsychSoc from 2019-21, winner of the RCPsych Psychsoc of the Year award! She has particular interests in medical education and leadership. She is currently leading a national research project mapping the undergraduate psychiatric curriculum, which she presented at the RCPsych International Congress in Edinburgh in June 2022. She was previously a mental health nurse in South London, specialising in place of safety (136 suite) coordination and psychiatric intensive care.

Arthita Das - The Psychiatry Foundation Fellowship

Consultant Psychiatrist; Honorary Senior Lecturer, Sheffield Medical School; Specialist Advisor to RCPsych on Foundation Training
Twitter: @ArthitaDas

More info to come

Others - The Role of Our Environment



Dasal Abayaratne - What does Climate Change have to do with Psychiatry?

Dasal is a dual medical psychotherapy and general adult speciality trainee in South Yorkshire and lecturer in Sheffield Medical School. He is a member of the RCPsych Planetary Health and Sustainability Committee and course facilitator for the Centre for Sustainable Healthcare. He has co-authored several chapters and modules on Climate Change and Mental Healthcare and is a Climate Cafe facilitator.

<https://twitter.com/DasalAba>



Richard Bentall - Pushing for Change and receptions from the research environment

Richard Bentall is Professor of Clinical Psychology at the University of Sheffield and has previously held chairs at Liverpool University, Manchester University and Bangor University. He is a Fellow of the British Psychological Society and a Fellow of the British Academy.

He graduated with a BSc and a PhD in experimental psychology at the current Bangor University and completed his clinical training at Liverpool University. He also holds an MA in philosophy applied to health care awarded by Swansea University. His research interests have mainly focused on psychosis.

He has studied the cognitive and emotional mechanisms involved in psychotic symptoms such as hallucinations, paranoid delusions and manic states. These studies have also examined why social risk factors provoke the cognitive and emotional changes that lead to these symptoms. He has also conducted large-scale randomized controlled trials of psychological interventions for people diagnosed with schizophrenia, bipolar disorder and prodromal psychosis.

He has published approximately 350 peer-review papers and several books, including *Madness explained: Psychosis and human nature* (Penguin, 2003) and *Doctoring the mind: Why psychiatric treatments fail* (Penguin, 2009). He is currently working on a book on extreme beliefs, including delusions, provisionally titled *Delusions, democracy and the madness of crowds*.

<https://www.sheffield.ac.uk/psychology/people/academic/richard-bentall>



Gurpreet Kaler - Deafness, Mental Health and the legal-sociocultural environment; Nutritional Psychiatry

Dr Gurpreet Kaler is a consultant Forensic Psychiatrist working in Rampton Hospital for the male Mental illness service and the National High Secure Deaf Service along with the National Deaf In-Reach Service for the HMPPS (prison services).

Others - Emerging Paradigms



David Nutt - Psychedelic Psychiatry

David Nutt is a psychiatrist and the Edmond J. Safra Professor of Neuropsychopharmacology in Imperial College London and founder of the charity DrugScience.org.uk. David has held many leadership positions e.g. presidencies of the European Brain Council, the BAP, BNA, and ECNP. He has published 38 books including his latest one on Psychedelics <https://tinyurl.com/psychedeeliics> and over 1000 research papers that contain many landmark contributions to psychopharmacology especially recently the neuroscience and clinical utility of psychedelics. In 2023 Scholar GPs ranked him the leading psychopharmacologist in the world <https://scholargps.com/scholars/73699337611906/david-j-nutt>

His recent research into the neuroscience and clinical utility of psychedelics has been made into films e.g. <https://www.imdb.com/title/tt8661404> on Netflix and <https://www.bbc.co.uk/programmes/m000w7bq> on the BBC and a play <https://www.goodreads.com/book/show/43887749-all-you-need-is-isd>. He broadcasts widely to the general public on pharmacology and psychiatric matters, has over 60k followers on twitter and has his own very popular podcast (<https://podcasts.apple.com/gb/podcast/the-drug-science-podcast/id1474603382>).

David's publications are on <https://www.imperial.ac.uk/people/d.nutt/publications.html>



Reem Abed - Nutritional Psychiatry (with Gurpreet Kaler)

Dr Reem Abed is a consultant psychiatrist working at the Sheffield Early Intervention Service at Sheffield Health and Social Care NHS Foundation Trust. She is an Undergraduate Psychiatry Lead overseeing Undergraduate Psychiatry placements at Sheffield Medical School. She has interests in medical education and metabolic health and improving the health of patients through diet and nutrition.



Riadh Abed - Evolutionary Theory is the Missing Framework for Psychiatry and Medicine

Retired Consultant Psychiatrist, Medical Director and Hon. Senior Lecturer, University of Sheffield. Currently, a Medical Member of the Mental Health Tribunals, Ministry of Justice. Former (founding) chair of the Evolutionary Psychiatry Special Interest Group at the Royal College of Psychiatrists and current chair of the Section of Evolutionary Psychiatry at the World Psychiatric Association.

Dr Abed has had an interest in applying evolutionary theory to the understanding of mental health and mental disorders for over 3 decades. He is the author of original evolutionary theories on eating disorders, OCD and schizophrenia and is the co-editor of 'Evolutionary Psychiatry: Perspectives on Evolution and Mental Health (2022) CUP/RCPsych.

<https://www.researchgate.net/profile/Riadh-Abed>



Nick Kanas - Space Psychiatry

Nick Kanas, M.D., trained at Stanford (B.A.), UCLA (M.D.), and UCSF (Psychiatry residency). He is a Professor Emeritus (Psychiatry) at the University of California, San Francisco. He worked at the San Francisco VA Medical Center from 1977-2006, retiring as Associate Chief of Mental Health. He has over 220 professional publications and received the Royer Award for academic psychiatry. Since 1969, he has done research, taught, and written about psychological and interpersonal issues affecting people working in space. He was a scientific investigator for the ESA HUBES space simulation mission. For over 15 years, he was an NSBRI- and NASA-funded Principal Investigator doing psychological research with astronauts and cosmonauts on the Mir and International Space Stations and during several space simulation missions. He is a member and former trustee of the International Academy of Astronautics. He received the Aerospace Medical Association Raymond F. Longacre Award for Outstanding Accomplishment in the Psychological and Psychiatric Aspects of Aerospace Medicine, and the International Academy of Astronautics Life Science Award. His books include *Space Psychology and Psychiatry (2nd ed.)* with Dietrich Manzey*,* and *Humans in Space: The Psychological Hurdles*. In 2023, he published a textbook entitled *Behavioral Health and Human Interactions in Space*. All three books won International Academy of Astronautics Life Science Book Awards. He also has published two books on celestial cartography and three science fiction novels. Website: nickkanas.com. E-mail: nick.kanas@ucsf.edu.



Helen Crimlisk - Becoming a Psychiatrist in the 21st Century

Dr Helen Crimlisk is a Consultant in Community Psychiatry and Deputy Medical Director at Sheffield Health and Social Care NHS Foundation Trust and Psychiatry Lead at the University of Sheffield. At the RCPsych, she has a role as Specialist Advisor for Workforce.

She undertook leadership training with the Generation Q programme supported by the Health Foundation. Her interests include leadership, quality improvement, service user engagement & experience, education, sustainability, digital and workforce developments. She has led on a number of teaching and recruitment initiatives in psychiatry, on innovations in education including Lived Experience Educators and on workforce developments including Physician Associates, Advanced Nurse Practitioners and Peer Workers in mental health settings.

She is a Health Foundation Q Member, A Senior Fellow of the Academy of Medical Educators, a Senior Fellow of the Faculty of Medical Leadership and Management and a Salzburg Sciana Global Fellow.

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