



East England Trainee Conference

RCPsych Eastern Division

22 March 2024

10:00am – 5:00pm

Fielder Conference Centre, Hatfield

Information Booklet

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General information

Certificates

Certificates of attendance will be emailed to delegates within two weeks after the event. Please ensure we have your preferred email address.

Presentations

All slides that we have been given permission to share with delegates will be emailed in PDF format, following the event.

Accreditation

1 CPD point per hour of content, subject to peer approval.

Feedback

Please complete the feedback form. All comments received remain confidential and are viewed in an effort to improve future meetings.

Programme

Time	Presentation
9.00-10am	Registration
10.00-11.00am	<p>Parallel Sessions – Delegates pre-select <u>one</u> breakout</p> <ul style="list-style-type: none"> • Breakout A – Types of evidence in the psychiatric assessment – Facilitated by Prof Gareth Owen- <i>Chaired by Dr Tugba Kavasoglu</i> • Breakout B - Values-based practice in psychiatry - Facilitated by Dr Robert Dudas • Breakout C – Neuromodulation – Dr Nikolina Skandali. <i>Chaired by Dr Ashish Pathak</i> • Breakout D – Working with transgender patients – Professor Christina Richards <i>Chaired by Dr Abdul Raof</i>
11.00-11.20	Comfort Break
11.20-12.20pm	<p>Psychopathology – the language of psychiatry Dr Camilla Day and Prof Gareth Owen <i>Chaired by Dr Anna Conway Morris</i></p>
12.20-12.50pm	<p>Leadership and management: what to consider as trainees Professor Asif Zia <i>Consultant psychiatrist and executive director for Quality and Medical Leadership at Hertfordshire Partnership University Foundation Trust</i></p>
1-2pm	Lunch Break
2-3pm	<p>Parallel Sessions - Delegates pre-select <u>one</u> breakout</p> <ul style="list-style-type: none"> • Breakout A – Social Dreaming – Dr Rachel Gibbons • Breakout B – Developing Trainers Educational Fellowship - Dr Anuranjani Sardesai. <i>Chaired by Dr Ashish Pathak</i> • Breakout C – Successes and challenges in patient and carer involvement in mental health care – Eastern Carer Rep Liz Harlaar • Breakout D – cultural sensitivity in the workplace – Dr Fabida Aria. <i>Chaired by Dr Shamima Nargiss</i>
3-3.15pm	Comfort Break
3.15-4.15	<p>Renewing phenomenological psychopathology Professor Matthew Broome <i>Chaired by Dr Anna Conway Morris</i></p>
4.15-5pm	<p>In Conversation with RCPsych Registrar Dr Trudi Seneviratne OBE With Dr Ihuoma Oka and Dr Oluseyi Olajide</p>

The events team reserves the right to change the programme without prior notice. The Eastern Division would like to thank Cambridge and Peterborough NHS Foundation Trust, BMA, and Chase de Vere for their valuable support of this conference. The presence of an exhibitor is not an endorsement of its products and exhibitors do not influence the content of the programme

Speaker biographies and extracts

Types of evidence in the psychiatric assessment

Prof Gareth Owen

Professor of Psychological Medicine, Ethics and Law, King's College London. Hon Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust.

Biography

Gareth is Professor at KCL and honorary consultant psychiatrist at the South London Maudsley NHS Foundation Trust. His research has focused on decision-making capacity and related areas, spanning theoretical to practical issues as well as policy impact. He led the Wellcome Trust Mental Health and Justice Project.

As a consultant psychiatrist Gareth works in liaison psychiatry at King's College Hospital. He is a founding member and trustee of the Maudsley Philosophy Group Charity and has a long-standing interest in phenomenological psychiatry. He co-edited the Maudsley Reader in Phenomenological Psychiatry



Values-based practice in psychiatry

Dr Robert Dudas

Consultant Old Age Psychiatrist, Cambridgeshire and Peterborough Foundation NHS Trust

Biography

Robert Dudas, MD, PhD, PGCert MedEd is a Consultant Old Age Psychiatrist working at the Cambridgeshire and Peterborough Foundation NHS Trust. He has carried out research at the Department of Psychiatry, University of Cambridge, on dementia, borderline personality disorder, perinatal depression, autism, values-based practice, and medical education. He is currently taking over as Training Programme Director, working for NHSE, East of England. He is also Regional Representative for Old Age Psychiatry at the Royal College of Psychiatrists.



Neuromodulation

Dr Nikolina Skandali

Specialty Registrar, CPFT

Biography

I am a psychiatrist working in liaison psychiatry and neuropsychiatry in Addenbrooke's hospital, and the Department of Psychiatry as part of Professor Valerie Voon's lab. I am interested in cognitive mechanisms and how these are disrupted across diagnostic psychiatric conditions, and the underlying neural mechanisms. I use pharmacological tools, cognitive testing, computational modelling, neuroimaging and other neuromodulation tools.



I completed my PhD in the Dpt of Psychiatry in Cambridge University investigating the role of serotonin in a broad range of cognitive functions including response inhibition, reinforcement learning and emotional processing with Professors Trevor Robbins and Barbara Sahakian. I previously completed my MSc in clinical neuroscience in the UCL Wellcome Trust Centre for Neuroimaging with Professors Ray Dolan (UCL) and Robb Rutledge (Yale). I hold a Medical Degree from the National and Kapodistrian University of Athens. I have undertaken all my specialist psychiatry training in Cambridgeshire and Peterborough NHS Foundation Trust after gaining a competitive NIHR Academic Clinical Fellowship by Cambridge University.

I am currently working on how neuromodulation with pharmacological challenges and transcranial magnetic stimulation alters impulsivity and other cognitive constructs in healthy volunteers and patient groups.

Overview

I will discuss about neuromodulatory treatments in depression including non-invasive brain neuromodulation, psychedelics and ketamine, and current status in research.

Working with transgender patients

Prof Christina Richards

Lead Consultant Psychologist – Charing Cross NHS Gender Identity Clinic

Biography

Professor Christina Richards MSc, DCPsych, CPsychol, EuroPsy, FBPsS is a Doctor of Applied Psychology and full Fellow of the British Psychological Society; She is a visiting Professor at Regent's University London; and is Lead Consultant Psychologist and Head of Research at the NHS Charing Cross Gender Identity Clinic where she assesses complex patients for eligibility for hormones and surgeries.

Professor Richards is Clinical Module Lead for the Royal College of Physicians' qualification in Gender Identity Healthcare; past Chair of the BPS Division of Counselling

Psychology; past Committee member for Psychologist Prescribing; a Lead National Assessor; Chair of the BPS Assessment, Diagnosis and Formulation guidelines; and Chair of the Guidelines for working therapeutically with sexual, gender, and relationship diverse clients.

Professor Richards is board member of the World Professional Association for Transgender Health (WPATH); Lead Chapter Author for Adult Assessment in the global WPATH Standards of Care. She is recognised by HM Courts and Tribunals Service as a Specialist in the field of Gender Dysphoria. Professor Richards is a founder member of the British Association of Gender Identity Specialists (BAGIS).

Overview

Transgender and gender diverse people are not mentally ill by virtue of being trans, but may have mental health problems just as everyone else does. This presentation will give a brief overview of gender diversity and also touch on some of the issues with managing mental illness with this population.



Psychopathology – the language of psychiatry

Dr Camilla Day

Consultant Psychiatrist in Eating Disorders and Honorary Research Fellow in Psychoactive Trials Group

Professor Gareth Owen

Professor of Psychological Medicine, Ethics and Law, King's College London. Hon Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust.

Biography

Dr Camilla Day is a general adult consultant psychiatrist currently working in South London and Maudsley NHS Eating Disorder Outpatients and Day Service. She has an interest in phenomenology, psychotherapy and psilocybin research.

Overview

This presentation will outline the difference between descriptive psychopathology and phenomenological psychopathology and also outline the Maudsley Phenomenology Reading Group.



Leadership and management: what to consider as trainees

Professor Asif Zia

Consultant psychiatrist and executive director for Quality and Medical Leadership at Hertfordshire Partnership University Foundation Trust

Biography

Professor Asif Zia is a consultant psychiatrist and executive director for Quality and Medical Leadership at Hertfordshire Partnership University Foundation Trust. Asif has also been appointed as chair of the NHS Confederation Mental Health Network's Medical Director Forum for the NHS Confederation in July 2022.

He has been involved in service development and quality improvement activities at regional and national level. He has published peer reviewed papers and policy documents on models of service delivery, quality standards, service users' engagement, managed clinical networks, and on clinical topics such as epilepsy and autism. Asif was awarded professional of the year by the Royal College of the Psychiatrist in 2021.



Social Dreaming

Dr Rachel Gibbons

Consultant Psychiatrist - Independent

Biography

Dr Rachel Gibbons has worked in the NHS over the past 20 years in various psychiatric settings as a consultant psychiatrist and consultant medical psychotherapist. She is a psychoanalyst and group analyst and current Co-Chair of the Patient Safety Group, Chair of the Working Group on the Effect of Suicide and Homicide on Psychiatrists and Vice-Chair of the Psychotherapy Faculty, at the Royal College of Psychiatrists. She is co-editor of the Royal College of Psychiatrists book 'Seminars in the psychotherapies'. Her most recent paper on suicide was published in the psychiatric bulletin in September 2023.



Developing Trainers Educational Fellowship

Dr Anuranjani Sardesai

ST5 General Adult Psychiatry

Biography

I am ST5 in general Adult Psychiatry with EPUT. I joined EPUT in 2018 as CTI and was fortunate to get ST placement in the trust.

I have done my foundation training in Basildon Hospital and my MD from St Petersburg I.P Pavlov Medical University, Russia.

My special interest is in Medical Education, Leadership and Management.

My hobbies include travelling and exploring world cuisines. I am passionate about advocating for BAME community within the NHS especially female IMG's.



Overview

Insight into fellowships available within HEEoE. Why, how and when to apply.

Successes and challenges in patient and carer involvement in mental health care

Ms Liz Harlaar

Eastern Carer Rep, Business Consultant

Biography

Liz Harlaar has been a Carer Rep since May 2020 and has recently been reappointed until May 2026. Liz has lived experience of mental health issues and is also a part-time carer / support to several people and her experience stretches back for over 25 years.

Liz's working life is spent as a self-employed business consultant, working mainly in healthcare and policing. One of Liz's roles is as an Associate Mental Health Act Manager with Norfolk and Suffolk Foundation Trust, where she regularly engages with service users, carers and professionals involved in mental health care.



In her spare time, Liz is a volunteer with Search and Rescue Dog Assoc. Anglia and REACT Disaster Response, where she supports vulnerable missing people and those affected by disasters and emergencies.

Liz is committed to improving mental health care and support and reducing the stigma of how mental health is often perceived and portrayed.

Overview

How and why can involving patients and carers improve mental healthcare? What are the challenges and what does success look like?

Cultural sensitivity in the workplace

Dr Fabida Aria

Medical Director - BSMHFT

Biography

Dr Fabida Aria has been a consultant psychiatrist since Dec 2011 and has been a medical leader since 2013. She took on the role as medical director at BSMHFT in August 2022. She has additional roles at the Royal college of psychiatrists as the specialist advisor for medical trainee initiative scheme and chair of the transcultural psychiatry special interest group.

She is very keen to further develop and enhance research across the Trust and wider with the team and partners, to improve patient and staff experiences, enable more training and development opportunities.

It is also important to ensure participation from and benefits for all communities in Birmingham and Solihull.

She is also the executive lead for health inequalities and the executive sponsor for the women's network.



Renewing phenomenological psychopathology

Prof Matthew Broome

Director of the Institute for Mental Health and Professor of Psychiatry and Youth Mental Health, University of Birmingham and Honorary Consultant Psychiatrist, Birmingham Women's and Children's NHS Foundation Trust

Biography

Matthew Broome is Chair in Psychiatry and Youth Mental Health, and Director of the Institute for Mental Health at the University of Birmingham, Distinguished Research Fellow, Oxford Uehiro Centre for Practical Ethics, University of Oxford, and Visiting Professor, Suor Orsola Benicasa University of Naples.

In the NHS, Matthew is Honorary Consultant Psychiatrist to East Birmingham Early Intervention in Psychosis Team, Birmingham Women's and Children's NHS Foundation Trust and NIHR CRN West Midlands Clinical Research Lead for mental health, neuroscience, and neurodegeneration.



Matthew studied Pharmacology and Medicine at the University of Birmingham and trained in psychiatry at the Maudsley Hospital, Bethlem Royal Hospital, and the National Hospital for Neurology and Neurosurgery.

Matthew's research interests include youth mental health, the prodromal phase of psychosis, delusion formation, mood instability, neurodevelopmental disorders, functional neuroimaging, interdisciplinary methods, mental health humanities, phenomenological psychopathology, and the philosophy of psychiatry. His research is funded by the Wellcome Trust, NIH/NIMH, MRC, NIHR, philanthropy, and the Wolfson Foundation.

Overview

In this talk, I'll overview the basic principles, methods, and history of phenomenological psychopathology and our recent Wellcome-funded project to renew the discipline for practice and research.

In Conversation with RCPsych Registrar Dr Trudi Seneviratne OBE

Biography

Dr Trudi Seneviratne (OBE, FRCPsych) has been Registrar of the College since 2020. In this role she has overall responsibility for policy, public education, revalidation and membership engagement.

Trudi qualified as a medical practitioner in 1992, having trained at St Bartholomew's Medical School, London; she completed her psychiatric training both at St. Bartholomew's and later, as a research registrar at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN).



Dr Trudi Seneviratne has been a consultant adult and perinatal psychiatrist at South London & Maudsley NHS Foundation Trust since 2002. She is also the Clinical Director for the Psychological Medicine Clinical Academic Group and Lewisham Directorate at the Trust, supporting the clinical, academic and educational aspects of a range of services: general adult, liaison, crisis, rehabilitation services and specialist services: Neuropsychiatry, Eating disorders, Perinatal.

She has been an active educator over the years and with colleagues, has published/disseminated numerous research papers, particularly in the area of perinatal mental health. She has collaborated on a range of activities including service development, the use of mother and infant interaction videos, service evaluation, quality improvement and outcomes research. She has held national leadership and management roles; she is a current member and previous vice-chair of the National Clinical Reference Group, NHS England; Chair of The Perinatal Faculty, Royal College Psychiatrists (2016-2020).

In 2019, she was awarded an Order of the British Empire for services to Perinatal Psychiatry and the President's medal of the Royal College of Psychiatrists.

In 2023, Trudi was appointed to an expert Advisory Group that supports The Princess of Wales' work with the Royal Foundation Centre of Early Childhood.

Upcoming Eastern Division events

Eastern Division Spring Conference 2024



Date

26 April 2024

Time

10:00AM – 4:30PM

Venue

Hinxtton Hall Conference Centre, Wellcome Genome Campus, Hinxtton, Cambridgeshire, CB10 1RQ

For more information and booking [visit the event webpage](#).

National Trainees' Conference 2024

National Trainees' Conference 2024

Who can come
Open to all psychiatry trainees, SAS doctors, foundation doctors, medical students, consultants and those who are psych-curious.

Highlights include

- Sustaining a career in psychiatry
- Innovative technology, treatments and research
- Nature-based interventions
- Developing sub-specialities
- Future of patient care and lived experience perspectives

Poster competition

- Delegates can submit a poster
- **Theme:** Next Generation
- **Deadline:** 28 March 2024
- **Email to:** psychtraineeconference@gmail.com
- Full terms and conditions are on the event webpage





NEXT
GENERATION

Date: 25 April - 26 April 2024 | **Venue:** Cloth Hall Court, Quebec Street, Leeds, LS1 2HA

- [Industrial action FAQs | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)
- [Distribution of medical training posts | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)
- [Training resources | Royal College of Psychiatrists \(rcpsych.ac.uk\)](#)

Eastern Division vacancies

We are currently looking to recruit enthusiastic and experienced members in the Eastern Division.

- Forensic Regional Representative
- Liaison Regional Representative
- General Adult Regional Representative
- Neuropsychiatry Regional Representative
- Medical Psychotherapy Regional Representative
- Deputy Regional Advisor

If you are interested in taking up any of the above posts please email moinul.mannan@rcpsych.ac.uk, including a copy of your CV.

- [Regional Specialty representative job description](#) (PDF)
- [College Officer role descriptions \(England Wales\)](#) (PDF)
- [Find out how to stand for elections for the elected positions](#)