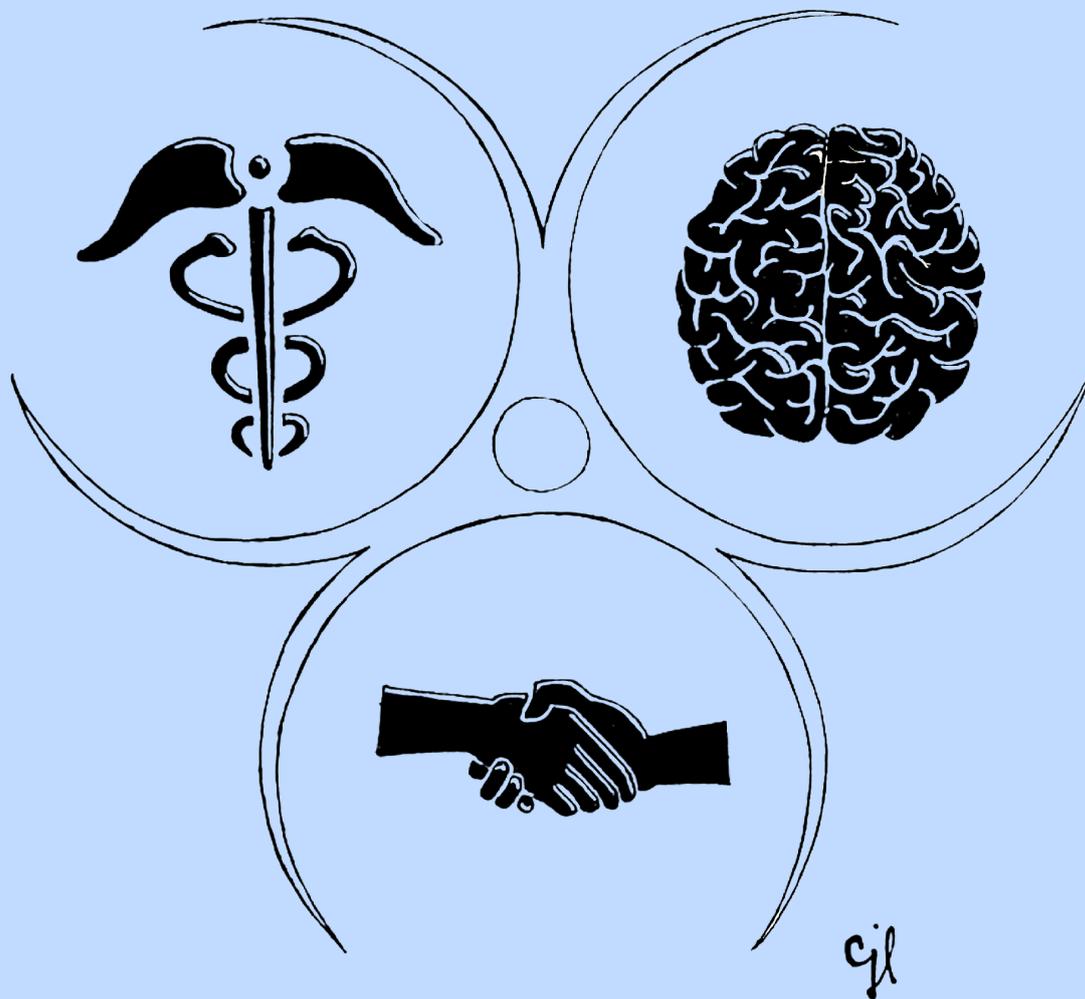
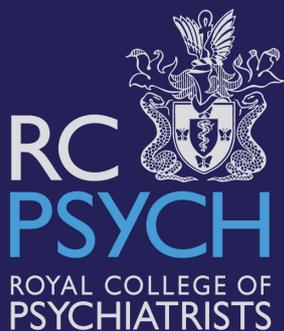


Cambridge University Psychiatry Society Presents

NATIONAL STUDENT PSYCHIATRY CONFERENCE 2021



PSYCHIATRY IN A POST-COVID WORLD



SPEAKERS

Paul Wilkinson

Paul Wilkinson has been Clinical Dean at the University of Cambridge School of Clinical Medicine since January 2021. Before that he was a Senior Lecturer and Honorary Consultant in Child and Adolescent Psychiatry in Cambridge, and led the Cambridge Undergraduate Psychiatry course from 2009 to 2020. Dr Wilkinson is an interpersonal psychotherapy practitioner, supervisor and trainer. His research interests are medical education, and the epidemiology and treatment of depression and self-harm.



Adrian James

Adrian James was elected President of the Royal College of Psychiatrists in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates.

Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and Founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008). He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity).

Adrian was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission (CQC). He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement (QI) Committee and Workforce Wellbeing Committee at the College.

His priorities as President are:

- Establishing a pathway to parity for mental health services
- Equality and diversity
- Sustainability
- Workforce Wellbeing



Ed Bullmore

Ed Bullmore MB PhD FRCP FRCPsych FMedSci trained in medicine at the University of Oxford and St Bartholomew's Hospital, London; then in psychiatry at the Bethlem Royal & Maudsley Hospital, London. He moved to Cambridge as Professor of Psychiatry in 1999 and was Head of the Department of Psychiatry from 2014-2021.

He is currently Director of the Wolfson Brain Imaging Centre, and Deputy Head of the School of Clinical Medicine. He is also an honorary Consultant Psychiatrist and Director of R&D in Cambridgeshire and Peterborough Foundation NHS Trust. From 2005-2019, he worked half-time for GlaxoSmithKline, as VP Experimental Medicine, latterly focusing on immuno-psychiatry, as described in his best-selling book "The Inflamed Mind" (2018).

Professor Bullmore has published more than 500 scientific papers and has been highly cited (Google h-index 173). He has been elected a Fellow of the Royal College of Physicians, the Royal College of Psychiatrists, and the Academy of Medical Sciences (AMS); he has also served as Treasurer of the AMS since 2018.



Mina Fazel

Mina Fazel is an Associate Professor in the Department of Psychiatry, University of Oxford and a consultant child and adolescent psychiatrist in the Department of Children's Psychological Medicine at Oxford University Hospitals. The focus of her work has been on finding ways to improve access to mental health services for children and young people, especially the most vulnerable populations.

She has been working for over a decade developing mental health services for refugee children and is also interested in researching how mental health services can work within schools to reach and treat children who might not easily access services otherwise. In her clinical work, she is part of a team helping children and young people with chronic health difficulties and pain at Oxford Children's Hospital.



Tamsin Ford

Tamsin Ford is a Professor of Child and Adolescent Psychiatry at the University of Cambridge, where she leads the Child and Adolescent Resilience and Mental health research group (ChARM).

Her academic work focuses on the effectiveness of interventions and the efficiency of services in relation to the mental health of children and young people, with a particular focus on the interface between the education and health systems.

She completed her PhD at the Institute of Psychiatry, Kings College London, and moved to Exeter in 2007 to set up the Child Mental Health Research Group. She moved to Cambridge in 2019.



Claire Wilson

Claire Wilson MRCPsych PhD is a clinical researcher and psychiatry registrar at the Institute of Psychiatry, Psychology and Neuroscience, King's College London and South London and Maudsley NHS Foundation Trust.

Her expertise is in psychiatric epidemiology, having worked on a number of large UK and international birth cohorts to investigate the intergenerational transmission of risk for mental health and disease. She is particularly interested in how multimorbid physical and mental ill health and substance misuse come together in the preconception and perinatal periods to shape offspring outcomes across generations.

She is also a keen educator and the academic secretary for the Women and Mental Health Special Interest Group of the UK's Royal College of Psychiatrists.



Shubulade Smith

Shubulade (aka Lade) Smith is a Consultant Psychiatrist at the South London and Maudsley (SLaM) NHS Foundation Trust and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London.

She graduated in Medicine from Guy's Hospital Medical School, London, winning prizes in Psychological Medicine. Having trained in general psychiatry, she is now a forensic psychiatrist.

Dr Smith is Clinical Director of the Forensic Services at SLaM. She is also the Clinical Director of the National Collaborating Centre for Mental Health at the Royal College of Psychiatrists, providing medical leadership for the team developing mental health guidelines.

Dr Smith was awarded a CBE in the Queen's Birthday Honours in June 2019 for services to Forensic Intensive Psychiatric care. In November 2019 she was awarded Psychiatrist of the Year by the Royal College of Psychiatrists and recently featured in HSJ's list of 100 influential BAME leaders.



Rajesh Mohan

Raj Mohan is a consultant in Rehabilitation and Social Psychiatry and works at the South London and Maudsley NHS Foundation Trust, in London. He completed his medical school and psychiatry training in India before coming to the UK.

Dr Mohan is a Fellow of the Royal College and is the current Chair of the Rehabilitation and Social Psychiatry Faculty of the Royal College. In 2020, he was appointed as one of the two presidential leads for Race and Equality (along with Dr Lade Smith) at the RCPsych. The College leads are tasked with supporting implementation of the RCPsych Equality Action Plan for all members and College staff as well as for patients and carers within mental health services.

Dr Mohan teaches medical students at Kings College, London and campaigns for better funding for mental health services, equity, and social justice. He can often be found on Twitter.



SPECIALITIES

Chris O'Loughlin

Chris O'Loughlin is the Head of School for Psychiatry in the East of England, coordinating the training programmes across the Trusts, promoting recruitment, and supporting trainees. He also works in the Deanery Professional Support and Wellbeing Service seeing trainees across specialties. Dr O'Loughlin works clinically as a community General Adult Psychiatrist, seeing patients in and around Ely. Previously Dr Chris O'Loughlin was Director of Medical Education in Cambridge and Core Training Programme Director. He does triathlon and enjoys playing the piano.



Aastha Sharma

Aastha Sharma M.B.B.S. M.D.(Psychiatry) MRCPsych is a Child and Adolescent Psychiatry registrar (ST5) in the Cambridgeshire and Peterborough NHS Foundation Trust. She currently serves as a trainee editor for the BJPsych Advances journal. She is also an elected trainee representative for the RCPsych Psychiatry Training Committee for the Eastern region. She is one of the founder members of the PsychStart mentoring scheme with the University of Cambridge School of Clinical Medicine.



Judy Rubinsztein

Judy Rubinsztein has been a consultant in Old Age psychiatry for 17 years and works at Fulbourn Hospital in Cambridge, UK. She has a long standing interest in educational and training. She has been a core training director, a training programme director for old age psychiatry and a medical student tutor at the WSH for 13 years. She is currently a deputy tutor for medical students and an associate lecturer at Cambridge University. She is currently the regional representative for the Old Age Faculty in the Eastern Region. She has a PhD from Cambridge University in cognitive neuroscience and has research interests in crisis teams, bipolar disorder in later life and educational work.



Shahid Zaman

Shahid Zaman is a Consultant Psychiatrist in psychiatry of intellectual disability (learning disability) in the Cambridgeshire and Peterborough Foundation NHS Trust (CPFT) and an Associate Lecturer in the Department of Psychiatry, University of Cambridge. He read medicine and physiology at the University of Sheffield, and was awarded a PhD in molecular neurobiology from the University of Cambridge.

Dr Zaman's career path has been rather varied. He undertook clinical training in clinical biochemistry, general medicine/neurology and then psychiatry. He has worked and trained abroad, in the USA (neuroscience) and Australia (psychiatry).



Chinwe Obinwa

Chinwe Obinwa is a Consultant Forensic Psychiatrist and Clinical Director of Forensic and Rehabilitation Division, Derbyshire Healthcare Foundation NHS Trust. She graduated from University of Jos in 1998 and served in Lagos where she was posted to Yaba Neuro-Psychiatric Hospital Lagos in 2000. There, she fell in love with the field of psychiatry and commenced her specialist training. She emigrated to the United Kingdom in 2004 to pursue and continue with her psychiatric training.

Dr Obinwa is a member of the National and West African Colleges of Physicians and Royal College of Psychiatrists. She has experience of working in various subspecialties in psychiatry, including specialist female only and offender services. She has particular expertise in the forensic assessment of complex cases, involving multiple agencies, who present a significant risk of harm to others.

She is Higher Specialist trainer in Forensic Psychiatry, PLAB Examiner and recently became a CESR Assessor for the Royal College of Psychiatrist. Her special interests are in Occupational Psychiatry, Neuropsychiatry as well as Medical Education.

Dr Obinwa is the President of the Association of Black Psychiatrists, UK (ABP-UK), which is a supportive platform for the professional development of black psychiatrists and aims to promote excellence in patient care. ABP-UK had their inaugural meeting on 22 October 2020 where they celebrated Black Contribution to Innovation in Psychiatry.



Oluyemi Adekunte

Oluyemi Adekunte graduated from Ogun State University Medical School in Nigeria with university academic credits /prizes in most of his courses. Dr Adekunte initially started out as a surgical resident but crossed over to psychiatry for personal reasons. He achieved Membership status of Royal College of psychiatrists in 2013 and subsequently obtained Certificate of Completion of Training in General Adult Psychiatry with Endorsement in Rehabilitation Psychiatry. He is also a trained Eating Disorder specialist. Dr Adekunte trained in Newcastle and Cambridge where he did his core training and higher specialist training respectively.

During his training, he developed and spent considerable amount of time in acquiring skills in psychotherapeutic principles and clinical applications. Part of his core psychiatry training included 6 months rotation in a psychotherapy post with focus on group therapy. This was in addition to the mandatory supervised engagements in Cognitive Behavioural Therapy (CBT) and psychodynamic therapy cases. His primary special interest as a higher trainee was Cognitive Analytical therapy (CAT) which he delivered to a number of patients. Currently, he lectures psychotherapy at the Clinical School, Cambridge University and also works as a Consultant Psychiatrist in an NHS trust. Dr Adekunte has also progressed to achieve the status of Fellow of the Royal College of Physicians and Surgeons of Canada.



WORKSHOPS

Nikolett Kabacs

Perinatal psychiatry: how to successfully integrate maternity and mental health services

Nikolett Kabacs is a Consultant Perinatal Psychiatrist in the Cambridge Perinatal Mental Health Team, a Clinical Advisor for the East of England Perinatal Clinical Network and a member of the National Perinatal Mental Health Clinical Reference Group. Dr Kabacs received her medical degree from Semmelweis University and completed her postgraduate training in general adult psychiatry at the Budapest National Institute of Psychiatry and Neurology. She has been working for the NHS since 2004. She has a research interest in Perinatal Psychiatry and co-leads a research study investigating mother-infant brain synchrony in postnatal depression in University of Cambridge.



Jo Peterkin

Perinatal psychiatry: how to successfully integrate maternity and mental health services

Joanne Peterkin is the Principal Clinical Psychologist for the Perinatal Mental Health Team in Cambridgeshire and has been working to embed psychological practice within the service since its launch. Dr Peterkin has developed the psychological treatment offered in-house to include a range of psychological therapies aimed at supporting maternal mental health, and parent-infant attachment. She is a Video Interaction Guidance Supervisor and has been able to train and support staff in the team to deliver this video-based treatment for parent-infant difficulties. Prior to this post, Dr Peterkin worked for six years in Children's Social Care, working with looked after and adopted children and their families. Jo sits on the board for the Faculty of Perinatal Psychology with the British Psychological Society.



Kaat De Backer

Perinatal psychiatry: how to successfully integrate maternity and mental health services

Kaat De Backer is a specialist midwife in perinatal mental health and works as a matron at the Kingfisher Mother and Baby Unit, Norwich, Norfolk. Before her midwifery training, Kaat worked at the Department of Primary Health Care and Family Medicine at Ghent University, Belgium, applying her degrees in Arts and Humanities, and International Political Sciences. After qualifying as a midwife in Belgium, Kaat moved to the UK and worked as a midwife both in community and hospital settings. Until recently, Kaat held a clinical role as Specialist Midwife for Perinatal Mental Health at the Rosie Hospital (Cambridge University Hospital NHS Foundation Trust), providing midwifery care for women with severe or complex mental health problems and working closely with the local perinatal mental health service. She has a strong research interest and holds an NIHR Applied Research Collaboration fellowship, funded by the NIHR East of England Applied Research Collaboration. She is a Visiting Clinical Research Fellow at the Department of Women's and Children's Health at King's College London, and contributing to several research projects on the impact of maternity care on women with severe mental illness.



Akeem Marsh

Moving Through Trenches with Finesse: A Career Path in Psychiatry. Creative engagement with Traumatized Youths

Akeem Marsh, MD currently serves as the Assistant Medical Director of the Home for Integrated Behavioral Health, New York Foundling's Harlem based mental health clinic.

Dr Marsh is board certified in both General and Child & Adolescent Psychiatry. He has dedicated his career to working with children and families of medically underserved communities. He received his Bachelor of Science degree from the prestigious Sophie Davis School of Biomedical Education/CUNY School of Medicine at the City College of New York. He earned his Medical Doctorate from the SUNY Health Science Center at Brooklyn - Downstate College of Medicine. He completed both his residency in general psychiatry and fellowship in child and adolescent psychiatry at the Zucker School of Medicine at Hofstra/Northwell.

Dr Marsh also currently maintains an academic appointment as Clinical Assistant Professor of Child and Adolescent Psychiatry at the New York University Grossman School of Medicine. His primary interests include the nexus of trauma-related symptoms and disruptive behaviors, trauma-informed juvenile justice reform, and the impact of racial and other bias on the experiences, evaluation, and treatment of justice-involved youth who have experienced trauma. He is co-editor of forthcoming book "Not Just Bad Kids: The Adversity and Disruptive Behavior Link".



Ahmed Hankir

Islamophobia and Muslim Mental Health

Dr Ahmed Hankir would describe himself as a proud British Muslim, survivor of psychological trauma/torture, mental health campaigner and researcher. Dr Hankir is also a doctor working in frontline psychiatry for the National Health Service at South London and Maudsley NHS Foundation Trust in the UK. He holds academic posts as Senior Research Fellow at the Centre for Mental Health Research in association with Cambridge University and Academic Clinical Fellow in General Adult Psychiatry at King's College London.

In recognition of his research and scholarly outputs and his services to public engagement and education (he has lectured to over 75,000 people in 19 countries on five continents worldwide), Dr Hankir was appointed Visiting Professor of Academic Psychiatry at the Carrick Institute for Graduate Studies in Cape Canaveral, USA.

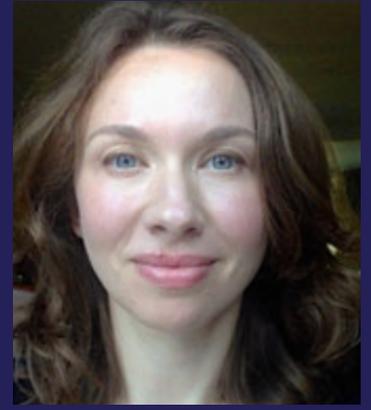


Anna Alexandrova

What actually is Mental Health?

Anna Alexandrova studies how scientists navigate morally charged and complex phenomena and the role of formal tools such as models and indicators in their scholarly and public work. Since 2018, Anna has been the Principal Investigator on *Expertise Under Pressure* project at the Centre for Humanities and Social Change. In 2015-2018, Anna co-directed, with Stephen John, the *Limits of the Numerical* project. Up until recently Anna served as a Programme Director in Philosophy and Ethics of AI at the Leverhulme Centre for Future of Intelligence, where she worked on the a report for the Nuffield Foundation.

Before coming to Cambridge, Anna taught at the University of Missouri St Louis, Washington University in St Louis, and received her PhD in Philosophy and Science Studies at the University of California San Diego. Anna is a fellow of Kings College where she directs studies in History and Philosophy of Science.



John Babalola

Covid, You and Our Future

John Babalola trained at the reputable Obafemi Awolowo University and completed his postgraduate training at Guy's and St Thomas's Hospital, which was part of the South London and Maudsley training scheme. Dr Babalola has been practising as a Consultant Psychiatrist with the NHS for over 17 years and has a special interest in Neuropsychiatry and Bipolar Affective Disorder.

Dr Babalola is an Associate Clinical Director at an NHS Foundation Trust and is very much involved in postgraduate and undergraduate teaching. He mentors several junior and senior doctors across the NHS and private health sector. He is involved in several projects in Nigeria which aim to empower doctors and nurses across the country and improve their professional and personal development. He is also involved in research projects and has contributed to a number of published papers.

Dr Babalola and his wife set up NaijAid a British based charity which works to empower African doctors and nurses by improving their knowledge base while also promoting and preserving health of Africans in the diaspora, it also sponsors free health care for the less well-off and provides a number of free health clinics in Nigeria.



David Nutt

Is the Future of Psychiatry Psychedelic?

David John Nutt is an English neuropsychopharmacologist specialising in the research of drugs that affect the brain and conditions such as addiction, anxiety, and sleep. He is the chairman of Drug Science, a non-profit which he founded in 2010 to provide independent, evidence-based information on drugs. Until 2009, Dr Nutt was a professor at the University of Bristol heading their Psychopharmacology Unit. Since then he has been the Edmond J Safra chair in Neuropsychopharmacology at Imperial College London and director of the Neuropsychopharmacology Unit in the Division of Brain Sciences there.

Dr Nutt was a member of the Committee on Safety of Medicines, and was President of the European College of Neuropsychopharmacology. His book "Drugs Without the Hot Air" (UIT press) won the Transmission Prize for Communicating Science in 2014.



Henrietta Bowden-Jones

Gambling Disorder in a Digital Age: An Overview

Henrietta Bowden-Jones is a medical doctor and neuroscience researcher working as Consultant psychiatrist in Addictions. She was appointed Officer of the Most Excellent Order of the British Empire (OBE) in the 2019 New Year's Honours for Services to Addiction Treatment and to Research.

She is a Honorary Professor, Division of Psychology and Language Sciences at University College London (UCL) and in 2020 she became Honorary Senior Visiting Fellow, Dept of Psychiatry, Cambridge University. She is also current President Elect of the Royal Society of Medicine Psychiatry Section.

Dr Bowden-Jones is the Founder and Director of the National Problem Gambling Clinic based in London. It has been inundated by thousands of referrals since its opening in 2008 and holds an extensive national database on pathological gambling. Henrietta also runs a Problem Gambling Research Consortium, collaborating with various universities on different research projects exploring the nature of pathological gambling from a neurobiological and clinical perspective. Prior to founding the National Problem Gambling Clinic, she spent several years running the inpatient NHS detoxification services for alcohol and drugs in central London (CNWL NHS Foundation Trust) as well as leading the Soho Rapid Access Clinic, treating the homeless drug addicts of central London.



Paul Fletcher

A Different Reality - Trying to Understand the Nature of Psychosis

Paul Fletcher is Bernard Wolfe Professor of Health Neuroscience at the University of Cambridge. He is an internationally recognised leader in cognitive neuroscience and functional neuroimaging of psychiatric and other behavioural disorders. His work is strongly interdisciplinary and distinctive for its depth and sophistication in the cognitive analysis of symptom formation. Professor Fletcher has been able to translate cognitive neuroscience to metabolic medicine, as well as psychiatry, thus pioneering the new field of health neuroscience and contributing to a deeper, neuroscientific understanding of the maladaptive behaviours that often contribute to risk for somatic disorders.



SATURDAY 27TH FEBRUARY

09:45	Join conference and Introduction
10:05	Paul Wilkinson, Dean of Cambridge Clinical School
10:10	Adrian James, President of RCPsych "Presidential Priorities and the Pandemic"
11:00	Ed Bullmore "The inflamed mind and implications for COVID"
12:00	Lunch
13:15	Mina Fazel "What kind of refuge? School mental health services and refugee children"
14:00	<u>Introduction to the Specialties + Q&A</u> General Adult - Dr Chris O'Loughlin Child and Adolescent - Dr Aastha Sharma Intellectual Disability - Dr Shahid Zaman Forensic - Dr Chinwe Obinwa Old Age - Dr Judy Rubinsztein Psychotherapy - Dr Oluyemi Adekunte
15:15	Coffee break
15:30	<u>Workshop One</u> Akeem Marsh - "Moving Through Trenches with Finesse: A Career Path in Psychiatry" Nikolett Kabacs, Jo Peterkin & Kaat De Backer - "Perinatal psychiatry: how to successfully integrate maternity and mental health services" Ahmed Hankir - "Islamophobia and Muslim Mental Health" Anna Alexandrova - "What actually is Mental Health?"
16:20	Coffee break

16:30

Workshop Two

John Babalola - "Covid, You and Your Future"
Henrietta Bowden-Jones - "Gambling Disorder in a Digital Age: An Overview"
Paul Fletcher - "A Different Reality - Trying to Understand the Nature of Psychosis"
David Nutt - "Is the Future of Psychiatry Psychedelic?"

17:20

End of first day - closing remarks

19:00

PsychSoc Pub Quiz!

SUNDAY 28TH FEBRUARY

09:45	Join conference
10:00	Welcome back!
10:05	Planning a Career in Psychiatry - Overview of the training path
10:20	<u>Careers in Psychiatry</u> Fiona Kehinde, F1 PFF Jeremy Solly and Benjamin Illingworth, AFP Johanna O'Connor, F2 Peter Swann, Core Trainee Leonidas Chouliaras, Specialty Registrar Chris O'Loughlin - Consultant
11:00	Careers Q&A
11:30	Tamsin Ford - "Are the kids alright?" Impact of Covid-19 and Lockdown on Mental Health Among Children and Young People in the UK
12:30	Lunch
13:00	Poster prize winner announcement and presentation (optional)
13:30	Claire Wilson - "Challenges and opportunities of the COVID-19 pandemic for perinatal mental health care in the UK"
14:20	Coffee break
14:30	Shubulade Smith and Rajesh Mohan - "Laying the foundations for equity in health: a mental health perspective"
15:30	End of conference - Closing remarks

CHOOSE PSYCHIATRY

As a psychiatrist you will have a huge positive impact on the lives of your patients and their carers. You will face new and interesting challenges every day, but always be able to face them with the support of your doctor colleagues and team around you.

You will always be learning and your medical and scientific knowledge and skills will constantly grow. You can work in a range of settings, from hospitals to people's homes. As you progress through your career, you have more opportunity to shape the way you work and can combine your career with a wide range of other interests. As we continue to learn about the science of mental health, the brain and about the importance of good mental health, psychiatry is being recognised as being an important branch of medicine.

There are **six psychiatric specialties** that you can formally train in:

- General adult psychiatry
- Forensic psychiatry
- Child and adolescent psychiatry
- Old age psychiatry
- Medical psychotherapy
- Intellectual disability psychiatry

Steps to take next as a medical student:

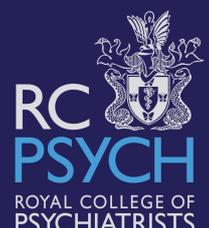
- Join RCPsych as a student associate member (it's free!)
- Prepare for your next job application by looking at person specifications and starting to build your portfolio
 - Fellowships, bursaries, electives in related specialties or talk to senior colleagues about research opportunities or interests

To find out more:

- Attend our sessions on 'Careers in Psychiatry' and 'An Introduction to the Specialties in Psychiatry'
- Visit: <https://www.rcpsych.ac.uk/become-a-psychiatrist/choose-psychiatry>



**MAKE A DIFFERENCE -
CHOOSE PSYCHIATRY**



FEEDBACK + CERTIFICATE



FEEDBACK



CERTIFICATE

Thank you so much for attending our event! We would really appreciate it if you could take 5 minutes to fill out some feedback on your experience.

We will also be sending out certificates for attendance, so please fill out the second form if you would like one of these.

Please use the QR codes to take you to the relevant page.

We hope you enjoyed this weekend and choose psychiatry!