



RCPsych in Scotland Winter Meeting

@RCPsychScot

#ScotWin2023

Friday 20th January 2023
at the Radisson Blu Hotel, Glasgow
Registration from 9.00am

Event Booklet



A register will be taken to confirm attendance upon arrival



Please turn your phone/devices to silent and your email notifications off for the duration of the event.



Feedback Forms will be circulated for you to complete in the afternoon.



Certificates of attendance will be emailed to you within 10 days of the event.

RCPsych in Scotland WINTER MEETING 2023

20th January 2023 | Glasgow Radisson Blu Hotel

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Morning Programme: Improving Outcomes for People with Personality Disorder	
09:00 – 09:25	Registration
09:30 – 09:40	Welcome and introduction to the morning from the Chair Dr Alasdair Forrest, Chair, Faculty of Medical Psychotherapy, RCPsychiS
09:40 – 10:00	Setting the scene: why is it still so difficult to get things right? Dr Andy Williams, Consultant Medical Psychotherapist, PD Clinical lead NHS GG&C, Clinical lead HIS PD Improvement Programme
10:00 – 10:40	The journey to reflection in forensic life Jon Patrick, Consultant Forensic Psychiatrist/Psychotherapist, The State Hospital, Carstairs Adam Polnay, Consultant Medical Psychotherapist, The State Hospital (Carstairs) and Edinburgh Psychotherapy Department
10:40 – 11:00	Comfort Break
11:00 – 11:30	BPD Dialogues Chat Members of the BPD Dialogues Group
11:30 -11:50	Scottish PD Animations Project Jamielouise Malone and Lucy MacLeay
11:50 – 12:20	Personality Disorder Improvement Programme Michele Veldman, Consultant Clinical Psychologist and Clinical Lead for PD Improvement Programme
12:20 – 13:20	Lunch
13:20 – 13:30	RCPsych in Scotland Business Meeting Dr Linda Findlay, Chair, RCPsych in Scotland Dr Jane Morris, Vice Chair, RCPsych in Scotland
Afternoon Programme: Mental health professionals and the law: current issues and what the future holds	
13:30 - 13:40	Welcome and introduction to the afternoon session from the Chair Dr Roger Smyth, Consultant Psychiatrist, Department of Psychological Medicine, Royal Infirmary of Edinburgh
13:40 – 14:25	The evolving legal & policy landscape: A strategic and operational Q&A Dr Arun Chopra, Medical Director, Mental Welfare Commission for Scotland
14:25 – 15:10	Assisted Dying Bill Dr Stephen Potts, Consultant in Liaison Psychiatry
15:10 – 15:30	Comfort Break
15:30 – 16:15	Scott Review (TLDR version) Professor John Crichton
16.15	Meeting Closes

Up to 6 CPD
CREDITS

Speaker Biographies / Abstracts

Morning Session: Improving Outcomes for People with Personality Disorder

Alasdair Forrest – Chair (morning session)

Alasdair Forrest is Consultant Forensic Psychiatrist and Medical Psychotherapist to the Royal Cornhill Hospital, Aberdeen. He is also a Group Analyst. He is Chair of the Medical Psychotherapy Faculty of the Royal College of Psychiatrists in Scotland.

Andy Williams

I am a Consultant Medical Psychotherapist and clinical lead for the Personality Disorder and Homelessness Team in NHS GGC. I am dual trained in Psychoanalytical Psychotherapy and General Adult Psychiatry, and I am also trained in MBT. I have been acting as Clinical Lead for Personality Disorder in NHS GGC over the last few years, helping with delivery of the Mental Health Strategy on development of a BPD Pathway.

Presentation Abstract: “Setting the scene: why is it still so difficult to get things right?”

I will set the scene for the day with an overview of various national reports and strategies aimed at improving services for people with a diagnosis of personality disorder. I will outline some ideas about the particular challenges in changing service and staff responses, using principles drawn from psychotherapy models, research and experience.

Jon Patrick

Dr Jon Patrick is a Consultant Forensic Psychiatrist and Psychotherapist. He has experience of setting up, delivering and supervising group and individual reflective practice in outpatient, inpatient and secure settings. He has previously led MBT Services in the Community and in Forensic Settings. Additionally, he has a major interest in training staff in reflective skills and using mentalizing principles to help psychologically inform clinical environments, including in prisons, hospitals and most recently the A+E department in Edinburgh.

Adam Polnay

Dr Adam Polnay is a Consultant Medical Psychotherapist at The State Hospital (Carstairs) and is the Clinical Lead for the NHS Lothian Psychotherapy Department. Adam is a Psychoanalytic Psychotherapist, an accredited Mentalization Based Treatment (MBT) Practitioner, and has a postgraduate Certificate in CBT.

Adam's current main research area is in the evaluation of psychodynamic Reflective Practice Groups. He is the main author of an upcoming textbook, "The Cambridge Guide to Psychodynamic Psychotherapy", due for publication in June 2023 with Cambridge University Press.

Presentation Abstract: "The journey to reflection in forensic life"

The caring relationship is not always straightforward for both sides. Clinicians often care for patients who have deep-rooted difficulties in their relationships with care, and whose inner experiences may be distressing to themselves and others. Some patients have acted on their mental states in aggressive ways, and some continue to do so whilst in hospital. It is well recognised that working with patients with troubled minds (and who may carry out disturbing actions) can be troubling and stressful for their treating clinicians, and this distress can reverberate through the wider hospital system. Closely linked to this, the caring relationship can become complicated in ways that interfere with treatment.

These important processes may not be obvious unless we make time to stop and reflect. Multidisciplinary Reflective Practice Groups (RPGs) bring the whole clinical team together in a supportive and non-judgmental setting, to reflect on and process staff-patient, team and organisational dynamics, in order to sustain good caring relationships with patients and to reduce the stresses of the work for staff.

RPGs provide an opportunity for clinicians to feel supported and valued, and to discuss their clinical work with an external facilitator to process the emotional impact of work on themselves.

There is a convergence in the literature that well-functioning RPGs for the multidisciplinary team, that are embedded into ward culture, are essential for the safe and sustainable running of forensic hospitals (Craissati et al., 2015; Patrick et al., 2018; RCPsych CCQI, 2012; Russell, 2017; Russell et al., 2018). We argue that this is equally relevant for general psychiatric settings, and in all setting where the caring relationship is central.

We discuss the development of Reflective Practice Groups within the Forensic Network in Scotland, as well as current work in training and research.

Members of the BPD Dialogues Chat

We will be joined by the following speakers with lived experience: Lisa Heenan, Alison Duncan, Joan McBride, Fiona Macneil and Jamielouise Malone

Presentation Abstract:

The BPD Dialogues group will be hosting a chat show and Q&A session reflecting on their work over the past year. The group is co-facilitated by the NHS for GGC and the Mental Health Network for Greater Glasgow and works to

put lived experience at the forefront of service design and development. The group will reflect on their work developing animations, leaflets and training (among many other projects) to better inform professionals, carers and the wider community on their different experiences with BPD and their continued efforts to address stigma.

Jamielouise Malone and Lucy MacLeay

Lived experience speakers

Presentation Abstract: Scottish PD Animations Project

Presenting PD network animations

Michelle Veldman

Dr Veldman is a Consultant Clinical Psychologist and has worked in adult mental health in the NHS in Scotland for most of her career. She is currently working as the Clinical Lead for the Dialectical Behaviour Therapy (DBT) service in NHS Greater Glasgow and Clyde and in a secondment with Healthcare Improvement Scotland (HIS) as one of two National Clinical Advisors for the Personality Disorder Improvement Programme (PDIP). She continues to be involved in service planning, staff development and implementation of psychological therapies for people with Personality Disorder in NHS Greater Glasgow and Clyde. In all these roles she is guided by her beliefs that the best way to delivering meaningful and effective services to people with Personality Disorder is to listen to their voice on what works, to value and support staff who work in the various settings, and to be informed by the growing body of evidence.

Presentation Abstract: Personality Disorder Improvement Programme

To present an overview of phase 1 (April 2022 – March 2023) of the Personality Disorder Improvement Programme (PIDIP) in Healthcare Improvement Scotland. This programme was commissioned by the Scottish Government. The aims are to learn from lived experience insights, to develop a learning system, to identify good practice in Scotland and make recommendations based on a strategic gap analysis, and to report on staff views.

Afternoon Session: Mental health professionals and the law: current issues and what the future holds

Roger Smyth – Chair of the Afternoon Session

Dr Roger Smyth is Consultant Psychiatrist in the Department of Psychological Medicine at the Royal Infirmary of Edinburgh and Honorary Clinical Senior Lecturer at the University of Edinburgh.

His main area of clinical interest is the psychiatric care of organ transplant patients. He is lead author and editor of the Oxford Handbook of Psychiatry. He chairs the Legislative Oversight Forum of the Royal College of Psychiatrists in Scotland.

Arun Chopra

Arun is the Medical Director at the Mental Welfare Commission for Scotland. Prior to taking up this role he worked as a Consultant Psychiatrist in Edinburgh, Lower Hutt (New Zealand), and in Nottingham in General Adult mental health services, mostly in inpatient and crisis team settings.

Presentation Abstract: “The evolving legal & policy landscape: A strategic and operational Q&A!”

This year looks set to be a busy year with a number of strategic developments in the health and care landscape that might impact on mental health services, staff and patients. At the same time, it continues to remain operationally challenging in many service areas. The aim of this talk is to provide clinicians a perspective on these developments and to consider the challenges and opportunities ahead.

Dr Stephen Potts

Stephen Potts was appointed in 1996 as a consultant liaison psychiatrist at the Royal Infirmary of Edinburgh, where he has worked with the transplant teams and renal unit in an embedded role since 2014. He was previously a two-term chair of the RCPsych in Scotland’s liaison faculty.

He has pursued an interest in the field of assisted dying for many years, first publishing it in 1987, and first speaking on the implications for psychiatry in 1991. He led the RCPsych in Scotland’s response to previous Bills proposing to legalise assisted dying in 2010 and 2015, giving evidence in committee sessions at Holyrood.

He is a Fellow of RCPsych, RCPE and RCSEd

Presentation Abstract: Assisted Dying Bill

For the third time since 2010, a Bill proposing the legalisation of assisted dying in Scotland will come before Holyrood in 2023. It proposes to permit assisted suicide (but not active euthanasia) for capacitous terminally ill adults, subject to a detailed process of assessment.

Margo McDonald’s 2010 Bill laid down many roles for psychiatrists at various stages of the process in all cases. Patrick Harvie’s 2015 Bill made no mention of any role for psychiatrists. The current Bill proposes a role limited to the assessment of capacity in cases where it is called into question by either of two assessing doctors. It is currently

unclear whether this role will form part of psychiatrists' NHS duties, or whether those opposed to participation will be able to opt out.

Like its predecessors, the current Bill is not a piece of government legislation, but sponsored by an MSP, Liam Macarthur (Lib Dem, Orkney). It has considerable cross-party support, including that of Patrick Harvie, now a government minister. It recently underwent a major consultation exercise, which had the highest response rate of any Bill, and which reported a clear majority in favour of the legislation.

In this talk I will lay out the main provisions of the Bill, summarising what it would allow and forbid. I will go into more detail about the planned role for psychiatrists. I will describe the main differences from the previous Holyrood Bills and from enacted legislation elsewhere. I then hope to generate discussion on the specific implications likely to arise for psychiatrists, to inform RCPsych in Scotland's eventual response to the Bill.

Professor John Crichton

Professor John Crichton is Treasurer at the Royal College of Psychiatrists, an Honorary Professor at the School of Law, University of Edinburgh, and Consultant Forensic Psychiatrist at the Orchard Clinic, Royal Edinburgh Hospital, Scotland's first medium secure unit.

After studying psychology and medicine at Nottingham University, Professor Crichton completed initial training in psychiatry at Cambridge. At the Institute of Criminology, University of Cambridge, he completed a PhD investigating the management of violence and other challenging behaviour involving psychiatric inpatients.

*Professor Crichton has published over 40 peer reviewed papers and book chapters and edited the book *Psychiatric Patient Violence: Risk and Response*. He has held the post of Medical Director of the Forensic Network and State Hospitals' Board for Scotland.*

Presentation Abstract: Scott Review

A review of proposals for mental health law reform in Scotland

WE LOOK FORWARD TO WELCOMING YOU TO THE EVENT!