



Trent Division Winter Conference

**Contemporary Concepts of Depression
and Related Affective Disorders**

10 November 2023

9.30am – 4.30pm

Mercure Nottingham Sherwood Hotel

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

This CPD event is eligible for up to **1 CPD per hour of content**, subject to peer group approval.

Feedback

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

Chair's Welcome

Dear Colleagues,

We are delighted to welcome you to the RCPsych Trent division annual conference 2023. We will gather to explore and discuss the latest advancements, research and treatment options in the field of mental health care on affective disorders. The conference marks a crucial milestone as we get together and organise our first face-to-face conference post Covid 19. Mood disorders like depression and bipolar disorder affect millions of people around the world impacting not only the emotional well-being but also their daily lives, relationships and overall health.

By sharing the knowledge and experience of our speakers, we intend to offer presentations on updates and advancements with the intention of sharing contemporary evidence-based information and knowledge which would hopefully subsequently improve the quality of life of those who we treat and manage. We will have the privilege of listening to renowned experts who will share their insights, research and clinical experiences while also discussing the broader societal impact and challenges we face due to affective disorders.

I would like to express my heartfelt thanks to the distinguished speakers, practitioners, attendees and the conference committee who have helped put this conference together. I would encourage you all to not only attend but actively participate in discussions and also engage with your fellow attendees so as to take full advantage of networking opportunities available during the conference.

On behalf of the RCPsych Trent executive committee, I wish you all an inspiring, enlightening and productive conference.

A huge thank you to the organising committee for their dedication for making this conference a resounding success. Thank you once again and hope that you enjoy the day

Dr Shahid Latif

Chair RCPsych Trent Division

Programme

Time	Presentation				
9:15 – 9:45am	Registration				
9:45 – 10.00am	Welcome Dr Shahid Latif – Chair, RCPsych Trent Division				
	Session Chair Dr Asad Malik, Co-CPD Lead, RCPsych Trent Division				
10 – 10:40am	Emotional Dysregulation in young people: When could it be Bipolar? Dr Aditya Sharma				
10:40 – 11:20am	Contemporary approaches and updates in the treatment of bipolar Dr Stefania Bonaccorso				
11:20 – 11:35am	Comfort break				
	Session Chair Dr Sophia Senthil, Co-CPD Lead, RCPsych Trent Division				
11:35 – 12:15pm	Advances in the assessment and treatment of affective disorders Dr Neil Nixon				
12:15 – 12:55pm	A psychological approach to affective disorders for psychiatrists Dr Tennyson Lee				
12:55 – 1:35pm	Lunch break				
	Session Chairs: Dr Sophia Senthil & Dr Asad Malik, Co-CPD Leads, RCPsych Trent Division				
1:35 – 2pm	Poster competition winner presentations				
2 – 3pm	Digital Literacy: A critical skill for psychiatrists Dr Subodh Dave Preparing Psychiatrists for 21st Century Healthcare – RCPsych Data and Digital Literacy Dr Ross Runciman				
3 – 3:15pm	Comfort break				
3:15 – 4.25pm	Break-out Sessions 4 breakouts on rotation- <i>Delegates to select two sessions each.</i>				
	<table border="1"> <tr> <td>Breakout A Retention and wellbeing in mental health Led by Dr Ananta Dave</td> <td>Breakout B RCPsych approach to managing racism and intersectionality in the workplace Led by Dr Raj Mohan</td> <td>Breakout C Introduction to PTC and how PTC can effectively represent Trainees Dr Rebecca Bennet, Dr Elena Titova-Chaudry & Dr Kiron Griffin RCPsych PTC Representatives</td> <td>Breakout D Successes and challenges in patient and carer involvement in mental health care Led by RCPsych Emma Broadhurst</td> </tr> </table>	Breakout A Retention and wellbeing in mental health Led by Dr Ananta Dave	Breakout B RCPsych approach to managing racism and intersectionality in the workplace Led by Dr Raj Mohan	Breakout C Introduction to PTC and how PTC can effectively represent Trainees Dr Rebecca Bennet, Dr Elena Titova-Chaudry & Dr Kiron Griffin RCPsych PTC Representatives	Breakout D Successes and challenges in patient and carer involvement in mental health care Led by RCPsych Emma Broadhurst
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4:25-4.30	Close Dr Rais Ahmed, Vice Chair -RCPsych Trent Division				

This event is supported by Lundbeck LTD, Medice UK, The British Medical Association & the Medical Defense Union.
The conference Committee reserves the right to change the programme without prior notice.

Speaker biographies

Bipolar Disorder in CAMHS

Dr Aditya Sharma

Clinical Senior Lecturer and Honorary Consultant in Child and Adolescent Psychiatry Newcastle University and Cumbria Northumberland Tyne and Wear NHS Foundation Trust

Biography

Dr Adi Sharma is a Clinical Senior Lecturer and Hon Consultant in child and adolescent psychiatry at Translational and Clinical Research Institute, Newcastle University and Cumbria, Northumberland Tyne and Wear NHS Foundation Trust. His clinical academic interests include the epidemiology of, risk factors for the development of and management strategies to target the management of Early Onset Mood Disorders to improve psychosocial outcomes and more recently global mental health.

After initial training in India, Adi trained as a Clinical Lecturer with Prof Le Couteur at Newcastle developing



Expertise in assessment and management of youth with complex neurodevelopmental disorders particularly youth with ASD. He furthered his experience by training with Prof Kiki Chang (Stanford University, USA), Prof Barbara Geller (Washington University at St Louis, USA) and Prof Ellen Leibenluft (NIH, USA) in the field of Bipolar Disorder.

Abstract

Delegates will be reminded to consider a differential diagnosis of bipolar and not diagnose emotional dysregulation which is not a diagnosis but a disabling presentation.

A psychological approach to affective disorders for psychiatrists

Dr Tennyson Lee

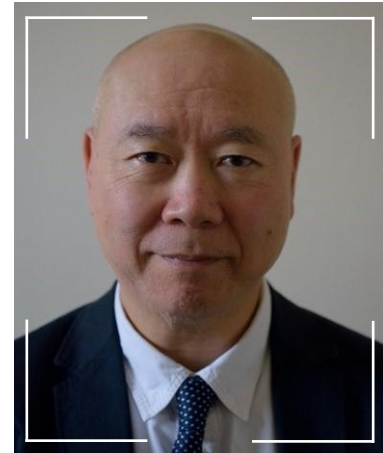
Consultant Psychiatrist, ELFT NHS Foundation Trust

Biography

Tennyson Lee FRCPsych, M. Inst. Psychoanal., FFCH(SA) is a Consultant in General Adult Psychiatry and Medical Psychotherapy and a psychoanalyst, based at DeanCross Personality Disorder Service (RCPsych team of the year in 2019) in the East London NHS Foundation Trust. He is an honorary senior lecturer at Barts Hospital, and co-director of the Centre for Understanding of Personality (CUSP).

Dr Lee is a member of the International Society of Transference Focused Psychotherapy (TFP) certification board and teaches in . Chine, Europe and South Africa. Dr Lee trained at Groote Schuur Hospital and was a senior lecturer in the Department of Community Health at the University at Witwatersrand,

based in the Mental Health Programme of the Centre for Health Policy, before training at the Maudsley Hospital.



Abstract

Presenting a rationale for the psychiatrist's approach to the patient with an affective disorder based on a model of emotional systems in the brain and contemporary object relations theory.

Advances in the assessment and treatment of affective disorders

Dr Neil Nixon

Associate Professor, University of Nottingham

Biography

Dr Nixon is an Associate Professor in Psychiatry at the University of Nottingham, with a special interest in mood disorders. Clinically he works at a tertiary NHS mood disorders centre that he helped establish through clinical trials research. He has worked with NICE on guideline development and clinical decision aids for depression.

Academically, he has an interest in digital mental health, clinical trials in affective disorders and the history of psychiatry, leading and supervising a number of projects in these areas. Dr Nixon is part of the Nottingham Biomedical Research Centre and based at the Institute of Mental Health, Nottingham.

Abstract

An overview of recent advances in the digital, pharmaceutical and biological management of mood disorders.

Contemporary approaches and updates in the treatment of Bipolar

Dr Stefania Bonaccorso

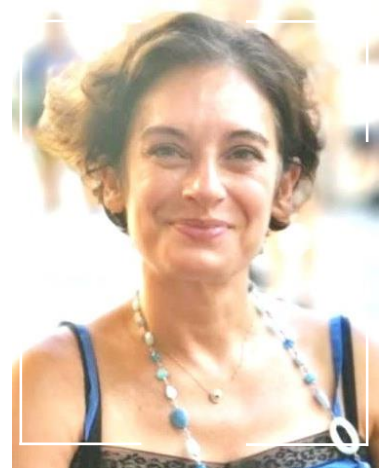
Consultant Psychiatrist Camden & Islington NHS Foundation Trust

Biography

Consultant psychiatrist for Camden & Islington and Site Tutor. Academic secretary for RCPsych (London Division) and Honorary Senior Lecturer at UCL

Abstract

Update on Bipolar Disorder -Diagnostic challenges and new treatments



Digital Literacy: A critical skill for psychiatrists

Dr Subodh Dave

RCPsych Dean

Biography

Professor Subodh Dave is the Dean for the Royal College of Psychiatrists and a consultant for Derbyshire Healthcare Foundation Trust. He is passionate about co-production and patient involvement in Quality Improvement, and has lead work within psychiatry education to that effect. He has held a range of Medical Education posts and has assisted with the psychiatric curriculum both nationally and internationally.

He is a keen runner and champion of well-being services for doctors and other healthcare workers.

He serves on various committees, driving representation and improvement for differential attainment, social justice in medical curricula, and equality and diversity.

Abstract

Digital advances have impacted everyday life in a myriad of ways- from online shopping to social media communications. Healthcare is not untouched by these advances. From electronic patient records to meetings on MS Teams to remote consultations not to mention recent advances using AI in clinical decision making- there is a tantalising possibility of digital technology aiding patients and clinicians alike. However, without meaningful involvement of clinicians and patients/carers in the design of these digital advances, this possibility will remain a pipedream. RCPsych is the first College to publish a digital literacy framework to ensure that our workforce is future-ready.



Digital Literacy: A critical skill for psychiatrists

Dr Ross Runciman

Consultant Psychiatrist, Gloucestershire Health & Care NHS Foundation Trust

Biography

Ross works as a general adult consultant psychiatrist at Wotton Lawn Hospital in Gloucestershire Health and Care NHS Foundation Trust. Ross is also the medical lead for quality improvement as well as leadership and quality champion for Gloucestershire Health and Care NHS Foundation Trust. He was the RCPsych Psychiatric Trainees' Committee chair 2019/2020 and involved as a trainee in developing the new 2022 curricula. Ross was in the first cohort of RCPsych's Leadership and Management Fellows Scheme and now an associate programme director of the LMFS. Ross is the lead co-author of the RCPsych Data and Digital Literacy Competencies for all Psychiatrists which was launched in March 2023.

Outside of work he is taken for walks by his dogs in the Cotswolds and enjoys swimming slowly.

Speaker biographies – Breakout rooms

Retention and wellbeing in mental health

Dr Ananta Dave

Chief Medical Officer

Biography

Dr Ananta Dave is Chief Medical Officer and Consultant Child & Adolescent Psychiatrist of the Black Country Integrated Care Board, part of the Black Country Integrated Care System. She was awarded Honorary Fellowship of the Royal College of Psychiatrists (RCPsych) in July 2023 in recognition of her work in psychiatry and mental health. Also, in July she was appointed Presidential Lead for Retention and wellbeing at RCPsych. She was the first female President and is immediate Past President of the British Indian Psychiatric Association (BIPA).

Dr Dave works regionally and nationally in addressing healthcare inequalities and in developing a diverse & humane leadership culture which leads to good quality patient care. She is keenly interested in doctors' health and wellbeing and was awarded a Churchill Fellowship in 2019 to study the topic of preventing doctor suicides in the US. In 2022 she was awarded 'Doctor of the Year' by BAPIO (British Association of Physicians of Indian Origin). In addition to her medical qualifications, Dr Dave holds a Master's in Medical Ethics and Law and is an Honorary Asst. (Clinical) Professor at the University of Nottingham.



Abstract

To facilitate a workshop discussion on what works, what are the barriers and what the College can do.

RCPsych approach to managing racism and intersectionality in the workplace

Dr Raj Mohan

Presidential Lead for Race and Equality, RCPsych

Biography

Dr Raj Mohan is a fellow of the RCPsych, and he works as a consultant psychiatrist in forensic rehabilitation services at South London and Maudsley NHS Foundation Trust. He is one of the two Presidential Leads for Race and Equality at the College. He is the immediate past chair of the Faculty of Rehabilitation and Social Psychiatry at the RCPsych and has actively campaigned to end the practice of out-of-area treatments through developing locally based rehabilitation services.

Dr Mohan has helped develop the RCPsych Equality Action

Plan which has 29 actions to ensure equality in mental health services, for patients and carers and for the staff. He has actively led on producing guidance on Tackling Racism in the Workplace, supporting Reasonable adjustments for people with disability or neuro-diversity, and actions for LGBTQ+ equality.



Trent Division events

More details on upcoming Trent Division Events can be found here:

LGBTQ+ Mental Health Webinar Series Supporting Transgender Adult Patients

8 December | 9.30am – 12.30pm | Online via Zoom



Join us online for session 2 of the LGBTQ+ mental health webinar series. On the **8th December** this session will look into the care of adult transgender patients.

This session will explore the following topics:

- Assessment of complex patients
- ASD and transgender people.
- Improving the admission process to inpatient wards for gender diverse service users – service evaluation.
- Attention to autism in the clinical care guidance for transgender and gender-diverse people: A scoping review.
- Trans folk in general psychiatric services - what to do differently if anything?

The webinar will be recorded and available afterwards to those who register. This session is part of the **LGBTQ+ Mental Health Webinar Series** with RCPsych Trent and West Midlands Division

The full series can be booked, giving access to all four sessions, or alternatively each individual session can also be booked. To accommodate the busy schedules of our members, all sessions will be recorded and available to watch on demand afterwards.

- Session 1
Trauma, substances and suicide – LGBTQ+ mental health – September 28th 2023
- Session 2
Supporting transgender adult patients – December 8th
- Session 3
Intersectionality and LGBTQ+ mental health: A closer look – January 25th
- Session 4
LGBTQ+ Youth Mental Health – February 23rd



RCPsych Trent and West Midlands Divisions present

LGBTQ+ Mental Health Webinar Series

September 2023 - February 2024
Online via Zoom

Topics include:

- LGBTQ+ Mental Health
- Supporting transgender adult patients
- Considerations of age, ethnic, social and religious backgrounds while working with LGBTQ+ patients
- Guidance on CYP and families, understanding terminologies and safe youth spaces, and help-seeking preferences of LGBTQ+ youth

Sessions can be booked individually or as a full series via the QR code or email: division.events@rcpsych.ac.uk

Trent Division vacancies

There are currently several posts available within the Trent Division. Vacancies have arisen in the following roles as the current post holder is reaching the end of their tenure or the post is currently vacant.

The current vacancies are:

- Regional Advisor for Leicestershire, Northamptonshire and Rutland
- [Academic Secretary](#)
- Academic Psychiatry Regional Specialty Representative
- General Adult Regional Specialty Representative x2
- Rehabilitation and Social Psychiatry Regional Specialty Representative
- Old Age Psychiatry Regional Specialty Representative

The closing date for applications is **30 November 2023**.

Find out more about our [Regional Advisors and Specialty Representatives](#) roles, including full job descriptions.

If you would like to apply for one of these vacancies please email trent@rcpsych.ac.uk with:

- an up to date CV
- a completed [good standing form](#) (DOC).

About the Trent Division

The Trent Division covers Leicestershire, Lincolnshire, Derbyshire, Nottinghamshire, South Yorkshire and the Humber. Our Division office is based in Birmingham.

The Division supports members via core activities which are coordinated locally by the Trent Division Executive Committee, as well as a dedicated team of RCPsych staff members.

The executive committee represent the College locally and provide professional advice where required. College members may opt to be a member of the Division in which they either live or work, but can only belong to one Division.

To find out more about the Trent Division Executive Committee, and other ways to get involved with the College in your area, please visit our [web page](#).

You can also contact us on Trent@rcpsych.ac.uk

For events support or to find out how you can get more involved in Division events, please email Division.events@rcpsych.ac.uk or visit the Division [events page](#)