

The Role of Sleep in Mental Health Conditions

Winter Conference 2023

Friday 24th November 2023 | 9.30am – 4pm

Midlands Art Centre, Cannon Hill Park, Birmingham, B12 9QH

Time	Presentation
9.30 – 9.40am	Welcome & Introduction Dr Muhammad Gul, Chair. RCPsych West Midlands Division
9.40 – 10am	Clinical Audit/QI Project Prize Presentation Dr Mohamad Arifin, CT3 Trainee, Black Country Healthcare NHS Foundation Trust
10 – 11am	Sleep and Postpartum Psychosis Dr Isabel Morales-Muñoz, Assistant Professor, University of Birmingham Dr Daniela Borges, ST4 General Psychiatry, PTC representative, RCPsych
11 – 11.15am	Comfort break
11.15am – 12pm	Sleep and Neurodevelopmental Disorders in young people Professor Caroline Richards, School of Psychology, Birmingham University
12 – 12.45pm	Autism, Co Morbidities and Management Challenges Dr Muhammad Gul, CAMHS Consultant Psychiatrist, Midlands Partnership Foundation Trust
12.45 – 1.30pm	LUNCH
1.30pm	Welcome to the afternoon session Dr Muhammad Gul, Chair, RCPsych West Midlands Division
1.30 – 2.15pm	Light sensitivity and circadian rhythm in bipolar disorder Dr Nicole Needham, Clinical Research Fellow, University of Edinburgh
2.15 – 3pm	Psychological and behavioural treatment of sleep disorders Dr Hugh Selsick, Consultant Psychiatrist, University College London Hospitals NHS Foundation Trust
3 – 3.15pm	Comfort break
3.15 - 4pm	Role of sleep problems and psychotic symptoms (delusions and hallucinations) Dr Sarah Reeve, Lecturer in Clinical Psychology, Norwich Medical School
4pm	Close of Day Dr Muhammad Gul, Chair, RCPsych West Midlands Division



