



# Faculty of Academic Psychiatry Conference 2024

5 March | Online

## PROGRAMME

9.30am- 9.40am	<b>Welcome &amp; introduction</b> Professor Saeed Farooq
9.40am-10.20am  10.20am-10.40am	<p style="text-align: center;"><b>Plenary 1</b> Chair: Professor Hugo Critchley</p> <p><b>Grant writing</b> Professor Saeed Farooq</p> <p><b>Oral poster presentations</b></p> <p><b>Empathy Differences in Borderline Personality Disorder</b> Dr David Hayward</p> <p><b>Examining ways to improve sleep quality and support healthy ageing in older adults with sleep disturbances through targeting the gut microbiome with saffron supplementation</b> Dr Andi Stanescu</p> <p><b>Human brain 7Li-MRI following low-dose lithium dietary supplementation in healthy</b> Dr Victoria Wing</p>
10.40am-11.10am	<b>Break &amp; poster viewing</b>
11.10am-12.00pm  12.00pm-12.30pm	<p style="text-align: center;"><b>Plenary 2</b> Chair: Dr Lindsey Sinclair</p> <p><b>Research integrity</b> Dr William Lee</p> <p><b>Recent controversies in psychiatry- holding to the evidence</b> Dr Sameer Jauhar</p>
12.30pm-1.15pm	<b>Lunch and poster viewing</b>
1.15pm- 2.00pm	<p style="text-align: center;"><b>Plenary 3</b> Chair: Dr Oli Sparasci</p>

	<b>The role of academics in psychiatric education and training</b> Professor Wendy Burn CBE	
<b>2.00pm-2.05pm</b>	<b>Move to workshops</b>	
<b>2.05pm- 2.35pm</b>	<b>Workshop 1</b>  <b>Seeking funding post PhD</b> Dr Jessica Eccles	<b>Workshop 2</b>  <b>Work life balance in clinical research</b> Dr Lindsey Sinclair
<b>2.35pm-3.05pm</b>	<b>Break and poster viewing</b>	
	<b>Plenary 4</b> Chair: Dr Oli Sparasci	
<b>3.05pm-3.35pm</b>	<b>Having a foot in both camps: insights from BJPsych trainee editors</b> Dr Angharad De Cates and Dr Kate Adlington	
<b>3.35pm-4.25pm</b>	<b>Sleep, circadian rhythms and mental illness: a brief introduction to chronopsychiatry</b> Professor Daniel Smith	
<b>4.25pm-5.05pm</b>	<b>How research can inform clinical practice</b> Professor Glyn Lewis	
<b>5.05pm-5.15pm</b>	<b>Closing Plenary</b> Professor Hugo Critchley and Professor Saeed Farooq	