Women and mental health SIG annual conference
Women's bodies – harm and healing

Date: Wednesday 4 December 2024
Venue: Hybrid – RCPsych London/Livestream

Time	Session
8.30am	**Registration**
9.10am	**Welcome and introduction** Stella Kingett
	Body and mind in mental health practice Chair: Stella Kingett
9.15am	**Chronic pelvic pain: Why 'Women's troubles' need taken seriously and how mental health services can help heal the body-mind divide** Philippa Bolton
9.40am	**Let's talk about sex** Tracy Hilder
10.05am	**Yoga's efficacy in mental health improvement: a neuroscientific exploration** Heather Mason
10.30am	**Q&A**
10.45am – 11.15am	**Morning refreshment break**
	Global Perspectives on VAWG Chair: Syeda Ali
11.15am	**The main barriers to addressing VAWG** Reem Alsalem
11.40am	**TBC**
12.05pm	**Addressing FGM in the UK and internationally** Hibo Wardere
12.25pm	**Q&A**
12.40pm	**Presentation of essay and poster prizes**
12.50pm – 1.50pm	**Lunch**
	Strength, beauty and misogyny Chair: Amrit Sachar

1.50pm	**Body politics in the pool: the scrutinisation of female swimmers in an elite sports setting** Cassie Pattern
2.15pm	**TBC** Salma the Poet
2.40pm	**Painted, powerful: female recovery through survivor-led body art** Victoria Gugenheim
3.05pm	**Q&A**
3.15pm – 3.45pm	**Afternoon refreshment break**
	Perinatal trauma and pelvic floor recovery Chair:
3.45pm	**Birth trauma: the impact of a mother's experiences** Bev Sapre
4.05pm	**Birth trauma: The hidden childbirth crisis devastating lives and costing NHS billions** Hanna Barnes
4.30pm	**Q&A**
4.45pm – 4.50pm	**Close of conference**