

# RCPsych in Scotland

## **Medical Psychotherapy Faculty Conference 2025**

**Friday 7 November 2025**

The Golden Lion Hotel,  
Stirling

Arrival / Registration from 9am

**Digital Event Booklet**



## Housekeeping



Upon arrival, please sign in so that we can confirm delegates attendance.



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 two weeks of the event.

## PROGRAMME

<b>Morning Session</b>	
<b>Chair: Victoria Barker, Consultant Psychiatrist in Psychotherapy, NHS Lothian</b>	
<b>09:00 – 09:40</b>	<b>RCPsychiS Psychotherapy Faculty Executive Committee AGM</b> College Members welcome
<b>09:00 – 09:40</b>	<b>Arrival / Registration</b>
<b>09:45 – 10:00</b>	<b>Welcome from the Chair</b> Dr Alasdair Forrest, Consultant Psychiatrist, NHS Grampian and Chair, Medical Psychotherapy Faculty, RCPsych in Scotland
<b>10:00 – 11:00</b>	<b>Medical Psychotherapy and Systemic Practice: A 'marriage' in psychotherapy heaven</b> Heleni Andreadi, Head of Systemic Family Therapy and Courses Director, Prudence Skynner Family and Couple Therapy Clinic, South West London and St. George's Mental Health NHS Trust; Dr Karrish Devan and Dr Johanna Andersson, Dual Trainees in Medical Psychotherapy and General Adult Psychiatry, Adult Psychotherapy Department, Tavistock and Portman NHS Foundation Trust
<b>11:00 – 11:15</b>	<b>Comfort Break</b>
<b>11:15 – 12:15</b>	<b>Family Approaches and Psychosis: The Best-Evidenced Thing We Don't Do</b> Dr Alasdair Forrest, Consultant Psychiatrist, NHS Grampian and Chair, Medical Psychotherapy Faculty, RCPsych in Scotland
<b>12:15 – 13:00</b>	<b>Small Groups</b>
<b>13:00 – 14:00</b>	<b>LUNCH</b>
<b>Afternoon Session</b>	
<b>Chair: Emma Lewington</b>	
<b>14:00 – 15:00</b>	<b>Together in conversation: systemic reflections on where we work, who we are and what we do</b> Gillian Petrie, Family and Systemic Psychotherapist, CAMHS, NHS Grampian and Eion Power, Highly Specialist Family and Systemic Psychotherapist and Systemic Supervisor, NHS GGC
<b>15:00 – 15:15</b>	<b>Comfort Break</b>
<b>15:15 – 15:45</b>	<b>Systemic Case Presentations: A Medical Psychotherapy Trainees experience</b> Dr Karrish Devan and Dr Johanna Andersson, Dual Trainees in Medical Psychotherapy & General Adult Psychiatry, Adult Psychotherapy Department, Tavistock and Portman NHS Foundation Trust
<b>15:45 - 16:30</b>	<b>Plenary</b>
<b>16:30</b>	<b>Meeting Closes</b>

*RCPsychiS reserves the right to amend the programme without prior notice.*

*This programme provides up to 5 hours CPD subject to peer group approval.*

## Session Chairs

[Dr Victoria Barker](#)

**Dr Victoria Barker** is a Consultant Psychiatrist in Psychotherapy and a Psychoanalyst with the British Psychoanalytical Society. She works in the NHS in the Rivers Centre specialist trauma service and the Psychodynamic Psychotherapy department in Edinburgh (NHS Lothian) and in private Psychoanalytic practice.

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[Dr Emma Lewington](#)

**Dr Lewington** has been working as a Consultant Psychiatrist in Medical Psychotherapy in South Glasgow for nine years. Emma has been involved in the work of the Faculty in a variety of roles over the years and is currently a co-opted member. She is the National TPD for Medical Psychotherapy in Scotland and a member of the Medical Psychotherapy Specialty Advisory Committee.

## Speaker Biographies & Presentation Abstracts

### Helen Andreadi

**Helen Andreadi** is a systemic psychotherapist, supervisor and trainer with twenty years' experience in adult mental health and children social care. She is currently the Head of Family Therapy/Courses Director at the Prudence Skynner Family & Couple Therapy Clinic, SWLSTG NHS Trust. Her passion lies with anti-oppressive and anti-stigmatizing practices; specifically, their implications on our responsibilities, understandings, and responses to the adversity faced by the people we meet and work with within the NHS and Adult Mental Health contexts. She is grateful for the opportunity to collaborate with consultants by experience in her clinical work, in training and writing.

**Presentation Abstract:** Systemic thinking and practice have long roots in the disciplines of anthropology and psychiatry – some of the very first family therapy interventions were developed and implemented within psychiatric settings as an alternative to more individualistic and/or pharmaceutical treatment of schizophrenia. Our clinic has long hosted placements for Medical Psychotherapy trainees at different stages of their training. This is a treasured collaboration that has not only provided opportunities for learning for the trainees but has and continues to enrich the practice of our wider team and our clinic's offer to the people we work with. It is a privilege to be able to present some of the key principles and facets of the clinic's work in live dialogue with two of our most recent trainees.

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### Dr Johanna Andersson

**Dr Johanna Andersson** is a Dual Trainee in Medical Psychotherapy & General Adult Psychiatry, and is currently working at The Tavistock Trauma Service, at The Tavistock and Portman NHS Foundation Trust.

### Dr Karrish Devan

**Dr Karrish Devan** is a dual medical psychotherapy and general adult psychiatrist based at the Tavistock and Portman Trust, where he is also completing training in psychoanalytic psychotherapy. Up until this year, he was Chair of the national psychiatry and the arts group, PsychArt, and he has just been elected the Higher Trainee Rep for the Faculty of Medical Psychotherapy at the RCPSYCH in London.

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Dr Alastair Forrest

**Dr Alasdair Forrest** is a Consultant Forensic Psychiatrist and Medical Psychotherapist to the Royal Cornhill Hospital, Aberdeen. He is a group analyst.

**Presentation Abstract:** Family interventions in schizophrenia have a long history and plenty of evidence of their value. In spite of that, offering them has proven impossible at any scale in Scotland. The history and evidence will be reviewed along with suggestions for change.

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Gillian Petrie

**Gillian Petrie** was born in Glasgow to Glaswegian working class parents, and left high school halfway through 5<sup>th</sup> year with no Highers, aged 16 to train as a veterinary nurse. Gillian joined the NHS in 2010 as a research assistant with the adolescent self-harm team in Glasgow, armed with an undergrad and a post-grad, the first in her family to go to University.

In 2011, Gillian trained as a Clinical Associate in Applied Psychology (degree no. 3) and 3 years ago, qualified as a family and systemic psychotherapist (degree no. 4).....

Gillian's current working context is in NHS Grampian CAMHS where she works as a Family and Systemic Psychotherapist, mainly online with families and young people. She has also worked in various CAMHS teams in NHS Lanarkshire, where she did my initial training, including early intervention, neurodevelopmental service and The Reach Out Team (which worked with families and young people affected by their parent's mental ill health).

Working with families is a privilege which is never lost on Gillian and sometimes she gets the impression that she's brought a difference which has helped to make a difference. Gillian is also the current Chair of the AFSP (formerly AFT) Scotland Committee.

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Eoin Power

**Eoin Power** is a white, Irish, cisgender, gay man. I am married and love the theatre, eating out and travelling.

Eoin has 30 years of clinical and managerial experience across a variety of clinical settings including adult mental health, inpatient & outpatient CAMHS, Tier 3 and Tier 4 and has worked at the South London & Maudsley CAMHS, Great Ormond Street CAMHS, Lanarkshire CAMHS, and for the past decade CAMHS in Glasgow. He qualified as a Family & Systemic Psychotherapist in 2009 at The Institute of Psychiatry, Kings College London (KCL). He is also registered with UKCP as a Systemic Supervisor to supervise Family & Systemic Psychotherapists and Systemic Practitioners. He has worked therapeutically with individuals, families, couples, groups and multifamily groups.

He has delivered training to professional groups on issues relating to inpatient and outpatient care and has provided lecturing, training and consultancy to a variety of professionals across a number of contexts.

He is passionate about the benefits of family and systemic psychotherapy, for individuals, parents, children and young people as well as for CAMHS clinicians and teams.

**Presentation Abstract:** Together we hope to engage you in a conversation which weaves systemic ideas with the working contexts we both occupy, how we bring ourselves to our work and the kinds of families we might encounter. We will facilitate delegate participation in our conversation to promote curiosity, co-construction and ideas

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**Dr Johanna Andersson and Dr Karrish Devan (details as provided above)**

**Presentation Abstract:** Presentation of work in the family therapy clinic and thinking together.

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## **RCPSYCH IN SCOTLAND NOTICE OF ELECTION 2025 Faculty of Medical Psychotherapy Executive Committee**

A vacancy has arisen for the position of:

- 1 x FACULTY VICE CHAIR (or 2 x co-VICE CHAIRS)
- 1 x CONFERENCE SECRETARY
- 2 X COMMITTEE MEMBERS

The terms of office for this post is four years and the job descriptions are available [online](#).

Members of the College in good standing who are members of the RCPsych in Scotland are eligible to stand for election. Candidates must be nominated by two College Members by **Thursday 6 November 2025** using the form attached. If more than one person is nominated for this position, an election will then take place. The new post holder will then take office at RCPsych in Scotland Devolved Council on 27<sup>th</sup> November 2025. If unopposed, the post holder will take office with immediate effect.

Full details of the election process in the [College Bye-laws and Regulations](#).

Further information about the RCPsych in Scotland and Faculties can be found on the [College Website](#).

**October 2025**



**RCPSYCH IN SCOTLAND  
FACULTY EXECUTIVE ELECTIONS 2025  
NOMINATION FORM**

**PLEASE PRINT**

I propose the following nominee for the office of RCPsych in Scotland Medical Psychotherapy Faculty Executive Vice Chair / co-Vice Chair / Conference Secretary / Committee Member (please circle as appropriate).

Name of Nominee.....

Name of Proposer.....

Signature of Proposer.....

Date.....

I second the above nomination:

Name of Secunder.....

Signature of Secunder.....

Date.....

I accept this nomination:

Signature of Nominee.....

Membership number of Nominee.....

Date.....

Nominations must be received by Susan Richardson at RCPsychiS **by Thursday 6 November 2025**, using this form, by e-mailing a scanned copy or photo to [Susan Richardson](#); or provide during the AGM.

## **RCPsych in Scotland Medical Psychotherapy Faculty**

### **AGM**

**Friday 7<sup>th</sup> November 2025, 9:00 – 9:40 am**

**The Golden Lion Hotel, Stirling**

### **Agenda**

1. Welcome and any apologies
2. Minutes of previous AGM (Nov 2024)
3. Elections
  - i. Vice Chair (or co-Vice Chairs)
  - ii. Conference Secretary
  - iii. Committee Members
4. College Business
  - i. Glasgow City Psychotherapy funding cuts
  - ii. Psychotherapy training issues for Core/Higher resident doctors
5. Faculty Conference 2026
6. AOCB
7. Dates of next meetings

**WE LOOK FORWARD TO  
WELCOMING YOU TO THE  
EVENT.**