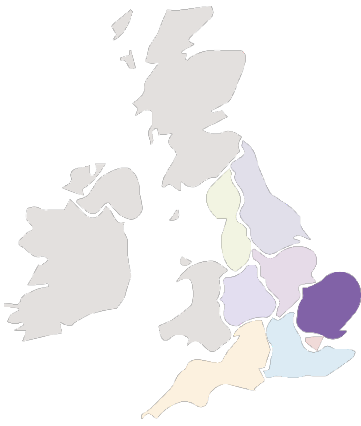




Eastern Division Autumn Conference 2025

**"Recent Developments in Psychiatric Practice:
updates on clinical conditions and the MHA"**

30 April 2025

9:00am – 4:30pm

Fielder Conference Centre Hatfield Business Park,
Hatfield Ave Hatfield AL10 9TP, Hatfield, AL10 9TP

Event 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

1 CPD point per hour of content, subject to peer approval.

Feedback

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

Photographs

Throughout the day photographs and/or videos may be taken of the event. These will not be focused on any individual person unless specific written consent has been given. Group and individual photographs may be used on our web page or our Twitter page and be kept on file for up to 5 years before being destroyed. If you do not wish to be included in any photographs, then please advise Jen Edwards (Division Events Manager) as soon as possible at the event. Should at any point you wish a photograph to be removed from either the webpage or the 'X' (Twitter) page, then please contact the Division Events Team; division.events@rcpsych.ac.uk.

Lunch and refreshment breaks

Lunch, and tea/coffee breaks will be served on the dining hall opposite the main conference room on the ground floor.

Parallel Breakout Sessions

The breakout sessions will take place in the main conference room and Room E, located on the first floor. Sessions will be allocated on a first come, first served basis and you will be emailed about this prior to the event. You will find out about which session you are attending during registration on the day.

Venue Information

Location

Address: Fielder Centre, University of Hertfordshire, Hatfield Business Park, Hatfield Avenue, Hatfield, AL10 9TP

Closest train stations: Hatfield and St Albans

Parking

Approximately 200 free parking spaces available onsite.

Wifi - Delegates can login to The Cloud (Sky) Wi-Fi:

<https://www.sky.com/help/articles/sky-wifi-help> Delegates will need to create their own free account and create their own password. The venue reception team can help you on the day if you need assistance.

Accessibility

If you have any accessibility requirements, please see a member of RCPsych Staff for assistance, or alternatively email division.events@rcpsych.ac.uk ahead of the event. The reception staff are also happy to help with any enquires that you may have.

- Hearing loop in all rooms
- Fully carpeted meeting rooms with wheelchair access to all levels.
- Lift available to access other levels.

Quiet Room

We have a quiet room available for delegates on the first floor. Room D has been allocated for us – this can be used for prayer or to take a break away from the conference, however, please do not use this room for calls or meetings. There are other communal areas and quiet spaces available around the venue that you can use for calls.

Programme

Time	Presentation
9.00 - 9.30am	Registration
9.30 – 09:40am	Welcome from Division Chair Dr Kallur Suresh, Executive Committee Chair, RCPsych Eastern Division
09:40 – 09:45am	Welcome and overview of conference Dr Robert Dudas, Academic Secretary, RCPsych Eastern Division
09:45 – 09:50am	Art Therapy Exhibition Kimberley Iyemere Arts Therapies Professional Lead, Cambridge and Peterborough NHS Foundation Trust
09:50 – 10:30am	‘Recent Developments regarding the Mental Health Act’ Dr Elizabeth Fistein Ethics & Law Theme Lead, University of Cambridge School of Clinical Medicine
10:30 – 11:10am	‘Beyond the neurotype: brain and body in ADHD’ Dr Jessica Eccles Associate Professor (Reader), Brighton and Sussex Medical School
11:10 - 11.20am	Poster Winner Presentation #1
11.20 - 11.50am	Comfort break with poster exhibition
11:50 - 12.35pm	Panel Discussion: <i>“Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating”</i> (The panel will discuss eating disorders, and when problems with eating can exist as part of another condition, like severe depression or dementia) Panel speakers: • Dr Rob McCarney, Consultant Clinical Psychologist • Dr Jane Shapleske, Consultant Psychiatrist • Dr Sara Morando, Consultant Psychiatrist • Becky Hartley, Specialist Dietician
12.305 - 12.45pm	Poster Winner Presentation #2
12.45 - 1.40pm	Lunch Break with poster exhibition

1.40-2.30pm	Parallel Session: Delegates choose one • Option A - Leadership “Leading Minds: Driving Innovation and Change in Psychiatry” – Dr Suhana Ahmed • Option B - Medical Education “From Awareness to Action: Reducing Stigma in Medical Education” – Dr Sepehr Hafizi and Dr Afef Mahmoud
2.30-2.40pm	Poster Winner Presentation #3
2.40-3.10pm	Living with Schizophrenia Ms Tracey Nergaard, Expert by Experience, Mind in Mid Herts
3.10-3.25pm	Comfort break
3.25-3.35pm	Poster Presentation – Award Ceremony
3.35-4.15pm	‘An update on Affective Disorders’ Professor Allan Young Head of Division of Psychiatry, Clinical Chair of Academic Psychiatry; Imperial College London
4.15-4.30pm	Final Remarks and Feedback
4.30pm	Close

The conference committee reserves the right to change the programme without prior notice.

The RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery, and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers’, panellists’, and participants’ views and comments are their own and not the established views of the College.

Speaker biographies and extracts

Recent Developments regarding the Mental Health Act

Dr Elizabeth Fistein

Ethics & Law Theme Lead, University of Cambridge School of Clinical Medicine

Biography

I am a former NHS consultant psychiatrist, having worked in General Adult and Rehabilitation Psychiatry until 2014. My academic interest is in the interface between ethics, law and mental health care, taking an international perspective. You can read more about my research at <https://orcid.org/0000-0001-6640-9261> . I have worked at the University of Cambridge School of Clinical Medicine since 2008, as the Curriculum Theme Lead for Clinical Ethics and Law and, from 2017, Lead for the Professional Values & Behaviours Curriculum. I have been a medical member of the FTT(MH) since 2014 where I also serve on the Training Committee and act as an appraiser for Judges, Medical Members and Specialist Members.



Overview

A brief background history of the Mental Health Act 1983, current plans for its reform, and the likely timeline and workforce implications.

Key learning objectives

- Understand plans for changes to mental health legislation.
- Understand some of the implications for practice.
- Know how to keep up-to-date with changes as they are implemented.

Beyond the neurotype: brain and body in ADHD

Dr Jessica Eccles

Associate Professor (Reader), Brighton and Sussex Medical School

Biography

Dr Eccles is an award-winning researcher and a neurodevelopmental psychiatrist specialising in the links between brain and body, especially as they relate to flexible joints (hypermobility). She trained in medicine at the Universities of Cambridge and Oxford. As well as her University position at Brighton and Sussex Medical School as Associate Professor (Reader) in Brain-Body Medicine in the Department of Clinical Neuroscience, she works in the Sussex NHS Neurodevelopmental Service (ADHD, Autism and Tourette syndrome) where she and colleagues have set up the world's first Neurodivergent Brain Body Clinic.



She has been working on the intersect between hypermobility and neurodivergence since she first came to work at Brighton and Sussex medical school in Neuroscience in 2009. She chairs the Royal College of Psychiatrist's Neurodevelopmental Psychiatry Special Interest Group – bringing together neurodevelopmental clinicians across the country. She hopes to challenge stereotypes and encourage curiosity.

Overview

Brain and body are dynamically coupled. Dr Eccles believes that the false dichotomy between body and brain hinders our holistic understanding of human experience, holds back clinical practice and research and further perpetuates stigma. She will use the presence of a common bodily variant of connective tissue (joint hypermobility) to demonstrate such brain-body links and how they this may relate to neurodevelopmental conditions including ADHD. She will draw on her prize-winning work in the field of hypermobility/EDS. She hopes to encourage curiosity and challenge stereotypes.

Key learning objectives

- To refresh understanding of ADHD and Autism
- To understand the brain body links in ADHD and Autism
- To consider how this may contribute to novel management in the future.

Panel Discussion: “Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating”

Dr Rob McCarney

Consultant Clinical Psychologist and Head of the Community Adult Eating Disorder Service, EPUT

Biography

I worked for many years in health research before I re-trained and became a clinical psychologist. I've worked clinically in Essex since qualifying, across a number of areas of secondary mental health care. Since 2021 I've led the Trustwide Community Adult Eating Disorder Service: a multi-disciplinary team, and part of the East of England Provider Collaborative. The service has seen a remarkable transformation in the last few years, with considerable investment from commissioners. A big challenge for us is working better with other teams to support people with disordered eating, and I'm keen to explore and develop more joined-up working to meet these needs.



Panel Discussion: “Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating”

Dr Jane Shapleske

Consultant Psychiatrist, Liaison psychiatry CPFT

Biography

Dr Shapleske has worked in General Adult Psychiatry, Eating Disorders and Liaison Psychiatry. She completed her undergraduate degree at the University of Otago, New Zealand, did Junior Psychiatric training in Cambridge and research at the IoPPN and senior psychiatric training at the Maudsley/SLAM. She worked as a consultant in Adult Psychiatry in Cambridge, developed and led the Adult community service for Cambridgeshire and Peterborough and Inpatient Eating Disorder unit for the East of England from 2004-2018. Since 2019, post retirement, Dr Shapleske has worked in Liaison Psychiatry at Addenbrookes. Since 2023 she has provided mentoring to consultant psychiatrists working in Adult Eating Disorders in the East of England.

Panel Discussion: “Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating”

Dr Sara Morando

Consultant Psychiatrist, Vincent Square Eating Disorders Service, CNWL.
Honorary clinical lecturer, UCL

Biography

Dr Sara Morando works as a consultant psychiatrist in an NHS eating disorders service. She has a special interest in eating disorders, where she has more than 20-years clinical experience, ADHD, autism, personality disorders, anxiety, depression, OCD, trauma and psychotherapy. She has worked in eating disorders, personality disorders and psychotherapy services and has trained in ADHD and autism assessment. She trained in a variety of psychotherapeutic approaches and is currently providing mentalization based therapy (MBT) and Eye Movement Desensitization Reprocessing Therapy (EMDR). She is a mentalization based treatment supervisor and is supervising NHS teams through the Anna Freud Centre, where she also supports the delivery of the MBT training. She completed a PhD at UCL, with a dissertation on Mentalizing in Eating Disorders.



She is an honorary clinical lecturer at UCL and module lead for the MSc in Eating Disorders and Clinical Nutrition at UCL, division of Medicine, where she is supervising several research projects focusing on clinical features and treatment of complex eating disorders, particularly in comorbidity with autism, ADHD, personality disorders and complex PTSD.

Overview

The panel will discuss eating disorders, and when problems with eating can exist as part of another condition, like severe depression or dementia.

Key learning objectives

- Clinical presentations
- Differential diagnoses
- Treatment approaches
- Current gaps and challenges

Panel Discussion: “Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating”

Mrs Becky Hartley

Specialist Dietitian

Biography

Becky has been a dietitian for over 25 years. Originally working in intensive care, she moved to work in an outpatient community eating disorder service, before returning to the acute hospital environment in 2020, to start a role that combines her clinical nutrition knowledge and experience of working with patients with eating disorders. An ‘eating disorder’ dietitian within the acute hospital remains unusual in the NHS, and the role continues to evolve, now encompassing reviewing patients and supporting colleagues across a range of psychiatric presentations, where significant changes in food or fluid intake has become part of the precipitating reason for the need for an acute medical admission.

She has completed a pre-masters in ‘The Role of a Dietitian in Eating Disorders’, received CBT, DBT and Mantra training while working in the community. She regularly carries out training to medical, nursing staff and other dietetic colleagues, and, is keen for healthcare colleagues to consider the patient’s presentation through a psychological lens and beyond just the numbers and symptoms they are trying to treat.

Overview

An acute hospital perspective of Psychiatric Presentations involving Disordered Eating.

Key learning objectives

Understand different strategies to support eating and drinking for different psychiatric presentations.

Leading Minds: Driving Innovation and Change in Psychiatry

Dr Suhana Ahmed

Deputy Chief Medical Officer – West London NHS Trust, RCPsych London Division Chair

Biography

Dr Suhana Ahmed is a Consultant Psychiatrist – dual-trained (Old Age and General Adult). She is currently Deputy Chief Medical Officer at West London NHS Trust. Prior to this, she was Clinical Director for Older Persons Mental Health Services.

She has been Director of Medical Education at South West London & St George's (SWLSTG) Mental Health Trust having completed her training there.

Dr Ahmed is heavily involved with the Royal College of Psychiatrists and is currently Chair of the London Division, and a module lead for the International Diploma in Older Adults Mental Health. She is a co-host of Mind Masters at RCPsych International Congress and most recently contributed to the session 'Smashing Glass Ceilings: Women in Leadership' in Edinburgh.



She is interested in training, flexible working and supporting leadership and career progression in working parents. She has been a fellow with the award-winning organisation Leadersplus, has contributed to their podcast series and now runs a mental health workshop for their programme.

She is a mummy to an eleven-year-old boy and loves cats, reading and cake.

Overview

An exploration into what we mean by leadership, how life experiences shape this and how we approach leading in the future.

Key learning objectives

- What might shape your leadership approach
- How our experiences can contribute to how we lead
- To consider what is important to you when leading

From Awareness to Action: Reducing Stigma in Medical Education

Dr Sepehr Hafizi

Consultant Psychiatrist at CPFT

Biography

Dr Sepehr Hafizi is a Consultant Psychiatrist at Cambridgeshire & Peterborough NHS Foundation Trust (CPFT) and Course Lead for the Core Psychiatry Training Course at CPFT. He is also an Affiliated Associate Professor at the Department of Psychiatry at Cambridge University. As a medical educator he has extensive experience in psychiatric training and course development. He has a strong interest in reducing stigma in medical education, particularly within psychiatry, and has contributed to initiatives aimed at fostering a more inclusive and supportive learning environment.

At Cambridge University he is the lead author of the Manual of Culturally Sensitive Psychiatry for medical students, while at the Royal College of Psychiatrists he has been an Equality Champion.



Also, he is the Newsletter Editor for the Eastern Division and the lead editor of the Cambridge Prescriber's Guide in Psychiatry. He is interested in the interface between literature and medicine and has presented at national and international conferences. In this workshop, he aims to facilitate discussions to bring about insights and practical strategies to help reduce stigma.

Overview

This workshop explores stigma in medical education, particularly in psychiatry, highlighting its impact on trainees, students, and patient care. It combines research insights, interactive discussions, and practical exercises to identify and address stigma effectively. The session aims to equip participants with actionable strategies to create a more inclusive and supportive learning environment.

Key learning objectives

Recognise and Reflect on Stigma in Medical Education

- Understand the different forms of stigma in psychiatry, including internalised and external stigma, and their impact on trainees, students, and on patient care

Engage with Real-World Experiences to Challenge Stigma

- Analyse how stigma intersects with identity, mental health, and neurodiversity through discussion and scenario-based exercises

Develop Practical Strategies for Inclusive Education

- Identify and share actionable approaches to create more supportive, respectful, and inclusive learning environments in medical and psychiatric training

From Awareness to Action: Reducing Stigma in Medical Education

Dr Afef Mahmoud

Higher trainee psychiatrist CPFT

Biography

Dr Afef Mahmoud is a ST7 Psychiatrist trainee at Cambridgeshire & Peterborough NHS Foundation Trust (CPFT), specializing in both Old Age and General Psychiatry. She has a strong passion for Medical Education, having completed a Postgraduate Certificate in Medical Education and actively contributing to the training and development of psychiatrists in training.

As part of her commitment to medical education, she undertook a year-long teaching fellowship, where she led and supervised Year 4 medical students at the medical school. In this role, she was responsible for design, teaching delivery, student assessments, and mentorship, ensuring students gained a strong foundation in psychiatry.

Additionally, she served as the Chief Resident for Medical Education in CPFT, working closely with the module leads to enhance the core trainees programs, postgraduate education, and clinical teaching methods.

Dr Mahmoud has extensive experience in psychiatric training, course development, and medical education leadership. She has been actively involved in designing and delivering teaching sessions, creating structured learning modules, and mentoring junior doctors and medical students. Her contributions have significantly shaped psychiatric education at CPFT, fostering a supportive and enriching learning environment.



Living with Schizophrenia

Ms Tracey Nergaard

Expert by Experience, Mind in Mid Herts

Biography

Tracey is a 54-year-old female who was diagnosed over 30 years ago with Schizophrenia, Paranoia, Anxiety and Depression. Whilst Tracey has learned to live with her diagnosis, she works carefully every day to maintain an equilibrium for both her mental and psychical health. Tracey attends twice weekly group sessions Mind in Mid Herts who she credits for helping develop her skills as a people person and she is so proud now to be able to call her self a Peer Supporter and help those with their mental health journey.

Overview

From diagnosis to living with Schizophrenia, this is Tracey's story.

Key learning objectives

To further educate lived experience with Schizophrenia.

An update on Affective Disorders

Professor Allan Young

Head of Division of Psychiatry, Clinical Chair of Academic Psychiatry; Imperial College London

Biography

Professor Allan Young is Chair of Academic Psychiatry and Head of the Division of Psychiatry in the Department of Brain Sciences in the Faculty of Medicine, Imperial College London.

Professor Young's research interests focus on the cause and treatments for severe psychiatric illnesses, particularly mood disorders. He has received research grants from many funding agencies and has over 800 peer-reviewed publications, including several books about psychopharmacology and affective disorders. His H-index is 141 with over 109000 citations, and recent publications include the New England Journal of Medicine, Nature Medicine, JAMA Psychiatry, World Psychiatry and Lancet Psychiatry.



He is currently vice-President of the CINP, past President of the International Society for Affective Disorders, past President of the British Association of Psychopharmacology and the Inaugural Chair of the Special Committee for Psychopharmacology of the Royal College of Psychiatrists. He is also a former trustee of the patient and family charity Bipolar UK, and a current trustee of the Drug Safety Research Unit (DSRU), which is internationally respected for its work in Pharmacovigilance, Pharmacoepidemiology, Risk Management and Training Services for over 30 years.

Overview

An update on the burden and impact of Affective Disorders will be delivered. This will include new treatment advances and new treatment targets.

Eastern Conference Organising Committee

The Eastern Division Executive Committee would like to thank the organising committee for all their work on today's programme.

Committee Members:

Dr Robert Dudas – Academic Secretary Eastern Division

Consultant Psychiatrist, OPMHS, CPFT

Visiting Researcher, Cambridge University Department of Psychiatry

Training Programme Director, NHSE EoE

Dr Afef Mahmoud – CPD Lead, Eastern Division

ST7 Higher Resident Doctor - Cambridgeshire & Peterborough NHS Foundation Trust (CPFT)

Dr Rayan Gornas – CPD Lead, Eastern Division

ST7 Higher Resident Doctor - Essex Partnership University NHS Foundation Trust

Dr Shamima Nargiss – CPD Lead, Eastern Division

ST5 Higher Resident Doctor – Hertfordshire Partnership University NHS Foundation Trust

Jen Edwards

Division Events Manager, RCPsych

Gareth Griffiths

Division Events Administrator, RCPsych

Eastern Division Events 2025

The Division Events Team are currently working with the Eastern Executive Committee on a programme for 2025, please see below some proposed dates. Keep an eye on the London Events Page for more information.

- | | |
|---|--------------|
| • Eating Disorders and CAMHS Webinar | 8 July |
| • East England Resident Doctors' Conference | 26 September |
| • Eastern Division Autumn Conference | November TBC |

For more information [Visit the Eastern events page](#)

Eastern Division Vacancies

We are currently looking to recruit enthusiastic and experienced members in the Eastern Division.

- Eating Disorders
- Forensic
- General Adult
- Liaison
- Medical Psychotherapy
- Neuropsychiatry
- Old Age

If you are interested in taking up any of the above posts please email moinul.mannan@rcpsych.ac.uk, including a copy of your CV.

- [Regional Specialty representative job description](#) (PDF)