

# Eastern Spring Conference 2025

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

**Wednesday 30 April | 9am – 4.30pm**

Fielder Centre, Hatfield Business Park, AL10 9TP

| Time            | Presentation                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| 9.00 - 9.30am   | <b>Registration</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 9.30 – 09:45am  | <b>Welcome</b><br>Dr Kallur Suresh, Executive Committee Chair, RCPsych Eastern Division                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 09:45 – 10:25am | <b>'Recent Developments regarding the Mental Health Act'</b><br>Dr Elizabeth Fistein<br>Ethics & Law Theme Lead, University of Cambridge School of Clinical Medicine                                                                                                                                                                                                                                                                                                                                                                                                        |
| 10:25 – 11:05am | <b>'Beyond the neurotype: brain and body in ADHD'</b><br>Dr Jessica Eccles<br>Associate Professor (Reader), Brighton and Sussex Medical School                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 11:05 - 11.15am | <b>Poster Winner Presentation #1</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 11.15 - 11.45am | <b>Comfort break with poster exhibition</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 11:45 - 12.30pm | <b>Panel Discussion:</b><br><b><i>"Eating Disorders and Beyond: A Psychiatric Perspective on Disordered Eating"</i></b><br>(The panel will discuss eating disorders, and when problems with eating can exist as part of another condition, like severe depression or dementia)<br><br><b>Panel speakers:</b> <ul style="list-style-type: none"> <li>• Dr Rob McCarney, Consultant Clinical Psychologist</li> <li>• Dr Jane Shapleske, Consultant Psychiatrist</li> <li>• Dr Sara Morando, Consultant Psychiatrist</li> <li>• Becky Hartley, Specialist Dietician</li> </ul> |
| 12.30 - 12.40pm | <b>Poster Winner Presentation #2</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| 12.40 - 1.40pm  | <b>Lunch Break with poster exhibition</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                 | <b>Parallel Session:</b> Delegates choose one <ul style="list-style-type: none"> <li>• <b>Option A - Leadership</b><br/>"Leading Minds: Driving Innovation and Change in Psychiatry"<br/>– Dr Suhana Ahmed</li> <li>• <b>Option B - Medical Education</b><br/>"From Awareness to Action: Reducing Stigma in Medical Education"<br/>– Dr Sepehr Hafizi and Dr Afef Mahmoud</li> </ul>                                                                                                                                                                                        |



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| <b>2.30-2.40pm</b> | <b>Poster Winner Presentation #3</b>                                                                                                                                 |
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| <b>2.40-3.10pm</b> | <b>'A personal story'</b><br>Lived Experience Speaker from local MIND service                                                                                        |
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| <b>3.10-3.25pm</b> | <b>Comfort break</b>                                                                                                                                                 |
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| <b>3.25-3.35pm</b> | <b>Poster Presentation – Award Ceremony</b>                                                                                                                          |
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| <b>3.35-4.15pm</b> | <b>'An update on Affective Disorders'</b><br>Professor Allan Young<br>Head of Division of Psychiatry, Clinical Chair of Academic Psychiatry; Imperial College London |
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| <b>4.15-4.30pm</b> | <b>Final Remarks and Feedback</b>                                                                                                                                    |
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| <b>4.30pm</b>      | <b>Close</b>                                                                                                                                                         |

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.