

Faculty of General Adult Psychiatry Annual Conference 2025

Shaping the Future of General Adult Psychiatry: Innovations, Integration, and Compassionate Care

When: Thursday 16 October – Friday 17 October 2025

Where: The Edwardian Manchester, A Radisson Collection Hotel, M2 5GP (in-person only)

Thursday 16 October | Day 1

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| 9.00am - 9.30am | Delegate registration <i>Hallé Lounge, Second Floor</i> |
| 9.30am | Welcome and Introductions from the GAP Faculty Chair <i>Hallé Suite, Second Floor</i> Dr Jon Van Niekerk, Chair of the General Adult Faculty |
| 9.45am | Plenary 1: Personality disorders - how can prejudice and discrimination in mental health services be combatted? <i>Hallé Suite, Second Floor</i> Chair: Mr Tom Ayers, Royal College of Psychiatrists NCCMH |
| 9.45am | Mr Tom Ayers, Royal College of Psychiatrists NCCMH |
| 10.05am | Mr Chris Young, Expert by Experience |
| 10.25am | Q+A and discussion Dr Jon Van Niekerk, Chair of the General Adult Faculty and Professor Subodh Dave, RCPsych Dean will also be joining the discussion. |
| 11.00am | Morning refreshments and poster viewing <i>Hallé Lounge, Second Floor (Posters will be virtually displayed on electronic screens on the Fourth Floor)</i> |
| 11.30am | Parallel sessions <i>Please choose one of the below sessions to attend</i> |
| | Session A Seeing each other through the lens of compassion <i>Room 19 & 20, Fourth Floor</i> |

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| | <p>Chair: Dr Joan Rutherford, Chief Medical Member, Mental Health Tribunal Ministry of Justice</p> <ul style="list-style-type: none"> • Measuring compassion as a QI project - Ms Anzhelika Ghafuri, Medical Student, Mr Mohammed Alkahlout, KCL Student at GKT School of Medicine, Mr Siddarth Jani, KCL Medical Student, and Mr Yu Zhu, Medical Student at KCL • Compassionate care – what does this look like? – Mr Dwayne Hutchinson, Royal College of Psychiatrists, General Adult Faculty, Carer Representative • Compassionate Care - Skill Training for Doctors - A Practical Exploration – Dr Florian Alexander Ruths, FRCPsych and Dr Sherlie Arulanandam, Avon and Wiltshire Mental Health Partnership NHS trust |
| | <p style="text-align: center;">Session B New perspectives on personality disorders <i>Hallé Suite, Second Floor</i></p> <p>Chair: Dr Sophia Senthil, Consultant Psychiatrist and Deputy Clinical Director</p> <ul style="list-style-type: none"> • Changing our thinking about acute care for people with a personality disorder diagnosis - Dr Lucy Maconick, University College London • How to think about prescribing in personality disorder: relational and psychological factors – Dr Dimitrios Chartonas, Camden and Islington Personality Disorder Service, North London NHS Foundation Trust • Hospitalisation, personality disorder and transdiagnostic presentations a new therapeutic approach in the community for complexity - Dr Susan Mizen, The University of Exeter |
| | <p style="text-align: center;">Session C The Phoenix Rises; Restoring the Art of Psychiatric Formulation <i>Room 15 & 16, Fourth Floor</i></p> <p>Chair/s: Dr Jo O'Reilly, Consultant Psychiatrist in Medical Psychotherapy and Dr Jon Van Niekerk, Chair of the General Adult Faculty</p> <ul style="list-style-type: none"> • Introduction and why it matters – Ms Janet Seale • Launch of the Formulation Template and Guidance-Cross faculty Project Guidance - Dr Jo O'Reilly, Consultant Psychiatrist in Medical Psychotherapy and Dr Jon Van Niekerk, Chair of the General Adult Faculty • Formulation in Practice – Dr Haroula Konstantinidou, Leicestershire Partnership Trust |
| 12.45pm | <p>Lunch and poster viewing <i>Hallé Lounge, Second Floor and Fourth Floor Foyer</i></p> |
| 1.45pm | <p style="text-align: center;">Oral poster presentations and celebration of the GAP lifetime achievement award winner <i>Hallé Suite, Second Floor</i></p> <p style="text-align: center;">Chair: Dr Jon Van Niekerk, Chair of the General Adult Faculty</p> |

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| <p>1.45pm</p> | <p>Oral poster presentations x3 <i>These three top scoring poster authors will have 10 minutes to speak about their findings, and 5 minutes to answer questions from the audience. We would like to encourage attendees to view all the accepted conference posters, these will be available to view via the conference resources page.</i></p> <ul style="list-style-type: none"> • Empowering inpatients through education: introducing a doctor-led psychoeducation clinic in a Psychiatric Intensive Care Unit (PICU) Dr Anna Mead-Robson, Oxford Health NHS Foundation Trust • Psychological Distress in Ethnic Minority Healthcare Workers Attributed to Racism and Cultural Stigma Mr Vivek Nair, University of Oxford, Medical Sciences Division • Scaling CBT for Perinatal Depression in Rural Pakistan: The Case of Barefoot Therapists Leveraging Digital Avatars as Co-Therapists Dr Ahmed Waqas, Greater Manchester Mental Health NHS Foundation Trust |
| <p>2.30pm</p> | <p>Celebration of the GAP lifetime achievement award winner</p> |
| <p>2.45pm</p> | <p>Afternoon refreshments and poster viewing <i>Hallé Lounge, Second Floor (Posters will be virtually displayed on electronic screens on the Fourth Floor)</i></p> |
| <p>3.15pm</p> | <p>Plenary 2 – How can we transform the quality of inpatient care? <i>Hallé Suite, Second Floor</i> Chair: Professor Sonia Johnson</p> |
| <p>3.15pm</p> | <p>What are some realistic ways in which the quality of inpatient care can be improved? Dr Mary Docherty, National Clinical Director, NHS England</p> |
| <p>3.45pm</p> | <p>How can the quality of inpatient care be enriched through provision of psychological treatment? Professor Katherine Berry, Clinical Psychologist, University of Manchester</p> |
| <p>4.15pm</p> | <p>Q+A</p> |
| <p>4.30pm</p> | <p>Faculty Lecture <i>Hallé Suite, Second Floor</i> Chair: Dr Jon Van Niekerk, Chair of the General Adult Faculty</p> |
| <p>4.30pm</p> | <p>Faculty Lecture: Suicide Prevention and the role of mental health care Professor Sir Louis Appleby, University of Manchester</p> |
| <p>5.15pm</p> | <p>Q+A</p> |

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| 5.30pm | End of day 1 |
| 6.00pm-8.00pm | <p>Drinks reception 'Canalside sips' (This is a ticketed event, please check with the registration desk for last-minute availability)</p> <p>Join us for drinks*, networking, and a bite to eat on the evening of Thursday 16 October at Rain Bar (80 Bridgewater Street, Manchester, M1 5JG) – just a 7-minute walk from the conference venue.</p> <p>Your £25 ticket will include:</p> <ul style="list-style-type: none"> • a complimentary drink; • canapes; • private access to the pub's first floor and terrace; • live music. <p>*non-alcoholic alternatives/options will also be provided</p> |

Friday 17 October | Day 2

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| 9.00am - 9.30am | <p>Registration <i>Hallé Lounge, Second Floor</i></p> |
| 9.30am | <p>Welcome and Introductions from the GAP Faculty Vice Chair <i>Hallé Suite, Second Floor</i></p> <p>Dr Priya Natarajan, Vice Chair, General Adult Faculty, RCPsych; Community Consultant Psychiatrist, SLAM</p> |
| 9.45am | <p style="text-align: center;">Parallel sessions <i>Please choose one of the below sessions to attend.</i></p> |
| | <p>Session D Perinatal mental health – how can care of pregnant women be improved in general adult services <i>Room 19 & 20, Fourth Floor</i></p> <p>Chair: Dr Priya Natarajan, Vice Chair, General Adult Faculty, RCPsych; Community Consultant Psychiatrist, SLAM</p> <ul style="list-style-type: none"> • Dr Livia Martucci, South London and Maudsley NHS Foundation Trust • Dr Claire Wilson, King's College London |
| | <p style="text-align: center;">Session E Embodied mind-body approaches <i>Hallé Suite, Second Floor</i></p> <p>Chair: Dr Sophia Senthil, Consultant Psychiatrist and Deputy Clinical Director</p> |

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| | <ul style="list-style-type: none"> • The disordered neural and psychological self: a neuropsychanalytic understanding of people with severe and complex personality disorder- Dr Susan Mizen, The University of Exeter • Bendy Bodies, Bendy Brains - Dr Jessica Eccles, Brighton and Sussex Medical School • Physical exercise in the prevention and treatment of mental illness: examining evidence and implementation - Professor Joseph Firth, University of Manchester |
| 11.00am | Morning refreshments and poster viewing <i>Hallé Lounge, Second Floor and Fourth Floor Foyer (Posters will be virtually displayed on electronic screens on the Fourth Floor)</i> |
| 11.30am | <p style="text-align: center;">Plenary 3: Panel discussion <i>Hallé Suite, Second Floor</i> Chair: Dr Jon Van Niekerk, Chair of the General Adult Faculty</p> |
| 11.30am | <p>Are teams embedded in neighbourhoods the future of community mental health care?</p> <p>Panellists:</p> <ul style="list-style-type: none"> • Professor Tim Kendall • Professor Richard Byng, General Practitioner • Dr Rebeca Martinez, FRCPsych • Professor Sonia Johnson • Dr Andrew Grundy, Deputy Director and Lived Experience Research Lead at the Policy Research Unit in Mental Health, University College London; Lived Experience Researcher at the University of Manchester • Dr Sheraz Ahmad, Consultant Psychiatrist & Clinical Lead Barnsley Street Neighbourhood Mental Health Centre • Mr Calum Kennedy, Senior Lived Experience Practitioner |
| 1.00pm-2.00pm | <p>Lunch and poster viewing <i>Hallé Lounge, Second Floor and Fourth Floor Foyer</i></p> <p>Please note that the Faculty of General Adult Psychiatry AGM will be taking place during the lunch break from 1.30pm-1.55pm in Room 15 & 16 on the Fourth Floor.</p> |
| 2.00pm | <p style="text-align: center;">Parallel sessions <i>Please choose one of the below sessions to attend.</i></p> |
| | <p>Session F Preventing early deaths in people with mental illness: actions for change <i>Hallé Suite, Second Floor</i></p> <p>Chair: Dr Ed Beveridge, RCPsych/NLFT and Mr Hameed Khan, GAP Faculty Patient representative</p> |

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| | <ul style="list-style-type: none"> • The Lancet Psychiatry Commission: an approach for holistic management of physical health side-effects of psychiatric medication - Dr Toby Pillinger, King's College London • Implementing lifestyle interventions in mental healthcare settings. 2025 Updates from the Lancet Psychiatry Commission report on Protecting Physical Health in People with Mental Illness - Dr Katarzyna Machaczek, SHU • What is our position on physical health and how does it support our population? RCPsych position statement on physical health - Dr Claire Jones, ST6, General Adult Psychiatry |
| | <p>Session G The Rise of AuDHD - the unique Interplay of Autism and ADHD in the Neurodiversity Paradigm! <i>Room 19 & 20, Fourth Floor</i></p> <p>Chair: Dr Prem Mahadun, Consultant Psychiatrist</p> <ul style="list-style-type: none"> • The Rise of AuDHD- the unique interplay of Autism and ADHD in the Neurodiversity Paradigm! - Dr Khurram Sadiq - Medical Lead Adult ADHD - Oxleas NHS Foundation Trust, Clinical Care Lead Adult ADHD - Southeast London ICB • The story of Adam – Mrs Patricia Boeker, Expert by Experience |
| | <p>Session H Engaging resident doctors in research: challenges and practical solutions <i>Room 15 & 16, Fourth Floor</i></p> <p>Chair: Professor Sonia Johnson</p> <ul style="list-style-type: none"> • Topic overview – Dr Am Narula, West Midlands Head of School • The SPARK project- SPARKing interest in research in the West Midlands – Dr Chantelle Wiseman, University of Birmingham/ Herefordshire and Worcestershire Health and Care NHS Trust • Supporting residents (and consultants) in research: a training programme director perspective – Dr Andy Owen and Dr Ravi Belgamwar, Joint Training Programme Directors for GA in the West Midlands • To Boldly Go: The Next Generation of Researchers in Psychiatry - Professor Matthew Broome |
| 3.15pm – 3.45pm | <p>Afternoon refreshments and poster viewing <i>Hallé Lounge, Second Floor and Fourth Floor Foyer (Posters will be virtually displayed on electronic screens on the Fourth Floor)</i></p> |
| | <p>Plenary 4: Managing hard to treat depression and anxiety <i>Hallé Suite, Second Floor</i> Chair: Dr Nishanth Babu Mathew, Chair of the RCPsych NW Division</p> |
| 3.45pm | <p>Managing difficult to treat depression and the potential role of vagus nerve stimulation Professor R. Hamish McAlister-Williams, Newcastle University and Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust</p> |

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| 4.15pm | Pharmacological and psychological approaches to difficult to treat anxiety Professor Glyn Lewis, Division of Psychiatry, University College London |
| 4.45pm | Q+A |
| 5.00pm | Closing remarks and prize giving <i>Hallé Suite, Second Floor</i> |
| 5.00pm | Closing remarks and prize giving Dr Jon Van Niekerk, Chair of the General Adult Faculty |
| 5.15pm | Close of conference |

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