

RCPsych Breaking Boundaries: Planet, Mind and Action

Date: Friday 27 February 2026

Venue: RCPsych Prescot Street, London

Time	Session
9.00 – 9.30am	Registration Refreshments served
9.30 – 9.40am	Introduction and welcome Dr Kirsten Shukla, Child and adolescent psychiatrist and Dr Sue Crimlisk, Child and adolescent psychiatrist Satish Kumar, Environment activist, Founder and Editor Emeritus at Resurgence & Ecologist magazine.
Session 1: State of the climate and ecological emergency Chair: Dr Kirsten Shukla	
09.40– 10.05am	Update on the science Dr Abi Perrin, Climate & Nature scientist, communicator & activist
10.05 – 10.25am	What every psychiatrist should know about the climate crisis Dr Amelia Cussans, ST 5 trainee in adult psychiatry, member of Psych declares and Planetary Health and Sustainability Committee (PHSC) of the Royal College of Psychiatrists
10.25 – 10.50am	The commercial determinants of the climate crisis Dr May Van Schalkwyk, Public Health Researcher, University of Edinburgh
10.50 – 11.00am	Protesters and the law Dr Clive Dolphin, Defend our Juries Spokesperson
11.00 – 11.15am	Q&A session
11.15 – 11.30am	Break
Session 2: Climate crisis conversations Chair: Dr Sue Crimlisk	
11.30 – 12.00pm	Climate crisis conversations Caroline Hickman, Psychotherapist and globally recognised researcher and author
12.00 – 12.45pm	Panel discussion and Q&A session Dr Abi Perrin, Lived experience Dr Juliette Brown, Old Age Psychiatrist, member of Psych Declares and climate activist. Dr Ching Li, Child and Adolescent Psychiatry and member of Psych Declares. Dr Amelia Cussans, Adult Psychiatrist, member of the PHSC and Psych Declares.

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	Dr Tom Nutting, Adult Psychiatrist and Medical Psychotherapist, member of the PHSC and Psych Declares.
12.45 – 1.45pm	Lunch
<p>Session 3: How to respond to the climate and ecological crisis? Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk</p>	
1.45pm – 2.10pm	<p>The Planetary Health and Sustainability Committee of the Royal College of Psychiatrists</p> <ol style="list-style-type: none"> 1. Brief overview of the PHSC and Nature Matters – Dr Shuo Zhang, Child and Adolescent Psychiatrist, PHSC and member of Psych Declares. 2. PHSC in-depth: saving the planet and helping service users - Dr Daniel Harwood, Chair of PHSC, Older Adults Consultant Psychiatrist. 3. Eco CAMHS – Dr Catriona Mellor, Child and Adolescent Psychiatrist, PHSC, member of Psych Declares. 4. Heatwaves and mental health - Dr Pip Clery, General Adult Psychiatry Trainee, PHSC, member of Psych Declares.
2.10 – 2.20pm	<p>Campaigning for institutional change Dr Amelia Cussans</p>
2.20 – 2.35pm	<p>Geopsychiatry Dr Santosh Mudholkar, Consultant Forensic Psychiatrist with an interest in global health.</p>
2.35 – 2.55pm	<p>History of activism - past and present Dr Lynne Jones OBE, Child and Adolescent Psychiatrist, writer, relief worker, consultant to WHO and Unicef and member of Psych Declares.</p>
2.55 – 3.25pm	<p>Experiences of activism - a conversation Chaired by Dr Clive Dolphin:</p> <ol style="list-style-type: none"> 1. Members of the public as activists – Clive Dolphin, Defend our Juries 2. Psychiatrists as activists – Dr Juliette Brown and Dr Tom Nutting 3. People with lived experience as activists – Dr Pete Knapp
3.25 – 3.35pm	Q&A session
3.35 – 3.50pm	Break
<p>Session 4: Reflective workshop and outcomes from the conference Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk</p>	
3.50 – 4.45pm	<p>Reflective workshop – breakout into smaller groups Using creative materials, participants are invited to reflect on the day and their emotional responses to what they have heard. Facilitated by Dr Marion Neffgen, Consultant Medical Psychotherapist, member of Psych Declares, and members of the Medical Psychotherapy Faculty Climate & Sustainability working group, Dr Pam Peters, Dr Louise Robinson, Dr Dasal Abayaratne</p>

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	and Dr Nora Gribbin.
4.45 – 5.00pm	Closing remarks and the outcomes from the conference Dr Sue Crimlisk, Dr Kirsten Shukla and Fran Sowerbutts, Medical student
5.00pm	Close

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