

# RCPsych Breaking Boundaries: Planet, Mind and Action

**Date:** Friday 27 February 2026

**Venue:** RCPsych Prescot Street, London

Time	Session
9.00 – 9.30am	<p><b>Registration</b> Refreshments served</p>
9.30 – 9.40am	<p><b>Introduction and Welcome</b> Dr Kirsten Shukla, Child and adolescent psychiatrist Dr Sue Crimlisk, Child and adolescent psychiatrist Satish Kumar, Environment activist, Founder and Editor Emeritus at Resurgence and Ecologist magazine.</p>
	<p><b>Session 1: State of the climate and ecological emergency</b> Chair: Dr Kirsten Shukla</p>
09.40– 09.55am	<p><b>Update on the science</b> Dr Abi Perrin, Climate and Nature scientist, communicator &amp; activist</p>
09.55 – 10.15am	<p><b>Mental health impacts of the climate and ecological emergency</b> TBC</p>
10.15 – 10.35am	<p><b>What every psychiatrist should know about the climate crisis</b> Dr Amelia Cussans, ST 5 trainee in adult psychiatry, member of psychiatry declares and Planetary Health and Sustainability Committee (PHSC) of the Royal College of Psychiatrists</p>
10.35 – 11.00am	<p><b>The commercial determinants of global health</b> Dr May Van Schalkwyk, Public Health Researcher, University of Edinburgh</p>
11.00 – 11.15am	<p><b>Q&amp;A Session</b></p>
11.15 – 11.30am	<p><b>Break</b></p>
	<p><b>Session 2: Climate crisis conversations</b> Chair: Dr Sue Crimlisk</p>
11.30 – 12.00pm	<p><b>Climate crisis conversations</b> Caroline Hickman, Psychotherapist and globally recognised researcher and author</p>
12.00 – 1.00pm	<p><b>Panel discussion and Q&amp;A session</b> Dr Pete Knapp, Lived experience Dr Juliette Brown, Old Age Psychiatry, 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.</p>

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# Conference Programme

	Dr Tom Nutting, Adult Psychiatrist and Medical Psychotherapist, member of the PHSC and Psych Declares.
<b>1.00 – 2.00pm</b>	<b>Lunch</b>
	<b>Session 3: How can psychiatrists respond to the climate and ecological crisis?</b> Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk
<b>2.00pm – 2.20pm</b>	<b>The Planetary Health and Sustainability Committee of the Royal College of Psychiatrists</b> <ul style="list-style-type: none"> <li>1. Nature matters – Dr Shuo Zhang, Child and adolescent Psychiatrist, PHSC and member of Psych Declares.</li> <li>2. Eco CAMHS – Dr Catriona Mellor, Child and adolescent Psychiatrist, PHSC, member of Psych Declares.</li> <li>3. Psychiatry training curriculum - Dr Philippa Clery, Psychiatrist, PHSC, member of Psych Declares.</li> <li>4. Heatwave project – Dr Philippa Clery</li> </ul>
<b>2.20 – 2.30pm</b>	<b>Campaigning for institutional change</b> Dr Amelia Cussans
<b>2.30 – 2.40pm</b>	<b>Geopsychiatry</b> Dr Santosh Mudholkar, Consultant Forensic Psychiatrist with an interest in global health.
<b>2.40 – 3.00pm</b>	<b>History of activism - past and present</b> Dr Lynne Jones OBE, Child and Adolescent Psychiatrist, writer, relief worker, consultant to WHO and Unicef and member of Psych Declares.
<b>3.00 – 3.30pm</b>	<b>Experiences of activism - a conversation</b> <ul style="list-style-type: none"> <li>1. Members of the public as activists – Clive Dolphin, Defend our Juries</li> <li>2. Psychiatrists as activists – Dr Juliette Brown and Dr Tom Nutting</li> <li>3. People with lived experience as activists – Dr Pete Knapp</li> </ul>
<b>3.30 – 3.45pm</b>	<b>Break</b>
	<b>Session 4: Reflective workshop and outcomes from the conference</b> Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk
<b>3.45 – 4.40pm</b>	<b>Reflective workshop – Breakout into smaller groups</b> 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 and Sustainability working group, Dr Pam Peters, Dr Louise Robinson, Dr Dasal Abayaratne
<b>4.40 – 5.00pm</b>	<b>Closing remarks and the outcomes from the conference</b> Dr Sue Crimlisk, Dr Kirsten Shukla and Fran Sowerbutts, Medical student
<b>5.00pm</b>	<b>Close</b>

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