

RCPsych Breaking Boundaries: Planet, Mind and Action

Date: Friday 27 February 2026

Venue: RCPsych Prescott 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– 10.00am	Update on the science Dr Abi Perrin, Climate & Nature scientist, communicator & activist
10.00 – 10.05am	Mental health impacts of the climate and ecological emergency Dr Abi Perrin
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	Defend our Juries 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 – 1.00pm	Panel discussion and Q&A session Dr Pete Knapp, Lived experience Dr Juliette Brown, Old Age Psychiatrist, member of Psych Declares and climate activist.

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	<p>Dr Ching Li, Child and Adolescent Psychiatry and member of Psych Declares.</p> <p>Dr Amelia Cussans, Adult Psychiatrist, member of the PHSC and Psych Declares.</p> <p>Dr Tom Nutting, Adult Psychiatrist and Medical Psychotherapist, member of the PHSC and Psych Declares.</p>
1.00 – 2.00pm	Lunch
<p>Session 3: How can psychiatrists respond to the climate and ecological crisis?</p> <p>Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk</p>	
2.00pm – 2.20pm	<p>The Planetary Health and Sustainability Committee of the Royal College of Psychiatrists</p> <ol style="list-style-type: none"> 1. Nature matters – Dr Shuo Zhang, Child and Adolescent Psychiatrist, PHSC and member of Psych Declares. 2. Eco CAMHS – Dr Catriona Mellor, Child and Adolescent Psychiatrist, PHSC, member of Psych Declares. 3. Psychiatry training curriculum - Dr Philippa Clery, Psychiatrist, PHSC, member of Psych Declares. 4. Heatwave project – Dr Philippa Clery
2.20 – 2.30pm	<p>Campaigning for institutional change</p> <p>Dr Amelia Cussans</p>
2.30 – 2.40pm	<p>Geopsychiatry</p> <p>Dr Santosh Mudholkar, Consultant Forensic Psychiatrist with an interest in global health.</p>
2.40 – 3.00pm	<p>History of activism - past and present</p> <p>Dr Lynne Jones OBE, Child and Adolescent Psychiatrist, writer, relief worker, consultant to WHO and Unicef and member of Psych Declares.</p>
3.00 – 3.30pm	<p>Experiences of activism - a conversation</p> <p>Chaired by 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
3.30 – 3.45pm	Break
<p>Session 4: Reflective workshop and outcomes from the conference</p> <p>Chairs: Dr Kirsten Shukla and Dr Sue Crimlisk</p>	
3.45 – 4.40pm	<p>Reflective workshop – breakout into smaller groups</p> <p>Using creative materials, participants are invited to reflect on the day and their emotional responses to what they have heard.</p> <p>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 and Dr Nora Gribbin.</p>

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4.40 – 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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