

Faculty of General Adult Psychiatry Annual Conference 2026

Transforming Adult Mental Health Care - Innovation, Inclusion and Impact

When: Wednesday 7 – Thursday 8 October 2026

Where: Royal College of Physicians of Edinburgh, 11 Queen Street, Edinburgh, EH2 1JQ (in-person only)

Wednesday 7 October	
8.45am - 9.15am	Conference registration
9.15am - 9.30am	Conference Welcome and Introductions Chair: Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty
9.15am	Welcome and Introduction from the Faculty Chair Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty
9.30am- 10.45am	Plenary 1: Bringing Bipolar Care into Focus Chair: Professor Sonia Johnson
9.30am- 9.50am	The RCPsych position statement on Bipolar Dr Sameer Jauhar, Imperial College London
9.50am- 10.10am	Bipolar – the pharmacology angle Speaker TBC
10.10am- 10.30am	Where are the treatment gaps and what do people with bipolar need from services? Mr Jeremy Clark, Bipolar UK
10.30am- 10.45am	Discussion and Q&A
10.45am – 11.15am	Morning refreshments and poster viewing

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11.15am – 12.30pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
11.15am-11.50pm	Parallel session A: How can we introduce a hormone-informed perspective to treating major mental health conditions? (The Conference Centre) Chair: Dr Sherlie Arulanandam Impact of reproductive transitions and women's mental health Dr Katie Marwick
11.50pm-12.15pm	RCPsych Women's Mental Health Strategy RCPsych Presidential Lead for Women and Mental Health
12.15pm-12.30pm	Discussion and Q+A
11.15am – 12.30pm	Parallel session B: How can care for people with a personality disorder diagnosis be improved across the pathway? (The Great Hall) Chair: Dr Toby Greenall What works for people with a personality disorder diagnosis? Lessons from the Structured Psychological Support (SPS) study Dr Toby Greenall Innovative crisis care pathways for people with a personality disorder diagnosis: Improving support and preventing admission Dr Sorana Berry, Berkshire NHS Foundation Trust Developing an Inpatient Maturity Index: Defining what good care looks like for people with complex emotional needs Dr Amanda Tetley, NHS Midlands Discussion and Q+A

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12.30pm – 1.15pm	Lunch and poster viewing Please note that the RCPsych in Scotland General Adult Faculty Relaunch will be taking place during the lunch break from 12.45pm-1.15pm (room TBC). This meeting will be open to all Scottish GA psychiatrists attending the conference.
1.15pm – 2.30pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
	Parallel session C: Practical management of ADHD in general adult settings (Conference Centre) Chair: Dr Premal Shah
1.15pm-1.40pm	Psychiatric history taking as relevant to assessment of adult ADHD Dr Muhammad Arif
1.40pm-2.15pm	Management of adult ADHD Dr Ulrich Muller-Sedgwick
2.15pm-2.30pm	Discussion and Q+A
1.15pm-2.30pm	Parallel session D: What do LGBTQ+ people need from general adult mental health services and how can it be provided? (The Great Hall) Chair: Professor Jamie Frankis, Glasgow Caledonian University - How can we meet the needs of LGBTQ+ people within NHS mental health services?
2.30pm – 2.50pm	Afternoon refreshments and poster viewing
2.50pm-4.05pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
2.50pm-4.05pm	Parallel Session E: Making neighbourhood mental health care a success (Conference Centre) Chair: TBC

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	Parallel Session F: How can effective services be provided to rural and remote communities? (The Great Hall) Chair: Dr Linda Gask
2.50pm-3.10pm	Critical mass or critical gaps? Dr Neil McNamara, NHS Highland
3.10pm-3.30pm	Mental health services in islands (Orkney): what's good, what's challenging and where do we go from here? Dr Ayesha Raja & Dr Ian Dewar, NHS Orkney
3.30pm-3.50pm	Training in Rural and Remote Areas Developments, Opportunities, and Challenges Leah Drever, Chiemeka Odoh and Folakemi Motayo, NHS Grampian
3.50pm-4.05pm	Discussion and Q+A
4.05pm – 4.15pm	Movement break
4.15pm - 5.00pm	Faculty Lecture Chair: TBC
4.15pm	Faculty Lecture: Psychiatry in Scotland, Wee country, Big challenges Dr Alastair Cook, NHS Lanarkshire
4.45pm	Discussion and Q+A
5.00pm	End of day 1
5.00pm - 8.00pm	Drinks reception and Conference Ceilidh (This is a ticketed event, please make sure you pre-book your ticket) Join us for drinks* and nibbles, networking, and a famous Scottish Ceilidh on the evening of Wednesday 7 October – no need to travel, just head upstairs to The Great Hall and New Library to enjoy an informal evening of networking and entertainment. Your £45 ticket will include: • a drink on arrival (non-alcoholic options will be available); • light nibbles; • private access to the New Library/Great Hall; • live music (and optional dancing) from a local Scottish ceilidh band. *non-alcoholic alternatives/options will also be provided

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Thursday 8 October	
9.00am - 9.30am	Conference registration
9.30am	Welcome and Oral Poster Presentations Chair: Dr Priya Natarajan, , Vice Chair, General Adult Faculty, RCPsych
9.30am	Welcome and Introduction from the Faculty Vice Chair Dr Priya Natarajan, Vice Chair, General Adult Faculty, RCPsych
9.45am	Oral poster presentations x3 <i>These three top scoring poster authors will have 5 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 can be found online via the conference resources page.</i> • Activity Participation Audit in a General Adult Acute Ward Dr Wendy Enamhe • Embedding Simulation-Based Suicide Prevention Training Across a Mental Health System: Improving Confidence, Capability and Patient Safety Dr Eliada Muntiu • "You Feel Like an Island" Exploring How Mental Health Professionals Learn and Grow Following Adverse Clinical Events Dr Jonas Muscat
10.15am	Keynote Address Chair: TBC
10.15am	Keynote Address Dr Arun Chopra, Interim Chief Executive, CQC
10.45am	Q&A
11.00am- 11.30am	Morning refreshments and poster viewing
11.30am- 12.45pm	Parallel sessions <i>Please choose one of the below sessions to attend.</i>
	Parallel session G: New directions for hard-to-treat psychosis (Conference Centre) Chair: TBC Overcoming the barriers to prescribing clozapine

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11.30am-11.50am	Dr Graham Walker, University of Glasgow
11.50am-12.10pm	Exploring new technology for hard-to-treat psychosis (including AI/Avatar interventions)
12.10pm-12.30pm	Finding out more about new antipsychotics
12.30pm-12.45pm	Discussion and Q+A
11.30am-11.45am	Parallel session H: Why should psychiatrists be interested in loneliness and social connection? (The Great Hall) Chair: TBC What is the evidence on rates and roots of loneliness among people with adult mental health conditions? Professor Sonia Johnson
11.45am-12.00pm	What could be done to improve social connection and thus mental health outcomes? (including results of a new trial on a loneliness-focused intervention in hard-to-treat depression) Professor Brynmor Lloyd-Evans, University College London
12.00pm-12.15pm	What's the state of the art in social prescribing? Speaker TBC
12.15pm-12.45pm	Lived experience commentary and discussion Mr Hameed Khan, Expert by Experience
12.45pm-1.45pm	Lunch and poster viewing Please note that the Faculty of General Adult Psychiatry AGM will be taking place during the lunch break from 1.10pm-1.40pm (room TBC)

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1.45pm-3.00pm	Parallel sessions <i>Please choose one of the below sessions to attend.</i>
1.45pm-3.00pm	Parallel session I: Get Britain Working: Opportunities and challenges for General Practice, Occupational Medicine and Psychiatry (Conference Centre) Chair: Dr Jeya Balakrishna, GA Faculty Finance Officer & Consultant Psychiatrist, Health Partners Group - Dr James Quigley, Consultant Occupational Physician & Director, Nation Occupational Health - Dr Muzaffer Kaser, Consultant Psychiatrist CPFT & Exec OPSIG
1.45pm-3.00pm	Parallel session J: The Last Human Skill: What Must Psychiatry Protect in the Age of AI? (The Great Hall) Chair: TBC
3.00pm – 3.30pm	Afternoon refreshments and poster viewing
3.30pm	Plenary 4: Risk, Responsibility and Uncertainty: Lessons for Community Mental Health Care After Nottingham Chair: Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty
3.30pm – 4.45pm	• Dr Mayura Deshpande • Remaining panellists TBC
4.45pm-5.00pm	Closing remarks and prize giving
4.45pm	Closing remarks and prize giving; including the celebration of the GAP lifetime achievement award winner Dr Jon Van Niekerk, Chair of the General Adult Faculty
5.00pm	Close of conference

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