

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 (Conference Centre) 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	Opening Plenary: Bringing Bipolar Care into Focus (Conference Centre) Chair: TBC
9.30am-9.50am	The RCPsych position statement on Bipolar Dr Sameer Jauhar, Imperial College London and Professor Sonia Johnson, University College London and North London NHS Foundation Trust
9.50am-10.10am	Title TBC Professor Sophie Parker, Consultant Clinical Psychologist and Director of the Youth Mental Health Research Unit and Psychosis Research Unit, GMMH NHS Foundation Trust
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

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10.45am – 11.15am	Morning refreshments and poster viewing
11.15am – 12.30pm	Parallel sessions <i>Please choose one of the below two sessions to attend.</i>
11.15am-11.50am	Parallel session A: How can we introduce a hormone-informed perspective to treating major mental health conditions? (Conference Centre) Chair: Dr Sherlie Arulanandam, Avon and Wiltshire Mental Health Partnership NHS trust and University of Bristol
11.50am-12.15pm	Impact of reproductive transitions and women's mental health Dr Katie Marwick, University of Edinburgh
12.15pm-12.30pm	RCPsych Women's Mental Health Strategy Dr Catherine Durkin, Consultant Forensic Psychiatrist, and Dr Philippa Greenfield, North London Foundation Trust
12.30pm-12.45pm	Discussion and Q+A
11.15am – 11.35am	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, Lincolnshire Partnership NHS Foundation Trust
11.35am – 11.55am	What works for people with a personality disorder diagnosis? Lessons from the Structured Psychological Support (SPS) study Dr Toby Greenall, Lincolnshire Partnership NHS Foundation Trust
11.55am – 12.15pm	Innovative crisis care pathways for people with a personality disorder diagnosis: Improving support and preventing admission Dr Sorana Berry, Clinical Psychologist, and Dr Chloe Forster, Consultant Clinical Psychologist, Health and Care Professions Council (HCPC)
12.15pm-12.30pm	Developing an Inpatient Maturity Index: Defining what good care looks like for people with complex emotional needs Dr Amanda Tetley, NHS England Midlands and Leicestershire Partnership NHS Trust
12.30pm-12.45pm	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-1.10pm (The Great Hall). 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, UK Adult ADHD Network (UKAAN)
1.40pm-2.15pm	Management of adult ADHD Dr Ulrich Muller-Sedgwick, Adult ADHD & Autism Service, Government of Jersey & Department of Psychiatry, University of Cambridge
2.15pm-2.30pm	Discussion and Q+A
	Parallel session D: What do LGBTQ+ people need from general adult mental health services and how can it be provided? (The Great Hall) Chair: Dr Toby Greenall, Lincolnshire Partnership NHS Foundation Trust
1.15pm-1.25pm	LGBTQIA+ People Experiences of Mental Health Care - What does the latest research evidence tell us? Professor Jamie Frankis, School of Health and Life Sciences, Glasgow Caledonian University
1.25pm-1.35pm	What I Don't Say Mr Scott Thomson, STLEC
1.35pm-1.45pm	Care co-ordination as a relational practice that can foster trust and collaboration: an Early Intervention in Psychosis perspective with a focus on chemsex Dr Jo Taylor, University of York
1.45pm-1.55pm	Title TBC Dr Alind Srivastava

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1.55pm-2.30pm	Discussion and Q+A
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-3.15pm	Parallel Session E: Achieving continuity for people with severe mental illnesses (Conference Centre) Chair: Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty
2.50pm-3.15pm	Framework The Mental Health Personalised Care Framework Dr Mary Docherty, NHS England
3.15pm – 3.40pm	Impacts of Open Dialogue Professor Steve Pilling
3.40pm-4.05pm	Discussion and Q+A
2.50pm-3.10pm	Parallel Session F: How can effective services be provided to rural and remote communities? (The Great Hall) Chair: Dr Linda Gask, University of Manchester
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 Dr Leah Drever, Dr Chiemeka Odoh and Dr Folakemi Motayo, NHS Grampian
3.50pm-4.05pm	Discussion and Q+A

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4.05pm – 4.15pm	Movement break
4.15pm - 5.00pm	Faculty Lecture (Conference Centre) Chair: Dr Jeya Balakrishna, Consultant Psychiatrist, Health Partners Group
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 (Conference Centre) Chair: Dr Jeya Balakrishna, Consultant Psychiatrist, Health Partners Group
9.30am	Welcome and Introductions Dr Jeya Balakrishna, Consultant Psychiatrist, Health Partners Group
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, Cygnet Healthcare • Embedding Simulation-Based Suicide Prevention Training Across a Mental Health System: Improving Confidence, Capability and Patient Safety Dr Eliada Muntiu, General Adult Psychiatrist • "You Feel Like an Island" Exploring How Mental Health Professionals Learn and Grow Following Adverse Clinical Events Dr Jonas Muscat
10.15am	Keynote Address (Conference Centre) Chair: Dr Jane Morris, Chair, RCPsych in Scotland
10.15am	Rebuilding trust: The future of regulation in mental health care 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>

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Parallel session G: New directions for hard-to-treat psychosis (Conference Centre) Chair: Dr Sophia Senthil, Consultant Psychiatrist and Deputy Clinical Director	
11.30am-11.50am	Overcoming Barriers to Clozapine: Lessons from Working with Young People Dr Graham Walker, Consultant Child and Adolescent Psychiatrist (NHS Ayrshire and Arran), Honorary Clinical Senior Lecturer (University of Glasgow)
11.50am-12.10pm	Genomic approaches to pharmacological treatment Dr Stephen Murtough, University College London (UCL)
12.10pm-12.30pm	New and emerging pharmacotherapies for psychosis Dr George Chapman, Division of Psychiatry, UCL; Department of Neuropsychiatry, Queen Square, UCLH NHS FT
12.30pm-12.45pm	Discussion and Q+A
Parallel session H: Why should psychiatrists be interested in loneliness and social connection? (The Great Hall) Chair: Dr Claire-Marie Hosein	
11.30am-11.45am	What do we know about the connections between loneliness and mental health problems? Professor Sonia Johnson, University College London and North London NHS Foundation Trust
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, Division of Psychiatry, UCL
12.00pm-12.15pm	Tackling Social Isolation with Lifestyle Medicine Approaches Dr Frances Elliot, The British Society of Lifestyle Medicine
12.15pm-12.25pm	Lived experience commentary Mr Hameed Khan, Expert by Experience
12.25pm-12.45pm	Discussion and Q+A

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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 (The Great Hall)
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, Consultant Psychiatrist, Health Partners Group - Dr James Quigley, Consultant Occupational Physician & Director, Nation Occupational Health - Dr Muzaffer Kaser, Cambridgeshire and Peterborough NHS Foundation Trust / Department of Psychiatry, University of Cambridge - Dr Ross Stewart, Chair, GP Committee IDrF (Independent Doctors Federation)
1.45pm-3.00pm	Parallel session J: In conversation with Sir Norman Lamb on 'Being More Human' (The Great Hall) Chair: Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty, Mr Raf Hamaizia, Cygnet Health, and Mr Patrick Nyikavaranda, Senior Research Fellow, UCL Division of Psychiatry; Involvement and CEDI Co-Lead, NIHR Policy Research Unit in Mental Health Sir Norman Lamb, Liberal Democrat MP from 2001-2019. Former Minister of State at the Department of Health. Honorary Fellow, RCPsych
3.00pm – 3.30pm	Afternoon refreshments and poster viewing
3.30pm	Closing plenary: Lessons for Community Mental Health Care After Nottingham (Conference Centre) Chair: Dr Jon Van Niekerk, Chair, RCPsych GAP Faculty
3.30pm – 4.45pm	Panellists: • Dr Arun Chopra, Interim Chief Executive, CQC • Dr Mayura Deshpande, Hampshire & Isle of Wight Healthcare NHS Foundation Trust • Dr Nuwan Dissanayaka, Consultant Psychiatrist, Leeds Assertive Outreach Team • Mr Raf Hamaizia, Cygnet Health • Professor Regi Alexander, Consultant Psychiatrist, Hertfordshire Partnership University NHS Foundation Trust

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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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