

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: Dr Amal Al Sayegh, St. John's Hospital, West Lothian, NHS Lothian
9.30am-9.50am	Improving bipolar care: introduction to the College position statement and to specialist options for bipolar care Professor Sonia Johnson, University College London and North London NHS Foundation Trust and Dr Sameer Jauhar, Imperial College London
9.50am-10.10am	Looking Upstream: Early Identification and Intervention in Bipolar Disorder Professor Sophie Parker, Greater Manchester Mental Health NHS Foundation Trust and The University of Manchester
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 Sorana Berry, Lead Consultant Clinical Psychologist, and Dr Chloe Forster, Consultant Clinical Psychologist, Berkshire Healthcare NHS Foundation Trust
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	Between Cultures, Between Closets. Finding a Voice, Building a Community: The Journey of LGBTQ+ IMGs". 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>
	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
	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 Pavan Srireddy, Vice 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
12.45pm-1.45pm	Lunch and poster viewing

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	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 Ross Stewart, Chair, GP Committee IDrF (Independent Doctors Federation) - 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
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 Dr 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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