Join us for our first ever virtual Congress

Student and Trainee Guide
Welcome from the PTC Officers

Dear Delegate,

We are delighted to welcome you to the Virtual Royal College of Psychiatrists International Congress 2021 trainees’ guide. Before we go any further, we want to thank Dr Oli Sparasci (PTC rep for the North West) for leading the development of this guide - we are very grateful. We hope that this guide will highlight some of the events that we think will be of most interest to trainees and help you plan your Congress experience.

A virtual Congress is different from what we had been hoping for, and we will really miss the opportunity to meet you in person. Congress usually provides such an immersive environment to meet our colleagues, network and make new friends, and we hope that the virtual platform will go some way in replicating that over the next week.

We are pleased to announce that we have several trainee focused events over the coming week and these include:

**RCPsych Lounge - Trainee Events**

This is a place for you to virtually visit and meet other psychiatrists at all stages of their career. It will also host daily lunchtime trainee focused events. Please do visit this lounge – it has been made for you.

We are delighted to let you know that we will be hosting the following exciting events:

**Monday 21st at 13:00:**
Meet the PTC - your chance to meet your PTC Officers.

**Tuesday 22nd at 13:00:**
Meet the Chief Examiner - an opportunity to meet Dr Ian Hall.

**Wednesday 23rd at 13:00:**
An update on credentialling with Professor Helen Bruce.
An update on the RCPsych Equality Strategy with Dr Lade Smith.

**Thursday 24th at 13:00:**
Meet the College Officers: come along to meet our college leaders.

**Virtual well-being sessions.**

There will be a number of well-being sessions in the RCPsych Lounge to help get you ready for the day ahead. Find out more about the exciting line-up of Congress Fringe events on the last page of this guide.
Virtual Trainees’ evening social.

Following the success of the trainees’ social at the Trainees’ Conference earlier this year we have a social on the evening of Tuesday 22nd June which we would love you to join us for. The social will be a great opportunity to get to know other trainees and have some fun whilst doing a virtual ‘Round the World’ Activity!

Welcome to International Congress 2021.

There really is so much to look forward to over the coming week, with keynote lectures from a variety of influential, fascinating and international keynote speakers. We hope that you enjoy the week and we look forward to meeting you. Please do come and find us in the trainees’ lounge and give us feedback about your training experience and the Congress itself – we really do want to hear from you.

Our Highlight of the Week

This guide will help you find what we think are some of the most exciting, interesting and trainee-relevant sessions at International Congress 2021. However, our highlight of Congress comes on Monday 21st June at 09:30 when we are honoured to be joined by Professor Sir Michael Marmot who will speak on Social justice, health equity and COVID-19.

“Taking action to reduce health inequalities is a matter of social justice. In developing strategies for tackling health inequalities we need to confront the social gradient in health not just the difference between the worst off and everybody else. There is clear evidence when we look across countries that national policies make a difference and that much can be done in cities, towns and local areas. But policies and interventions must not be confined to the health care system; they need to address the conditions in which people are born, grow, live, work and age. The evidence shows that economic circumstances are important but are not the only drivers of health inequalities. Tackling the health gap will take action, based on sound evidence, across the whole of society. The pandemic has exposed and amplified underlying inequalities in society that lead to inequalities in health.”
Day 1 Highlights: Monday 21st June

KN1 Dr Adrian James
09:05-09:30
President Royal College of Psychiatrists: President’s Opening Lecture

KN3 Michael Rosen
14:05—14:35
Author and poet: Coming to terms with COVID: Many different kinds of love

S4 “How to be both”: psychiatrists' lived experience of mental illness
10:05 - 11:20

This session is a panel discussion with practising psychiatrists with lived experience of mental illness and a psychologist who specialises in supporting doctors. Delegates will hear personal experiences of working as a psychiatrist with a psychiatric illness. The session will consider the effects of stigma and the practical impact of mental illness on work and training, returning to work and considering alternative careers. We will explore levels of disclosure, how illness affects our perceptions of ourselves as doctors, and the value of and limits of lived experience.

S5 The mental health of women and girls during the COVID-19 pandemic (submission from Women and Mental Health SIG)
11:55 - 13:10

In this session we will discuss factors affecting women’s mental health in both high-income, and low- and middle-income countries. We will also consider our response as a psychiatric community to these challenges now and in the future.

MC2 Lessons in Leadership - Learning from the RCPsych Leadership and Management Fellow Scheme and Beyond
15:25 - 16:40

This session is divided into three themes, firstly we will look at Supporting emerging medical leaders: The RCPsych Leadership and Management Fellow Scheme with Dr Alex Till. We will then hear from Dr Ross Runciman: In Conversation - Mentoring, leadership, and the patient perspective. Finally Dr Shevonne Matheiken will chair a panel discussion entitled: So, you want to be a leader?
Day 2 Highlights: Tuesday 22nd June

KN6 Professor Sir Graham Thornicroft
09:00 - 09:30
When we’re over Covid: what have we learned in mental health

KN8 Professor Catherine Harmer
14:05 - 14:35
How do antidepressants work?

S12 Vitamin D: Mind and Body
10:05 - 11:20
This session will deliver the latest evidence on the relationship between vitamin D and health. Attendees will gain understanding of the interactions between vitamin D and mental disorders across the lifespan, learn the results of the largest trial to date of vitamin D supplementation in psychosis and appreciate the relationship between vitamin D and respiratory infections and coronavirus.

S14 Social Media and Mental Health in Young People
10:05 - 11:20
Two influential child and adolescent psychiatrists, both of whom engage actively with social media, will discuss its challenges. One will debate difficulties young people face online in terms of bullying, ‘fear of missing out’, body-image, and self-esteem. The other will talk of the positive gains & networking/communication that social media enables in young people as a tool to reach and engage others, including mental health professionals, as a source of knowledge and sign-posting. The third speaker is a non-clinical social media ‘influencer’, well recognised by young people in particular, who has publicly documented their lived experience of mental health and being in the public eye.

S26 “We need to talk about weed”- public health and mental health implications of high potency cannabis
16:45 - 18:00
The effects of cannabis on mental health have been investigated extensively. There are two worrying trends over recent years. Firstly, cannabis is increasing in strength and the methods for ingesting and using cannabis have become more sophisticated. Secondly, the public perception of the risks of cannabis use have decreased due largely to the promotion of cannabis-related products as “medicine” and the influences of commercialization. In this symposium Dr Bobby Smyth, Prof Sir Robin Murray and Prof Mary Cannon will discuss current research into cannabis use and the growing risks to mental health posed by its use. This will be followed by a panel discussion.
Day 3 Highlights: Wednesday 23rd June

KN11 Dr Fiona Godlee
09:30-10:00
Editor in Chief, The BMJ - In Conversation with...

KN13 Professor Chris Whitty
14:35—15:05
Chief Medical Officer for England and Chief Medical Adviser to the UK Government

S33 Research training: a session for medical students, FY doctors, and psychiatry trainees
11:55 - 13:10
Professor Tamsin Ford will introduce the structure of research training in the NHS, emphasising her personal experiences of how research has changed practice. Dr Chamberlain will provide advice on writing abstracts and posters. Dr Niall Boyce, Editor-in-Chief of The Lancet Psychiatry, will explain routes to publishing (including the open access model), what editors look out for when considering papers, and how to make your submission stand out.

S34 Suicide, psychiatry and the law
11:55 - 13:10
The laws governing doctors’ responsibility to suicidal patients are poorly understood. The recent MHA Review, along with anecdotal experiences of patients and clinicians, suggests that suicidal people are sometimes being refused care in the name of ‘mental capacity’. The lack of clarity as to how doctors should balance patients’ autonomy with protection of life is likely to be further complicated by personal values and stigma. This session will consider several perspectives on this complex area.

S37 ‘When times change, so must we’ – how clinicians can help patients have a better experience of mental health services
15:25 - 16:40
We will hear a number of speakers ideas for improving patients’ experiences of mental health services. Suggestions will be from the lived experience of a service user and from the work of the mental health charity Mind. We encourage all delegates to evaluate their own experience – either as clinicians, carers or users – and identify changes. We hope that clinicians will leave the session with quality improvement ideas to take back to their organisations.
Day 4 Highlights: Thursday 24th June

S41 Activist Psychiatrists and the Climate and Ecological Emergency
10:05 - 11:20

The climate and ecological emergency is a mental health emergency. In this session, activist psychiatrists describe their involvement - from the college Sustainability Committee, to Psych Declares, Medact, and Doctors for XR – in raising awareness and demanding action on the climate crisis. Delegates will learn of the mental health and psychological impacts of the crisis, the intersection of social and racial justice and climate justice, the reasons we choose to take action, the important role psychiatrists can play in the crisis and the opportunities to become more involved.

S47 Lessons from volunteering in Humanitarian Psychiatry in conflict & disaster zones
11:55 - 13:10

This session will share the knowledge of the speakers on humanitarian psychiatry and the role of volunteers. Delegates will learn about the 70 million forcibly displaced people worldwide, also known as Refugees, Asylum Seekers, Stateless person, Internally Displaced People and Migrants. The mental health needs of forcibly displaced populations are unique. The three speakers will share their own experiences based on real life cases and providing care in low resource settings.

S56 How to work with homeless people
16:45 - 18:00

Many of our patients find themselves socially excluded and socially marginalised, yet little training is offered on the specifics of working with people in such difficulties. Specialist services that do work with marginalised populations are established in relatively few areas. This session will cover both practical ways of engaging and productively working with homeless people and some psychological aspects of this work.
Cultural Fringe: Our Top Picks

Guided Walks  
21st—24th June  
13.10 - 13.40

Each day of the International Congress, we invite you to step outside and take a mindfulness walk. Allow yourself time and permission to enjoy the simplicity of tuning in to yourself and your surroundings while strolling mindfully. The walk should last between 20-30 minutes and you will be provided an audio link lasting 5-7 minutes to guide your time outside.

CURED: Meet the LGBTQ activists who refused to accept psychiatry’s mental-illness label and changed history  
Monday 21st June  
17.00 - 18.00

Watch CURED anytime between 16 and 22 June and join the filmmakers, Bennett Singer and Patrick Sammon, on 21 June from 17.00—18.00 where they will be in conversation and screening clips from the film.

Comedy Show  
Monday 21st June  
17.00 - 18.00

Join us for a very interactive comedy show hosted by TV’s own James Gill, Rachel Parris & Marcus Brigstocke. Packed with sketches, chat, games, music and a Lip Sync Battle where you get to vote for the winner. Get ready for a show where there’s something for everyone.

The Undercroft Trio Recital  
Wednesday 23rd June  
17.00 - 18.00

The Undercroft Trio have been playing together since their first year of undergraduate study at Trinity Laban. Taking the works of Beethoven as a cornerstone for their chamber playing, they have since branched out to cover all genres of music, from jazz to contemporary.

Poster Hall

Don’t forget to visit the virtual poster hall at this year’s International Congress. Here you will be able to view all the Congress posters and see the Rapid Fire Poster presentations.

Social Media

Follow the International Congress on Social Media for the latest news, updates and reflections.

Tweet #RCPsychIC and follow @RCPsych and @rcpsychTrainees