



ROYAL COLLEGE OF PSYCHIATRISTS
**International
Congress 2022**
Edinburgh 20-23 June



Student and trainee guide



Welcome from the PTC Officers

Dear Delegate

Warm greetings from your Psychiatric Trainees' Committee. We are delighted, and very excited, to welcome you to the first in-person RCPsych International Congress since the dawn of COVID-19 back in 2020. It is a particular treat to have it here in beautiful Edinburgh, and we hope you will have a memorable time with us. Congress is always an impressive affair and provides an unrivalled opportunity to meet colleagues from around the country, while also offering a programme filled with fascinating keynote speeches and stimulating workshops.

In keeping with tradition, we are setting up a Student and Trainees' Lounge at the heart of the action, where you can come and take some time out. Do visit us if you can; we love hearing directly from our fellow trainees and finding out what we can do to help enhance your experience of training and support you in reaching your full potential as a clinician, academic or otherwise. We therefore hope to cross paths with you all at least once during your time at Congress.

We have cherry-picked some of the trainee highlights of the programme, as curated by Kris Roberts and Emma McPhail (to whom we are grateful for this and much more).

In the Student and Trainees' Lounge, in addition to meeting the PTC officers, there will also be a chance to hear from some of the key people behind exams, the curricula, and the College itself, via the following daily, lunchtime events:

RCPsych Student and Trainees' Lounge

This is a place for you to meet other trainees and students. It will also host daily lunchtime trainee focused events. Please do come and visit. It will be great to meet you all in-person.

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

Monday 20 June: 1.00pm – 1.50pm	Meet the PTC - your chance to meet your PTC Officers.
Tuesday 21 June: 1.10pm – 2.10pm	Meet the RCPsych Officers
Wednesday 22 June: 1.25pm – 2.10pm	Meet the Chief Examiner
Thursday 23 June: 1.10pm – 2.10pm	Meet the Associate Dean and engage with a Live Q&A as the new curricula is launched

RCPsych Student and Trainee Dinner

We hope that you will join us at our trainee and student dinner on Tuesday 21 at 8.00pm. This is a fantastic opportunity to network with friends and colleagues over a lovely dinner and drinks, to be held at Edinburgh's best cocktail bar, [Tigerlily](#). Find out more and book your place on the [College website](#)



Dr Rosemary Gordon
Chair



Dr Sharon Holland
Vice Chair



Dr Oli Sparasci
Secretary

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 the International Congress 2022.

However, our highlight of the congress is **MC17 How to advance equality and equity in mental health**, taking place on Thursday 23 June from 2.40pm – 3.55pm. This looks to be a really interesting and highly relevant session, chaired by Mr Paul Rees, CEO of the Royal College of Psychiatrists. It will involve a series of thought-provoking discussions with both prominent and passionate College figures including RCPsych President Dr Adrian James, and the Presidential Leads for Race Equality, Dr Shubulade Smith CBE and Dr Rajesh Mohan.

‘Systemic racism in healthcare is the same as systemic racism elsewhere in society... What we want to do is shift things so we introduce some structural change.’

Dr Mohan and Dr Smith: <https://www.bma.org.uk/news-and-opinion/minds-apart-race-and-differential-outcomes>



Dr Shubulade Smith



Dr Rajesh Mohan



Dr Adrian James



Mr Paul Rees

Day 1 Highlights: Monday 20 June



KN1 Adrian James

11.50am – 12.20pm

President's Opening Lecture



KN2 Professor Louis

Appleby

12.20pm – 12.50pm

Professor of Psychiatry, Leads the National Suicide Prevention Strategy for England, Director of the National Confidential Enquiry into Suicide and Safety

MC3 Understanding safety as a co-created entity. Challenges, obstacles and opportunities for psychiatry: workshop by the Patient Safety Group of the Royal College of Psychiatrists

10.00am – 11.15am

Dr Rachel Gibbons, Chair of the Patient Safety Group of the Royal College of Psychiatrists, and Jacquie Jamieson, Carer Lay Representative, will chair an interesting session considering collaborative care, and question our preconceptions around patient safety.

S3 Refugee and asylum-seeker mental health

1.55pm – 3.10pm

Considering recent global events, this is a particularly pertinent topic. Join Professor Kenneth R. Kaufman for a varied look at the complex issues affecting displaced people, and possible interventions that may be helpful.

Fringe debate – Digital Psychiatry: the next 180 years

6.35pm – 7.35pm

0930 clinic appointment with Skynet? This house believes that the RCPsych should embrace Artificial Intelligence and Big Data in guiding clinical decision making and service development. You will be able to participate in a debate with a twist on the usual format on a hot and often hotly contested topic led by the Digital SIG and involving psychiatrists and a mental health journalist. You'll be able to ask questions and take an active role in the debate

Don't Forget....

Meet the PTC Officers at 1.10pm in the student and trainees' lounge.

Day 2 Highlights: Tuesday 21 June



KN7 Professor Devi Sridhar

9.30am – 10.00am

In conversation with...
Professor, University of Edinburgh.
Chair of Global Public Health at the
University of Edinburgh.



KN8 Dr Gwen Adshead

2.10pm – 2.40pm

On Psychiatry as a Profession
Consultant Forensic Psychiatrist and
Psychotherapist

TC2 Core skills in neuropsychiatry

10.30am – 11.45am

This should be a practical and relevant session to trainees, both for exams and clinical practice. Find out how to do a neurological examination in five minutes, and enhance your cognitive examination skills with a session from Professor Adam Zeman.

MC5 The art of psychopharmacology

11.55am – 1.10pm

Is prescribing serving us or our patients? It is an interesting consideration, and this session will address the subconscious elements of medicating our patients, and in the context of the pharmaco-therapeutic alliance, ponder some of the potential pitfalls.

S17 Top ten facts every psychiatrist should know

3.40pm – 4.55pm

Brush up on clinical knowledge with the top ten facts about psychiatric disorders you will commonly encounter in your practice. This session is likely to be useful for exam preparation and to enhance your overall knowledge base.

Fringe: Reducing the impact of the emotional effect of suicide on clinicians

6.30pm – 7.45pm

Dr Ros Ramsey and her colleagues offer insights into the emotional consequences of suicide on clinicians. Join this reflective session to hear some powerful and moving discussion from colleagues affected by this issue.

Don't Forget....

Meet the RCPsych Officers at 1.10pm in the Trainees and Student's lounge.

Join friends and colleagues at 8.00pm at [Tigerlily](#) for the student and trainee dinner.

The Mindmasters quiz is launched at 6.30pm – join to test your knowledge!

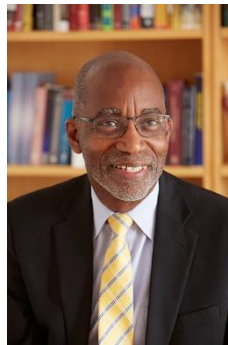
Day 3 Highlights: Wednesday 22 June



KN10 Dr Rebecca Brendel

9.00am – 9.30am

President Elect, American Psychiatric Association



KN12 Dr David Williams

2.10pm – 2.40pm

The Chair of the Department of Social and Behavioural Sciences at Harvard University gives a global perspective on racism and mental health

S24 Engaging trainees in leading Quality Improvement

10.30am – 11.45am

Quality improvement is key tool in the development of clinical practice, leadership and education. Dr Deepa Bagepalli Krishnan will guide you through QI, including how your organisation can help you, hearing from fellow trainees, and involving service users in QI projects.

S29 Responsibility, judgement and ethics: suicide and criminal justice

11.55am – 1.10pm

In a diverse session, Dr Sarah Eales chairs a session at the interface of psychiatry and the law, and looks at the links between suicide and the criminal justice system, including considering criminal sanctions for suicidality.

S36 Global perspectives in psychiatry: education, inclusion and outreach

5.05pm – 6.20pm

In this unique session, join speakers from around the world to explore global perspectives in psychiatry, as they consider education, inclusion and outreach from their various perspectives.

Don't Forget....

Meet the Chief Examiner at 1.25pm in the student and trainees' lounge.

The Mindmasters quiz continues at 6.30pm.

Book your [tickets](#) for the Congress Party at the Caves, at 8.00pm, so you can enjoy the evening buffet and entertainment in the form of a traditional Scottish Ceilidh!

Day 4 Highlights: Thursday 23 June



KN15 Ms Ajibola Lewis

9.00am – 9.30am

Campaigner Ms Lewis is likely to provide the most moving session of Congress.

KN16 Prof Louise Howard

9.30am – 10.00am

Hear about how the COVID pandemic exacerbated the structural inequalities that influence the 'Shadow Pandemic'; the high prevalence of domestic violence experienced by those with mental illness.

MC13 Parity of esteem for the psychological within a bio-psycho-social model of psychiatry: identifying a problem and addressing the need to rebuild psychological understanding at the heart of psychiatric practice

10.30am – 11.45am

This reflective session will assist us to look at ourselves as a profession, and help us to consider whether psychological understanding remains, and whether it should remain, at the centre of psychiatric practice.

MC16 The impact of violence and aggression on NHS staff; how bad is the problem, how do we minimise the impact, how do we

support?

11.55am – 1.10pm

In a profession where we care for people who can sometimes be challenging, we must be aware of the impact this can have on ourselves and on our colleagues, as well as our interactions with other patients. This session will consider a recent project and the negative impacts that unchecked acts of aggression can have on staff.

S51 Partnering hard to reach communities in research- challenges and solutions

5.05pm – 6.20pm

The senior professor of Psychiatry at the Institute of Mental Health and Neurosciences in Bangalore, Professor Santosh Chaturvedi, and some esteemed colleagues highlight the need to involve those with intellectual disability and autism spectrum disorders in research. They offer solutions to the challenges faced, especially in light of the COVID-19 pandemic; but will provide insight into the power of participatory research amongst this community.

Fringe: Empowering members to shape the future of RCPsych: the story of the College's first ever full membership survey

8.00am – 8.45am

The College undertook its first ever full membership survey in 2021, to get a sense from its members how they view the College and which direction they would like it to take in the future. This session will summarise its main findings and its implication for the future direction of travel. You will get the chance to meet the College President and Registrar share your ideas and become part of the future College strategy of membership engagement.

Don't Forget....

Meet the Associate Dean for the Curricula at 1.10pm in the student and trainee lounge with a Live Q&A as the new curricula is launched.

At 8.00am, hear the story of the College's first ever Membership survey, hosted by Dr Adrian James.