



ROYAL COLLEGE OF PSYCHIATRISTS
**International
Congress 2023**
Liverpool 10-13 July



**Student and trainee
guide**

Welcome from the PTC officers

Dear Delegate,

On behalf of the Psychiatric Trainees' Committee, we are delighted to welcome you to the fabulous city of Liverpool for the RCPsych International Congress. We hope you will have a memorable time with us and look forward to meeting you throughout the week. 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 have cherry-picked some of the trainee highlights of the programme, as curated by Tarun (one of our PTC reps, to whom we are grateful for this and much more).

Dr Chris Walsh, ST4 GAP, NI, Chair,

Dr Gemma Buston, ST4 POA, North West England, Vice Chair

Dr John Moore, ST6 Forensic Psychiatry, Northern England, Secretary



Welcome,

I was fortunate to attend Congress last year and it was an exhilarating experience. As a trainee, it is often hard to look through so many events and pick the ones right for you. Last year's trainee guide was really useful in guiding me to the best talks for trainees, and I hope to be able to do the same for you this year!

If possible, I recommend attending the pre-registration events on 9 July to maximise networking opportunities, and to meet your wonderful colleagues from across the country! The Mindmasters quiz is the icing on the cake, it's a must attend.

Following along on Twitter is always an interesting way of keeping an eye on the hot topics at the conference (you can find me @tarunds).

Look forward to meeting you,



Dr Tarun Singh
Core Trainee in Sussex and South East England PTC
Rep

RCPsych student and trainees' lounge

This is a place for you to visit and 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.

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

Monday 10 July: 1.05pm – 1.55pm	Meet the PTC officers
Tuesday 11 July: 1.40pm – 2.40pm	Meet the RCPsych College Officers
Wednesday 12 July: 1.10pm – 2.10pm	Meet the Chief Examiner
Thursday 13 July: 1.10pm – 2.10pm	Supporting trainees

RCPsych student and trainee social

We hope that you will join us at our student and trainee social on Tuesday 11 July at 8.30pm. This is a fantastic opportunity to network with friends and colleagues for a relaxed and informal evening at [PINS Social Club](#), where they put fun at the centre of everything they do! Find out more and book your place on the [College website](#).

Day one highlights: Monday 10 July



KN1 Dr Adrian James

11.55am – 12.25pm

President's valedictory lecture



KN4 Sir Robin Murray

5.10pm – 5.40pm

How should psychiatry respond to its critics-with vehemence or conciliation?


S1 Treatment resistant depression: best practice and beyond

10.00am - 11.15am

Anthony Cleare will chair an interesting session on psychiatrists' approach to treatment resistant depression, including consideration of the diagnostic process and discussion regarding recent advances in pharmacological and psychological treatments.

MC3 We can and must do better: 20 years on from 'Personality Disorder No Longer a Diagnosis of Exclusion' – has anything really improved?

2.00pm - 3.15pm



In this session you will hear from someone who identifies as having borderline personality disorder (BPD), who has experience of both good and not so good services. Next year is the 20th anniversary of the revolutionary paper – ‘Personality Disorder No Longer A Diagnosis of Exclusion’. In this session, Peter Fonagy and Adrian James, together with Marsha McAdam, aim to have a frank and meaningful conversation about personality disorders - particularly borderline personality disorder and the social injustices and inequalities that the label very often attracts. Adrian, Peter and Marsha will unpack some of what they have collaborated on for the last few years, including being creative and bringing health and social care leaders across many sectors together for 'International Borderline Personality Disorder Awareness Month 2022. – A Tale of 3 Cities Goes Global 2022'.

They will discuss some of Peter’s life work on borderline personality disorder, including mentalization based therapy and also how Adrian has taken the opportunity as President of RCPsych to address some of the damaging associations of this diagnosis and the commissioning of the National Collaborating Centre for Mental Health to engage with a wider community on this subject.

S9 Leadership and management development opportunities for psychiatrist - what level, where, how?

3.25pm - 4.40pm

Dr Ananta Dave will chair this insightful session, considering how leadership and management opportunities can be made available to psychiatrists at all levels. You will hear about leadership opportunities, including the RCPsych Leadership and Management Fellowship scheme, as well as some more local initiatives.

Fringe: Mindmasters

5.45pm – 8.00pm

Cheer on your team for the 2023 Mindmasters semi-finals and finals taking place on the first night of Congress

Don't forget....

Meet the PTC officers in the student and trainees' lounge at 1.05pm – 1.55pm

Day two highlights: Tuesday 11 July



KN7 Dr Petros Levounis

10.00am – 10.30am

Technological addictions: the new frontier in addiction psychiatry



KN8 Professor Felice Jacka

3.10pm – 3.40pm

Nutritional psychiatry: new opportunities for the prevention and treatment of mental disorders


Fringe: Leadership and management training in action: an immersive experience of the RCPsych Leadership and Management Fellowship Scheme

8.00am – 8.45am

What effective leadership and management training looks like in practice is often hard to describe but much better to experience. This workshop aims to deliver to all doctors working in mental health just this – an interactive mini leadership module.

S12 Treatment resistant psychosis part one

11.00am – 12.15pm



Fiona Gaughran chairs this interesting discussion on the predictors for first episode psychosis and how we can tailor treatment accordingly. The session includes examining neurochemical and genetic differences in patients with treatment resistive psychosis versus those with treatment responsive illness.

S18 Publishing and peer reviewing: a session for medical students, FY doctors, and psychiatry trainees

12.25pm – 1.40pm

This session is tailored towards students and trainees, exploring practical strategies to improve your chances of publication, as well as directing you to a wealth of helpful resources.

S24 Innovations in treating compulsive disorders: preventing chronicity and treatment-resistance

4.10pm – 5.25pm

This symposium will consider what is known of illness duration and chronicity in compulsive disorders and how these can be minimised, including via innovations in treatment. Professor Fineberg will consider the typically long duration of untreated illness in OCD and its consequences; and will present first-line evidence-based approaches (CBT, SSRIs) as well as additional options. Professor Grant will examine hair pulling disorder and skin picking disorder while Professor Chamberlain will review harms arising from gambling disorder when left untreated, reflecting on how gambling disorder is now an NHS long-term priority.

Don't forget....

Meet the College officers in the student and trainees' lounge at 1.40pm – 2.40pm

Join friends and colleagues at 8.30pm at PINS for the [student and trainee social](#)

Day three highlights: Wednesday 12 July



KN10 Professor Robert Howard

9.30am – 10.00am

The many things psychiatrists can treat that make positive differences for people with dementia and their families



KN12 Professor Allan Young

2.40pm – 3.10pm

Treatment of mood disorders: a prophecy


TC1 Disorders at the interface of neurology and psychiatry

10.30am – 11.45am and 11.55am – 1.10pm

Spend the morning with chair Alan Carson, who will explore all things neuropsychiatry!

S37 Psychopharmacology committee prize symposium: psychosis in people with dementia: origins and safer treatment

5.05pm – 6.20pm



This symposium will provide a cutting edge update on what leads to psychosis in dementia and how to treat it better. Professor Suzanne Reeve will talk about her work improving the safety of treatment of psychosis in dementia through understanding the pharmacokinetic and pharmacodynamic contributions to antipsychotic drug sensitivity in people with Alzheimer's. Dr Emma McLachlan will talk about the cognitive and neuroanatomical basis of psychosis in dementia, and the potential for cognitive interventions. And finally Professor Lon Schneider will cover the evidence of efficacy, safety and risk of harm associated with second generation antipsychotic drug treatment of psychosis in people with dementia and the role of novel agents such as pimavanserin in the treatment of Parkinson's psychosis and relevance for other neurodegenerative disorders.

Fringe: Facilitated group to support psychiatrists with lived experience

6.25pm – 7.40pm

Through the Psychiatrists Support Service (PSS) we are aware that some psychiatrists with a lived experience of mental illness wish to use their experiences to change the systems where many of us work. This workshop will provide a facilitated discussion where we can openly discuss some of these suggestions and make in an impact to the workplace.

The workshop will take the format of a large group, facilitated by psychiatrists with experience in this area. RCPsych Registrar Dr Trudi Seneviratne OBE, as College officer with oversight of the work of the PSS, will chair the session.

Don't forget....

Meet the Chief Examiner in the student and trainee lounge at 1.10pm – 2.10pm

Day four highlights: Thursday 13 July



KN13 Dr Lade Smith

9.00am – 9.30am

President's inaugural address

Fringe: Mindfulness and Yoga


8.00am – 8.45am

Take a moment out to relax at the morning Fringe Mindfulness or Yoga sessions!

Please note that while these sessions are free, you may need to book in advance. Please check our [website for availability](#).

S41 BJPpsych themed issue 2023: negative symptoms of schizophrenia

10.30am – 11.45am



Despite being the psychotic disorder archetype, schizophrenia prognosis is paradoxically not based on successful psychosis treatment but on the severity of the negative and cognitive symptoms, which are still poorly understood. The 2023 themed issue of the BJPsych is devoted to the negative symptoms of schizophrenia, and organised in sections about clinical presentation and psychometrics, pathophysiology, and pharmacological and non-pharmacological treatment. The three guest editors for the themed issue, leading figures in the field, will review the published papers in the themed issue and will offer an overview of the controversies and challenges in each section.

S44 Neuromodulation in psychiatric treatment

11.55am – 1.10pm

This session will explore the use of neuromodulation in psychiatric treatment, transcranial magnetic stimulation (TMS) treatment for major depressive disorder, deep brain stimulation (DBS) to treat OCD, and the use of TMS for treating depression in pregnant and lactating women.

S48 Neuroscience in forensic psychiatry - emerging evidence in youth and adult populations

2.40pm – 3.55pm

This session explores novel insights into the neurobiology of Conduct Disorder and Antisocial Personality Disorder, aiming to bridge the gap towards psychopharmacological interventions based on a mechanistic understanding.

Don't forget....

Head to the student and trainees' lounge during the lunch break to find out what support is available for trainees