

# Monday 15 June

|                    |  |   |   |   |   | Hall 2                                 | Hall 4  | Hall 12   | Congress Cafe                | Congress lounge  | Hall 13   |
|--------------------|--|---|---|---|---|--|---|---|------------------------------|--|---|
| 8.00am<br>10.00am  | <b>Registration</b>  |   |   |   |   |  |   |   |                              |  |   |
| 10.00am<br>11.15am | Green prescribing is good prescribing: innovations in evidence-based sustainable medicines management  | Understanding and treating the Post-COVID Condition(PCC)  | From weight management to cognitive enhancement – the use and potential of GLP-1 agonists in psychiatry | Teaching trauma-informed care in displacement and humanitarian contexts   | Celebrating the voices of young people to transform mental health research                                      |  |   |   |                              |  |   |
| 11.15am<br>11.45am | <b>Break</b> – refreshments served in Hall 2   |   |   |   |   | <b>Pitch your poster sessions</b>      | <b>Break</b> – refreshments served in Main hall |   |                              |  |   |
| 11.45am<br>12.00pm | <b>Welcome address</b> Dr Sridevi Sira Mahalingappa, Congress Co-Chairs and Dr Abdul Raoof, Associate Dean for Advanced Learning and Conferences |   |   |   |   |  |   |   |                              |  |   |
| 12.00pm<br>12.45pm | <b>KN1 President's opening lecture</b> Dr Lade Smith CBE, President, Royal College of Psychiatrists  |   |   |   |   |  |   |   |                              |  |   |
| 12.45pm<br>1.55pm  | <b>Lunch</b> – served in Hall 2<br>(a plain food station will also be available)   |   |   |   |   | <b>Rapid-fire poster presentations</b> | <b>SAS doctors lounge</b>                       | <b>Student and resident doctors lounge</b>  | <b>Fringe:</b> Manasa Chitra | <b>Fringe:</b> Climate Cafe  | <b>Fringe:</b> Neurodivergent inclusive mindfulness               |
| 2.00pm<br>3.15pm   | Sexting, gaming, self-harm and social media: the impact of young people's digital lives on mental health   | Managing extreme risk without restrictions: relational care for patients with complex emotional needs | Pharmacogenomics into clinical practice: development of UK guidelines                                   | Embedding lived-experience of mental health conditions in psychiatry education: from theory to international practice | Better futures: a whole-system, life course approach to promoting healthy life and preventing premature deaths. |  |   | Doing doable jobs: a masterclass in coaching and mentoring                        |                              |  |   |
| 3.15pm<br>3.25pm   | <b>Break</b> – refreshments served in Hall 2   |   |   |   |   |  |   |   |                              |  |   |
| 3.25pm<br>4.40pm   | Electroconvulsive therapy - contemporary relevance and technical advances  | "I don't swear" - Tourette syndrome across the lifespan   | Learning from preventable deaths - inquests and the coroner's court                                     | Over-involved or under-involved? The relationship between mental health services and the police                       | The efficacy and mechanisms of dopaminergic treatments for depression   |  |   | What are the differences between systematic, umbrella, scoping and rapid reviews? |                              |  |   |
| 4.40pm<br>5.10pm   | <b>Break</b> – refreshments served in Hall 2   |   |   |   |   | <b>Pitch your poster sessions</b>      | <b>Break</b> – refreshments served in Main hall |   |                              |  |   |
| 5.10pm<br>5.40pm   | <b>KN2</b>   |   |   |   |   |  |   |   |                              |  |   |
| 5.40pm<br>6.10pm   | <b>KN3</b>   |   |   |   |   |  |   |   |                              |  |   |
| 6.15pm<br>7.30pm   | <b>Fringe:</b> Moving pictures: how filmmaking can entertain as well as educate  |   |   | <b>Fringe:</b> Stand up for mental health!  |   |  |   |   |                              | <b>Fringe:</b> "Is that me, baby?": the false self and the collapse of recognition in Bruce Springsteen's Brilliant Disguise | <b>Fringe:</b> Nature walk (this session will take place outside) |

## Tuesday 16 June

|                    |   |  |  |  |  | Hall 2                                 | Hall 4   | Hall 12  | Congress Cafe   | Congress lounge  |  |
|--------------------|---|--|--|--|--|--|--|--|---|--|--|
| 8.00am<br>9.00am   | <b>Registration</b>   |  |  |  |  |  |  |  |   |  |  |
| 8.00am<br>8.45am   |   |  |  |  |  |  |  |  | <b>Fringe:</b> Mindfulness for psychiatrists: reclaiming the present moment |  | <b>Fringe:</b> Congress 5k run   |
| 9.00am<br>9.30am   | <b>KN4 Professor Rohit Shankar</b> , Professor of Neuropsychiatry, Peninsula Medical School (Faculty of Health)   |  |  |  |  |  |  |  |   |  |  |
| 9.30am<br>10.00am  | <b>KN5 Gastro-psychiatry</b><br>Dr Calum Moulton, Consultant Psychiatrist, St Mark's Hospital   |  |  |  |  |  |  |  |   |  |  |
| 10.00am<br>10.30am | <b>Break</b> – refreshments served in Hall 2  |  |  |  |  | <b>Pitch your poster sessions</b>      |  | <b>Break</b> – refreshments served in Main hall  |   |  |  |
| 10.30am<br>11.45am | Difficult to treat and complex psychosis part one   | Turning crisis into care: building responsive mental health services for people with intellectual disability | Hearing voices: understanding hallucinations in deaf people with psychosis                       | Why equity is important for patient care: leveraging diverse leadership for excellence in clinical practice. | Why we need to take neurodevelopment conditions seriously in psychiatry – a new science perspective    |  |  | Doing do-able jobs: a masterclass in coaching and mentoring  |   |  |  |
| 11.45am<br>11.55am | <b>Break</b> – refreshments served in Main hall   |  |  |  |  |  |  |  |   |  |  |
| 11.55am<br>1.10pm  | Difficult to treat and complex psychosis part two   | Sex hormones and mental health across the life course: insights for women and men                            | Fetal alcohol spectrum disorder. Needs, identification, diagnostic conundrums and interventions. | Update from Lancet Psychiatry Commission on physical health: preventative public mental health               | Biological approaches in neuroscience to bridge the translational gap in psychiatry                    |  | Nature-based interventions – a walking workshop (spaces on this session are limited) | Confident communication – media and social media training for members  |   |  |  |
| 1.10pm<br>2.10pm   | <b>Lunch</b> – served in Hall 2<br>(a plain food station will also be available)  |  |  |  | <b>Fringe:</b> Parkrun: a global mental and physical health success story                              | <b>Rapid-fire poster presentations</b> |  | <b>SAS doctors lounge</b>  | <b>Student and resident doctors lounge</b>                                  | <b>Fringe:</b> No bad writers: unlocking your creative voice at Congress | <b>Examiners lunch</b> (lunch served in room)                            |
| 2.10pm<br>2.40pm   | <b>KN6 Professor Grainne McAlonan</b> , King's College London   |  |  |  |  |  |  |  |   |  |  |
| 2.40pm<br>3.10pm   | <b>KN7 Anchoring reality: why preserving evidence matters when information is contested</b><br>Professor Christina Pagel, University College London, President Elect of the UK Operational Research Society |  |  |  |  |  |  |  |   |  |  |
| 3.10pm<br>3.40pm   | <b>Break</b> – refreshments served in Hall 2  |  |  |  |  | <b>Pitch your poster sessions</b>      |  | <b>Break</b> – refreshments served in Hall 2   |   |  |  |
| 3.40pm<br>4.55pm   | Clinical empathy and mental health care   | Technology, young people and mental health: moral panic or need for caution?                                 | Functional, feigned, or medically unexplained? Advances in clinical assessment for psychiatrists | Levelling up - fostering equality, diversity and inclusion in academic psychiatry                            | Implementing Advance Choice Documents (ACDs) to reduce coercion in care and improve patient experience |  |  | Help! Help! I've been asked to peer review a journal paper   |   |  |  |
| 4.55pm<br>5.05pm   | <b>Break</b> – refreshments served in Main hall   |  |  |  |  |  |  |  |   |  |  |
| 5.05pm<br>6.20pm   | Coercion, dignity, and restrictive practice: integrating lived experience and international law in modern psychiatry  | Psychedelic psychiatry - a global update   | From disorder to spectrum - changing the AuDHD story: a new neurodiversity paradigm              |  |  |  |  | Workplace violence and aggression in psychiatry; we report on the Royal College Survey, the impact on the workforce and potential support structures for staff |   |  |  |
| 6.20pm             |   |  |  |  |  |  |  |  |   |  | <b>Fringe:</b> Trials and tribulations: the clinical research board game |
| 6.45pm<br>7.45pm   | <b>AGM</b>  |  |  |  |  |  |  |  |   |  |  |
| 7.30pm             | <b>Student and resident doctor social</b>   |  |  |  |  |  |  |  |   |  |  |

## Wednesday 17 June

|                    |  |   |   |   |   | Hall 2                                 | Hall 4   | Hall 12  | Congress Cafe  | Congress lounge  |
|--------------------|--|---|---|---|---|--|--|--|--|--|
| 8.00am<br>9.00am   | Registration   |   |   |   |   |  |  |  |  |  |
| 8.00am<br>8.45am   |  |   |   |   |   |  | <b>Fringe:</b> Guided yoga: from stress to resilience, to pause and restore          | <b>Fringe:</b> Mindfulness for psychiatrists: reclaiming the present moment  |  |  |
| 9.00am<br>9.30am   | <b>KN8</b>   |   |   |   |   |  |  |  |  |  |
| 9.30am<br>10.00am  | <b>KN9</b>   |   |   |   |   |  |  |  |  |  |
| 10.00am<br>10.30am | <b>KN10</b>  |   |   |   |   |  |  |  |  |  |
| 10.30am<br>11.00am | Break – refreshments served in Hall 2  |   |   |   |   | <b>Pitch your poster sessions</b>      | Break – refreshments served in Hall 2  |  |  |  |
| 11.00am<br>12.15pm | Advances at the interface of neurology and psychiatry  | Autoimmune encephalitis in psychiatry: the RCPsych neuropsychiatry faculty guidelines   | Gender diversity in the current age: understanding, measuring, and supporting adolescent experiences      | Withdrawal symptoms and relapse   | Addressing implementation failure for people with learning disability   |  |  | Doing do-able jobs: a masterclass in coaching and mentoring  |  |  |
| 12.15pm<br>12.25pm | Break – refreshments served in Hall 2  |   |   |   |   |  |  |  |  |  |
| 12.25pm<br>1.40pm  | Advances at the interface of neurology and psychiatry  | Is psychopathology dead? Reclaiming the foundations of clinical practice  | Child development in war zones: a global perspective  | Under 5's mental health – scaling up provision to transform population mental health                                  | New mechanisms and treatments for compulsive disorders and symptom domains; towards a precision medicine approach |  | Nature-based interventions – a walking workshop (spaces on this session are limited) | Confident communication – media and social media training for members  |  |  |
| 1.40pm<br>2.40pm   | Lunch – served in Hall 2<br>(a plain food station will also be available)                                      |   |   |   |   | <b>Rapid-fire poster presentations</b> | <b>SAS doctors lounge</b>  | <b>Student and resident doctors lounge</b>   | <b>Fringe:</b> Knightfulness: the chess challenge and Cabinet of curiosities – show and tell | <b>Fringe:</b> Creative art of the circle - Mandala art as a path to inner harmony       |
| 2.40pm<br>3.10pm   | <b>KN11</b>  |   |   |   |   |  |  |  |  |  |
| 3.10pm<br>3.40pm   | <b>KN12</b>  |   |   |   |   |  |  |  |  |  |
| 3.40pm<br>4.10pm   | Break – refreshments served in Hall 2  |   |   |   |   | <b>Pitch your poster sessions</b>      | Break – refreshments served in Hall 2  |  |  |  |
| 4.10pm<br>5.25pm   | Advancing suicide prevention through action on domestic abuse  | Neurodivergence and addictive behaviours: a contemporary synthesis  | Understanding the "ups and downs of dopamine" to prevent risk and inform treatment of psychotic disorders | Embedding research in routine mental health care: a coordinated national approach across psychosis and mood disorders |   |  |  | Research Attachment Programme (RAP): integrating research and clinical training for the next generation of Psychiatrists |  |  |
| 5.30pm             | <b>Fringe:</b> "If not now, when?" Raising awareness of young-onset dementia through film and lived experience | <b>Fringe:</b> Finding your voice; how opera can bring playfulness, emotional connection and strengthen morale in mental health teams | <b>Fringe:</b> After the launch: the story beyond the book  | <b>Fringe:</b> Nature walk (this session will take place outside)   | <b>Fringe:</b> 'Prayers not pills'; an audio play   |  |  |  |  | <b>Fringe:</b> Congress bingo : the mind edition -"test your mind, one square at a time" |
| 8.00pm             | Congress Party   |   |   |   |   |  |  |  |  |  |

Thursday 18 June

|                      |   |   |  |  |   | Hall 2                                 | Hall 4  | Hall 12                                    | Congress Cafe  | Congress lounge  |  |
|----------------------|---|---|--|--|---|--|---|--|--|--|--|
| 8.00am<br>9.00am     | Registration  |   |  |  |   |  |   |  |  |  |  |
| 8.00am<br>8.45am     |   |   |  |  |   |  |   |  | <b>Fringe:</b> Mindfulness: life step by step - a mindful exploration  |  |  |
| 9.00am<br>9.30am     | <b>KN13</b>   |   |  |  |   |  |   |  |  |  |  |
| 9.30am<br>10.00am    | <b>KN14</b>   |   |  |  |   |  |   |  |  |  |  |
| 10.00am<br>10.30am   | <b>Break</b> – refreshments served in Hall 2  |   |  |  |   | <b>Pitch your poster sessions</b>      | <b>Break</b> – refreshments served in Main hall |  |  |  |  |
| 10.30am<br>11.45am   | Spirituality old and new: diverse perspectives on spirituality from assessment to formulation                     | Difficult-to-treat depression: medication, meditation and transcranial direct current stimulation. Integrating new research into clinical practice. | Fact or fiction: are rates of eating disorders in children and young people really increasing across England, and is 'typical' not so typical after all? | Clinical and cost effectiveness of inpatient mental health rehabilitation provided by the NHS and independent sector; final results and implications of the ACER study |   |  |   |  |  |  |  |
| 11.45am<br>11.55am   |   |   |  |  |   |  |   |  |  |  |  |
| 11.55am<br>1.10pm    | Beyond hospital walls: intensive digital and home-based treatment for severe eating disorders across the lifespan | 'The right to die debate: taking stock of assisted dying/assisted suicide.'   | Precision psychiatry: thinking beyond simple prediction models - enhancing causal predictions  | Masterclass in clinical neuropsychiatry of neurorehabilitation and acquired brain injury   | Transforming workforce mental health: evidence-based and systemic approaches to supporting healthcare professionals |  |   |  | The RCPsych Leadership and Management Fellowship scheme - got a problem? Come and bring it to an action learning set |  |  |
| 1.10pm<br>2.10pm     | <b>Lunch</b> – served in Hall 2 (a plain food station will also be available)                                     |   |  |  |   | <b>Rapid-fire poster presentations</b> | <b>SAS doctors lounge</b>                       | <b>Student and resident doctors lounge</b> |  | <b>Fringe:</b> Minds, murders, and mysteries: psychiatry through the lens of detective fiction |  |
| 2.10pm<br>2.40pm     | <b>KN15</b>   |   |  |  |   |  |   |  |  |  |  |
| 2.40pm<br>3.55pm     | Improving sleep on inpatient wards  | Neuromodulation across the NHS: current uses and future directions  | 24/7 Neighbourhood mental health: first, do no harm - ideals meets implementation  |  |   |  |   |  |  |  |  |
| <b>Congress ends</b> |   |   |  |  |   |  |   |  |  |  |  |