

Mental Health of Asylum Seekers : National Training Day 2021

Complex Trauma in Refugees and Asylum Seekers:
Definitions and Management



Thursday 7 October 2021

09:15-17:15

Time	Session
9:15-13:20	Morning Session: Dr Sarah Majid
09:15-09:30	Introduction and Overview Dr Lucia Chaplin
09:30-10:30	ICD-11 CPTSD: Assessment & Treatment Professor Thanos Karatzias
10:30-10:45	Morning Break
10:45-11:45	Access to health care and how this might be complicated by symptoms of complex PTSD Dr Lauren Waterman James Skinner
11:45-12:05	Barriers and challenges asylum-seeking population face when accessing mental health support and services Mishka Pillay
12:05-12:20	Morning Break
12:20-13:20	Treatment for complex PTSD including overview of treatment guidelines and a specific worked example Dr Nuri Gene-Cos
13:20-14:10	Lunch
14:10-17:15	Workshop and Afternoon Session: Chaired by Dr Sarah Majid
14:10-15:40	Skills for the general psychiatrist for use in supporting patients with complex trauma. Dr Nuri Gene-Cos Dr Sorcha Mathews Basic approach plus specific tools and strategies that could be used by clinicians in a psychiatric outpatient clinic (or GP surgery). E.g. grounding tools, strategies to address dissociation or flashback experiences.

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15:40-16:00	Afternoon Break
16:00-17:00	Expert Panel: Opportunity for participants to bring cases for discussion with experts re management Prof Cornelius Katona Dr Sarah Majid Dr Nuri Gene-Cos Dr Piyal Sen Dr Jane Mounty Dr Rukyya Hassan Case studies submitted by: Dr Yasir Hameed and Despoina Biri
17:00-17:15	Plenary discussion and close Dr Nuri Gene-Cos
17:15	End