

**Royal College of Psychiatrists - Perinatal Psychiatry Masterclass Programme**

**New Consultants (top-up)**

**Overview**

Health Education England has funded the Royal College of Psychiatrists to deliver a top-up masterclass programme for consultants in Perinatal Psychiatry who have attended one of the previous perinatal mental health masterclass programmes, to support Perinatal Mental Health Services in England. The masterclasses will cover care and treatment for women who have eating disorders and for those who have ADHD in the perinatal period, partners (including assessment for partners of women who have perinatal mental disorders), couple and family interventions, infertility, pregnancy loss and birth trauma, developing maternity outreach clinics and leadership. The course will include a focus on service development and specifically on implementation of the NHS Long Term plan.

The aims of this masterclass programme are to:

- enable and support consultants in perinatal psychiatry in their assessment, understanding and management of complex clinical work
- encourage participants to integrate current evidence into clinical practice
- support leadership development, particularly in relation to the expansion of perinatal mental health services and implementation of the NHS Long Term Plan.
- improve patient safety
- improve the experience of women and families in perinatal mental health services.

**Please note:**

- Participants are required to attend ALL of the classes.
- The course involves 5 days of participation, all delivered online with presentations, case discussions, and small group work.
- A list of pre-course recommended reading, plus mandatory and recommended reading for each of the programme days will be provided.
- Participants are encouraged to keep a self-reflection journal to explore and develop their own learning.
- Feedback surveys will be completed by participants at the end of each day.

**Course Dates**

<b>Day</b>	<b>Theme</b>
1. Monday 28 <sup>th</sup> September 2020	Eating Disorders: ADHD
2. Tuesday 29 <sup>th</sup> September 2020	Partners of women with perinatal mental illness; Couple and family interventions
3. Thursday 15 <sup>th</sup> October 2020	Leadership
4. Thursday 26 <sup>th</sup> November 2020	Infertility; Implications of extending perinatal mental health services to 2 years postnatal
5. Friday 27 <sup>th</sup> November 2020	Birth Trauma and Perinatal Loss; Maternity Outreach Clinics Service development and future planning

## Programmes

Facilitators: Dr Liz McDonald and Dr Lucinda Green		
Day 1	Topic	Speakers
09.15-10.45	Eating disorders - care and treatment of women with eating disorders in pregnancy and up to 2 years postpartum, including effects on parenting and the infant	Dr Catia Acosta
10.45-11.00	BREAK	
11.00-12.30	Eating Disorders - care and treatment of women with eating disorders in pregnancy and up to 2 years postpartum, including effects on parenting and the infant	Dr Catia Acosta
12.30-13.15	LUNCH	
13.15-14.45	ADHD – assessment and treatment in the perinatal context and implications for parenting	Dr Sally Cubbin and Dr Amanda Elkin
14.45-15.00	BREAK	
15.00-16.30	ADHD – assessment and treatment in the perinatal context and implications for parenting	Dr Sally Cubbin and Dr Amanda Elkin
Day 2	Topic	Speakers
09.15-10.45	Partners of women with lived experience of perinatal mental illness	Sally Wilson and Jess Heron
10.45-11.00	BREAK	
11.00-12.30	Assessment and signposting for partners and fathers	Dr Lucinda Green
12.30-13.15	LUNCH	
13.15-14.45	Couple and family interventions in the perinatal period	Dr Phil Arthrington
14.45-15.00	BREAK	
15.00-16.30	Couple and family interventions in the perinatal period	Dr Phil Arthrington
Day 3	Topic	Speakers
09.15-10.45	Leadership	Dr Lucinda Green and Dr Nic Horley
10.45-11.00	BREAK	

11.00-12.30	Leadership	Dr Lucinda Green and Dr Nic Horley
12.30-13.15	LUNCH	
13.15-14.45	Leadership	Dr Lucinda Green and Dr Nic Horley
14.45-15.00	BREAK	
15.00-16.30	Leadership	Dr Lucinda Green and Dr Nic Horley

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<b>Day 4</b>	<b>Topic</b>	<b>Speakers</b>
09.15-10.45	Infertility, fertility treatment and psychological implications	Dr Marie Wren
10.45-11.00	BREAK	
11.00-12.30	Infertility, fertility treatment and psychological implications	Dr Marie Wren
12.30-13.15	LUNCH	
13.15-14.45	Implications of extending perinatal mental health services to 2 years postnatal	Dr Giles Berrisford
14.45-15.00	BREAK	
15.00-16.30	Implications of extending perinatal mental health services to 2 years postnatal	Dr Giles Berrisford

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<b>Day 5</b>	<b>Topic</b>	<b>Speaker</b>
09.15-10.45	Maternity outreach clinics, birth trauma and perinatal loss	Dr Sarah Finnis
10.45-11.00	BREAK	
11.00-12.30	Maternity outreach clinics, birth trauma and perinatal loss	Dr Sarah Finnis
12.30-13.15	LUNCH	
13.15-14.45	Future planning and local implementation	Dr Liz McDonald and Dr Lucinda Green
14.45-15.00	BREAK	
15.00-16.30	Future planning and local implementation	Dr Liz McDonald and Dr Lucinda Green