

## Royal College of Psychiatrists - Perinatal Psychiatry Masterclass Programme

### New Consultants

#### Overview

Health Education England has funded the Royal College of Psychiatrists to deliver a masterclass programme for *New Consultants* in Perinatal Psychiatry, to support Perinatal Mental Health Services in England. The masterclasses will cover prescribing, safeguarding, infant mental health, forensic and legal issues in the perinatal period, personality dysfunction, lived experience, psychological therapies and service development, in the context of implementing the NHS Long Term Plan.

The aims of this masterclass programme are to:

- enable and support new consultants in perinatal psychiatry in their assessment, understanding and management of complex clinical work
- encourage participants to integrate current evidence into clinical practice
- develop self-reflection skills
- support leadership development
- emphasise the importance of the perspectives of women, infants, partners and families throughout the perinatal pathway
- improve patient safety
- improve the experience of women and families in perinatal mental health services.

The following key issues are fundamental aspects of perinatal mental health care and will be discussed and considered throughout the programme:

- safeguarding children and adults
- culture and difference
- collaborative working with women, partners and families
- women's own experience of perinatal mental disorders and care
- legal issues

#### Please note:

- Participants are required to attend ALL of the classes.
- The course involves 10 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

Day	Themes
1. Friday 11 <sup>th</sup> September 2020	Introductions; The National Picture; Assessment and communication
2. Thursday 8 <sup>th</sup> October 2020	Lived experience, co-production, partners
3. Monday 2 <sup>nd</sup> November 2020	The infant
4. Tuesday 3 <sup>rd</sup> November 2020	Risk and Safeguarding adults and children
5. Thursday 3 <sup>rd</sup> December 2020	Prescribing in the perinatal period
6. Monday 11 <sup>th</sup> January 2021	Personality Disorder
7. Thursday 11 <sup>th</sup> February 2021	Legal and Forensic
8. Friday 12 <sup>th</sup> February 2021	Pre-pregnancy Counselling, pre-birth planning; addictions
9. Monday 15 <sup>th</sup> March 2021	Eating Disorders; pregnancy loss, infertility and complex pregnancy related issues
10. Thursday 22 <sup>nd</sup> April 2021	Leadership and service development

## Programmes

Facilitators: Dr Liz McDonald and Dr Lucinda Green and Dr Clare Dolman (on Day 2)		
Day 1	Topic	Speakers
09.15-10.45	Introduction to the masterclass programme and to each other. What do you hope to achieve by your participation?	Dr Liz McDonald Dr Lucinda Green
10.45-11.00	BREAK	
11.00-12.30	The National Picture: where are we now? what is your role?	Dr Giles Berrisford
12.30-13.15	LUNCH	
13.15-14.45	How does the perinatal frame of mind inform our assessments?	Dr Liz McDonald
14.45-15.00	BREAK	
15.00-16.30	Formulating and communicating assessments	Dr Lucinda Green
Day 2	Topic	Speakers
09.15-10.45	What does the literature tell us about women's experience of care and treatment in the perinatal period?	Dr Clare Dolman
10.45-11.00	BREAK	
11.00-12.30	What could have improved my experience of care in the perinatal period? Group: what can I do in my service to improve the care of women?	Kathryn Grant Rachael Buabong
12.30-13.15	LUNCH	
13.15-14.45	Co-production in PMH services. My experience.	Rosie Loman
14.45-15.00	BREAK	
15.00-16.30	What is the experience of the partner? As support to the woman, own needs and building a relationship with the infant.	Dr Henry Fay
Day 3	Topic	Speakers

09.15-10.45	Assessment of the mother-infant relationship in clinical practice.	Dr Maddalena Miele
10.45-11.00	BREAK	
11.00-12.30	Assessment of the mother-infant relationship in clinical practice	Dr Maddalena Miele
12.30-13.15	LUNCH	
13.15-14.45	The evidence base for interventions with parents and infants in the perinatal period.	Dr Jane Barlow
14.45-15.00	BREAK	
15.00-16.30	Parent-Infant psychotherapy: what does it look like?	Dr Amanda Jones
<b>Day 4</b>	<b>Topic</b>	<b>Speakers</b>
09.15-10.45	What have we learned from women who have died from psychiatric causes in the perinatal period?	Dr Roch Cantwell
10.45-11.00	BREAK	
11.00-12.30	Violence towards women in the perinatal period.	Dr Hind Khalifeh
12.30-13.15	LUNCH	
13.15-14.45	Safeguarding infants and children in the context of maternal mental disorder	
14.45-15.00	BREAK	
15.00-16.30	Safeguarding infants and children in the context of maternal mental disorder	Dr Lucinda Green
<b>Day 5</b>	<b>Topic</b>	<b>Speaker</b>
09.15-09.50	Prescribing anti-depressant medication in the perinatal period: how do we translate evidence into practice?	Prof Ian Jones
09:50-10:45	Prescribing anti-psychotic medication and mood stabilisers in pregnancy and breastfeeding	Dr Angelika Wieck
10:45-11:00	BREAK	
11.00-12.30	Case discussions and examples of prescribing medication in pregnancy and breastfeeding	Dr Angelika Wieck Prof Ian Jones
12.30-13.15	LUNCH	
13.15-14.45	How do we interpret the evidence in relation to prescribing in pregnancy? Workshop: participants will review and discuss selected literature.	Dr Angelika Wieck Prof Ian Jones
14.45-15.00	BREAK	
15.00-16.30	How do we interpret the evidence in relation to prescribing in pregnancy? Workshop: participants will discuss how they talk about risk/benefit analysis when supporting women with decision making.	Dr Angelika Wieck Prof Ian Jones
<b>Day 6</b>	<b>Topic</b>	<b>Speaker</b>

09.15-10.45	Personality Disorder and its implications for Maternal Mental Health and Parenting Part 1	Dr Gwen Adshead
10.45-11.00	BREAK	
11.00-12.30	Personality Disorder and its implications for Maternal Mental Health and Parenting Part 2	Dr Gwen Adshead
12.30-13.15	LUNCH	
13.15-14.45	Psychological interventions for women with personality disorder in the perinatal period. Part 1	Dr Nic Horley
14.45-15.00	BREAK	
15.00-16.30	Psychological interventions for women with personality disorder in the perinatal period. Part 2	Dr Nic Horley
<b>Day 7</b>	<b>Topic</b>	<b>Speaker</b>
09.15-10.45	Mental Health Law, Mental Capacity and the Court of Protection: issues in the perinatal period	Mr Alex Ruck Keene, Barrister Dr Livia Martucci
10.45-11.00	BREAK	
11.00-12.30	Advance Directives in the perinatal period	Dr Lucy Stephenson
12.30-13.15	LUNCH	
13.15-14.45	Murderous Mothers- feticide, neonaticide, infanticide, filicide – what does the perinatal psychiatrist need to know?	Dr Gwen Adshead
14.45-15.00	BREAK	
15.00-16.30	Joint working between forensic and perinatal psychiatry	Dr Sumi Ratnam Dr Olivia Protti
<b>Day 8</b>	<b>Topic</b>	<b>Speaker</b>
09.15-10.45	Pre-pregnancy Counselling	Dr Maddalena Miele
10.45-11.00	BREAK	
11.00-12.30	Pre-birth Planning	Dr Lucinda Green
12.30-13.15	LUNCH	
13.15-14.45	Working with and understanding women with substance dependence and misuse in the perinatal period. Part 1	Dr Emily Finch
14.45-15.00	BREAK	
15.00-16.30	Working with and understanding women with substance dependence and misuse in the perinatal period. Part 2	Dr Emily Finch
<b>Day 9</b>	<b>Topic</b>	<b>Speaker</b>
09.15-10.45	Eating Disorders: presentation, assessment, care and treatment in the perinatal period	Dr Catia Acosta

10.45-11.00	BREAK	
11.00-12.30	Eating Disorders: presentation, assessment, care and treatment in the perinatal period	Dr Catia Acosta
12.30-13.15	LUNCH	
13.15-14.45	Pregnancy loss, infertility and trauma	Dr Lucinda Green Dr Sarah Finnis
14.45-15.00	BREAK	
15.00-16.30	Complex pregnancy related presentations	Dr Lucinda Green Dr Sarah Finnis
<b>Day 10</b>	<b>Topic</b>	<b>Speaker</b>
09.15-10.45	How to talk with commissioners.	Dr David Bridle
10.45-11.00	BREAK	
11.00-12.30	Compassionate Leadership within Perinatal Mental Health Teams.	Dr Lucinda Green
12.30-13.15	LUNCH	
13.15-14.45	The Long Term Plan – implications for leadership and service development	Participants and facilitators
14.45-15.00	BREAK	
15.00-16.30	Going forward: reflections on the course and the application of what has been learned to clinical practice and service development.	Participants and facilitators