

Conference Booklet

Programme

Faculty of Medical Psychotherapy Psychodynamic Psychiatry Day

Friday 12 November 2021 | online

Session 1	
09:15-09:30	Introduction and welcome Chair: Dr Maria Eyres Dr Jo O'Reilly and Dr Rachel Gibbons
09:30-10:15	The Psychodynamics of Affective Disorders Dr Sue Stuart Smith
10:15-10:30	Q and A with Sue Stuart-Smith
10:30-10:50	Morning Break
Session 2	
10:50-11:35	Switches and Knives: working with the body Dr Simon Heyland
11:35-11:50	Q and A with Simon Heyland
11:50-12:20	Plenary session with morning speakers
12:20-1:10	Lunch Break
Session 3	
1:10-1:55	The Psychodynamics of Deliberate Self Harm Dr Rachel Gibbons
1:55-2:10	Q and A with Rachel Gibbons
2:10-2:55	Fear and Threat in the workplace; the role of the organisation in containing staff anxiety during the covid pandemic and what we have learnt Dr Jo O'Reilly
2:55-3:10	Q and A with Jo O'Reilly
3:10-3:30	Afternoon Break
Session 4	
3:30-4:10	Closing plenary with all speakers
4:10	Close of conference

Speaker Abstracts and Biographies

Chair:

Dr Maria Eyres is a Consultant Psychiatrist in Medical Psychotherapy and a Psychoanalytic Psychotherapist (BPC). She trained and worked in East London and at the Tavistock Clinic. After 22 years in NHS, she is now based at DocHealth, a not-for-profit consultation service for doctors provided in partnership with the BMA and the Royal Medical Benevolent Fund. She was an elected and then co-opted member of the Exec of the Faculty of Medical Psychotherapy from 2014 until 2021. She is the Faculty's former Academic Secretary (2018-21) and the former co-editor of the Faculty's Newsletter (2014-2018). Her personal interest in the effects of trauma on individuals, families and society became her professional special interest and she co-chairs the College Expert Reference Group on Historical Child Sexual Abuse.

She wrote a chapter on reflective practice in the 2nd edition of RSP textbook "Seminars in the Psychotherapies" drawing on her extensive experience in this field.

Session 1:

The Psychodynamics of Affective Disorders

Dr Sue Stuart Smith

This talk will cover the psychodynamic processes involved in depression, anxiety and mania. Using case studies, predisposing, precipitating and perpetuating factors commonly involved in these conditions will be explored. Along with psychoanalytic theory the talk will draw on attachment theory and affective neuroscience with the aim of enhancing clinical understanding and management.

Sue Stuart-Smith, a prominent psychiatrist and psychotherapist, took her degree in English literature at Cambridge before qualifying as a doctor. She worked in the National Health Service for many years, becoming the lead clinician in psychotherapy in Hertfordshire. She currently teaches at The Tavistock Clinic in London and is consultant to the DocHealth service. She is married to Tom Stuart-Smith, the celebrated garden designer, and, over 30 years together, they have created the wonderful Barn Garden in Hertfordshire.

Session 2:

Switches and Knives: working with the body

Dr Simon Heyland

Medically unexplained symptoms (MUS) pose unique challenges to psychiatrists. This talk will give an introduction to psychodynamic concepts and describe evidence-based psychodynamic skills which can be used in general clinics when managing MUS, illustrated by case examples.

Simon Heyland is a consultant psychiatrist in medical psychotherapy. He works in a tertiary NHS service delivering specialist psychotherapies mainly for treatment-resistant mood disorders and personality disorders. He has a special interest in psychodynamic psychotherapy for medically unexplained symptoms (MUS), which he teaches, supervises and delivers. With medical colleagues he has piloted clinical services and training programmes for MUS in primary and secondary acute care. He is the co-author of the 2017 Joint Commissioning Panel for Mental Health MUS commissioning guide, and has written a chapter on psychotherapy for MUS for the new edition of the RCPsych textbook 'Seminars In The Psychotherapies'.

Session 3:

The Psychodynamics of Deliberate Self Harm

Dr Rachel Gibbons

The act of harming oneself, causing pain, injury and scarring, can in a similar way to suicide appear deeply puzzling. It stands in stark contrast to more acceptable and seemingly understandable urges to protect and care for oneself. Yet violence directed against the self is common. This talk will explore the motivation, theoretical understanding and management of self-harm, with the aim of increasing understanding and improving outcomes.

Dr Rachel Gibbons has been working in the NHS over the past 20 years in various psychiatric settings as a consultant psychiatrist and consultant medical psychotherapist, in settings that include, inpatient and psychiatric intensive care wards, outpatient psychiatric and psychotherapy services, hospital liaison teams and forensic and prison services. She has recently been working as the Director of Therapies for the Priory Group. She is a psychoanalyst and group analyst and current Chair of the Patient Safety Group and the Working Group on the Effect of Suicide and Homicide on Psychiatrists, at the Royal College of Psychiatrists.

She has been working on suicide over the last 12 years. She was the Suicide Lead for Barnet Enfield and Haringey Mental Health Trust, a founding member of the Haringey Suicide Prevention group, and clinical lead for the London Transport Police Suicide Prevention Team. She has been co-facilitating a Suicide Group for consultant psychiatrists for the last 12 years. She has recently had a paper with Prof

Keith Hawton and Oxford Centre for Suicide Research published in the Psychiatric Bulletin on the effect of suicide on psychiatrists.

Fear and Threat in the workplace; the role of the organisation in containing staff anxiety during the covid pandemic and what we have learnt

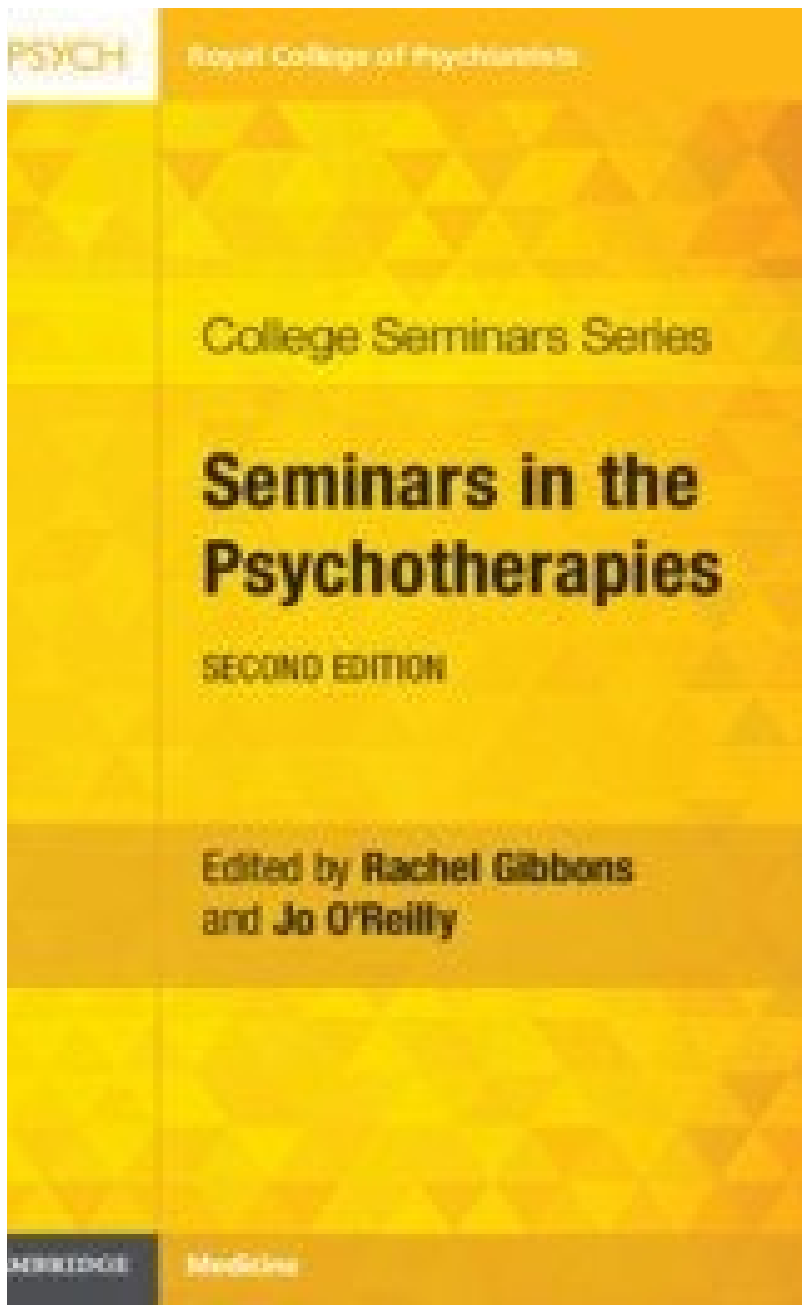
Dr Jo O'Reilly

Mental health staff act as containers of anxiety and distress in their daily work but the covid pandemic has brought levels of fear and threat which have affected us all and challenged this capacity. This talk will consider the emotional impact of the pandemic, and how it has highlighted the central importance of our connections with each other and opportunities to reflect when working with disturbed states of mind. Guidance created by the medical psychotherapy faculty about how the containing role of the organisation can be enhanced during a crisis and the importance of this in daily clinical practice will be described.

Jo O'Reilly is a Consultant Psychiatrist in Medical Psychotherapy working in the Camden and Islington NHS Foundation Trust and a member of the British Psychoanalytic Society. She first became interested in psychotherapy as a student when she was able to join a medical student psychotherapy scheme. Jo has a keen interest in the contribution of psychoanalytic thinking to psychiatry and the role of the organization in providing essential containment for staff working with mental distress. She is involved in a range of activities aiming to develop psychological thinking within clinical practice and therapeutic aspects of psychiatry. Within her NHS role she supervises, contributes to specialist panels for complex and risky clinical presentations and provides reflective practice to a range of mental health teams. She has contributed a number of chapters and is the co-editor along with Rachel Gibbons of the second edition of the Royal College of Psychiatrists textbook "Seminars in the Psychotherapies" published in June 2021. She is a member of the Medical Psychotherapy Executive Committee of the Royal College of Psychiatrists, vice chair of the Specialist Advisory training Committee and has organised a number of events and conferences in these roles.

This is the sixth year that Jo and Rachel have organized a psychodynamic psychiatry day conference at the college. Jo has delivered a number of talks about the psychoanalytic understanding of psychiatric illness, and how this can assist with clinical care. Her interest in organisational processes led to the creation of national guidance along with colleagues from the Medical Psychotherapy Faculty about the importance of organizational wellbeing and how to enhance the capacity of the mental health trust to contain anxiety and to process loss during the Covid-19 pandemic.

Resources



All speakers in the programme are experts in their fields and have contributed chapters to the ['Seminars In the Psychotherapies'](#) text book, recently published as part of the RCPsych Seminar Series. Rachel and Jo have co-edited this book.

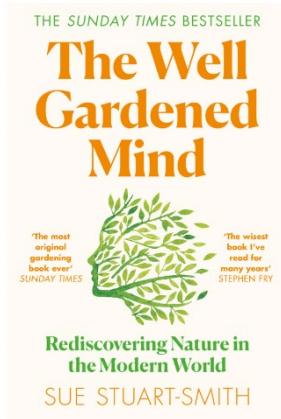
Read the College paper on:

[Organisational Wellbeing During the Covid-19 Pandemic: A Guidance Document](#)



THE WELL GARDENED MIND
Rediscovering Nature in the Modern World
by Sue Stuart-Smith

Published in paperback on 29th April 2021
William Collins £9.99 ISBN 978000810073 5



'The wisest book I've read for many years. Much more than a gardening book, much more than a guide to better mental health, it is a wholly convincing story of how troubled minds might find a way of reconnecting to themselves and rebuilding confidence and hope by way of nature. Hugely recommended.'

STEPHEN FRY

A *Sunday Times* bestseller in hardback this widely acclaimed and inspirational investigation into the powerful effects of gardening on our health and wellbeing is now out in paperback.

- **Prisoners given the chance to grow plants are less likely to reoffend.**
- **At-risk young people who get their hands in the soil are more likely to stay in education.**
- **Elderly people who garden live longer and have a better quality of life.**

How can gardening relieve stress and help us look after our mental health? What lies behind the restorative power of the natural world?

In a powerful combination of contemporary neuroscience, psychoanalysis and brilliant storytelling, ***The Well Gardened Mind*** investigates the magic that many gardeners have known for years – working with nature can radically transform our health, wellbeing and confidence.

With illuminating stories of how people struggling with stress, depression, trauma and addiction can change their lives, this inspiring and wise book of science, insight and anecdote – now translated into fifteen languages – shows how our understanding of nature and its restorative powers is only just beginning to flower

“Riveting, inspiring and often very moving...A lively compassionate exhortation for us all to get our hands back in the soil” *Isabella Tree*

“An important and timely book... I urge everyone to read it” *Monty Don*

SUE STUART-SMITH, a prominent psychiatrist and psychotherapist, took her degree in English literature at Cambridge before qualifying as a doctor. She worked in the National Health Service for many years, becoming the lead clinician in psychotherapy in Hertfordshire. She currently teaches at The Tavistock Clinic in London and is consultant to the DocHealth service. She is married to Tom Stuart-Smith, the celebrated garden designer, and, over 30 years together, they have created the wonderful Barn Garden in Hertfordshire.

For enquiries, please contact Helen Ellis: helen.ellis@harpercollins.co.uk; mobile 07990 887180

Medical Student Essay Prize

The Faculty have created an essay prize for medical students to stimulate interest in the field of medical psychotherapy and encourage the most talented individuals to consider a career in the specialty.

The 2021 topic for the essay prize is:

Tell us about a patient you have seen, showing how your reflections on psychological issues deepened your understanding of the case and contributed to your personal learning.

For further information and guidance please see the [Faculty website](#).

Please send a word or PDF format of your essay as well as a CV to facultycommittees@rcpsych.ac.uk

The closing date is midnight on 25 November 2021.