

Faculty of Medical Psychotherapy

Psychodynamic Psychiatry Day

Friday 12 November 2021 | online



Conference Programme

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 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.
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 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.
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	<p>The Psychodynamics of Deliberate Self Harm</p> <p>Dr Rachel Gibbons</p> <p>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.</p>
1:55-2:10	Q and A with Rachel Gibbons
2:10-2:55	<p>Fear and Threat in the workplace; the role of the organisation in containing staff anxiety during the covid pandemic and what we have learnt</p> <p>Dr Jo O'Reilly</p> <p>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.</p>
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