

**Psychiatric Trainees Committee Conference  
Supported and Valued  
24-25 January 2019  
Manchester Marriott Victoria & Albert Hotel**



**Programme – Thursday 24 January**

10:30-11:00	Registration and refreshments	
11:00-11:05	<b>Welcome</b> Dr Russell Gibson, South West PTC Rep & Supported and Valued Conference Lead	
<b>11:05-12:30</b>	<b>Session 1: Supporting Trainees</b> Chair: Dr Ross Runciman, Vice Chair & South West PTC Rep	
11:10-11:40	<b>Public Mental Health and the workforce</b> Professor Dinesh Bhugra, President of the BMA	
11:40-12:10	<b>How to be a joyful doctor</b> Dr Caroline Walker, Founder of The Joyful Doctor	
12:10-12:30	<b>Supported and Valued? What have we done and what do we still need...</b> Dr Alex Till, Chair and North West PTC Rep	
12:30-13:20	Lunch	
13:20-14:00	<b>Workshop Session 1</b>	<b>Workshop Choices:</b> <i>Delegates will have the opportunity to attend 2 of the 4 available workshops</i> <ul style="list-style-type: none"> <li>• <b>Everyone seems to be talking about it, but what is mentoring and coaching and how can either help me?</b> – Dr Vicky Cleak</li> <li>• <b>Life as a specialty registrar and making the most out of special interest sessions</b> – Dr Luke Baker and Dr Matthew Kelleher</li> <li>• <b>Supporting international medical graduates</b> – Dr Subodh Dave and Dr Shumaila Asmat</li> <li>• <b>EEG Guided Mindfulness</b> – Dr Ross Runciman</li> </ul>
14:00-14:40	<b>Workshop Session 2</b>	

14:40-15:10	Afternoon refreshments & meet your local PTC rep
<b>15:10-17:00</b>	<b>Session 2: Latest developments and challenges in psychiatry</b> Chair: Dr John Carroll, London PTC rep
15:15-15:45	<b>The trainee guide to tribunals</b> Dr Joan Rutherford, Mental Health Tribunal
15:45-16:15	<b>Challenges facing psychiatry and the future of the mental health workforce</b> Dr Adrian James, Registrar, RCPsych
16:15-16:30	<b>Update on curriculum review</b> Dr John Russell, Associate Dean for Curriculum, RCPsych
16:30-17:00	<b>Life as a Head of School of Psychiatry</b> Dr Chris O'Loughlin, East of England, Head of Postgraduate School of Psychiatry & RCPsych Trainer of the Year 2018
17:00	<b>End</b>
19:00	<b>Conference Dinner (advance bookings only)</b>

## Programme – Friday 25 January

08:45-09:15	Registration and refreshments	
09:15-09:20	<b>Welcome &amp; Recap</b> Dr Russell Gibson, South West PTC Rep & Supported and Valued Conference Lead	
<b>09:20-10:40</b>	<b>Session 3: When things go wrong</b> Chair: Dr Alex Till	
09:25-09:45	<b>The case for a just culture in healthcare</b> Dr Jenny Vaughan, Consultant Neurologist and Medical Law Campaigner	
09:45-10:05	<b>Implementing a just culture in healthcare</b> Dr Joe Rafferty, Chief Executive, Mersey Care NHS FT	
10:05-10:25	<b>The GMC's perspective on a just culture</b> Professor Colin Melville, Director of Education and Standards, GMC	
10:25-10:40	<b>Q&amp;A</b> Dr Jenny Vaughan, Dr Joe Rafferty, Professor Colin Melville	
<b>10:40-11:10</b>	<b>Keynote speech: What I have learned from being a psychiatrist</b> Professor Simon Wessely, President of the Royal Society of Medicine	
11:10-11:40	Refreshments and poster viewing	
11:40-12:20	<b>Workshop Session 3</b>	<b>Workshop Choices:</b> <i>Delegates will have the opportunity to attend 2 of the 4 available workshops</i> <ul style="list-style-type: none"> <li>• <b>How to make working Less Than Full Time work for all</b> – Dr Sara Davies</li> <li>• <b>Applying for consultant posts and life beyond training</b> – Dr Rory Conn</li> <li>• <b>Guide to ST applications</b> – Dr Russell Gibson and Dr Ross Runciman</li> <li>• <b>Psychological Safety</b> – Dr Nadeem Moghal</li> </ul>
12:20-13:00	<b>Workshop Session 4</b>	
13:00-13:50	Lunch and poster viewing	

	Meet the Psychiatric Support Service
<b>13:50-15:20</b>	<b>Session 4: Looking after you</b> Chair: Dr Charlotte Blewett, Immediate past Chair and Trent PTC Rep
13:55-14:20	<b>Staying safe: The importance of sleep</b> Dr Mike Farquhar, Consultant Paediatrician
14:20-14:50	<b>The importance of wellbeing to avoid burnout</b> Dr Rosalind Ramsay, Psychiatric Support Service
14:50-15:20	<b>The Wounded Healer</b> Dr Ahmed Hankir, RCPsych Core Trainee of the Year & Editor of 'The Registrar'
15:20-15:50	<b>Closing address: What the College can do for you</b> Dr Kate Lovett, Dean, RCPsych
15:50	<b>End</b>