

**RCPsych Leadership and Management  
Fellowship Scheme 2025/26  
Module 4 – Conscious Leadership  
Date: 6 November 2025, online via Zoom**



<b>9.15</b>	<b>Join Online</b>
<b>9.20-10.35</b>	<b>Action learning sets</b>
<b>10.35-10.50</b>	<b>Break</b>
<b>10.50-11.00</b>	<b>Introduction to the module and outline of the day</b>
<b>11.00-11.50</b>	<b>Session 1: Systems theory</b> <ul style="list-style-type: none"> <li>• 20 min - theory</li> <li>• 30 min – external speaker, T/Inspector Katrina Meisuria</li> </ul>
<b>11.50-12.00</b>	<b>Break</b>
<b>12.00-13.00</b>	<b>Session 2: Psychodynamic principles in teams and organisations</b> <ul style="list-style-type: none"> <li>• 30 min - theory</li> <li>• 20 min - small group work</li> <li>• 10 min - reflections</li> </ul>
<b>13.00-14.00</b>	<b>Lunch</b>
<b>14.00-14.50</b>	<b>Session 3: Group Dynamics</b> <ul style="list-style-type: none"> <li>• 20 min - Surviving on the Moon exercise</li> <li>• 20 min – theory</li> <li>• 10 min - reflections</li> </ul>
<b>14.50-15.00</b>	<b>Break</b>
<b>15.00-15.50</b>	<b>Session 4: What happened in Edenfield?</b> <ul style="list-style-type: none"> <li>• 30 min - small group work</li> <li>• 20 min - reflections</li> </ul>
<b>15.50-16.00</b>	<b>Break</b>
<b>16.00-16.30</b>	<b>Large group reflections on the day</b>
<b>16.30</b>	<b>Close</b>

## Pre-work

### Module Leads and speakers

**Dr Katy Mason**

[Hear how to pronounce Katy's name](#)



Dr Katy Mason is a Consultant Forensic Psychiatrist and Medical Psychotherapist. She works in community Forensic Services, and leads the Lancashire wide multi-agency self harm collaborative. She is an organisational consultant, trained at the Tavistock Institute of Human Relations.

**Dr Ruslan Zinchenko**

[Hear how to pronounce Ruslan's name](#)



Dr Ruslan Zinchenko is an ST7 in General Psychiatry and Medical Psychotherapy, currently working in an NHS Psychotherapy Service in Lancashire. He is interested in how psychodynamic and systemic principles can support effective leadership and team functioning in psychiatric settings.

His clinical interests include working with patients with personality and complex relational difficulties in the perinatal period, particularly where multi-agency involvement is required. He also has a special interest in the ethical and legal challenges of applying mental health and capacity legislation to patients with personality difficulties, and iatrogenic harm caused by restrictive and coercive practices. Ruslan hopes to work as a consultant in community perinatal psychiatry following completion of his training.

**Dr Marcin Ostrowski**

[Hear how to pronounce Marcin's name](#)



Marcin is a Specialist Grade Doctor (SAS) and Assistant Medical Director in Secure Care at the Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW). He provides senior clinical leadership within his trust and co-leads the development of Public and Physical Health Policy at CNTW. He serves as an Associate Dean for SAS and LE Doctors and Dentists with NHSEENE, and is also a mentor and appraiser.

He is an Associate Programme Director at the Leadership and Management Fellows Scheme with the Royal College of Psychiatrists (RCPsych) and a member of the Faculty of Medical Leadership and Management (FMLM). He takes great pride in his career as a SAS psychiatrist and spends most of his spare time traveling through Europe with his family and walking his dog in rural Northumberland. Dr Ostrowski's interests are focused on the management and leadership skills development of medical staff. While pursuing an MSc in Strategic Leadership, he is a firm believer in an inclusive leadership culture and advocates for equal access to a variety of leadership opportunities for SAS doctors in the NHS.

