

Perinatal Psychiatry Training Course

A 5-day training course for trainee psychiatrists

Monday 20th to Friday 24th January 2020
Hallam Conference Centre, London



Course Programme

Rooms:

The course will take place in the Warren suite
Lunch and refreshments will take place in the Baker suite

MONDAY 20th JANUARY		
09:00-09:30	Registration and refreshments	
09:30-10:15	Welcome and introductions Participants and facilitators introduce themselves.	Lucinda Green Liz McDonald Dee Noonan Fatema Ibrahim
10:15-11:15	The Perinatal Frame of Mind. What is this and what does it mean for you as a perinatal psychiatrist?	Liz McDonald
11:15-11:35	Morning refreshments	
11:35-12:35	Perinatal Mental Health Services: -structure, function, relationships, responsibilities	Lucinda Green
12:35-13:15	What is different about the perinatal context? What does it mean for your practice?	Small group discussion
13:15-14:00	Lunch	
14:00-15:00	Schizophrenia and schizoaffective disorder in the perinatal period: what is different?	Liz McDonald
15:00-15:30	Depression in the perinatal period	Lucinda Green
15:30-15:50	Afternoon refreshments	
15:50-16:20	Depression in the perinatal period (vignettes)	Lucinda Green
16:20-16:45	Small group discussions: What have I learnt today, how will it influence my practice, how will I share what I have learned?	Lucinda Green Liz McDonald Dee Noonan Fatema Ibrahim

16:45–17:00	Time for personal reflection and recording	
TUESDAY 21st JANUARY		
09:00-09:15	Registration and refreshments	
09:15–09:45	Anxiety disorders in pregnancy and postnatally: what do we know?	Liz McDonald
09:45-10:30	Case examples of anxiety in the perinatal period	Lucinda Green
10:30–11:15	Pre-birth planning	Lucinda Green
11:15-11:35	Morning refreshments	
11:35–12:35	Holding the infant in mind.	Biddy Youell
12:35-13:15	Small group work: how can we understand a baby’s communications?	All speakers
13:15–14:00	Lunch	
14:00–14:45	Pre-pregnancy counselling: what are the issues to be addressed? Case discussion.	Liz McDonald
14:45–15:30	Women with lived experience: what do they want and how can they help co-produce good services?	Clare Dolman
15:30-15:50	Afternoon refreshments	
15:50–16:45	Continued: Women with lived experience: what they want and how they can help co-produce good services?	Clare Dolman
16:45–17:00	Time for personal reflection and recording	

WEDNESDAY 22nd JANUARY		
09:00-09:15	Registration and refreshments	
09:15-11:00	Safeguarding in the perinatal period	Lucinda Green
11:15-11:35	Morning refreshments	
11:35-13:00	<i>Continued:</i> Safeguarding in the perinatal period	Lucinda Green
13:00-14:00	Lunch	
14:00-16:00	Personality Disorder: what do we need to consider in the perinatal period?	Gwen Adshead
16:00-16:15	Afternoon refreshments	
16:15-17:30	Psychological interventions for women with personality disorders in the perinatal period	Nic Horley

THURSDAY 23rd JANUARY		
09:00-09:15	Registration and refreshments	
09:15-10:00	Risk in the perinatal period: what lessons have we learned?	Liz McDonald
10:00-10:30	General principles when prescribing for women of childbearing potential.	Liz McDonald
10:30-10:45	Morning refreshments	
10:45- 11:45	Prescribing anti-psychotic medication and mood stabilisers in pregnancy and breastfeeding	Angelika Wieck
11:45-12:15	Prescribing anti-depressant medication in the perinatal period: how do we translate evidence into practice?	Ian Jones
12:15-13:15	Case discussions and examples of prescribing medication in pregnancy and breastfeeding	Ian Jones Angelika Wieck
13:15-14:00	Lunch	
14:00-15:25	How do we interpret the evidence in relation to prescribing in pregnancy? Workshop: participants will have been given papers to review etc	Ian Jones Angelika Wieck
15:25-15:45	Afternoon refreshments	
15:45-16:45	<i>Continued:</i> How do we interpret the evidence in relation to prescribing in pregnancy? Workshop: participants will have been given papers to review etc	Ian Jones Angelika Wieck
16:45-17:00	Time for personal reflection and recording	

FRIDAY 24th JANUARY		
09:00-09:15	Registration and refreshments	
09:15-11:00	Approaches to evaluating infant emotional development in perinatal clinical practice	Maddalena Miele
11:00-11:20	Morning refreshments	
11:20-12:10	Eating disorders in the perinatal period: what are the issues?	Catia Acosta
12:10-13:00	Post-partum psychosis and Bipolar Affective Disorder: what do we know?	Ian Jones
13:00-13:45	Lunch	
13:45-14:30	Partners and fathers in the perinatal period.	Liz McDonald
14:30-15:00	How can we improve communication between perinatal mental health teams and other adult mental health services?	Fatema Ibrahim
15:00-15:30	Lessons for the future from the Building Capacity in Perinatal Psychiatry Programme	Dee Noonan
15:30-15:50	Afternoon refreshments	
15:50-16:20	Small group discussions: Going forward: what else do you need to do to improve your skills and knowledge as a perinatal psychiatrist?	Lucinda Green Liz McDonald Dee Noonan Fatema Ibrahim
16:20-16:30	Final thoughts and close of course	Lucinda Green Liz McDonald Dee Noonan Fatema Ibrahim