

APPTS 12th Annual Forum 13th October 2026

Programme

- 10:00** **Welcome and Introduction**
*Chairs: **Dr Katy James**, Clinical Director and Advisory Group Co-Chair and **Megan**, APPTS Service User Representative and Psychologist*
- 10:10** **APPTS Update**
***Jem Jethwa**, Programme Manager and **Alex Eneli**, Project Officer, The Royal College of Psychiatrists*
- 10:30** **From the Inside Looking Out: A CBT-Informed Approach to Improving Management Practice**
***Faithful Odusote**, CBT Therapist, NHS and Private Practice*
- 11:10** **Team RESET - Employee Resilience V's Service Resilience**
***Ben Towell**, Ben Towell Consultancy Ltd*
- 11:30** **Break**
- 11:45** **Employee Experience and Organisational Culture**
***Andrew Barton**, Clinical Team Leader and **Vicky Knight**, Clinical Team Leader, Wellbeing Suffolk*
- 12:25** **Compassion Fatigue as a Workplace Health and Safety Issue**
***Sam Langford MSc**, Director, Gaia Workplace Wellbeing, Director of Workplace Wellbeing, The Association of Occupational Health and Wellbeing Professionals (iOH)*
- 12:50** **Lunch Break**
- 13:35** **The Science of Reward and Recognition**
***Tracey Paxton**, Clinical Director, Perkbox Vivup*
- 14:15** **Is Automation a Job Demand or a Resource?**
***Ian MacRae**, Division of Occupational Psychology Committee Member, Research Board Member, British Psychological Society. (Also: Director, High Potential Psychology)*
- 14:55** **Final reflections and close of conference**