Mental Health in Sport Conference, Belfast
Royal College of Psychiatrists
Sport & Exercise Psychiatry Special Interest Group

Friday, 20 March 2020 | 09.30 to 16.00
The Assembly Rooms, Belfast

Target audience: Psychiatrists (consultant, SAS, trainees), Psychologists, Sport and Exercise Professionals, Mental Health Practitioners, Wellbeing Leads, Sports Researchers, Sports and Exercise Students

09:15 – 09:30 Welcome and Introductions
Professor Gerry Leavey, The Bamford Centre, Ulster University

09:30 - 11:00 If exercise is good for your mental health, why might it be risky to an athlete?
Professor Alan Currie, Chair, RCPsych Sport & Exercise Special Interest Group

International Consensus Statement on the Psychological and Policy-related Approaches to Mental Health Programmes in Sport
Dr Gavin Breslin, School of Psychology, Ulster University

Lived Experience of Gambling and Addiction
Oisin McConville, All-Ireland winner with Armagh and Crossmaglen Rangers

11:00 - 11:20 Break

11:20 - 12:20 Parallel Sessions AM – delegates to choose one session from:

• Gambling and Addictions: Epidemiology, Neuroscience and Treatments
  Dr Pamela Walters – Forward Trust Misuse and Mental Health Charity

• Concussion: Protecting the Professional Rugby Player – Ulster Rugby’s Approach
  Dr Michael Webb, Medical Director, Ulster Rugby

12:20 – 13:10 Lunch

13:10 – 14:10 Parallel Sessions PM – delegates to choose one session from:

• Transitions
  Jo Harrison & Dawn Airton, Performance & Lifestyle Advisors, English Institute of Sport

• Empowering People with Mental Health Problems through Physical Activity
  Prof. Gavin Davidson, QUB, & Dr Clare McCartan, QUB

• The Challenges & Rewards of Paralympic Sport
  Zac Shaw, Paralympic Athlete, & Dr Allan Johnston, Consultant Psychiatrist, EIS, LMA & Spire Perform

14:10 – 15:00 Keynote Address: Updates from the International Olympic Committee Mental Health Working Group – Dr Vincent Gouttebarge, PhD, Amsterdam University Medical Centres

15:00 – 15:15 Sport NI Mental Health Update – CEO, Antoinette McKeown

15:15 – 16:00 Panel Question and Answer Session – Chair, Professor Gerry Leavey

16:00 – 16:15 Closing Address – Dr Amit D Mistry, Chair Elect SEPSIG

Early bird rate: £75 (until 31.1.20)
£90 thereafter, Students £60
To book online: https://bit.ly/2TPfFps
To book via phone: 028 90278793