

Psychiatry Beyond Prescription

National Trainees'
Conference 2023



With Support Of:



Llywodraeth Cymru
Welsh Government



GIG
CYMRU
NHS
WALES

Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

#hello my name is...

Dr Anna Kumar
Psychiatry Trainee

Put in diary and book!
Thursday 11th & Friday 12th May
Techniquest, Cardiff, Wales.

Pharmacy Stamp

Age	All	Title, Forename, Surname & Address	All Our Patients, Colleagues and Ourselves C/O Techniquest Cardiff
DOB	All	NHS Number	7236 827 1672
Please don't stamp over dose box		365	HP

Number of days' treatment
Ensure dose is stated

Prescriptions

1. Social prescribing
2. Psychotherapy modalities based on patient need and diagnosis
3. Relapse prevention through social support
4. Mitigating against COVID and the cost of living crisis worsening the mental health of our patients
5. Understanding our patients in the context of their psychosocial formulations

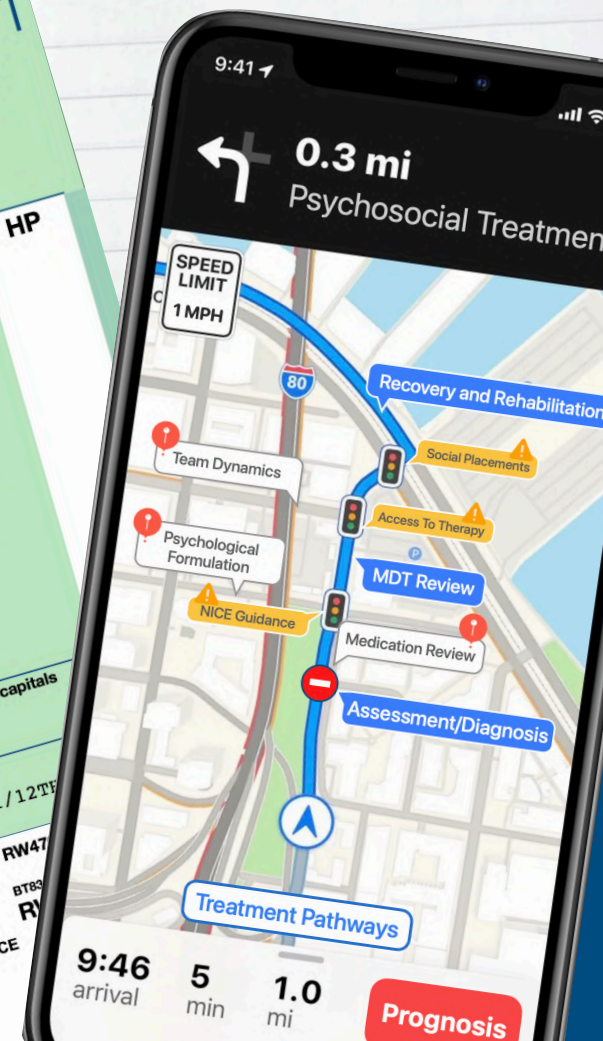
Prescriber's name and initials in block capitals
SIGMUND FREUD

Signature of Prescriber
Sigm. Freud

Date
11/12/23

For Dispenser
No. Of Prescs.
On Form

THE BIOPSYCHOSOCIAL PRACTICE
INTEGRATED CARE LANE
CARDIFF



The Conference

BOOK HERE

As the Psychiatric Trainees' Committee (PTC) - the team which organises the RCPsych National Trainees' Conference - we are so excited about what we have in store! Firstly, we are hosting this National Conference in a Devolved Nation, bringing the UK Trainees to Cardiff and helping to ensure that our events are accessible to those all over the UK.

The venue is not your average Conference Venue, with the lecture theatre nestled in a Science Discovery Centre which we will be encouraged to explore! In response to trainee demand, this programme moves past medication and biological treatments for mental illnesses and attempts to stretch our minds, with talks on everything from anti-psychiatry to psychedelic use in psychiatry.

There will be a strong focus on socialisation, networking, and stepping 'off the world' in terms of mindfulness sessions, guided walks and break-out spaces. We also want to make sure everyone is welcome and feels confident to attend, using buddy-systems and an innovative online platform to navigate the event.

Finally, we would like to note our gratitude to the RCPsych for their subsidisation of this event, and also to Health Education and Improvement Wales (HEIW) and the Welsh Government for their generous financial support of this Conference. As a result of these, you will notice the price is a steal for the offerings. We also have mapped the core programme to RCPsych Curriculum HLOs to help with the process of trainees both planning their learning, but also to help them consider how this connects with their study leave/budget when making applications.

We hope to see as many of you there as possible to learn and reflect together, but most importantly to have fun whilst doing so!



Thursday 11th May 2023
Friday 12th May 2023



Techniquet

Stuart St, Cardiff CF10 5BW



Trainee/SAS

£65 Full Conference (Both Days)
£55 One Day



Foundation Doctor

£40 Full Conference (Both Days)
£30 One Day



Medical Students

£30 Full Conference (Both Days)
£25 One Day



Consultants

£150 Full Conference (Both Days)
£120 One Day

'It's fantastic to bring the National Trainees' Conference to Cardiff, to showcase the rich research and psychiatry expertise we have to offer to trainees across the UK.'

Dr Laura Thorne

PTC Conference Lead 2023



WELSH DEVOLVED NATION CARDIFF

With world-leading research at the Cardiff University Neuroscience and Mental Health Innovation Institute, this 11th-largest city in the UK isn't messing about when it comes to psychiatric excellence.

Ranking sixth in the world in a National Geographic magazine list of alternative tourist destinations, and the choice of location for BBC to film everything from Doctor Who to Sherlock, the culture in Cardiff is palpable; set in a beautiful landscape of water and eclectic architecture, with modern, neo-classical and Norman roots.

But what anyone who has visited this wonderful city (or had the privilege to know those who hail from there), will agree that Cardiffians are some of the most welcoming, humour-filled and hard-working people you'll find around. This has been completely reflected in the commitment and ingenuity behind this event, and we already anticipate the sparking 'Welsh Welcome' when we come together as UK Psychiatry Trainees this May.



Venue

TECHNIQUEST

Techniquest is the UK's longest-established and the UK's first purpose-built science centre.

Situated in the heart of Cardiff Bay, the architecturally-acclaimed building boasts impressive views of the bay, and provides a truly unique venue for both the formal and informal functions of our exciting conference.

'Whether you want to chill out and watch the universe unfold in our 360° digital planetarium or discover something new in our five themed zones, we've got the perfect venue for you.'

Techniquest



Programme

We are so excited to share with you the amazing range of speakers and workshops which will be available across our two day conference.

These have come about based on feedback from trainees and what they want to see at our educational events, and represents the curiosity of trainees to think outside of the box and to see to see our specialty from multiple perspectives. The following pages will give you a flavour of what is in store for attendees of this year's conference.



'We were passionate to bring together a blend of Welsh and National speakers to this event so that whether you're travelling to, or are living in Cardiff, there will be a fantastic programme for you to enjoy.'

Dr John Moore
PTC Secretary 2023

Linking to RCPsych Curriculum

With most psychiatric trainees having transitioned to the new curriculum for core training or their higher training, we have identified the importance of educational events such as this being 'linked' to High-Level Outcomes (HLOs). This means that trainees can include educational activities like this when planning their Placement-Specific Personal Development Plans (PSPDPs), and / or using as mapped activities for the HLOs planned in your PSPDPs.

We plan to involve reflective practice to be linked to HLOs throughout the conference, and to have Certificates of Attendance with the HLOs of the activities 'linked' also. For more information on the curriculum, please see the links below:

[Link To Curriculum Key Documents](#)

[Link To Curriculum Online Learning Module](#)

[Link To Curriculum Frequently-Asked Questions](#)

Programme (Cont.)

High Level
Outcomes
(HLOs) Key:



KN Keynote Talk
WS Workshop

Day One Thursday 11th May 2023

	08:45 - 09:30	Registration	
	09:00 - 09:20	Walk & Talk	
	08:45 - 09:20	Quiet Zone	
	09:30 - 09:45	Introduction to the Conference / Day One	
KN	09:45 - 10:15	Welcome & Effect of Suicide on Clinicians <i>Dr Maria Atkins</i>	1
KN	10:15 - 11:00	Is Psychiatry Working? <i>Prof. Femi Oyebo</i>	1
	11:00 - 11:30	Break	
KN	11:30 - 12:15	Social Prescribing <i>Dr Shahid Latif</i>	4
KN	12:15 - 12:45	Lived Experience <i>Mr Duke Al Durham</i>	2
	12:45 - 13:30	Lunch	
KN	13:35 - 13:45	Welsh Government Address <i>Ms Lynne Neagle MS</i> <i>Deputy Minister for Mental Health & Wellbeing</i>	5
WS	13:45 - 14:45	Portfolio Drop In <i>Dr Rosemary Gordon, Dr Paul Emmerson</i>	1
WS	13:45 - 14:45	Being a Woman & Mother in Medicine <i>Ms Zoe Barber</i>	5
WS	13:45 - 14:45	Balint (Reflective Practice) Group <i>Ms Amelia Lyons and Mr Seb Viola</i>	8
WS	13:45 - 14:45	What Can We Learn from Antipsychiatry? <i>Dr Tassos Dimopoulos</i>	4
	14:45 - 15:15	Break	
KN	15:15 - 15:45	Social Prescriptions in Psychiatry: A Bitter Medicine <i>Prof. Subodh Dave</i>	4
KN	15:45 - 16:15	Approach to the Suicidal (TBC) <i>Dr Rachel Gibbons</i>	1
KN	16:15 - 16:20	Introduction to the RCPsych Library <i>Ms Fiona Watson</i>	9
KN	16:20 - 16:50	Digital Healthcare <i>Prof. Alka Ahuja</i>	6

Day Two Friday 12th May 2023

	07:30 - TBC	Morning Run	
	08:45 - 09:30	Registration	
	09:00 - 09:20	Morning Mindfulness <i>Mrs Velda Price</i>	
	09:45 - 09:20	Quiet Zone	
	09:30 - 09:40	Introduction To Day Two	
KN	09:40 - 10:00	Health Education & Improvement Wales <i>TBC</i>	5
KN	10:00 - 10:15	Presidential Address <i>Dr Adrian James</i>	3
KN	10:15 - 10:45	Mental Health Law Update <i>Prof. John Crichton</i>	3
	10:45 - 11:15	Break	
KN	11:15 - 12:00	Nutritional Psychiatry <i>Dr Pratima Singh</i>	4
KN	12:00 - 12:45	Sustainability in Psychiatry <i>Dr Kathryn Speedy & Dr Pip Clery</i>	1
	12:45 - 13:45	Lunch	
WS	13:45 - 14:30	Mindfulness <i>Mrs. Velda Price</i>	1
WS	13:45 - 14:30	Psychiatry in Film <i>Dr Paul Emmerson</i>	4
WS	13:45 - 14:30	What Can a Psychiatrist Do About Climate Change? <i>Dr Stuart D'Arch-Smith, Dr Pip Clery, Dr Eleanor Cooke</i>	6
WS	13:45 - 14:30	Climate Activism <i>Youth Climate Ambassadors for Wales</i>	1
	14:30 - 15:00	Break	
KN	15:00 - 15:30	Lived Experience <i>Dr Chris Walsh</i>	2
KN	15:30 - 16:00	Psychedelics in Psychiatry <i>Dr Mat Hoskins</i>	9
KN	16:00 - 16:30	TBC <i>Dr Trudi Seneviratne</i>	TBC
	16:30 - 16:45	Poster Winner and Close	

Programme (Cont.)

Technique's amazing spaces will be used for a variety of activities, as well as its gorgeous surroundings:



**The
Sensory
Garden**



**Morning
Mindfulness
Drop-In on Friday**



The 'Pod'
A prayer and
reflection room -
open throughout



**Meet the PTC
Over Coffee**



Friday Morning Run
Suitable for all levels
of runner - flat
4.5mile loop



Quiet Zone
To decompress and
pause - open
throughout

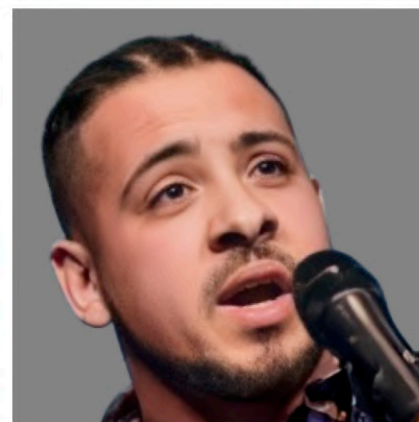
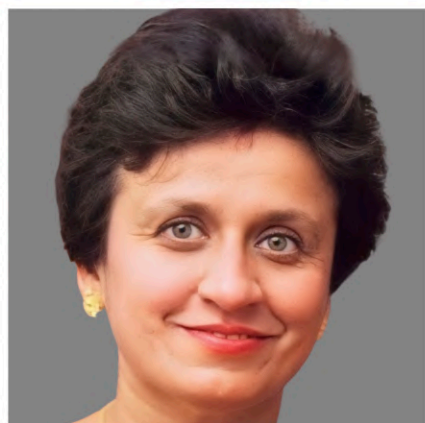


Day One

Evening Drinks Reception

After day one completes, we will take a gentle guided-walk to the gorgeous Norwegian Church venue (pictured) for a drinks reception from 17:30 until 19:30.

Plus stalls from HEIW, SAS Doctors, RCPsych Library and others





The PTC

The Psychiatric Trainees' Committee (PTC) is a National Committee of 40-50 representatives of psychiatry trainees in all parts of the UK in specialist groups.

If you're a current psychiatry trainee – we are here for you! We represent you within and outside the College, and our number one priority this year is to improve our engagement with you.

We understand the anxieties you may have had about your training and career progression, and we will continue to represent you within the College to make things as streamlined and trainee-friendly as possible. We do this by having representation across the College committees and working closely with the training and workforce team at the College.

Why not have a look at our website [HERE](#), or view our 'PTC and You' pamphlet by clicking on the link to the right, to find out more about what we do and how to get involved!

We are really excited to see you at the RCPsych National Trainees' Conference 2023!

Dr Chris Walsh
(he/him)

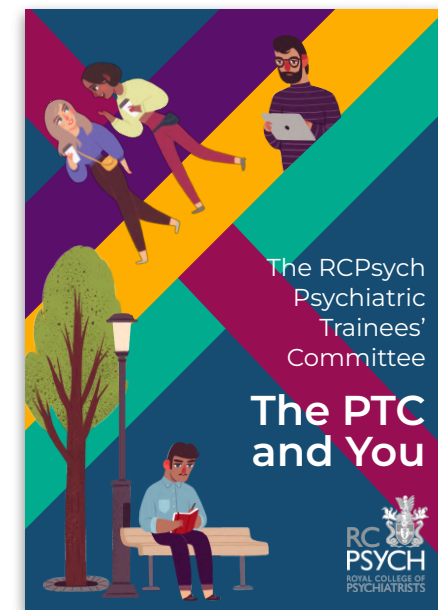
Chair
PTC 2022-2023

Dr Gemma Buston
(she/her)

Vice Chair
PTC 2022-2023

Dr John Moore
(he/him)

Secretary
PTC 2022-2023



[Click Above To View](#)





@RCPsychTrainees



@RCPsychWales



ptcsupport@rcpsych.ac.uk



biy.ly/PTCConf23

● Psychiatry ● Beyond ● Prescription



Disclaimer: Programme and content subject to change.