

SEPSIG Autumn 2018 Meeting

Venue: Institute of Sport Exercise and Health
170 Tottenham Court Road, W1T 7HA



21st September 2018

The Autumn 2018 meeting of the Royal College of Psychiatrists Sport and Exercise Psychiatry Special Interest Group (SEPSIG) was held at the Institute of Sport Exercise and Health (ISEH) in central London on 21st September and was a great success.

SEPSIG are grateful for the support of ISEH in providing a tremendous venue for the event and also owe a huge debt of thanks to Tony Adams who headlined and opened the conference. Appreciation also for Allan Johnston who chaired the morning session and Amit Mistry who facilitated the exercise and mental health session after lunch.

Tony Adams

Tony is a former England and Arsenal captain. He had a well-publicised battle with alcohol addiction. During recovery, he founded *Sporting Chance* to provide treatment and support for athletes with addictions. He is also now patron of the *Forward Trust* providing treatment to break the cycle of substance misuse and crime.

<https://www.sportingchanceclinic.com/>

<https://www.forwardtrust.org.uk/>

Tony gave an eloquent and emotional presentation on his own personal journey with addictions. It was especially enlightening to hear him describe how he developed emotional literacy during therapy. He also spoke openly about the low self-esteem that fuelled many of the more dysfunctional habits of his earlier years.



Pamela Walters

Tony was followed by Pamela Walters. She is a leading forensic and addictions psychiatrist as well as Clinical Director for the *Forward Trust*. She presented an overview of addictions within sport before focussing on gambling that is a particular problem at present. She presented recent neurobiological findings as well as an erudite discussion on the place of gambling within diagnostic and classificatory systems.

Alan Currie

After coffee, Alan Currie gave an overview of the psychiatric contribution that might be helpful in understanding the use of performance enhancing drugs in elite sport.

Carolyn Plateau

Alan was followed by Carolyn Plateau who is a leading psychologist at Loughborough University. She has done great work on compulsive exercise and its relation to eating disorders in sport.

<http://www.lboro.ac.uk/departments/ssehs/staff/carolyn-plateau/>

Paul Gorczynski

After an excellent lunch and much discussion, there followed an afternoon session on exercise and mental health. The first speaker was Paul Gorczynski who is an international authority on exercise, lifestyle and psychosis having worked extensively in the UK, Canada, and Australia. His talk focussed particularly on environmental factors that contribute to obesity in serious mental illness and how these might be modified.

<http://www2.port.ac.uk/department-of-sport-and-exercise-science/staff/dr-paul-gorczynski.html>

Flo Kinnafick

Flo Kinnafick from Loughborough University followed this by describing her own evaluation of the *Get Set to Go* programme developed by Mind in order to support people with mental health problems to benefit from physical activity.

<http://www.lboro.ac.uk/departments/ssehs/staff/florence-kinnafick/>

Gary Woods

After another short break, Gary Woods from Queens University in Belfast presented his appraisal of the evidence base for drug treatments in athletes with mental health problems. The evidence is relatively sparse and relies a great deal on expert opinion and extrapolation from non-sporting populations. His presentation led on to a group discussion on prescribing habits within the sport and exercise psychiatry community.

Business meeting

The day's events concluded with a short business meeting (minutes attached). The next meeting is planned for mid-March in 2019, and details will be circulated very soon. Thanks are due to our hosts at the Institute of Sport Exercise and Health and to all our speakers, in particular Tony for giving up his valuable time and for sharing his emotional journey.

Alan Currie
Chair, SEPSIG
30/9/18