

The College of Psychiatrists hosts ‘Innovations in Psychiatry’

The recent annual College of Psychiatrists of Ireland (CPsychI) NCHD conference was a great success with a high turnout of Non-Consultant Hospital Doctors.

The Conference, hosted in the Hilton Hotel, Kilmainham Dublin on 26th February, was organised by the Trainee Committee, a dedicated working group within the College. Based on the theme “*Innovations in Psychiatry*” the day delivered a diverse and thought-provoking programme. Trainees were invited to attend a wide range of plenaries and workshops which encompassed topics that can prove challenging to Trainees in everyday clinical practice.

The conference was opened with a unique but topical presentation from Dr Aidan Collins on the ‘*Medical and Psychiatric Aspects of the 1916 Rising*’. This offered those present a professional context as there were a considerable amount of doctors involved in The Rising. Trainees were also surprised to learn that some of the prominent medical professionals involved were home from the frontlines of World War One for ‘lesser duties’ after experiencing trauma, only to be thrown straight back into violence in Dublin. This talk was followed by a very informative session from Dr Helen Barry titled ‘*Rosaries, a wedding Dress and Waxy Flexibility: Anti-NMDA Receptor Encephalitis*’ focusing on updates on current knowledge, the treatment and prognosis of Anti-NMDA Receptor Encephalitis.

Participants were then treated to an insightful plenary session from Dr Jillian Doyle and Dr Clodagh Dowling, Clinical Psychologists from St Patrick’s Mental Health Services on ‘*Compassion Focussed Therapy*’. Over 20 years, Compassions Focussed Therapy has become so commonplace in mental health services that it has a solid evidence base and can treat a range of psychological and emotional difficulties including depression, anxiety, psychosis, eating disorders and chronic pain.

In addition to the plenary sessions, attendees also had a wide choice of afternoon workshops based on a range of clinical issues such as ‘*Treatment of Eating Disorders*’, ‘*Management of the Challenging Patient*’ and ‘*Emerging Street Drugs*’ as well professional career sessions on ‘*Planning Your Career in Psychiatry*’ and ‘*Getting Started in Research*’. The REFOCUS (Recovery Experience Forum of Carers and Service Users) group of the College were also represented at the conference by Dr Anne Jeffers and social worker and service user Brian McNulty who discussed ‘*The Two sides of Managing Bipolar Affective Disorder*’.

Ms Eimear Duff from Trinity College Dublin was announced the winner of this year’s Medical Student Essay Prize, for her essay based on the title ‘*Resilience: What is its Role in Recovery*’. Runner-up prizes were also awarded to: Ms Aine Duggan (UCC), Ms Laura Dwyer (QUB), Mr Soheilali Karmali (UCC), Mr Conor Ring (UCD), Mr Robert Whiriskey (UCC), Ms Nicole Yeung-Lai-Wah (RCSI), and Ms Monica Parmar (NUIG).

“*We are delighted with the success of the seventh annual NCHD Conference*”, said Dr Gearóid Moynihan, Chair of the Trainee Committee of the College of Psychiatrists of Ireland, and Conference Chair for the day. “*The day was very well attended by Trainee Psychiatrists, each at different stages in training, whose feedback from previous events informed the Conference theme and topics for discussion.*”

Dr Moynihan also expressed his thanks of behalf of the NCHD Conference Working group, “*The Trainee Committee would like to extend our warmest thanks to all speakers who gave their time on the day to give us invaluable contributions to the training and development of Ireland’s future Psychiatrists. We would also like to thank all Trainees who attended, and we look forward to another interesting and informative Conference day next year.*”

ENDS

Photos:

NCHD Image 1- Winners and Runners Up

Mr Soheilali Karmali (UCC), Mr Robert Whiriskey (UCC), Ms Laura Dwyer (QUB), Dr Gearóid Moynihan, Ms Eimear Duff (TCD) **WINNER**, Ms Nicole Yeung-Lai-Wah (RCSI), Ms Laura Dwyer (QUB), Mr Conor Ring (UCD)

NCHD Image 2 - Dr Gearóid Moynihan & Ms Eimear Duff, Winner

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Notes for the Editor:

The College of Psychiatrists of Ireland was formed in 2009. It is the professional body for psychiatrists in the Republic of Ireland. The Mission of the College of Psychiatrists of Ireland is to promote excellence in the practice of psychiatry. The College of Psychiatrists of Ireland is the sole body recognised by the Medical Council and the HSE for the training of doctors to become specialists in psychiatry and for the continuing assurance of the career long competence of specialists in psychiatry. The College supports the delivery of mental health services in line with the recovery model and supports the delivery of the national policy on mental health services A Vision for Change.

**A Vision for Change (2006) is a strategy document which sets out the direction for Mental Health Services in Ireland. It is a framework for promoting mental health at all levels of society and for delivering specialist care to everyone who needs it. It recognises both the strengths and inadequacies of existing services and outlines a strategy for building on the innovations heralded by Planning for the Future. It details a series of actions for developing a comprehensive person-centred model of mental health service provision.*