



# College of Psychiatrists of Ireland

Wisdom • Learning • Compassion

## **NCHD CONFERENCE 2015**

*'Masterclasses for Trainees'*

## **DRAFT PROGRAMME**

Friday, 27<sup>th</sup> February 2015

Hilton Hotel, Inchicore Road, Kilmainham, Dublin 8

Accredited by CPsychI for 5 External CPD Credits

8.50 – 9.20 **Registration and Morning Coffee (Pearse Foyer)**

9.20 – 9.30 **Welcome from the Chair of the Day - Dr Gearóid Moynihan (Chair, Trainee Committee)**

9.30 – 10.35 **Changes in Training**  
**Prof Greg Swanwick**

There have been several changes to how Psychiatry training is being delivered in Ireland in recent years. These include the formation of Deaneries, defined training rotations from the outset of BST, the establishment of the Irish membership exam, the introduction of streamlined training from BST to HST, and a new accreditation system for both BST and HST posts amongst other changes. This plenary will update Trainees as to these changes and provide an opportunity to answer Trainees'/NCHDs' questions.

Prof Greg Swanwick is the Dean of Education at the College of Psychiatrists of Ireland. He is also a Consultant Psychiatrist in Psychiatry of Old Age in Tallaght and a Clinical Professor of Psychiatry at Trinity College Dublin.

10.35 – 11.40 **Caring for the Mental Health of Women in Pregnancy**  
**Dr Anthony McCarthy**

This lecture will discuss the particular challenges for women's mental health associated with pregnancy and childbirth and the challenges for Psychiatrists in treating women in this context. There will be a focus on safe prescribing in pregnancy and if a woman is breastfeeding, a focus on pre-pregnancy planning and much more!

Dr Anthony McCarthy is a Consultant Adult Psychiatrist and Clinical Director at St Vincent's University Hospital, Elm Park, Dublin 4. Dr McCarthy also works as Consultant Perinatal Psychiatrist at the National Maternity Hospital, Holles Street, Dublin 2 and was also formally the President of the College of Psychiatrists of Ireland.

11.40 – 12.00 **Coffee Break (Pearse Foyer)**

12.00 – 13.05 **Gender Identity Disorder**  
**Dr Paul Moran**

Exact details of this plenary session are to be confirmed.

13.05 – 13.15 **Announcement of the Winner of the 2015 CPsychI Medical Student Essay Prize**

***"Stigma in Mental Health – The Role of the Media"***

13.15 – 14.15 **Lunch (Cinnamon Restaurant)**

## Parallel Session 1

### Foundation Skills for Working with Clients using a Cognitive Behavioural (CBT) Model

**Ms Maria McCarron**

This workshop is designed to give participants an understanding of the psychotherapeutic skills and techniques utilised in CBT therapy while working with common mental health problems. In addition, this workshop may be useful for those practitioners wishing to enhance their knowledge and skills of Cognitive Behaviour Therapy within the context of their existing role and scope of practice. Finally, it may be of interest to people wishing to consider training in CBT.

Ms Maria McCarron is qualified Psychiatric Nurse and has Masters in Cognitive Behaviour Psychotherapy from Oxford University. She currently works as a Clinical Nurse Specialist in CBT in St Vincent's Hospital, Fairview. Her work involves treating people with a wide range of problems amenable to cognitive behavioural interventions. These include panic disorder, agoraphobia, social anxiety, obsessive-compulsive disorder, depression and psychosis. Her main area of interest is in working with clients who have a diagnosis of BPD. She delivers training and supervision for doctors which is organised in partnership with the CPsychI. In recent years her main area of interest has been developing CBT Psychotherapeutic skills and techniques for Doctors and Nurses nationally.

## Parallel Session 2

### Adult Psychiatry for Homeless People: clinical and organisational issues

**Dr Kevin Kilbride**

While they share much in common with their domiciled counterparts, homeless mentally disordered people, on average, represent a greater challenge to mental health services striving to meet their need. In this session, this challenge will be explored at both the level of the individual patient and of the service.

Dr Kevin Kilbride undertook Basic Specialist Psychiatric Training in the Eastern Health Board scheme, followed by Higher Specialist Training in Adult Psychiatry in Britain. He worked as a Consultant Psychiatrist in an East Manchester sector, before returning to Dublin in 2005 as a Consultant Psychiatrist in the Programme for the Homeless, Phoenix Care Centre.

## Parallel Session 3

### Epilepsy - Diagnosis and Differential

**Dr Ronan Kilbride**

Exact details of this session are to be confirmed.

## Parallel Session 4

### The Transition between CAMHS and Adult Mental Health Services

**Dr Paddy Power TBC**

Exact details of this session are to be confirmed.

## Parallel Session 1

### ECG Interpretation

**Dr George Little**

This workshop will deal with the general use of Electrocardiography (ECG) in clinical practice, as well as focusing on its use in a psychiatric setting.

Dr George Little has been a Consultant in Emergency Medicine in Naas General Hospital since 2004. He completed Postgraduate Training in Emergency Medicine in London and was Consultant in Emergency Medicine at King's College Hospital in London, before returning to Ireland.

## Parallel Session 2

### Effective Interview Skills

**Ms Jo Irwin**

A relatively small part of the interview process is about knowledge. Interviews are really communication exercises where you are expected to demonstrate your suitability in a mature, enthusiastic and confident manner. The aim of this session is to acquire a good understanding of key communication techniques applicable to the interview situation. Medics will leave with tips and techniques to enable them to positively portray their skills and knowledge in an interview situation. In addition, Trainees will be given several practice tools to help with their preparation for upcoming interviews.

Ms Jo Irwin is the Director of i4 Training and has over 15 years experience of training and coaching within the HSE and NHS. She specialises in Communication Skills and specifically provides both 1:1 coaching and training courses in Interviewing Skills.

## Parallel Session 3

### Autism in Child and Adolescent Psychiatry

**Dr Jane McGrath**

This workshop will provide an overview of the assessment and management of Autism Spectrum Disorder (ASD) and will include discussion of recent DSM changes, assessment and diagnosis of ASD, psychiatric and medical co-morbidities, treatment for ASD symptoms, management of psychiatric co-morbidities and the overlap of ASD with other neurodevelopmental disorders.

Dr Jane McGrath is a Clinical Lecturer in Psychiatry in Trinity College Dublin. She completed her PhD investigating brain structure, function and connectivity in autism spectrum disorder in 2012, and remains actively involved in autism neuroimaging research with Professor Louise Gallagher in the Department of Psychiatry, Trinity College Dublin.

## Parallel Session 4

### REFOCUS – Recovery Experience Forum of Carers and Users of Services

**Members of the CPsychI REFOCUS Group**

REFOCUS will share their personal stories and experiences of recovery in a panel discussion comprising of two Service Users and two Carers. This discussion will be based on a central theme. This specific theme is TBC.

REFOCUS is a forum of Carers/Family members and Service Users who work from within the College to inform the training of Psychiatrists, and to identify ways of improving our mental health services.

## How to get to the [Hilton Hotel](#), Inchicore Road, Kilmainham, Dublin 8

### Driving Directions

**From West** - Follow the M4 and N4 towards the City Centre. When you get to the roundabout for Kilmainham (the last one before Heuston Station) take the right turn off, then take the immediate left turn and the hotel is located on your right hand side.

**From South** - Follow the M7 and N7 towards City Centre. Take the M50 (northbound) turn off. Continue forward on the M50 and take the N4/City Centre exit (keep to the right for City Centre). Continue straight towards City centre. When you get to the roundabout for Kilmainham (the last one before Heuston Station) take the right turn off, then take the immediate left turn and the hotel is located on your right hand side.



### Rail

The hotel is a short walk from the country's main intercity rail station, Heuston Station. This station links Dublin to the west and south of the country and is the city's main rail hub. Taxis are always available at Heuston Station to cover the 10 minutes walk to the hotel.

### Luas

The Suir Road stop is 5 minutes walk from the hotel. There is also a main stop at Heuston Station.

### Parking

Limited, secure underground parking is available at the Hilton Hotel - €7 Day Delegate Rate. There are car parks at IMMA (Royal Hospital, Kilmainham), Heuston South Quarter and at Heuston Station. There is an abundance of on-street metered parking along the Inchicore road just outside the hotel.

