



An exciting new field of psychiatry designed to improve the mental health treatment and care of athletes

## First National Conference: The Mental Health of Athletes – who cares?

### Schedule

8.30am Registration & coffee  
9.30am Conference commences  
5.00pm Conference closes

**Thursday 22 June 2017**

**Venue: Chelsea FC, Stamford Bridge, LONDON**

### Keynote Speaker: Professor Steve Peters

**Professor Steve Peters:** MBBS MRCPsych BA PGCE MED (medical) Dip. Sports Med. Consultant Psychiatrist / Undergraduate Dean Sheffield Medical School. Professor Steve Peters is CEO of Chimp Management Limited. He is a Consultant Psychiatrist working in Elite Sport. He works with Sky ProCycling, and has current and past involvements in many other Olympic and non-Olympic Sports, including British Cycling, Liverpool Football Club, England Football, England Rugby, World Championship Snooker and Premier league Football.

**When an athlete is injured or ill s/he will often be able to access timely and high quality health care. This is not always true when a mental health problem develops. The reasons for this are complex but becoming better understood. Research tells us not just about the extent of mental health problems in the sports arena, but is now helping us understand how and why problems emerge and what is best practice at all points along the treatment and care pathway. The pathway begins upstream with prevention and pre-habilitation and moves downstream to treatment and rehabilitation for the athlete with a mental health problem. All these areas will be explored and the premise that there is parity of esteem between the mental health care of athletes and their physical health care will have been discussed and challenged.**

### Learning objectives:

- Appreciate the nature of extent of mental health problems in sport
- Understand how and why these problems arise
- Address the mental health risks within the sporting arena
- Develop an understanding of the pathways of care for athletes
- Improve screening and access to treatment when there is a mental health problem
- Ensure that athletes with mental health problems receive high quality treatment and rehabilitation

### Conference Chairs / Speakers:

**Professor Alan Currie:** MB ChB, MPhil, FRCPsych Consultant Psychiatrist, Regional Affective Disorders Service, Newcastle and visiting Professor in Sport & Exercise Science at the University of Sunderland. He has acted as a consultant to a number of national sports organisations for over 20 years. He also chairs the RCPsych's Sports and Exercise Special Interest Group.

**Dr Allan Johnson:** MBBS, MRCPsych, Cert.Med.Ed, Consultant Psychiatrist at Derbyshire Healthcare NHS Foundation Trust and Sports Psychiatrist at Performance Health Innovations Ltd (PHIL), Leeds where he and his colleagues deliver the complete sports medicine care package.

**Dr Kate Goodger:** PhD, C.Psychol. Chartered Sport and Exercise Psychologist and Director at Chimp Management.

**Dr R. Hamish McAllister-Williams:** BSc, MB, ChB, Ph.D, MD, FRCPsych. Reader in Clinical Psychopharmacology & Hon. Consultant Psychiatrist. Lead Clinician for the tertiary level Regional Affective Disorders Service in Newcastle.

**Dr Philip Hopley:** MBBS (Dist.) MRCPsych. Consultant Psychiatrist, Cognacity, Harley Street, London.

**Dr Rod Jaques:** FFSEM (UK), Dipl Sports Med, FISM, DRCOG, MRCPGP, Director of Medical Services and Consultant in Sport and Exercise Medicine, English Institute of Sport, SW Region, Bath University.

**Dr John Rogers:** MRCPGP FFSEM(UK). Consultant Physician in Sport and Exercise Medicine

### Programme:

- 09:30 Welcome and Introduction – overview of day's event, scene setting**  
Chair: Dr Allan Johnston
- 09:45 Parity of Esteem in Athlete's Health – an overview of Morbidity**  
The world of sports medicine has access to high standards of physical healthcare. The access athletes have to elite mental healthcare remains work in progress.  
Prof Alan Currie
- 10:15 Mental health care and professional sport – getting the balance of duty of care right.**  
Dr Rod Jaques, Director of Medical Services and Consultant in Sport and Exercise Medicine, English Institute of Sport, SW Region, Bath University
- 10:45 Refreshments**
- 11:00 Pre-habilitation & Resilience**  
An introduction to resilience as a tool for athletes and teams. Using the concept of Pre-habilitation, borrowed from the field of Strength and Conditioning we will explore strengthening the 'mind muscle' in advance of stress or adversity.  
Dr Allan Johnston
- 11:30 Keynote Presentation**  
'A Psychiatrist working in Sport'  
Prof Steve Peters
- 12:15 LUNCH**
- 13:15 Access & Screening – Early warning signs**  
Dr Phil Hopley
- 14:00 Overtraining Syndrome - Physical or mental health problem?**  
Dr John Rogers MRCPGP FFSEM(UK)  
Consultant Physician in Sport and Exercise Medicine
- 14:45 Refreshments**
- 15:00 Pharmacological treatments for mental health problems in sport**  
Dr Hamish McAllister-Williams
- 15:30 Psychological Treatment – an overview**  
Dr Kate Goodger
- 16:00 Panel discussion**  
The speakers of the day will discuss the day's key topics and answer questions from the audience
- 16:45 Final comments, review and evaluation**  
Dr Allan Johnston
- 17:00 Conference closes**

### Who should attend?

Those who have an interest in and a responsibility for the mental health of athletes, for example: psychiatrists, clinical psychologists, sports medicine doctors, athletes, coaching staff, performance directors, team managers and sports psychologists.

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## > Delegate booking form

### ▶ How to book

**Online:** [www.educationandtrainingnetwork.co.uk](http://www.educationandtrainingnetwork.co.uk)

**Tel:** 0113 257 2139      **Fax:** 0113 257 8159

**Post:** Education & Training Network, Design House,  
1 Coal Hill Lane, Leeds, LS28 5NA

### ▶ Your details *(block capitals please)*

Title: ..... First name: .....

Last name: .....

Job Title: .....

Department: ..... Speciality: .....

Organisation: .....

Location/place of work: .....

.....

.....

Email (for all correspondence): .....

Telephone/Mobile Number: .....

Diet or special requirements: .....

Have you previously attended an ETN course? Yes  No

How did you find out about this course?: .....

### ▶ Information about your booking

**Confirmation of registration:** All bookings will be confirmed in writing. Online bookings will receive an automated confirmation email/receipt. Joining instructions will be sent as soon as possible. We reserve the right to change the programme without prior notice. Where for any reason, beyond its control, ETN cancels an event, the liability of ETN shall be limited to a refund of the fee payable to ETN for that event. You may wish to take out insurance against cancellation.

**Cancellation and refunds:** All cancellations must be submitted in writing. If verbal cancellations are given, a written communication must follow immediately. If written cancellation is received more than 4 weeks before the event a 80% refund will be given, between 4 weeks and up to 14 days a 50% refund will be given, within 14 days of the event, no refund will be given. Should you be unable to attend, a substitute delegate may attend in your place.

**Changes to an order/booking:** All changes in delegate bookings will be subject to an administration fee.

**Accommodation:** If required, delegates will need to book their own overnight accommodation. There are a number of websites that offer accommodation deals eg [www.laterooms.co.uk](http://www.laterooms.co.uk), [www.booking.com](http://www.booking.com), [www.lastminute.com](http://www.lastminute.com).

**Data Protection:** ETN's data protection statement can be found on our website: [www.educationandtrainingnetwork.co.uk](http://www.educationandtrainingnetwork.co.uk). Please note that the information provided on this form will be held on ETN's database and may be used to update you on future events.

### ▶ Payment information

**By cheque:** a cheque for £..... is enclosed. (Made payable to Education and Training Network UK Ltd)

**By BACS: Barclays Bank Sort Code: 20-48-46 Account Number: 53873218.** Total payment: £.....

**Organisations:** Please email a BACS remittance form as confirmation of payment to [accounts@etnetwork.co.uk](mailto:accounts@etnetwork.co.uk) including event name, date and the names of the delegate(s) you are paying for.

**Please add the event & date and delegate name as your payment reference.**

**Individuals: Please add your name and event date as your payment reference.**

**By debit/credit card:** (you can also book online using your card). Please enter your credit card details as they appear on the card. Please debit my visa/mastercard/switchcard (delete as appropriate)

Cardholder's Name: ..... Card Number: .....

Start Date: ..... Expiry Date: ..... Issue No (switch only): ..... 3 Digit Security No: .....

Card address (if different from above) .....

.....

**By Purchase order/Invoice:** Please provide a lead name of a contact who will manage the finance for you. We must receive a purchase order prior to ETN raising an invoice and payment must be received before the event.

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Your payment will be processed via Sage Pay and your details will not be stored after successful processing.

### ▶ Date

Thursday 22 June 2017 – London

### ▶ Accreditation

This event is accredited with 6 CPD hours. You will be asked to sign in at the start and finish of the course to receive your certificate of attendance.

### ▶ Conference Fee

**£395.00 per delegate**  
including VAT, course materials,  
lunch and refreshments.

**For limited period: Early booking  
fee: £295 per delegate**

### ▶ Contact us

**Education and Training Network**

**Fax:** 0113 257 8159

**Tel:** 0113 257 2139

**Email:** [enquiries@etnetwork.co.uk](mailto:enquiries@etnetwork.co.uk)

ETN use only	Date
Booking rec:	
Payment rec:	
Confirmed:	
Final details:	