

**Saint John of God   
Community Mental Health Services Services**

**Lucena Clinic Services** are pleased to host the following training course:

**Incorporation of Everyday Sensible Living into Overall Mental Health Treatment.**

**Organised by Prof. Fiona McNicholas**

Consultant Child & Adolescent Psychiatrist, Lucena Clinic/UCD/Our Lady’s Children’s Hospital, Crumlin

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| **Morning Session:** | |
| 9.00-9.15am  Prof. McNicholas | Introduction |
| 9.15-10.15am  Louise Burke, Nutritional Therapist. | Nutrition – “The importance of Nutrition for Health” |
| 10.15-10.45am  Dr. Aisling Mulligan, Consultant & Associate Professor, Dr. Tara Rudd, Registrar Child & Adolescent Psychiatrist, DNCC & UCD | “Is there a place for art Child Art Psychotherapy in CAMHS – systematic review of the evidence?” |
| 10.45 -11.15 | Break |
| 11.15-11.45am  Dr. Aisling Mulligan & Dr. Lara Nelson Healy , SR | “Should we prescribe Exercise to CAMHS patients?” |
| 11.45-12.25pm  Dr. Elizabeth Barrett, Consultant & Associate Professor Temple St, & UCD. | Literature for professional use in practice. |
| 12.25 -1.05pm  Dr. James McDonald, Consultant Child & Adolescent Psychiatrist, Lucena Services. | ‘Music and Mental Health’ |
| 1.05pm -2pm | Lunch |
| **Afternoon Session:** | |
| 2.00-3.45pm  Dr. Elma Hedderman, Consultant Child & Adolescent Psychiatrist. | Mindful Self-Compassion in Clinical Practice |
| 3.45-4.15pm | Break |
| 4.15-4.45pm  Dr. Annie Curtis, Lecturer in RCSI & PI RCSI ‘Clock Lab’” | Sleep Hygiene; if you don’t snooze you lose! |
| 4.45-5.00  Prof. McNicholas | Wrap up and close. |

**Venue:** Conference Room,Lucena Clinic, 59 Orwell Road, Rathgar, Dublin 6.

**Date:** 9th May

**Time:** 9.00 a.m. – 5.00 p.m.

**Cost:** €80

**Note:** Limited spaces available

7 CPD points awarded

**Please email** [catherine.kiernan@sjog.ie](mailto:catherine.kiernan@sjog.ie) to secure your place