



**Press Statement  
27 February 2020**

## **‘Hot Topics’ proves very successful as College of Psychiatrists celebrates 5 years of an educational series with over 90 hours of professional competence & learning content**

A recent two hour CPD session on Gambling Disorders and Gaming marked the 5<sup>th</sup> anniversary of the College Hot Topics in Psychiatry series.

Hot Topics began with an idea by Dr Jackie Benbow, General Adult Psychiatrist and College member, to develop short educational and professional development opportunities for College members experiencing an increasingly busy working environment and facing challenges in fulfilling their professional learning obligations.

The series of monthly, two-hour evening sessions of two speakers and two CPD credits, with pertinent and up to date topics being explored and discussed, began in February 2015. The Hot Topics series, which runs every year from September to May, has grown from strength to strength over the last five years in both quality of presentations and popularity among members and boasts 45 meetings, 93 speakers and 90.5 CPD credits to date. Featuring expert speakers from psychiatry and related disciplines, meetings cover a wide range of topics highly relevant to the psychiatrist, ranging from mainstream clinical to niche. The series is also recorded and available online for members.

### **Director of Professional Competence for the College, Dr Lorcan Martin commented,**

*‘With 85 topics as varied as “What the Psychiatrist Needs to Know about Bariatric Medicine”, “Gender Dysphoria”, “Burnout and Compassion Fatigue in Doctors”, “Drugs and Chemsex” and “Easing the Carer Burden”, five years of Hot Topics meetings has enabled psychiatrists to access regular, quickfire, relevant updates, delivered by our colleagues in psychiatry and from other disciplines.*

*We are delighted with the success of the meetings and extend our thanks to Dr Jackie Benbow who was kind enough to bring the concept to the College. ‘Hot Topics in the Regions’ is a sign of the series’ popularity. (We now run meetings in Cork and Galway). May 2020 will see us host our first cross-border, North West Hot Topics in Letterkenny.’*

716 members have attended one or more meetings to date with the series extended from Dublin to Galway and Cork with plans afoot to host it in other locations in the coming year all aimed at supporting College members’ professional development.

The 3 remaining meetings of the current series include:

Psychiatry in the Emergency Department; Mental Health and Homelessness; Borderline Personality Disorder; Early Intervention for Eating Disorders; Suicidality among LGBTQ+ Populations.

See link to ‘News post’ [here](#) for more detail and photos.

Ends