

The 'Mental Health in Primary Care'

Conference 2013

Courtesy of
WaMH in PC /
Primhe

Delegate Fee:
£125

Who should attend:
GPs, nurses, mental health
professionals,
patients, commissioners,
public health, psychiatrists,
agencies and organisations

'the really



useful conference'

Cheltenham
Racecourse
9th October 2013

**Free Life-Saving
CPR Training on offer**

Courtesy of: Emergency
Medical Training (EMT)

**For more details or to
register contact:**

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Key note speaker:

Dr Geraldine Strathdee OBE, MRCPsych NHS England National Clinical Director of Mental Health

Agenda

09:15 - 09:45	Registration	13:45:15:45	Educational Workshops – 10 top tips
09:15 – 09:45	Refreshments / Sponsors	Workshop 1	The art and science of Mindfulness (an introduction to use in clinical practice) Martin J Smith Phd <i>Psychotherapist and Trainer ITC Consultancy</i>
09:45 – 10:00	Welcome / Introduction / Scene Setting	Workshop 2	EMDR Eye Movement Desensitization and Reprocessing Therapy Pam Virdi <i>Lecturer / Psychotherapist / EMDR Europe Accredited Consultant</i> Dr Derek Farrell
10:00 – 10:30	A humorous sketch looking at organisations and boundaries	Workshop 3	NLP Neuro Linguistic Programming Maureen Tilford <i>GP from Norwich</i>
10:30 – 12:30	Defining the Key Messages Key Facilitator: Dr Geraldine Strathdee OBE, MRCPsych <i>Your chance to have your say on how we should influence the way forward in Primary Care Mental Health and Wellbeing</i> * What areas did the sketch not cover? * What do we need to do together as primary care, community care, third sector, carers and patients to improve mental wellbeing? * How do the difficult health care systems we work in affect outcomes for patients? What are their strengths and weaknesses? * What are the key messages from today, who are they addressed to, and what should we do to make ourselves heard?? A chance through interactive workshops to define some key messages and a conference statement that we can use to send a key message on mental health to NHS England and NHS Wales	Workshop 4	Mental Health Promotion Phill Chick Jackie James <i>Principal Health Development Specialist, Public Health Wales</i>
		Workshop 5	Engagement and Enhancing Motivation Rhoda Emlyn-Jones OBE, MA, CQSW, Dip SW <i>Health and Social Care Consultant</i>
		Workshop 6	BATHE Technique Dr Ian Walton MB, BS, MRCPGP <i>Chair of Primhe</i> Dr Henk Parmentier MD, DFFP <i>South London GP</i>
		Workshop 7	Emotional Freedom Techniques Professor Tony Stewart <i>Professor in Public Health, Stafford University</i>
		Workshop 8	Safeguarding Dr Venetia Young <i>GP in Cumbria</i>
		15:45:16:15	Evaluations / plenary / feedback
16:20	Close		
12:30	Lunch and Networking		