



College of Psychiatrists  
of Ireland

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# NCHD CONFERENCE 2024

# #TRENDING

**6 CPD POINTS**

**Friday, 23rd February 2024  
Hilton Hotel, Kilmainham, Dublin 8**

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FULL PROGRAMME:**



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# WELCOME TO THE NCHD CONFERENCE 2024

**Drs Rebecca Conlan-Trant and Kevin Lally**

Trainee Committee co-chairs



**Dear NCHDs,**

On behalf of the Trainee Committee of the College of Psychiatrists of Ireland, we would like to warmly welcome you to the 15th annual NCHD Conference 2024.

We are delighted to see the conference reach its 15th anniversary. The event continues to go from strength to strength and every year we see a high level of engagement and reflection.

This year's theme is #TRENDING with some compelling content on core talking points in psychiatry today. In deciding the theme, we considered feedback from previous conferences and we hope this is one that is relevant and interesting to all trainees.

In the morning sessions, we will hear about gender incongruence through the fascinating story of one woman's journey, after which there will be a presentation on personality disorders and the intricate connections between EUPD and complex PTSD. An up-to-date talk on functional disorders will follow. Later we will hear from our keynote speaker on the subject of workplace wellbeing, and there will be an announcement of upcoming research opportunities before lunch.

As always, we have had lots of interest in our Medical Student and Intern Essay Competition this year. We are delighted to be joined by our seven finalists who gave us the difficult task of picking a winner from their thought-provoking submissions on "#Trending: Psychiatry and Social Media".

In the afternoon there will be three parallel sessions aimed at NCHDs at different stages of training - (1) BST examination preparation, (2) CV planning, and (3) statistics in research.



We will then come back together for a discussion on the new Assisted Decision-Making (Capacity) Act, and the final session of the day will explore emerging drug trends.

We would encourage everyone to join us across the road in The Patriots Inn immediately after the conference for some refreshments and a catch-up. It's not often we all get together so please do come on over!

Finally, we would like to say a sincere thank you to our fellow Trainee Committee members, especially the NCHD Conference Working Group, for their time and effort in organising this event, and to Iryna Pariyarath and all the staff of the College of Psychiatrists of Ireland for their continued support.

It promises to be a very interesting and enjoyable NCHD Conference for 2024.

***Drs Rebecca Conlan-Trant & Kevin Lally***  
***Trainee Committee Chairs***

**Conference Working Group Members:**

Dr Andrew Gribben, Dr Siobhan Sheehy, Dr Ciara O'Connor, Dr Christopher Mohan, Dr Louisa Gannon, Dr Eimear Counihan, Dr Niamh Murray, Dr Rona Hunt, Dr Rebecca Conlan-Trant, Dr Kevin Lally





## BIOGRAPHIES

**MARTIN, DR LORCAN** is the President of the College of Psychiatrists of Ireland since January 2023. He is a Consultant in General Adult Psychiatry with Longford/Westmeath Mental Health Services. He trained in Trinity College and with the Eastern Health Board as was. His special area of interest is greater integration of mental health services into the community and he has been instrumental in developing many new initiatives in this regard including a Primary Care Liaison Service, a service for deaf clients, an ongoing public mental health awareness programme and a consultative group so that service users/carers may be involved in service development. He has presented these projects and others at a number of international conferences. Dr Martin has also been involved in training programmes in the area of mental health for a number of statutory and voluntary agencies, and also has a particular interest in the clinical training and examination of Non-Consultant Hospital Doctors working in psychiatry.

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**FEGAN, DR JOANNE** is a Consultant Psychiatrist of Later Life based in Co. Mayo. She was appointed in July 2023 after completing dual training in both General Adult and Later Life psychiatry. She began her medical career in 2010, undertaking the graduate entry medical program in UL. Prior to this, she worked in private industry in IT for 12 years. She has made many contributions to service delivery throughout her training using her IT background to refine information flow and handover procedures. She has presented posters both nationally and internationally, most recently at the American Psychiatric Association's annual conference in San Francisco in May 2023.



## BIOGRAPHIES

**SALINGER, MISS FRANCES** grew up in Dublin and moved to the Midlands as an adult, where she attended Longford Mental Health Services. She completed full male-to-female gender reassignment surgery in 2017, aged 68, having first started hormone replacement therapy in 2010, and having lived with gender incongruence for most of her life prior. Frances' surgical transition was facilitated through the Mater Hospital and National Gender Service in Dublin, and Charing Cross Hospital in London.

There were of course considerable challenges along the way, but ultimately, she deems her experience as a major success, now enabling her to live her best quality of life. Frances has kindly agreed to share some story of her life with us today.

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**TIMONEY, DR JEFFREY** - is a HST 3 Senior Registrar General Adult Psychiatrist working in the Kildare/West Wicklow Mental Health Services. He is pursuing an MD under Dr Gavin Rush, Chair of the Personality SIG and investigator in the 'Adverse Childhood Experience, Trauma Symptoms, Personality Disorder and Heart Rate Variability in an inpatient psychiatric hospital population' study currently being carried out in St Patrick's University Hospital. His research interests are autonomic dysfunction in trauma and personality disorder in the context of the neurovisceral integrative framework, substance dependency, complex trauma, the evolutionary basis of personality disorder, attachment theory and psychotherapy.

Dr Timoney has trained in both Dialectical Behavioural Therapy and Mentalization-based Therapy and currently facilitates an MBT group in the Kildare Mideast General Adult Mental Health Service.



## BIOGRAPHIES

**RUSH, DR GAVIN** - Consultant General Adult Psychiatrist at St Patricks' Mental Health Services. Dr Rush is the current chair of the Personality Disorder Special Interest Group. He has published in the areas of recovery practice, depression, and personality disorder. He has active research projects in relation to the subjective experience of receiving a diagnosis of personality disorder and the biology of personality disorder and trauma.

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**CLARKE, DR ANA-MARIA** - MD, MSc, MRCPsych, MRCpsychl is a Consultation-Liaison Psychiatry Consultant in the Mater Misericordiae University Hospital and the Rotunda Hospital, Dublin. She chairs the Liaison Faculty at the College of Psychiatrists of Ireland. Her journey in psychiatry began with her successful completion of both Basic Specialist Training (BST) and Higher Specialist Training (HST) in Ireland, as well as spending one year in Emergency Medicine, laying a strong foundation for her career. Throughout her practice, Dr. Clarke has nurtured a deep interest in the intersection of mental and physical health, emphasizing the importance of an integrated approach to patient care. A fervent advocate for quality improvement in healthcare, Dr. Clarke actively works towards enhancing systems and protocols to better serve patients at the interface of physical and mental health issues. Her expertise extends into the fast-paced world of emergency psychiatry, where she applies her acute clinical skills to address urgent mental health crises.

Dr. Clarke's specialization in transplantation psychiatry highlights her commitment to supporting patients through the psychological challenges associated with organ transplantation. This niche expertise underscores her holistic view of patient care, acknowledging the complexities of the mind-body connection in critical medical procedures.

Additionally, Dr. Clarke is also involved in perinatal psychiatry. In this capacity, she focuses on the well-being of mothers, ensuring they receive compassionate and comprehensive psychiatric care during these pivotal times.





## BIOGRAPHIES

**BROPHY, DR JUSTIN** - Dr Brophy is a Fellow of The College of Psychiatrists of Ireland and the Royal College of Psychiatrists. Presently Consultant Psychiatrist attached to the 'Practitioners Health Programme' team, he provides confidential, easy-access appropriate specialist care and support for medical professionals in Ireland who may have mental health issues. He was previously a Consultant Psychiatrist and Executive Clinical Director in South Dublin and Wicklow Mental Health Services and was also the Clinical Advisor to Ireland's National Office of Suicide Prevention. He also served on the Expert Advisory Group for Mental Health that drafted 'Vision for Change' as well as being appointed to the Steering Group for the 'Report of the Commission on Patient Safety and Quality Assurance'.

He has wide experience in diverse postgraduate medical training roles, including Chairperson of the Forum of Irish Postgraduate Medical Training Bodies, having earlier established the Spike Milligan Intervarsity Public Speaking Competition between Irish Medical Schools. A Boyle Medal Recipient in 2008, he was elected the Foundation President of the College of Psychiatrists of Ireland in 2009. He is an Honorary Senior Lecturer in Psychiatry at the Royal College of Surgeons of Ireland and holds an RCPI Diploma in Leadership and Quality in Healthcare. He has several peer-reviewed publications and has written and contributed to book chapters and articles, mostly in the field of mental health, suicide epidemiology, and the well-being of doctors, his special interest.

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**O'DONOGHUE, ASSOCIATE PROF. BRIAN** - is a consultant psychiatrist at St Vincent's University Hospital and an associate professor with UCD, RCSI & the University of Melbourne. His areas of interest include first-episode psychosis, physical health and epidemiology. He has over 140 publications in peer-reviewed journals, and he is an associate editor with the Irish Journal of Psychological Medicine and Early Intervention in Psychiatry. He has supervised over 20 MDs and is currently supervising PhD students at UCD. He was recently awarded a grant from the Health Research Board for €2.5 million to undertake a program of research on psychosis.





## BIOGRAPHIES

**DAVOREN, DR MARY** - is a Consultant Forensic Psychiatrist at the National Forensic Mental Health Service, Portrane, Dublin and a Clinical Senior Lecturer in Forensic Psychiatry, at Trinity College University of Dublin. She is a visiting Professor of Forensic Psychiatry University of Bari "Aldo Moro", Italy and a visiting lecturer in Forensic Psychiatry at the University College Dublin. Dr Davoren is Vice-President of the Medical Council of Ireland. Dr Davoren completed Adult Psychiatry Training in Ireland (CSCST College of Psychiatry of Ireland) and Forensic Psychiatry Training in London (CCT Royal College of Psychiatrists). She was previously an academic clinical fellow in Forensic Psychiatry at the Violence Prevention Unit, Queen Mary University of London, a partner site of the Violence Prevention Alliance of the World Health Organisation. Prior to taking up her current role in NFMHS Ireland, Dr Davoren was a Consultant Forensic Psychiatrist and High Secure Research Lead at Broadmoor High Secure Hospital England. Dr Davoren is currently the lead consultant on the high dependency ward at the NFMHS, Portrane and a visiting Psychiatrist at Arbourhill Prison, Dublin. Dr Davoren completed her M.D. higher degree in research on Forensic Recovery Pathways, at Trinity College Dublin. Dr Davoren has published book chapters and research papers in the area of recovery in forensic settings, prisoner healthcare needs and the physical health of patients in secure settings. Dr Davoren is the editor of the forthcoming book, Seminars in Forensic Psychiatry second edition, for the Royal College of Psychiatrists and Cambridge University Press.

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**DOHERTY PROF. ANNE** - is Associate Professor of Psychiatry at University College Dublin, Consultant Liaison psychiatrist at the Mater Misericordiae University Hospital, and is the Head of Courses and E-Learning at the College of Psychiatrists of Ireland. She previously held substantive posts at Galway University Hospitals and King's College Hospital, London, where she led the award-winning 3 Dimensions of Care for Diabetes service (3DFD). She is Editor in Chief of the Books Programme at the Royal College of Psychiatrists, London and Social Media Editor at the Irish Journal of Psychological Medicine.



## BIOGRAPHIES

**KELLY PROF. BRENDAN** – is a Professor of Psychiatry at Trinity College Dublin and a Consultant Psychiatrist at Tallaght University Hospital. He has authored and co-authored over 300 publications in peer-reviewed journals, over 700 non-peer-reviewed publications, 25 book chapters and book contributions, and 20 books (including 13 as sole author). His recent books include 'Resilience: Lessons from Sir William Wilde on Life After Covid' (2023) and 'Asylum: Inside Grangegorman (2023). In 2023, he co-edited, with Professor Mary Donnelly, the first edition of the 'Routledge Handbook of Mental Health Law'.

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**KEENAN PROF. EAMON** – is a Consultant Psychiatrist in Substance Misuse and has been working in the area of Addiction since the late 1980s. He is the National Clinical Lead for Addiction Services within the HSE based in the National Social Inclusion Office. He represents the HSE on the National Oversight Committee with responsibility for the implementation of the National Drug and Alcohol Strategy. He also represents the HSE on a broad range of National committees where Addiction issues are relevant. He is one of the two Irish representatives on the management board of the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) and one of the Irish representatives on the EU National Drug Co-ordinators Group. He is also a Clinical Professor in Addiction Studies at the Department of Public Health and Primary Care, Trinity College Dublin and has published extensively in both national and international peer-reviewed medical journals with a particular interest in the emergence of New Psychoactive Substances in Ireland.





## Directions to the Venue:

The Hilton Hotel, Inchicore Road,  
Kilmainham, Dublin 8

### **Driving:**

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:**

Please note that secure underground parking is available at the Hilton Hotel at a €10/ day delegate rate but this is very limited. It is advisable to arrive early or, preferably, to travel via public transport. There are also car parks at IMMA (Royal Hospital, Kilmainham), and at Heuston Station.





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The Committee would like to thank MPS for attending and supporting the Conference.

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