



**College of Psychiatrists  
of Ireland**

Wisdom • Learning • Compassion

# **NCHD Conference 2016**

*“Innovations in Psychiatry”*

**Friday 26th February 2016**

**Hilton Hotel, Inchicore Road, Kilmainham, Dublin 8**

**Accredited by the CPsychI for 5.5 External CPD Points**

**8.50 - 9.20 Registration and Morning Coffee (Pearse Foyer)**

**9.20 - 9.30 Welcome from the Chair of the Day  
Dr Gearoid Moynihan (Chair of the Trainee Committee)**

**9.30 - 10.35 Medical and Psychiatric Aspects of the 1916 Rising  
Dr Aidan Collins**

This plenary session will look at how the medical community in Dublin responded to the 1916 Rising and also at a number of events of interest to Psychiatry that occurred that week.

An Athlone man who attended University College Dublin, Dr Aidan Collins has been a Psychiatrist at St Vincent's Hospital in Fairview since 1997. In 2007 he published a history of that hospital.

**10.35 - 11.40 Rosaries, a Wedding Dress and Waxy Flexibility:  
Anti-NMDA Receptor Encephalitis  
Dr Helen Barry**

If you haven't seen a case, you have probably missed it! This presentation by Dr Helen Barry will focus on updates on current knowledge, the treatment and prognosis of Anti-NMDA Receptor Encephalitis.

Dr Helen Barry, MD Neuropsychiatry, is a Consultant Liaison Psychiatrist in Beaumont Hospital. In addition, Dr Barry is also acting Vice-Chair of the Faculty of Liaison Psychiatry of the College of Psychiatrists of Ireland.

**11.40 - 12.00 Coffee Break (Pearse Foyer)**

**12.00 - 13.05 Compassion Focused Therapy  
Dr Jillian Doyle and Dr Clodagh Dowling**

Over the last 20 years Compassion Focused Therapy has become more commonplace in our mental health services; it has now reached the point where it has a solid evidence base and can treat a range of psychological and emotional difficulties including depression, anxiety, psychosis, eating disorders and chronic pain. Today we will give a practical overview of the model of compassion focused therapy and aim to engage attendees in brief compassion practises which we hope they will carry into their personal and professional lives.

Dr Jillian Doyle and Dr Clodagh Dowling are Senior Clinical Psychologists working in St Patrick's Mental Health Services. They both run a Compassion Focused Therapy for Eating Disorders Outpatient Group along with a Dialectical Behaviour Therapy Skills Group for Adolescents. Jillian is the Senior Clinical Psychologist on the Eating Disorder Unit in St Patrick's Hospital and Clodagh is the Senior Clinical Psychologist in Willowgrove Adolescent Unit. They both use yoga, hugs, animals and the odd glass of wine as ways of getting into their compassion system!

**13.05 - 13.15 Announcement of the Winner of the 2016 Medical Student Essay Prize  
"Resilience: What is its Role in Recovery"**

**13.15 - 14.15 Lunch (Cinnamon Restaurant)**

## 14.15 - 15.10 Parallel Sessions - Part One

### Parallel Session 1

#### ***Planning your Career in Psychiatry: How to get to where you want to be*** ***Dr Camilla Langan***

This workshop aims to assist Trainees in developing a career-focused approach to their training, rather than solely an exam-focused approach. The workshop will combine theoretical and practical elements to assist trainees in planning their training pathway, preparing CVs, preparing for career interviews, and will be interactive with opportunities for discussion and questions.

Dr Camilla Langan completed her undergraduate medical training in St Bartholomew's Hospital Medical College, University of London in 1998. Following completion of MRCPsych and BST in 2003 in the NUIG Deanery, she worked as a clinical lecturer and clinical research fellow in NUIG Department of Psychiatry, entered HST in 2008, completed a PhD in Psychiatry in 2010, and commenced work as a Consultant in General Adult Psychiatry in Mayo Mental Health Service in 2011. Aside from full time clinical duties, she is actively involved in teaching and holds an Honorary Senior Lecturer position in the Department of Psychiatry NUIG.

### Parallel Session 2

#### ***Recent Developments in Mental Health and Capacity Legislation in Ireland*** ***Prof Brendan Kelly***

This talk will discuss practical implications of the Mental Health (Amendment) Act 2015, the Assisted Decision-Making Capacity Act 2015 and the UN Convention on the Rights of Persons with Disabilities (2006). It will explore the implications of these developments for clinical psychiatry in Ireland and promotion of the human rights of the mentally ill.

Brendan Kelly FRCPsych FRCPI is Professor of Psychiatry at Trinity College Dublin and Consultant Psychiatrist at Tallaght Hospital. In addition to his medical degree (MB BCH BAO), Professor Kelly holds masters degrees in epidemiology (MSc), healthcare management (MA) and Buddhist studies (MA); and doctorates in medicine (MD), history (PhD), governance (DGov) and law (PhD). Professor Kelly has authored and co-authored over 200 peer-reviewed papers and 300 non-peer-reviewed papers, as well as a number of book chapters and books. His most recent book is Dignity, Mental Health and Human Rights: Coercion and the Law (Ashgate, 2015).

### Parallel Session 3

#### ***Emerging Street Drugs*** ***Dr Eamon Keenan & Dr Kiran Santlal***

**Part 1: The Emergence of New Psychoactive Substances over the Last 10 Years.** Discussing the new psychoactive substances that have been increasingly available, in Dublin, and Ireland over the last 10 years, including the more recently publicised "N-bomb".

**Part 2: Cannabis & its Legalisation.** Discussing cannabis, its effects, and the effects of a potential legalisation of this substance.

**Part 3: GBL, GHB & Chemsex; A Growing Addiction.** This portion of the presentation will discuss GBL, GHB - its use, misuse and potential for addiction, as well as its management in clinical settings. Also discussed will be the use of substances in "Chemsex" scenarios.

Dr Eamon Keenan is a Consultant in Addictions Psychiatry and Clinical Director of the National Drug Treatment Centre, Pearse Street. Dr Kiran Santlal has been working in the National Drug Treatment Centre for the last year. Following a number of referrals for a detoxification programme for GHB & GBL, he has been working alongside Dr Keenan to establish a clinic for this purpose.

### Parallel Session 4

#### ***The Two Sides of Managing Bipolar Affective Disorder - a Psychiatrist and Psychotherapist Discuss*** ***Dr Anne Jeffers & Mr Brian McNulty of REFOCUS - Recovery Experience Forum of Carers and Users of Services***

REFOCUS member Brian McNulty presents on his experience of Bipolar Affective Disorder both as a service user and through his work as a psychotherapist in Limerick. Adult Psychiatrist Dr Anne Jeffers presents on her own experience of treating bipolar disease over the last thirty years. Using an open interview they will discuss how the psychiatrist today can best facilitate personal recovery in an individual who presents with features of bipolar disorder.

## 15.10 - 15.30 Coffee Break (Pearse Foyer)

## 15.30 - 16.25 Parallel Sessions - Part Two

### Parallel Session 1

#### **An Overview of the Assessment and Treatment of Eating Disorders in Children and Young Adults**

*Prof Fiona McNicholas*

This interactive workshop will equip clinicians with the basic understanding of the severe nature of eating disorders, and assist them in being able to adequately assess and manage most cases in a non-specialist environment. Most importantly, it will introduce the clinician to the MARSIPAN guidelines as a means to establish clinical risk and the appropriateness or not of OPD treatment. Bringing your own clinical cases will be welcome.

Professor Fiona McNicholas is a Consultant in Child and Adolescent Psychiatry in Lucena Clinic, Rathgar and Our Lady's Hospital for Sick Children, Crumlin. Her clinical and research interests are ADHD, Eating Disorders, and transition from child to adult services. She is Chair in child psychiatry at University College Dublin where she is active in undergraduate and postgraduate teaching. She trained in psychiatry in the UK and USA, and is now resident in Ireland.

### Parallel Session 2

#### **Getting Started in Research**

*Dr Martha Finnegan*

This workshop is aimed at Trainees at any stage who are interested in completing a research project but are not sure how to go about it. The talk will cover how to find research opportunities, plan a research project, and the basics of project design from the point of view of a Trainee.

Dr Martha Finnegan is a full-time Research Registrar at St Patrick's University Hospital and Trinity College Institute of Neuroscience, where she is completing her PhD on Health Research Board-funded clinical trial research on relapse prevention in depression. She has published and presented research in Psychopharmacology, Intellectual Disability, Medical Law, Electroconvulsive Therapy, and Epidemiology. She completed her MRCPsych in 2013; MSc. Healthcare Ethics and Law in 2014, and a British Science Association Media Fellowship in 2015.

### Parallel Session 3

#### **Risks and Red Flags - How Doctors get into Difficulty**

*Dr Ide Delargy, MB BCH, BA O, Dip Obs, MICGP, FRCGP, Substance Misuse Cert. RCGP*

This talk will outline the personal and environmental factors which contribute to Doctors becoming unwell. It will help doctors to recognise when they themselves or a colleague may be in difficulty and what to do in those circumstances. Mechanisms to promote and maximise health and wellbeing will also be discussed.

Dr Delargy is a Member of the Irish College of General Practitioners of Ireland (MICGP) and a Fellow of the Royal College of General Practitioners in London (FRCGP Lon). She has contributed to many National expert and policy groups in the area of alcohol and substance misuse. She has recently helped to develop and launch the Practitioner Health Matters Programme (formerly the Sick Doctor Scheme) which provides assessment, treatment and support for doctors, dentists and pharmacists who have addiction or mental health problems. She is the Medical Director of the PHMP.

Dr Delargy runs her own GP practice in Blackrock, Co Dublin. Her other roles include Director of the Substance Misuse Programme at the Irish College of General Practitioners and National GP Co-ordinator for the HSE Addiction Service.

### Parallel Session 4

#### **Management of the Challenging Patient**

*Dr Seamus O'Ceallaigh*

This session will focus on the management of emergency situations where there is a significant risk of harm to service users or others. The session will begin with an overview and a working through of the principles involved and then move to the management of defined scenarios.

Dr Ó Ceallaigh is Director of Psychiatric Intensive Care and leader of the Psychosis Recovery Programme at St Patrick's University Hospital. He began basic training in psychiatry on the West of Ireland Rotation and completed Higher Training at the Maudsley Hospital, London. On finishing training he worked as Consultant Psychiatrist with service users with refractory forms of psychosis in the National Psychosis Unit, South London and Maudsley NHS trust. He then worked as a Consultant in the Trust's Forensic Mental Health Service before returning to St Patrick's University Hospital in 2007. Dr Ó Ceallaigh's interests include the assessment and management of episodes of mental illness associated with risk of harm and the management of refractory forms of psychosis.

## 16.25 Close of Conference and Social Event

## Driving Directions

**From West** - Follow the M4 and N4 towards the 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.

**From South** - 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

Limited, secure underground parking is available at the Hilton Hotel - €7 Day Delegate Rate. There are car parks at IMMA (Royal Hospital, Kilmainham), Heuston South Quarter and at Heuston Station. There is an abundance of on-street metered parking along the Inchicore road just outside the hotel.

