



**College of Psychiatrists
of Ireland**

Wisdom • Learning • Compassion

**ATTACHMENT
THROUGH THE
LIFESPAN:
CONNECTIONS AND
PERSONALITY**

FRIDAY 28TH FEBRUARY 2020
HILTON HOTEL, KILMAINHAM, D8



 **VIEW NOW**

NCCHD CONFERENCE 2020

WELCOME TO THE NCHD CONFERENCE 2020

Dr Anna Feeney and David Weir
Trainee Committee Co-Chairs



Dear NCHDs,

On behalf of the Trainee Committee, we would like to warmly welcome you to the 11th NCHD conference. This year's theme is "Attachment Through the Lifespan: Connections and Personality".

In deciding the theme for this year's conference, we considered feedback from previous conferences and hopefully our theme is one that is relevant and interesting to all Psychiatry trainees. We all see the impact of attachment difficulties every day in our work, be it in child and adolescent presentations or in personality traits in adults. We felt attachment was a theme that whilst so relevant to our work, can often be neglected in our exams and training.

In the morning, plenary talks will explore how attachments formed throughout our lives shape our personalities and social ties. Speakers from both Psychiatry and Psychology will present on this theme through the different life stages, from the perinatal period to later life. The 'lifespan' of the trainee and the influences that shape us in our working lives will also be discussed.

In the afternoon, we hope to address some training and career challenges identified by trainees. We will host focussed parallel sessions on preparing for the Irish Clinical Exam, preparing for interviews and managing the transition from trainee to consultant. Concluding the Conference, we will have a moderated panel discussion on the challenges in consultant recruitment and retention in Psychiatry with trainee, consultant and carer representation.

Finally, following the success of last year's event, we will again be hosting a social evening after the conference. Our hope is to continue to encourage networking and support amongst NCHDs as we progress in our careers. We hope that you enjoy the conference and will join us for some refreshments afterwards.

We'd like to say a sincere thank you to Vivienne Keeley and all the staff of the College of Psychiatrists of Ireland for all their assistance in making this conference happen.

Drs David Weir and Anna Feeney

Trainee Committee Chairs

SCHEDULE OF EVENTS

8.30 - 9.15:	Registration (including Tea/Coffee)
9.15 - 9.30:	Welcome Address - Dr William Flannery
9.30 - 10.15:	"Mental Health and the New Mother: Implications for Attachment" - Professor Anthony McCarthy
10.15 - 11.00:	"Attachment and the Development of Adult Personality" - Dr Edwina Barry
11.00 - 11.10:	Awarding of the Medical Student and Intern Essay Prize
11.10 - 11.30:	Coffee Break
11.30 - 12.15:	"What does it mean to be a Medical Hero?" - Dr Justin Brophy
12.15 - 13.00:	"Working Psychologically with Older Adults" - Dr Nick Kidd
13.00 - 14.15:	Lunch
14.15 - 15.30:	Parallel Sessions: 1. Effective Interview Skills - Jo Irwin 2. Exam Preparation - Dr Lorcan Martin 3. Crossing Over: Transition from an NCHD to a Consultant Psychiatrist - Dr Fahmi Ismail
15.30 - 16.00:	Coffee Break
16.00 - 16.45:	Panel Discussion - "Consultant Recruitment and Retention: What are the Solutions?"
16.45 - 17.00:	Closing Address
17.00 - 19.00:	Social Event

MORNING SESSION

9.15 - 9.30: Welcome Address

Dr William Flannery - President of the College of Psychiatrists of Ireland

9.30 - 10.15: "Mental Health and the New Mother : implications for Attachment"

Professor Anthony McCarthy

In this session, the effect of mental health difficulties in the perinatal period will be discussed : for the mother, the baby, the family. Assessment and treatment options will be discussed.

Prof Anthony McCarthy, MRCPsych, FRCPI, MSc Psychotherapy, DCH has been Consultant Psychiatrist at the National Maternity Hospital, Holles St Dublin 2 since 1996. He is also Consultant Psychiatrist at St Vincent's University Hospital. Prior to returning to Dublin, he was Consultant Psychiatrist and Clinical Director for Adult Mental Health at Guy's Hospital London UK. He is a former President of the College of Psychiatrists of Ireland.

10.15 - 11.00: "Attachment and the Development of Adult Personality"

Dr Edwina Barry

Dr Barry will present an overview of attachment theory followed by its associations with the development of adult personality and conclude with an overview of attachment-informed therapies.

Dr Edwina Barry, Consultant Child and Adolescent Psychiatrist has worked in community CAMHS, adolescent inpatient unit and adolescent day hospital services in Dublin since 2009 and currently is based in the Lucena Clinic Dun Laoghaire CAMHS service. She completed 3 years of research in the genetics of methylphenidate response in ADHD in TCD under Prof Gill and 6 months as a lecturer in child psychiatry in UCD. She has a Certificate in Family Therapy from the Clanwilliam Institute and a Certificate in Working with Eating Disorders from the Tavistock Clinic. She has trained and delivered groups in Compassion Focused Therapy and Acceptance and Commitment Therapy in an adolescent day hospital setting. She is also currently undergoing training and supervision in Attachment Based Family Therapy for adolescents with depression and suicidal behaviour.

MORNING SESSION

11.00 - 11.10: Medical Student and Intern Essay Prize 2020

Announcement of Winners

The Medical Student and Intern Essay Prize is an initiative of the Trainee Committee of the College of Psychiatrists of Ireland, which has been running annually since 2010. The Committee is actively involved with promoting Psychiatry as a specialty and engaging with Medical Students and Interns at a number of events throughout the year. The title of this year's competition was "Psychiatry's Role in Weathering the Storm of Climate Change."

11.10 - 11.30: Coffee Break

11.30 - 12.15: "What does it mean to be a Medical Hero?"

Dr Justin Brophy

Dr Brophy looks at the journey we undertake in becoming doctors and specialists and illustrates the psychological challenges and transformations involved drawing from the ideas of Joseph Campbell in 'The hero with a thousand faces', and the writings of Carl Jung on archetypes. Campbell's synthesis of mythic and emblematic themes across ages and cultures are used to illustrate the possibilities and pitfalls of great adventures such as becoming a psychiatrist! Using examples from storytelling and cinema and understanding the identifications and insights from these Dr Brophy will examine what we can learn in order to cope, survive and even thrive during our long careers.

Dr Justin Brophy is a Fellow of The College of Psychiatrists of Ireland and the Royal College of Psychiatrists. He has wide experience in postgraduate medical training roles, and is currently Chairperson of the Forum of Irish Postgraduate Medical Training Bodies. He is an Hon. Senior Lecturer in Psychiatry at the Royal College of Surgeons of Ireland. He established the Spike Milligan Intervarsity Public Speaking Competition and was a Boyle Medal Recipient in 2008. He is currently a Consultant Psychiatrist in General Adult Psychiatry attached to the 'Practitioners Health Matters Programme' and is a Director of 'Jigsaw' youth mental health services. Previously an ECD and Clinical Advisor to Ireland's National Office of Suicide Prevention, he was the Foundation President of the College of Psychiatrists of Ireland.

MORNING SESSION

12.15 - 13.00: "Working Psychologically with Older Adults"

Dr Nick Kidd

In this session, Dr Kidd will discuss working with older adults from a psychology perspective.

Dr Nick Kidd began his career in psychology as a research assistant in Mercer's Institute for Research on Ageing (MIRA) under guidance and supervision of Dr. Robert Coen, Neuropsychologist (1996). During this time, he completed his M.Sc. by Research with a study of "The Neuropsychological Correlates of Testamentary Capacity in Alzheimer's disease" (1999). He successfully completed the Doctorate in Clinical Psychology in 2004. His thesis was entitled "The neuropsychological, cognitive and emotional variables involved in financial competency in acquired brain injury (2004)." Dr Kidd worked as a clinical psychologist in Wicklow Adult Mental Health Service, initially based in Newcastle Hospital and providing a psychology service to the Greystones and Wicklow areas (2005). In 2010, Dr Kidd returned to St James's hospital, to a post in Older Adult/Adult Mental Health services in Dublin South City Mental Health Services based in St James's Hospital and he is currently clinical lead for Dialectical Behaviour Therapy (DBT) programme in Dublin South City. He has been a chartered member of the Psychological Society of Ireland (PSI) since 2011 and is a chartered clinical psychologist and clinical neuropsychologist. In 2008, he was appointed to the committee for the Division of Neuropsychology, a division of the PSI. He was Chair of the division from 2012 to 2014.

13.00 - 14.15: Lunch - Served in the Cinnamon Restaurant

AFTERNOON SESSION

14.15-15.30: Parallel Sessions - Choice of 3

1. Effective Interview Skills

Jo Irwin

This highly interactive session introduces practical tips and techniques to build confidence and improve performance. Recognising the challenge of standing out in a medical interview process, this course draws on “selling” tips and techniques to ensure you represent yourself to the best of your ability. Through discussion and role play the group will draw on their own experiences and reflect on good practice in order to enhance existing skills.

Jo Irwin has 18 years’ experience working in the pharmaceutical industry in sales, training and management positions. Since 1997 she has been involved in the delivery of tailored training programs to staff working within a health care environment. She specialises in the medical interview process, specifically preparation for the BST and HST schemes. She also regularly provides 1:1 coaching for clinicians applying for stand-alone and Consultant posts. Currently Jo works in both Ireland and the UK, where she designs and delivers training with an emphasis on supporting Health Professionals.

2. Exam Preparation

Dr Lorcan Martin, with Dr Aoibhinn Lynch and Dr Edwina Barry

This will be an interactive parallel session focussing on the Irish Clinical examination. The Chief Examiner and Dean of Education will give an outline of the structure of the exam and will discuss the areas previous candidates have found challenging. This will be followed by some practice stations with Dr Lorcan Martin, with discussion of how best to approach some typical exam scenarios.

AFTERNOON SESSION

Dr. Lorcan Martin is Director of Professional Competence since 2017 and Vice-President of the College of Psychiatrists of Ireland since January 2020. 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.

3. Crossing Over: Transition from an NCHD to a Consultant Psychiatrist

Dr Fahmi Ismail

In this session, Dr Ismail will present the challenges experienced by newly appointed consultants during the transition period from NCHD to a consultant role. Dr Ismail will present collective insights from other consultants that take on multiple different roles, from setting up a new service to transitioning into a pre-existing service which comes with different sets of challenges. The goal for this session is to share the experience and the learning points for NCHDs to better prepare to take a consultant role in the future.

Dr Fahmi Ismail studied medicine at the University of College Cork, Ireland and graduated in 2009. He undertook his training in Psychiatry in the Cork & Kerry scheme in 2011 and completed his Higher Specialist Training in General Adult Psychiatry with Subspecialty in Social & Rehabilitation Psychiatry in 2018. He was recently appointed as a Consultant General Adult Psychiatrist in University Hospital Kerry. His interests are in Psycho-oncology and Rehabilitation Psychiatry.

15.30 - 16.00: Coffee Break

AFTERNOON SESSION

16.00 - 16.45: Panel Discussion

“Consultant Recruitment and Retention: What are the Solutions?”

Dr John O'Mahoney

Dr. John O'Mahony is a Consultant Psychiatrist and Executive Clinical Director for the Mid-West Mental Health Services for the last 10 years. After training in psychiatry in Galway in the early 1980s he completed his higher training in Flinders University, Adelaide and became a Fellow of the Australian & New Zealand College of Psychiatrists. As a Consultant in Australia Dr O'Mahoney's special interests included PTSD, Eating Disorders and Oncology Liaison. He also was a senior lecturer there, a role he continued in the University of Alberta after moving to Canada. While in Canada, Dr O'Mahoney specialized in General Adult Psychiatry. He returned to Ireland in 2005 and has been in his current role since. Dr O'Mahoney sits on the HSE/NDTP National Steering Group for Psychiatry Recruitment and Retention tasked with addressing the Recruitment and Retention issues of psychiatrists within the Irish mental health services.

Dr Fahmi Ismail - Consultant Psychiatrist

Dr Fahmi Ismail is a Consultant General Adult Psychiatrist in University Hospital Kerry.

Ms Jeannine Webster - REFOCUS Committee Member

Jeannine Webster is a registered midwife, an activist, campaigner for women's choice in healthcare and advocate for improving mental health services in Ireland. She is a founding member of the Midwives Association of Ireland. Since 2011, Jeannine has served as a REFOCUS committee member in the College of Psychiatrists of Ireland, who aims to inform and influence the training and experience of future psychiatrists. She undertook her BSc in Midwifery as a mature student in 2007, fulfilling her long held ambition to become a midwife. She completed her MSc studies in Health and Social care at GCU Glasgow in 2018, the subject of her study being the views and experiences of midwives who routinely screen for domestic violence. On a personal level, Jeannine is a mother of 3 children, and a carer to her middle child James who since the age of 15 has experienced mental health problems and has a diagnosis of Schizoaffective disorder. Jeannine and James have spoken publicly about their experience of accessing mental health services, particularly the transition from adolescent to adult services and the difficulties they encountered.

Dr Carol Norton - Trainee Psychiatrist

Dr Carol Norton is a Psychiatry trainee from the UCD Mater scheme. She has an undergraduate degree in Psychology from UCD and completed her Medical Degree in the University of Limerick. Dr Norton is also currently the National Lead NCHD/NDTP fellow.

16.45 - 17.00: Closing Address



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 (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 €8/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), Heuston South Quarter and at Heuston Station.



Omega Financial Management

THE COMMITTEE WOULD LIKE TO EXTEND OUR THANKS TO OUR SPONSORS
OMEGA FINANCIAL SERVICES AND MPS FOR PART-FUNDING THE SOCIAL
EVENT & LUNCHTIME CATERING