



**College of Psychiatrists  
of Ireland**

Wisdom • Learning • Compassion



UCD Academic  
Child & Adolescent Psychiatry

**COVID-19 & Mental Health**

Summer School

## Mental Health & COVID-19

## UCD & CPsychI Summer School Webinar Series

Developed by the UCD Academic Child and Adolescent Psychiatry Department, organised by Dr Blánaid Gavin and Prof Fiona McNicholas, and co-hosted by The College of Psychiatrists of Ireland, this series of CPD-accredited webinars on "Mental Health & COVID-19" will take place every Friday over the next three months.

A number of topics chosen have been based on themes and subjects of articles in the "COVID-19 & Mental Health" special issue of the CPsychI journal, the IJPM. The weekly webinars aim to provide up-to-date emerging knowledge and guidance on key issues arising from the pandemic relating to psychological distress, mental health, psychiatric morbidity and service provision. Each webinar is a standalone event and participants can register to attend any number of the webinars.

**Each webinar is accredited for 1 External CPD Point**

**Friday  
12/06**

### **Digital Parent Training STEPS and "Families Under Pressure"**

12:30PM - 1:30PM, Friday 12 June 2020 | 1 CPD point per meeting

The speaker will be Prof Edmund Sonuga-Barke, Professor of Developmental Psychology, Psychiatry and Neuroscience at the Institute of Psychiatry, Psychology and Neuroscience, King's College London. His research focuses on understanding neuro-developmental disorders and mental health conditions across the life span. In 2016 he was elected a Fellow of the Academy of Medical Sciences; and in 2018 he was elected a Fellow of the British Academy.

[Registration and more information on this event are available here.](#)

**Friday  
19/06**

### **Youth Mental Health and the Covid-19 Pandemic**

12:30PM - 1:30PM, Friday 19 June 2020 | 1 CPD point per meeting

The speaker will be Prof Pat McGorry MD, PhD, FRCP, FRANZCP, FAA, FASSA, FAHMS, Executive Director of Orygen, Professor of Youth Mental Health at the University of Melbourne, and a Founding Director of the National Youth Mental Health Foundation (headspace). He is a world-leading researcher in the area of early psychosis and youth mental health. He has also played a major part in the transformational reform of mental health services to better serve the needs of young people with mental ill-health.

[Registration and more information on this event are available here.](#)



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**Friday  
26/06**

### **Early Intervention for Psychosis and the Covid-19 Pandemic**

12:30PM - 1:30PM, Friday 26 June 2020 | 1 CPD point per meeting

The speaker will be Dr Brian O'Donoghue, a Consultant Psychiatrist with the Early Psychosis Prevention and Intervention Centre (EPPIC) at Orygen Youth Health and a Senior Research Fellow at Orygen, the National Centre of Excellence in Youth Mental Health and the University of Melbourne.

Brian graduated from medicine from University College Dublin, obtained a Masters degree in Epidemiology and Public Health from the University of London and a PhD from UCD. Brian was awarded an NHMRC Early Career Fellowship for 2018 – 2021 and he is an associate editor of the Irish Journal of Psychological Medicine. Brian's areas of interest in research include youth mental health, the physical and sexual health of young people affected by mental health disorders, epidemiology and the reduction of coercive/restrictive interventions. Brian is currently an investigator on four RCTs in the area of early psychosis.

[Registration and more information on this event are available here.](#)

**Friday  
03/07**

### **Implications of the Pandemic for Children in Residential Institutions**

12:30PM - 1:30PM, Friday 3 July 2020 | 1 CPD point per meeting

The speaker will be Mr Philip Goldman, Founder and President of Maestral International, a team of leading global experts supporting the development, strengthening and coordination of child welfare and protection systems that meet the needs of children in adversity. A passionate advocate for children, Philip has decades of experience in designing, negotiating and implementing comprehensive human development programs for the World Bank, UNICEF and global foundations, and covering the social and child welfare, health and education sectors. Mr. Goldman received Masters Degrees from Harvard University (Regional Studies: Soviet Union Program) and the University of California at Berkeley (Political Science) and a B.A. from the University of Washington in Seattle.

[Registration and more information on this event are available here.](#)



Friday  
10/07

### **Anxiety and Covid-19**

12:30PM - 1:30PM, Friday 10 July 2020 | 1 CPD point per meeting

The speaker will be Dr Michael Sweeney, Director of the Metropolitan Center for Cognitive Behavior Therapy, a private practice center specializing in the treatment of anxiety. Michael prides himself on practical advice for complicated situations. Dr Sweeney was a National Institute of Health Chief Research Fellow and a Clinical Research Scientist at the New York State Psychiatric Institute. Dr Sweeney has been a co-principal investigator and CBT supervisor in national treatment studies. Michael has also conducted research on anxiety's role in attention, memory and respiration.

Dr Sweeney was an assistant professor of Clinical Psychology in Psychiatry at Columbia University's College of Physicians and Surgeons, CBT supervisor at St. Vincent's Medical Center, and the external reviewer for the Masters CBT program at University College, Dublin, Ireland. Dr. Sweeney is currently an adjunct professor at Teachers College, Columbia University. Michael has lectured nationally and internationally on the use of CBT.

[Registration and more information on this event are available here.](#)

Friday  
17/07

### **Research Priorities for the COVID-19 Pandemic: A Call for Action for Mental Health Science**

12:30PM - 1:30PM, Friday 17 July 2020 | 1 CPD point per meeting

The speaker will be Prof Tamsin Forde, Professor of Child and Adolescent Psychiatry at the University of Cambridge. She is an internationally renowned Child Psychiatric Epidemiologist who researches the organisation, delivery, and effectiveness of services and interventions for children and young people's mental health. Her work is inherently translational and cross-disciplinary, and focuses on how to promote mental health, prevent mental ill-health and respond effectively to children and young people who are currently struggling. Tamsin has published over 200 peer-reviewed papers in high impact journals (BMJ, Lancet Psychiatry, Journal of Child Psychology and Psychiatry), and been awarded in excess of £25 million funding from various funders, including NIHR, MRC, Wellcome and ESRC. With over 16,000 times citations (H index 54), she has received numerous awards, including a CBE for services to Psychiatry (2019), Students Guild Best Post-Graduate Research Supervisor (2013) and Margaret Davenport Prize (oral presentation, Royal College of Psychiatrists, 2001). She provides research advice to Place2Be and is a board member of ACAMH.

[Registration and more information on this event are available here.](#)



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*The below instalments in the Summer School Series will also be open for registration shortly:*

**Friday  
24/07**

**The Psychology of Pandemics: Preparing for the Next Global Outbreak of Infectious Disease | Friday, 24 July**

Professor Steven Taylor, Professor and Clinical Psychologist, Department of Psychiatry, University of British Columbia

**Friday  
31/07**

**Suicide and COVID-19 | Friday, 31 July**

Professor David J Gunnell, Professor of Epidemiology, University of Bristol

**Friday  
07/08**

**Neurodiversity and the Impact of COVID-19 | Friday, 7 August**

Lawrence Fung, Assistant Professor of Psychiatry and Behavioural Science (Child and Adolescent Psychiatry), Stanford University Medical Center

**Friday  
21/08**

**The Impact of Covid-19 on Depression in Youth | Friday, 21 August**

Argyris Stringaris, Professor of Psychiatry, Georgetown University

**Friday  
28/08**

**Resilience Training and Psychological Supports | Friday, 28 August**

Robert Maunder, Chair in Health and Behaviour at Sinai Health

**Friday  
24/07**

**Eating Disorders: The Impact of Covid-19 | Friday, 4 September**

Mima Simic, Joint Head of the Child and Adolescent Eating Disorders Service at the South London and Maudsley Trust