



College of Psychiatrists  
of Ireland

Wisdom • Learning • Compassion

NCHD CONFERENCE 2023

# BROADENING THE MIND

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Friday, 24th February 2023  
Hilton Hotel, Kilmainham, Dublin 8

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**6 CPD POINTS**

**Twitter: @CPsychTrainee**





# WELCOME TO THE NCHD CONFERENCE 2023

**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 are delighted to welcome you to the 14th annual NCHD conference. This is our first NCHD conference back in person since 2020 and we are excited for everyone to get the opportunity to meet and connect in the real world once again.

This year's theme is Broadening the Mind and we have an eclectic mix of presentations lined up. In the morning sessions, we will hear about psychedelics and their emerging role in psychiatry, physical health problems in psychiatry and ASD in psychiatry. Later we will hear from REFOCUS about their role within the College and the experiences of patients and their loved ones. Before lunch the IMO and IMO Financial Services will give us some practical advice and an opportunity to discuss topical NCHD issues.

As always, we have had huge interest in our medical student and intern essay competition with 47 entries this year. We are delighted to be joined by our five finalists who gave us the difficult task of picking a winner from their thought provoking submissions on Psychedelic-assisted therapy: magical thinking or a meaningful treatment for mental illness?.

Lunch will be followed by three parallel sessions aimed at NCHDs at different stages of training – suicide/risk assessment, BST examination skills and HST/consultant interview skills. We will come back together for the final session of the day which is a panel discussion with a number of consultants and trainees from the psychotherapy faculty.

We would encourage everyone to join us upstairs in the hotel bar immediately after the conference for some refreshments and a chat. The pandemic and lockdowns have stolen years of socialising from us so we would be delighted to see NCHDs reconnecting here throughout the day and this evening.

Finally we would like to say a sincere thank you, as always, to Vivienne Keeley for her amazing work coordinating this event, to our fellow Trainee Committee members for their time and effort in organising this event and to all the staff of the College of Psychiatrists of Ireland for their continued support.

Drs Rebecca Conlan-Trant & Kevin Lally  
Trainee Committee Chairs

# SCHEDULE OF EVENTS

<b>08.30 - 09.15:</b>	Registration
<b>09.15 - 09.30:</b>	Welcome Address - Dr Lorcan Martin
<b>09.30 - 10.10:</b>	"Psychedelics and Systems" - Dr John Kelly
<b>10.10 - 10.50:</b>	"Physical Illness in Mental Illness" - Dr Eimear McGuire
<b>10.50 - 11.20:</b>	Coffee Break
<b>11.20 - 12.00:</b>	Autism Special Interest Session - Dr Linda O'Rourke and Dr Noha Ibrahim
<b>12.00 - 12.20:</b>	Refocus Discussion - Ms Julie Cleere, Ms Helena Power and Dr Marjorie Stokes
<b>12.20 - 12.50:</b>	"NCHD to Consultant, a Changing Journey of Financial Advice" - Francis McGrath, IMOFs and Rachel Carroll, IMO
<b>12.50 - 13.00:</b>	Awarding of the Medical Student and Intern Essay Prize
<b>13.00 - 14.00:</b>	Lunch
<b>14.00 - 15.00:</b>	Parallel Sessions 1. BST Examination Preparation - Dr Lorcan Martin 2. HST/ Consultant Interview Skills - Dr Mary Cosgrave 3. Risk Assessments - Time to Think Again? - Prof. James Lucey and Dr Basil Matti
<b>15.00 - 15.30:</b>	Coffee Break
<b>15.30 - 16.15:</b>	Psychotherapy Panel Discussion - Dr Ana Maria de Leiva and Dr Zulijana Anastasova
<b>16.15 - 16.30:</b>	Closing Address
<b>16.30 - 19.00:</b>	Social Event

# MORNING SESSION

09.15 – 09.30: Welcome Address

*Dr Lorcan Martin – President of the College Of Psychiatrists of Ireland*

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09.30 – 10.10: "Psychedelics and Systems"

*Dr John Kelly*

The last 20 years has seen a renewed research interest in the therapeutic applications of psychedelic compounds. Accumulating data from clinical trials suggest that psychedelic therapy may translate into the psychiatric clinic. Dr John R. Kelly will present an overview of psychedelic therapy, provide an update on the clinical trials, and outline potential future applications.

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10.10 – 10.50: "Physical Illness in Mental Illness"

*Dr Eimear McGuire*

This session will focus on the role of leadership in improving physical health outcomes for patients with mental illness. Dr McGuire will present relevant findings from a scoping review that highlighted several important areas that could be targeted to achieve this and will briefly outline the background as it is outlined in the literature, the barriers to providing and receiving care, and the institutional barriers that are perpetuating this problem. Dr McGuire will end the session by discussing the aims and work of the newly formed SIG.

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10.50 – 11.20: Coffee Break

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# MORNING SESSION

## 11.20 – 12.00: Autism Special Interest Session

*Dr Linda O'Rourke and Dr Noha Ibrahim*

The Autism Special Interest Group welcomes this opportunity to outline the history of Autism and to look at the role of the Psychiatrist in supporting autistic patients attending mental health services. This talk will look at rates of mental disorder in autistic adults, some diagnostic dilemmas and at the use of a biopsychosocial treatment model when providing care.

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## 12.00 – 12.20: Refocus Discussion

*Ms Julie Cleere, Ms Helena Power and Dr Marjorie Stokes*

Established in 2011, REFOCUS is a College committee made up of people with experience of the mental health services – psychiatrists (including trainees), patients/service users and family members/carers. REFOCUS stands for Recovery Experience Forum of Carers and Users of the Services. The group has two joint chairs – a Psychiatrist and non-Psychiatrist – both of whom are members on Council, the College governing body.

The main objective of REFOCUS is to inform, influence and actively contribute to the development of all aspects of College business. This expands across some areas of postgraduate training, life-long competence and education, advocacy, policy and public education. The wider aim is the improvement of the mental health services to best standards in collaboration with psychiatrist members.

This conversation will bring together three REFOCUS members with differing experiences and points of view – a Consultant Psychiatrist, an artist with lived experience of mental illness and a community development worker for the Traveller community, who is a family member/carer. In the course of this short discussion, we aim to introduce the ethos and work of REFOCUS and the potential benefits to trainees of open engagement and approaches such as co-production, while acknowledging the challenges for all. Trainees will gain valuable insights from those with lived experience of varying duration who have been engaged with psychiatry and mental health services.

# MORNING SESSION

12.20 - 12.50: "NCHD to Consultant, a Changing Journey of Financial Advice"

*Francis McGrath, IMOFS and Rachel Carroll, IMO*

This session will cover the proposed salary range on the new consultant contract, how this impacts your financial planning requirements and other opportunities doctors should be aware of.

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12.50 - 13.00: Medical Student & Intern Essay Prize 2023

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 "Psychedelic-Assisted Therapy: Magical Thinking or a Meaningful Treatment for Mental Illness?"

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13.00 - 14.00 : Lunch served in the Restaurant

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# AFTERNOON SESSION

14.00 - 15.00: Parallel Sessions (Choice of 3)

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## 1. BST Examination Preparation

*Dr Lorcan Martin*

Preparing for a clinical exam is largely about practice, practice and more practice. However, there are a few techniques and approaches which may improve your chances and help you to maximise your knowledge and skill. In this session, we will look at ways to 'put your best foot forward' and then run through a mock station with feedback.

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## 2. HST/ Consultant Interview Skills

*Dr Mary Cosgrave*

Dr Cosgrave will present a slide show about interviews and things to concentrate on from a personal and professional viewpoint. The session will go through some of the interviewing technique as taught to interviewers and explain the competency framework in terms of asking questions and marking answers. Dr Cosgrave will talk about management in terms of likely questions from managers on the interview panel and will also discuss relevant policy documents and the role and function of the clinical programmes in Psychiatry. Following this, she will describe outcome measures (KPIs) and performance management.

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# AFTERNOON SESSION

## 3. Risk Assessments – Time to Think Again?

*Prof. James Lucey and Dr Basil Matti*

Suicide risk assessment is the identification of clinical factors associated with suicidal ideation and completed suicide and is a routine component of clinical practice. Best clinical practice aims to reduce and prevent suicide in the community. Recent data shows that the majority of individuals who died by suicide have been assessed as 'low risk' in their contact with mental health services.

A literature review was conducted on current evidence base of traditional risk assessment.

List based risk assessments have limited ability to identify those most at risk. An alternative perspective is a review of 'causal' risk factors (physical illness, intoxication/withdrawal, mental illness and access to lethal means) with modifiable treatment goals which can be protective. A reduction of 'causal' risk factors is a possible alternative to reduce the probability of completed suicide. A new approach to risk assessment could be more effective and sustainable for our patients.

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15.00 – 15.30: Coffee Break

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15.30 – 16.15: Psychotherapy Panel Discussion

*Dr Zulijana Anastasova & Dr Ana Maria de Leiva*

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16.15 – 16.30: Closing Address

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16.30 – 19.00: Social Event



# BIOGRAPHIES

**Anastasova**, Dr Zulijana; is a former GP. She is in her last year of Higher Specialist Training in General Adult Psychiatry. She is an Accredited EMDR Psychotherapist and Consultant Supervisor; Balint group leader; Vice-chair of the Faculty of Medical Psychotherapy; and has a Pg Dip in Applied Behaviour Analysis and a Pg Certificate in Medicine Education. She is completing a Master's degree in Healthcare leadership at present and has a special interest in neurodevelopmental disorders, trauma, offending behaviours and the intersection with personality disorders.

**Carroll**, Rachel; is a Senior Member Advisor within the Irish Medical Organisation with over 8 years' experience in the legal/human resource sector and has a Bachelors and Masters in Law focusing on international and national employment law. She works as part of the Member Advisory Team who assist NCHDs with individual queries and provides representation as required.

**Cosgrave**, Dr Mary; is a semi-retired Consultant Psychiatrist. Since retirement in June 2020 she has mainly worked as a Consultant Psychiatrist on a part-time basis in Cavan General Hospital in Liaison Psychiatry. She has also had shorter assignments in Adult, Learning Disability and Social and Rehabilitation Psychiatry.

Dr Cosgrave had two permanent consultant positions in the Psychiatry of Old Age. The first was from 1999 to 2002 in Cavan Monaghan Mental Health Service and the second was from 2002 to 2020 in North Dublin Mental Health Service. She was also a Senior Lecturer in Psychiatry at the Royal College of Surgeons in Ireland from 2006 to 2019.

Dr Cosgrave was the Executive Clinical Director in North Dublin Mental Health Service from 2009 to 2019. During this time the service underwent several significant transformations that included the opening of the Ashlin Centre at Beaumont Hospital, and the expansion of the consultant workforce by 50%. Dr Cosgrave is familiar with all HR issues including conflict management, HSE policies such as Dignity at Work, Trust in Care, and Grievance and Disciplinary Processes in the Health Service. She is also knowledgeable about interview requirements for medical posts in relation to preparation and performance optimisation.

Dr Cosgrave qualified as a doctor in 1985 and did all her training in Ireland. She spent time working in Medicine, Paediatrics and Obstetrics before starting training in Psychiatry in St Patrick's Hospital and later on the Dublin University training scheme in

1991, obtaining her MRCPsych in 1993. She commenced her Higher Training in General Psychiatry and Psychiatry of Old Age in 1995. During that time, she completed her MD thesis under the supervision of Professor Brian Lawlor on "Clinical and Biological Correlates of Dementia in Down's Syndrome". Dr Cosgrave also completed the MSc in Psychotherapy at St Vincent's Hospital in 2000 and developed an interest in holistic care and understanding of the dementia process and the application of psychoanalytic theories to the development and evolution of the dementia process. She has supervised research to PhD level in this area. This led in turn to involvement in the application of palliative care to dementia. She has worked with the "Hospice Friendly Hospitals" initiative, the "Palliative Care for All" group and with Alzheimer Europe on guidelines and policy documents. She has also been involved in some varied initiatives with the Alzheimer Society of Ireland.

**De Leiva**, Dr Ana Maria; is a senior consultant psychiatrist with plenty of experience in different settings. She has worked in Spain, the UK and Ireland. She holds a Masters in Psychotherapy and has years of experience working as an individual psychotherapist following a dynamic and integrative model. She also holds a Diploma in Group Supervision and has a keen interest in Balint and reflective practice models. She is most interested in embedding the psychodynamic model into the day to day practice. She currently works as a consultant for the HSE in Dublin.

**Ibrahim**, Dr Noha; is a Senior registrar, completing her second-year rotation in General Adult Psychiatry and currently working in Monaghan Mental Health Services. Dr. Ibrahim has special interest in Autism and Clinical Education and is conducting MD research on Neurodiversity in Clinical Education. Together with Dr. Linda O'Rourke, and as part of the Autism Spectrum Disorder Special Interest Group, she is giving a talk reflecting on her reading on Neurodiversity and her work with adults with autism attending the mental health services. The talk will be alluding to the literature on autism as well as evaluating common presentations of autistic people within the adult mental health services.

**Kelly**, Dr John R. is a Consultant Psychiatrist in Tallaght University Hospital and Senior Clinical Lecturer in Psychiatry in Trinity College Dublin. Previously, he was a Clinical Lecturer in Psychiatry and Aspire Fellow at TCD and completed his PhD on the gut microbiome and depression in University College Cork. He is an investigator on several psychedelic clinical trials and co-lead investigator on a HRB funded study exploring the immune system and psychedelics.

**Lucey**, Prof Jim; is a Clinical Professor of Psychiatry at Trinity College, Dublin University and a Consultant Psychiatrist (and former Medical Director) at St Patrick's University Hospital. For more than 30 years he has been working with adults with a range of mental health problems, specialising in the assessment, diagnosis and management of OCD and other anxiety disorders. He is a public speaker, writer and broadcaster, whose interests include health service management, advocacy, teaching and broadcasting about mental health. He has been a member of the board of the Mental Health Commission of Ireland and of the Health Committee of the Medical Council of Ireland and of the Board of Governors of St. Vincent's Hospital, Fairview in Dublin. He is a Laurence O'Toole Lay Canon of Christ Church Cathedral in Dublin.

**Martin**, Dr Lorcan; is 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.

**Matti**, Dr Basil; completed his undergraduate medical degree in the University of Debrecen Medical and Health Sciences Centre 2010. He completed his Basic Specialty Training Scheme in psychiatry with the Royal College of Physicians and Surgeons of Ireland. He is currently in his last year of Higher Specialty Training with the College of Psychiatrists of Ireland. He is currently completing his training in the Midwest Mental Health Services.

**McGuire, Dr Eimear;** since qualifying as a medical doctor in 2005 Dr McGuire has completed basic training in general medicine and specialist training in both General Practice and Psychiatry. She holds membership of the Royal College of Physicians in Ireland, the Irish College of General Practitioners, the Royal College of Psychiatry, and the College of Psychiatrists of Ireland. She is employed as a Consultant Psychiatrist in the Sligo Leitrim Mental Health Service. Dr McGuire's interests are broad but she is particularly interested in the disparity in physical health outcomes between patients with mental illness and those without and is keen to improve our understanding of this issue so that we can work effectively to reduce this inequity. She is the founding member and chair of the Physical Illness in Mental Illness special interest group in the College of Psychiatrists of Ireland.

**McGrath, Francis;** is the Business Development Manager @IMO Financial Services Francis is a Qualified Financial Adviser, Retirement Planning Adviser as well as Special Investment Adviser. He has 20 years' experience in the financial services sector and dealt with self-employed individuals as well as private and public sector employees. In the public sector he advised members of various unions focusing on personal financial planning for pension, retirement, investment opportunities and income protection.

**O'Rourke, Dr Linda;** is a Consultant Psychiatrist in Intellectual Disability (MHID) working in CHO 6. Dr O'Rourke completed dual training in General Adult Psychiatry and Psychiatry of Intellectual Disability as a HST in Ireland. Her talk with Dr Noha Ibrahim on Autism draws on her time working with autistic adults in London and more recently in independent practice in Dublin. Dr O'Rourke completed her MD on psychiatric and physical co-morbidities in autistic adults and hopes that today's talk will be informative to BST and HST trainees as they build awareness and acceptance of autism into their day-to-day clinical practice.

### **Conference Working Group Members:**

Dr Norella Broderick, Dr Rebecca Conlan-Trant, Dr Andrew Gribben, Dr Lisa Jordan, Dr Kevin Lally, Dr Basil Matti, Dr Christopher Mohan, Dr Deshwinder Sidhu



## 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.

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

