



**Heavily Subsidised Study Morning  
for GPs and Practice Nurses only £30 inc VAT**

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Promoting excellence  
in health education

# Mental Health Study Morning

## Saturday 24th November 2018

Future Inn Plymouth

Plymouth International Business Park,  
1 William Prance Road, Plymouth PL6 5DA

Introducing your speaker

**Dr Laura Pogue**

MBChB DCH DFFP MRCP

**GP Principal St Helens**

**Clinical Lead for Mental Health St Helens CCG**

**All delegates will receive**

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for 4 hours CPD**

## Meet the Speaker ...

### Gay Sutherland BA. MPhil. C.Psychol

Until 2015, Gay was a psychologist at the Tobacco Research Unit, Institute of Psychiatry, Psychology & Neuroscience, King's College London. Since then she has been a visiting researcher at the same academic institution, and has been undertaking freelance teaching, training and consultancy in the field of smoking cessation and nicotine addiction.

While at King's College, she was also an honorary Consultant Clinical Psychologist responsible for running the Specialist Smokers' Clinic, at the Maudsley Hospital. This Smokers' Clinic was the first in the UK and now has a 50 year history, making it the longest-standing smokers' clinic in Europe.

Research emanating from the clinic formed much of the evidence-base included in the White Paper "Smoking Kills" which led to the subsequent roll-out of the Government funded nationwide NHS Stop Smoking Services in 2000.

Gay has specialized in assessing and treating smokers and researching nicotine addiction for over 35 years.

She has published a range of research on nicotine addiction and treatment, including studies on pharmacotherapy. She is Past President of the Society for Research on Nicotine & Tobacco Europe, and a Training Partner for the National Centre for Smoking Cessation & Training.

Most importantly, she's an ex-smoker!

### Dr Laura Pogue MBChB DCH DFFP MRCGP

I have a portfolio career working as a GP Partner since April 2015 and for St Helens CCG as clinical lead for mental health. I worked for 15 years as a GP with special interest in mental health, supporting primary care services. I implemented The Positive Mental Training programme (mindfulness based hypnotherapy programme) across Halton and St Helens. I have enjoyed working with our local Personality Disorder Psychologist delivering educational sessions for local clinicians.

My mental health roles in the past including leading a Cognitive Function clinic, developing and redesigning Primary Care services.

I have had acclaim for my work including endorsements from the RCGP, WONCA and NICE. I have also worked as Director for a Social Enterprise Company, The Wellbeing Project, which won the mental health prize for Innovation in Mental Health in 2010. In the past I set up a North West mentoring group for GPwSI and also educational meetings with PRIMHE and The Priory Hospitals.

I have been a GP trainer for 7 years and have set up a mentoring support group for current and past trainees. I have just commenced a UCLAN course for GPs called PED (professional education and development) and am embracing the benefits of having a student card!!

I have also recently discovered Mindfulness and appreciate the benefits for myself, work colleagues and patients.

My spare time is spent being an embarrassing mum, travelling, singing, doing endurance events and my most recent challenge is working with our local parish councillors to create a new Neighbourhood Development Plan after recent campaigning to save the greenbelt!



## Your Learning Agenda ...


### Learning Objectives

- ▶ Identify and manage complex/challenging patients with mental health problems
- ▶ Practical tips on communication, brief interventions and assessments in primary care mental health
- ▶ Prescribing tips – good practice and handy hints
- ▶ Using a whole patient approach in achieving a positive outcome eg alternatives to prescribing
- ▶ Primary care overview of treatment resistance in depression and personality disorders

### Learning Outcomes

- ▶ Increase confidence in managing mental health problems
- ▶ Safe, rational prescribing of mental health drugs
- ▶ Increase understanding of specific mental health disorders
- ▶ To be able to use more resources during a mental health consultation

## Programme ...

9.00-9.15am	Registration and Coffee
9.15-10.00am	Symposium - Gay Sutherland “Busting the myths of Smoking & Mental Health”
	 Speaker sponsored by Pfizer (45 mins)
10.00-11.00am	Mental Health Study Morning Part 1
11.00-11.30am	Coffee and Exhibition
11.30-1.00pm	Mental Health Study Morning Part 2
1.00pm	Conference close

There are 2 methods of booking:

- Book and pay online at [www.medicconf.co.uk](http://www.medicconf.co.uk)
- Post a cheque for £30.00 (Course fee inc. VAT) payable to Medicconf UK Ltd together with your completed booking form to the address below.

**We do not take bookings over the phone**

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