

# Mental Health Study Morning

## Saturday 16th March 2019

**The Village Hotel Leeds North  
 186 Otley Road, Headingley,  
 Leeds LS16 5PR**

Introducing your speaker

**Dr Laura Pogue**

MBChB DCH DFFP MRCGP

**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  
 3 hours CPD**

### Meet the Speaker ...

#### **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 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 8 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 am a medical educator (PCME) for Wigan GP trainees and have a developing interest in GP education.

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 ...

09.00 - 09.30am	Registration, Coffee and Exhibition
09.30 - 11.00am	Mental Health Study Morning Part 1
11.00 - 11.30am	Coffee, Biscuits and Exhibition
11.30 - 1.00pm	Mental Health Study Morning Part 2
1.00pm	Conference Closes

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