

Mental Health Study Morning

Saturday 29th June 2019

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

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 ...

Challenging Mental Health Problems - for the Primary Care Clinician

The Syndromes

- ▶ Understanding somatic presentations

The Malingersers

- ▶ Understanding dependency in primary care
- ▶ Frequent attenders

The Abusive and The Abused

- ▶ Life events and personality development & disorders
- ▶ 'I hate you .. Don't leave me' what this means for patients

Bipolar Disorder and Borderline Personality

- ▶ How to spot the difference
- ▶ Emotional sensitivity and mood fluctuations
- ▶ How you can improve relationships with patients
- ▶ Understanding how your practice can work together with complex patients

Programme ...

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

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