

Mental Health Study Morning

Saturday 25th January 2020

**Cardiff School of Management
 Llandaff Campus, Cardiff Metropolitan University,
 Western Avenue, Cardiff CF5 2YB**

Introducing your speaker

Dr Laura Pogue

MBChB DCH FRCGP PGCE

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 FRCGP PGCE



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 worked with our local Personality Disorder Psychologist delivering educational sessions for local clinicians. Recently I have been involved with a regional suicide prevention strategy.

My work has received endorsements from the RCGP, WONCA and NICE. In the past I have worked with PRIMHE and The Priory Hospitals supporting educational meetings. I have worked as Director for a Social Enterprise Company, The Wellbeing Project, which won the mental health prize for Innovation in Mental Health in 2010.

I have been a GP trainer for 8 years and have set up a mentoring support group for current and past trainees. I have completed a Lancaster University (UCLAN) course for GPs called PED (professional education and development) and have my PGCE – having embraced the benefits of a student card!

My newest role is as a Primary Care Medical Educator for the Wigan GP trainees programme since September 2018 and I am learning how to engage and teach millennials.

My spare time is spent travelling with my family, playing tennis, singing and chairing a local residents association.

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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