

Mental Health Study Morning

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**

Saturday 7th March 2020

**Manchester Conference Centre
Sackville Street, Manchester M1 3BB**

Introducing your speaker

Dr Laura Pogue

MBChB DCH FRCGP PGCE

GP Principal St Helens

Clinical Lead for Mental Health St Helens CCG

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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