

Wellbeing Event for General Practitioners

In partnership with The Royal College of Psychiatrists

12 June 2017

Venue: The Royal College of Psychiatrists
21 Prescot Street | London E1 8BB

09:30 –09:50 Registration & Coffee

09:50 -10:00 Welcome

Dr Mark Ashraph, Consultant Psychiatrist and London Executive Committee Member

10:00 - 11:30 Workshop 1) Resilience

Dr Craig Brown, Retired GP

Workshop 2) TBC

Dr Reena Kotecha,

Workshop 3) TBC

Ms Elizabeth Cotton, Senior Lecturer in HRM

11:30 - 12:30 A) The Balint Group

Dr Anne Patterson, Consultant Psychiatrist in Psychotherapist

B) Being Stressed Mindfully –Mindfulness-Based Intervention to Value Oneself and the Moment

Dr Ruths Florian, consultant psychiatrist, cognitive therapist and clinical lead

12:30- 13:15 Light Lunch

13.15 - 14.15 Looking after yourself – the warning signs of compassion fatigue

Dr Annemarie O'Connor, Clinical Psychologist and Richard Martin, Director at Bryne Dean

14.15 - 14.45 How Medical Managers can Support Doctors in Difficulty

Dr Mark Potter, Consultant Psychiatrist and Interim Medical Director South West London

14:45 - 15:00 Tea Break

15:00 - 16:30 Keynote

Dr Clare Gerada, Former RCGP Chair and Dr Jane Marshall, Consultant Psychiatrist

16.30 - 16.55 Q & A

Dr Mark Ashraph, Consultant Psychiatrist and London Executive Committee Member

16:55 - 17:00 Close

The Conference Committee reserves the right to change the programme without prior notice.
A maximum of 6 CPD points can be allocated to attending this event pending peer group approval.



How to book onto the event

RCGP and RCPsych Members - The delegate fee for members is £50. Please use the link below to book online: <http://www.rcpsych.ac.uk/workinpsychiatry/divisions/london/events.aspx>

For RCGP members, if you have not attended an RCPsych event previously you are required to register when booking online.

Non - Members - The delegate fee for Non-members is £70. Non-Members please complete a [registration form](#), alternatively call Tandeep Phull on 020 3701 2711 to make the booking over the phone.

The delegate fee includes all learning materials and refreshments.

If you have any technical queries, please telephone Tandeep Phull - London Division Co-ordinator on 020 3701 2711 or you can post a cheque to the Division Office along with the [registration form](#).

The Conference Committee reserves the right to change the programme without prior notice.

A maximum of 6 CPD points can be allocated to attending this event pending peer group approval.