

Thursday 31st January 2019

09:30 – 10:30 **Check in, coffee and catching up with friends; new and old.**

Symposium – Infant and Early Years Mental Health

10:30 – 11:30 **Psychological effects of maltreatment in the early years and common problems encountered by the clinician**

Dr Margaret DeJong, Consultant Child & Adolescent Psychiatrist, Head of Clinical Service DCAMH, Great Ormond St Hospital

11:30– 12:30 **Stress and mental health problems in pregnancy and their effect on the developing fetal brain**

Professor Vivette Glover, Professor of Perinatal Psychobiology at Imperial College London, Special advisor to the Department of Health on the Family Nurse Partnership

12:30 – 13:30 **Lunch**

13:30 – 14:30 **‘Getting it right from the start: supporting parenting in the first two years of life’**

Professor Jane Barlow, Professor of Evidence-Based Intervention and Policy Evaluation in the Department of Public Health, Professorial Fellow of St Hilda's College, Oxford. (Previously Professor of Public Health at Warwick Medical School)

14:30 – 15:30 **Trauma in infancy**

Dr Margaret DeJong, Consultant Child & Adolescent Psychiatrist, Head of Clinical Service DCAMH, Great Ormond St Hospital, and

Dr Birgit Westphal, Consultant Child and Adolescent Psychiatrist, Lead of the Paediatric Liaison Team, Bart's and The Royal London Children's Hospital

15:30 – 16:00 **Coffee**

16:00 – 17:30 **“Otto Wolff Memorial Lecture” - Mental health support for children: need for a paradigm shift?**

Professor Miranda Wolpert MBE, Director of the Evidence Based Practice Unit (EBPU) at the Anna Freud National Centre for Children and Families and UCL, and Director of the Child Outcomes Research Consortium (CORC)

19:30 **THE ANNUAL PMHA DINNER** Baronial Hall, Highgate House

Friday 1st February 2019

8:30 – 9:15 **PMHA AGM** - All welcome

Symposium – Adolescent Mental Health: Trials and Tribulations through Transition

9:30 – 10:30 **The adolescent brain: What can it tell us about mental health problems in the teenage years?**

Rachael Lickley, PhD Researcher at Royal Holloway University, Department of Psychology

10:30 – 10:45 **Coffee**

10:45 – 11:30 **Apps for wellbeing**

Dr Abi Harris, Clinical Psychologist, THEDS (Tower Hamlets Early Detection Service)

11:30 – 12:15 **Gender identity disorders - a psychotherapist's perspective**

Sue Ricketts, Consultant Child and Adolescent Psychotherapist, Dorset CAMHS, trained at Tavistock Clinic

12:15 - 13:15 **Lunch**

13:15 – 14:00 **Acute paediatric psychosis - identification and initial investigations**

Dr Birgit Westphal, Consultant Child and Adolescent Psychiatrist, Lead of the Paediatric Liaison Team, Bart's and The Royal London Children's Hospital

14:00 – 16:00 **WORKSHOPS:** (60 minutes each)

Managing anxiety in the Paediatric clinic

Dr Julia Gledhill, Consultant Child and Adolescent Psychiatrist, Central and North West London NHS Foundation Trust, Honorary Clinical Senior Lecturer, Imperial College London

How to manage treatment refusal, non-adherence

Dr Sheila Peters, PMHA Convenor, Consultant Paediatrician and Clinical Lead Bursledon House University Hospital Southampton NHSFT

16:00 – 16:15 **Closing coffee**

Target audience: Health care professionals interested in mental health.

Key aims: Education, update and discussions about current topics in children and young people's mental health.