

Swords Road, Whitehall, Dublin 9 (Beside Regency Hotel)

DATE FOR YOUR DIARY

Hampstead Clinic Services

(General Adult Acute Mental Health Services)

You are invited to our

GP Educational Evening

(ICGP 2 CPD points approved)

Theme: Specialist Help for Depression without Inpatient Admission

(a Holistic Multidisciplinary Approach – Partnering with Primary Care)

Tuesday 28th March 2017 from 1900 to 2100

(This Event will be repeated on Tuesday 19th September 2017)

Programme

1830 – 1900 Registration and Refreshments – Hampstead Clinic Day Hospital

1900 – 1920 **“Treatment Resistant Depression”**

Star D Trials

- Dr Andrew Eustace Consultant Psychiatrist

1920 - 1940 **“Non Pharmacological Treatments for Depression”**

Nice guidelines brief psychotherapies

- Dr Miriam Kennedy Consultant Psychiatrist

1940 - 2000 **“Nature for Health”**

The role of the environment in recovery

- Shirley Gleeson Senior Social Worker

2000 - 2020 **“More Complex Needs”**

The Role of Clinical Psychology

- Dr Conor O'Malley Senior Clinical Psychologist

2020 – 2040 **“Rebuilding Lives”**

Occupational Therapy and Depression

- Karen Sheridan Senior Occupational Therapist

2040 – 2100 Panel Discussion - Questions and Answers

Facilitator: Dr Miriam Kennedy – Consultant Psychiatrist

RSVP: Grainne McGrotty on 01 886 5402 or Email: gmcgrotty@highfieldhealthcare.ie Website: www.highfieldhealthcare.ie
Refreshments will be served from 1830 – 1900 with an opportunity to meet the Hampstead Clinic Services Team and speakers.

SPEAKERS:

Dr Andrew Eustace MB Bch BAO(NUI) LRCP&SI MRCPi MRCPsych

Andrew Eustace is the Clinical Director of Highfield Healthcare. A graduate of the Royal College of Surgeons in Ireland, he completed his general medical training attaining his medical membership in 1996. He commenced training in psychiatry securing his MRCPsych in 1999 and worked as a Research Fellow in the Mercer's Institute for Research in Ageing publishing in the area of dementia. Following completion of his Higher Training in Psychiatry of Old Age in 2003 he took up a fulltime consultant psychiatrist position in Highfield Healthcare. Since then he has completed further studies in Cognitive Behavioural Therapy and has provided the clinical lead in the development of the acute psychiatric unit here in the Hampstead Clinic commissioned in June 2012.

Dr Miriam Kennedy MB BCh BAO BSc PhD MRCPsych MCPsychi ALCM

Dr Miriam Kennedy is a consultant adult psychiatrist who joined the Highfield Healthcare team in July of 2016. Dr Miriam Kennedy is a dual qualified consultant psychiatrist in both general adult psychiatry i.e. over 18 until 65 years and Later Life i.e. over 65 with a particular interest in Depression. She also has, for many years, focused on the role of Stress in illness, on empathy, hope and resilience factors in recovery and of non-pharmacological approaches in depression and in dementia. With an additional doctorate in medical physiology and a qualification in interpersonal psychotherapy (emphasising effect of relationships and environment on mood and vice versa) her approach emphasises a holistic person-centred view. She also works with a multidisciplinary team in Highfield Hospital and the Hampstead Clinic inpatient and day hospital services, who incorporate this person centred approach into treatments. Dr Kennedy's experience in education, teaching and learning at both undergraduate and postgraduate levels convinces her that the capacity to heal, to improve quality of life after illness and/or life trauma or crises and to alleviate distress is great. Research and professional interests include capacity and consent to treatment, medical education.

Dr Conor O'Malley BA PhD DClinPsy

Conor O'Malley is Senior Clinical Psychologist in Hampstead Clinic, having taken up the position in 2015. A graduate of the Clinical Psychology programme at Royal Holloway, University of London in 2012, he was also awarded a PhD in Psychology at University College Dublin in 2009 for research on mental imagery. Prior to his current role, Conor worked as Clinical Psychologist in the NHS in North London Forensic Service, working therapeutically on secure units, providing consultation on Personality Disorder with London Probation Trust, and completing neuropsychological evaluations at the instruction of Her Majesty's Courts Service, in Feltham Young Offenders Institution, and for the NHS National Stalking Clinic. Conor also worked for an NHS Community Neuro-Rehabilitation Team, providing assessment, consultation and intervention for people with neurological conditions. His preferred therapeutic modalities include Solution Focused Brief Therapy, Acceptance and Commitment Therapy, and Schema Therapy.

Shirley Gleeson Social Worker

Shirley is a qualified social worker with over 15 years' experience working in the public, private and voluntary sector in Ireland. She received her Bachelor of Social Science from UCD (University College Dublin) and Masters of Social Work from UCC (University College Cork). She has worked in the areas of child protection, child and adolescent mental health, intellectual and physical disability and medical social work. She currently works part time as a Senior Social Worker in adult mental health and delivers training for social workers in Stress Management. She is a certified Forest Therapy Guide and Mentor with the Association of Nature and Forest Therapy Guides and Programs. She has also trained as a Nature Guide with Ecotraining in South Africa as well as undertaking an internship with the People and Conservation Departments of the South African National Parks. Shirley has trained in ecotherapy in the UK with world leading ecotherapist and author Martin Jordan. She has extensive postgraduate training in expressive arts therapy, counselling, stress management, therapeutic play, dialectical behavioural therapy skills, family therapy and therapeutic use of mindfulness. She is also a WRAP (Wellness Recovery Action Planning) facilitator. She has recently completed an MA in Health Promotion in NUI Galway (National University of Ireland Galway) and is combining her skills from social work, health promotion and various nature and ecotherapy trainings to develop sustainable individual and community interventions to promote and enhance physical and emotional wellbeing.

Karen Sheridan BSc. MA. Psychology; MSc. Occupational Therapy

Karen Sheridan is a Senior Occupational Therapist at the Hampstead Clinic. Karen has over six years clinical experience working as an Occupational Therapist in the field of adult mental health. A MA psychology graduate of UCC, Karen has also worked extensively in psychological research and program design: and continues to work in a volunteer capacity to design and contribute research in the area of adult mental health. Karen has also completed post-graduate training in the areas of Sensory Modulation and Trauma; DBT; Lifestyle Redesign and Vocational Rehabilitation.

Administrator:

To register please contact Grainne McGrotty at:

Direct Line: 01 886 5402 or via email: gmcgrotty@highfieldhealthcare.ie