



Royal College of  
General Practitioners  
SOUTH EAST THAMES FACULTY



## **The Mental Health Agenda in General Practice – for patients and their doctors**

Saturday, 17 November 2018

Mercure Great Danes Hotel, Ashford Road, Hollingbourne, nr Maidstone ME17 1RE

The RCGP South East Thames Faculty welcomes you to attend a morning devoted to managing mental health problems in general practice as well as managing increasing pressure and stress in practice. Exploring and managing mental health problems in a 10 minute consultation is challenging, and this meeting, led by consultant psychiatrists and psychologists, aims to give you useful tips for coping with this, as well as survival strategies for yourself and colleagues in an increasingly pressurised health care system. Recognising how important these issues are in today's general practice, this event has been subsidised to enable GPs at all stages of practice to attend. We look forward to seeing you there and would encourage early booking as spaces are limited to the first 60 applicants.

Delegate Fees: £25.00 (members) £30 (non-members)

[Book](#) early to avoid disappointment

<https://rcgpportal.force.com/s/lt-event?site=a0d0Y00000AeOP6QAN&id=a1U1n00000G7PnZEAV>

**Speakers:** Dr Chris Koen, Consultant Psychiatrist and the Therapy Team at Priory Ticehurst House and Hayes Grove

### **Aims**

To improve the recognition and management of mental health problems in general practice

To explore common mental health problems for both patients and doctors in general practice

To prevent burnout in general practitioners

## **Objectives**

1. To be able to identify key features in general practice consultations that are linked to underlying mental health problems
2. To develop a strategy for exploring mental health issues in a 10 minute consultation in general practice
3. To know how to manage medication for common mental health problems
4. To understand the supportive role of non-medical therapies
5. To know when and where to refer patients with mental health problems
6. To understand how to develop emotional resilience and an effective work-life balance
7. To know how to apply non-medical therapies (such as mindfulness) to one's own life experience to reduce the risk of burnout

## **Programme**

8:30-8:55 Registration

8:55-9:00 Welcome and introductions

9:00-9:40 Tips for recognising and exploring mental health problems in a 10 minute GP consultation

9:40-10:20 Medicines and talking therapies – when and how to use

10:20-10:45 Coffee/Tea

10:45-11:45 Surviving in practice

- Developing emotional resilience
- What's a good work-life balance?
- Mindfulness and more.....

11:45-12:00 Setting some personal goals

12:00 Close

12:00-12:30 Lunch