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***A Study Day for Psychiatrists in Training in the Eastern Region* *at the Royal College of Psychiatrists.***

# “Thinking about Childhood Emotional Development and its impact on later mental health.”

**Day: Friday 6/12/2019 Time: 9.45.am - 4.20 pm**

**Venue: Royal College of Psychiatrists, 21 Prescot St London E1 8BB**

**This event is free for trainees to attend *(see below)***

***Supported by the East of England Deanery School of Psychiatry, with the help of the Squiggle Foundation.***

Following on from the success of previous years’ child development days that were warmly received by trainees we are putting on this day again with some variations**.**

***Aims of the Day****;* ***The aim of the day is to facilitate and deepen trainees understanding of human development; from observing early mother-infant interactions and understanding the psychological and emotional availability of mothers to receiving their infants’ communications, and mothers’ intuitive responsiveness, and what can go wrong; through to the trauma of separation, and the importance of attachment relationships; to negotiating the vicissitudes of adolescence with its physical and psychological sequelae.***

***We hope that through attending the day that trainees will be better equipped in their capacity to understand and communicate with their adult patients, through keeping their patients’ developmental histories in mind, and develop their clinical capabilities.***

**Relevant ILOs from the core psychiatric curriculum: ILO 2b, ILO 3.**

**Structure of the Day**

**9.30 am. Registration-and Coffee. Completion of initial evaluation measures.**

**9.45-50- am. Welcome to the day William Burbridge-James**

**9.50-10am. Intorduction to the Work of Donald Winnicoott, Dr Peter Shoenberg.**

**10am- 11am . ‘How do we think about infant mental health?’** Talk with illustrative video clips**, Ms Marigemma Rocco**

**11.00 – 11.15 am. Coffee**

**11.15-12.00pm. Young Children in Brief Separation - ‘JOHN, 17 months, for 9 days in a residential nursery’. A classic film by James and Joyce Robertson.**

This classic film about ‘JOHN’ has a use beyond teaching about child development. He is a microcosm of the human dilemma of how to give appropriate care to those in need, whether they be infants, the aged, the mentally ill, or prisoners, all of whom need stable, supportive relationships’

**12.00pm 12-20pm; ‘A paediatric ward in a London teaching hospital before the Robertsons.’ Ruth Brook-Klauber.**

**12.20- 1.10pm *Large Reflective Group discussion*,** with **Peter Shoenberg, Ruth Brook-Klauber and William Burbridge-James.**

**1.10-2pm. Lunch.**

**2pm- 3.00pm. 'Psychodynamic Perspectives on the developmental challenge of Adolescence'**

In her talk Dr Fozard will explore the developmental challenge of adolescent and what can happen when this transition breaks down illustrating her talk with examples form her clinical practice.

**3.00-3.15pm. Tea.**

**3.15-4.15pm. Large Group discussion; Peter Shoenberg and William Burbridge-James.**

**4.15-4.20 pm. Closing and collection of feedback & evaluation measures.**

**Booking**

**Please book your place ASAP via Mrs Andrea Bedford. Postgraduate administrator**

**Essex Partnership Trust; (max 30 places)**

 **e-mail:** **Andrea.Bedford@nhs.uk**

\*\*\*There is no charge for the event but if you register and then are unable to attend there is a cancellation fee of £20 to cover costs.

Speaker Biographies.

**Ms Marigemma Rocco** is a Consultant Child and Adolescent Psychotherapist and clinical Lead at Basildon and Brentwood EWMHS. She has worked on the Family Unit at the Cassel Hospital with borderline personality disorder parents and their infants. She was the Clinical Lead of Thurrock Targeted Therapeutic Service in Grays CAMHS, working with families on a child protection plan, looked after children and adoption breakdown

**Mrs Ruth Brook-Klauber;** Is a retired Psychotherapist and couple counsellor who worked in GP practices in Islington and in the Department of Psychological Medicine UCH, London. Before this she was a publisher.

**Dr Georgina Fozard,** MRCPscyh. is a higher specialist trainee in Child and Adolescent Psychiatry at The Tavistock and Portman Clinic in North London. She is currently training for an accreditation to provide twice-weekly psychodynamic psychotherapy for children and adolescents. She has recently made a psycho-educational animation about emotionally unstable personality disorder for the Royal College of Psychiatrists and has written a book chapter about women training in psychiatry. Prior to going off on maternity leave she was working with the Child and Adolescent Psychological Medicine Team at University College London Hospital.

**Dr Peter Shoenberg** MA, MRCP, FRCPsych, is an Honorary Consultant Psychotherapist at Camden and Islington NHS Foundation Trust in London and a senior member of the British Psychotherapy Foundation and author of *" Psychosomatics .The Uses of Psychotherapy (Palgrave 2007) and Co-editor of " Learning about Emotions in Illness” (Routledge 2015) .*

**Dr William Burbridge-James,** MRCPsych, is a Consultant Psychiatrist in Medical Psychotherapy in Southend and a Psychoanalytic Psychotherapist. He is currently chair of the Specialist Advisory Committee (for curriculum and training) of the Faculty of Medical Psychotherapy RCPsych and the training programme director for higher specialty medical psychotherapy training in the east of England.

**William Burbridge-James October 2019**.