

# Good Mental Health in General Practice Conference

Improving COMMUNITY mental health, your mental health, our mental health.

**Booking Fee:**  
£50.00

**Included:**  
Refreshments, buffet lunch, parking and an attendance certificate.

**Suitable for:**  
Education for GPs, Consultants, Drs in training, GP Registrars, Nurse Practitioners, Specialist Mental Health Nurses, Advanced Care Practitioners, Social Prescribers.



 **10** JUNE 2025  
 **09**<sup>00</sup> TO 15:00  
 **YORK RACECOURSE**



Drs Shazia Akowuah and James Carlton GP Education & Liaison Team,  
Tees Esk & Wear Valleys NHS Foundation Trust

If you wish to book, please email: [tewv.events@nhs.net](mailto:tewv.events@nhs.net)

# Programme

TIME	ACTIVITY	SPEAKER
8.30 am	Registration & Refreshments	
9.00 am	Welcome	Dr James Carlton, Dr Shazia Akowuah, Dr Baxi Sinha
9.05 am	Keynote 1: Transformation of Community Services	Patrick Scott
9.30 am	Keynote 2: Loneliness in primary care: a silent killer, but what can be done?	Professor Simon Gilbody

## PARALLEL WORKSHOPS

10.10 am	Learning disability: breaking down barriers to healthcare	TEWV LD Team
	The Surge in Children's Mental health Problems	TEWV CAMHS Team
	Prescribing in Primary Care for Suicide Prevention	Dr Katharine Petersen
11.00 am	Comfort Break	
11.20 am	Working with people who experience emotional dysregulation and repeat self-harm.	Dr Shona McIlrae, Matt Houton, Dr Chantel Morland
	The surge in Children's Mental Health Problems	TEWV CAMHS Team
	Crisis situations in alcohol and substance abuse	Dr Wolf Kuster, Sarah Kuster, Dr Humza Farooq
12.15 pm	Keynote Speaker 3: Burnout Free Working	Dr Richard Duggins
1.00 pm	Lunch	

## WELLBEING WORKSHOPS

2.00pm	Yoga	Dr Sharon Cox
	Mindfulness	Jo Cromarty
	Poetry	Sasha Dugdale
2.45 pm	Evaluation	Dr James Carlton, Dr Shazia Akowuah, Dr Kedar Kale
3 pm	Close	

Agenda and speakers are subject to change

**10** JUNE 2025

**9am** TO 3pm

**York Racecourse**

# Keynote Speakers

## PATRICK SCOTT



**Deputy Chief Executive**

Bio

**Community transformation/building partnerships**

Session Summary

## PROFESSOR SIMON GILBODY



**DSc FMedSci,**

**Professor of Psychological Medicine & Psychiatric Epidemiology**

Professor Simon Gilbody is a thought leader in the field of mental health. Simon founded the Behavioural Therapeutics Lab at the University of York. He generates scalable and effective strategies to combat loneliness, work-stress, depression and anxiety. Simon remains a practicing NHS consultant in psychiatrist and cognitive behavioural therapist. He is an honorary Fellow of the Royal College of General Practitioners and was elected Fellow of the Academy of Medical Sciences in 2023.

After designing and leading some of the largest trials in primary care to combat depression, he has turned his interests to loneliness. Loneliness is a silent killer and is as bad for our health as smoking 15 cigarettes daily. During the COVID pandemic, Simon co-led the largest trial undertaken [ever and anywhere] to combat loneliness. Brief behavioural interventions can now be delivered at scale and have the triple benefit of preventing loneliness, boosting mood and improving quality of life. The next challenge is to integrate this into primary and social care.

**“Loneliness in primary care: a silent killer, but what can be done?”**

Attendees will gain a sense of the extent of loneliness in primary care, and its economic and human cost. Simon will discuss ‘what works’ and ‘what is cost effective’ in combating loneliness. #EndLoneliness

# Keynote Speakers

## DR RICHARD DUGGINS



**Consultant Psychiatrist in Medical Psychotherapy,  
North East and North Cumbria Staff Mental Health and Wellbeing Hub**

**Twitter/X handle is @rduggins**

For nearly two decades, Richard has dedicated himself to supporting individuals facing burnout, anxiety, and depression through his work as an NHS psychiatrist and psychotherapist.

Today, Richard leads a specialist regional NHS mental health and wellbeing service that supports all health and social care staff dealing with burnout, anxiety, depression, and trauma. For seven years, he served as a Clinical Lead for NHS Practitioner Health, an award-winning service for doctors and senior leaders managing psychological distress or substance use issues. He continues to provide care through this service.

A Fellow of the Royal College of Psychiatrists, Richard is a psychoanalytic, psychodynamic, and interpersonal psychotherapist. He is the Course Director of the Newcastle Interpersonal Therapy Training Institute.

Richard's expertise extends into reflective practice in organizations, and he is trained as a Schwartz Round facilitator and accredited Balint Group leader, helping teams create supportive environments

to reflect on their work.

### "Burnout-Free Working"

Dr Richard Duggins will draw from this new book *Burnout-Free Working: Your Expert Guide to Thriving in a Stressful Workplace* to explore a wealth of proven tools for burnout-free working, including:

- ❖ Spotting early signs of burnout
- ❖ Steering clear of 'the burnout cliff'
- ❖ Tackling 'Keep calm and carry on' culture
- ❖ Moving from Stress to Decompress
- ❖ Strategies to support colleagues

Dr Duggins breaks down common burnout myths (it's really not about building resilience!) and encourages us all to shift our thinking away from burnout recovery, to instead living and working in a way that avoids burnout before you even get close.

# Workshop Speakers

## TEWV LD TEAM

Speaker Title

Bio

**“Learning disability: breaking down barriers to healthcare”**

Session Summary

## TEWV CAMHS TEAM

Speaker Title

Bio

**“The Surge in Children’s Mental health Problems”**

Session Summary

## DR KATHARINE PETERSEN



**GP Partner, Forum Family Practice, Cramlington,  
Strategic clinical lead for mental health, learning disability, neurodivergence and wider determinants,  
Parity of esteem group chair for North East and North Cumbria Integrated Care Board**

Dr Kathy Petersen [she/her] works as a GP Partner in Northumberland and is a strategic clinical lead for mental health, learning disability and neurodivergence for North East and North Cumbria Integrated Care Board. She has been part of the Core20PLUS Ambassador programme 2023-2024. She is Co-chair of the special interest group for learning disability for the Royal College General Practice.

Her passions include health inequality, parity of esteem and improving systems of care for all vulnerable people.

**“Prescribing in Primary Care for Suicide Prevention”**

Prescribing for suicide prevention' covers a pragmatic approach to managing medicines so as to reduce the chance of suicide in patients and provide some support to practitioners in working proactively in medicines safety to manage risk better with patients.

# Workshop Speakers

## DR SHONA MCILRAE & TEAM

### Consultant Psychiatrist

The team presenting from Foss Park Hospital comprise of Mr Matt Houton, a nurse consultant who is AC approved and a non-medical prescriber; Dr Chantel Morland a consultant psychologist and Dr Shona McIlrae, a Consultant Psychiatrist.

They bring a combined experience of 30+ Years of working in inpatient settings with people with complex needs and personality difficulties.

Their approach to working with people with personality difficulties especially related to self-harm and emotional dysregulation has been recognised by NHS England as an approach that appreciates patient choice, least restrictive practice and as a result, lower self-harm rates.

### “Working with people who experience emotional dysregulation and repeat self-harm”

Understanding the personality who self-harms and understanding the communication and attachment styles of patients and their impact on the practitioner.

## DR WOLFGANG KUSTER & TEAM

### Consultant Psychiatrist

Speaker Bio

### “Crisis situations in alcohol and substance abuse”

Session Summary

# Wellbeing Workshop Speakers

## DR SHARON COX

Yoga Therapist & Counsellor



Dr Sharon Cox works as a Yoga Therapist and Counsellor at the Persistent Physical Symptoms Service at Lanchester Road Hospital, Durham.

Sharon qualified as a counsellor in 2003 from Newcastle University. Prior to this she worked as Branch Manager at North Tyneside Victim Support. Sharon took up her first counselling role in 2004 within NECA as a Substance Misuse Counsellor. She then began working as a Primary Care Counsellor within Newcastle Upon Tyne Hospitals Trust in 2007, before also taking on a clinical supervision role within the organisation in 2013.

Following her interest in eating disorders, Sharon was awarded her PhD in Counselling Studies from Leeds University (studying at York St John University), during which she studied the embodied subjectivity of clients and therapists in relation to eating disorders. During this time, she developed a committed personal yoga practice which led to her appreciating the benefits of yoga, initially in recovery from eating disorders, but also in other mental health conditions. Sharon then completed her 200 hours Yoga Teaching Training in 2017, before completing a 580-hour Yoga Therapy Diploma with The Mindful Institute, based in London in 2022.

Alongside this Sharon has also had a small private practice (counselling, clinical supervision and yoga therapy) based in North Tyneside since 2006

### “Yoga Workshop”

Sharon will lead a simple yoga practice (suitable for beginners and to be practiced in ‘work clothes’) to demonstrate the benefits of yoga for physical and mental well-being. As she leads you through the sequence, she will weave in theory to help you appreciate how the various practices (breath and physical poses) help regulate the autonomic nervous system which has benefits for both physical wellbeing and emotional regulation. She will also illustrate how yoga can improve body awareness and the relationship that an individual has with themselves.

## SASHA DUGDALE

Speaker Title

Speaker Bio

### “Poetry”

Session Summary

## JO CROMARTY

Speaker Title

Speaker Bio

### “Mindfulness”

Session Summary



# Terms and Conditions

## 1. Event Registration and Payment:

- All participants must complete the registration process and submit payment to secure their place in the event.

## 2. Cancellation by Participant:

- Please note that once payment is made, no refunds will be issued for cancellations by the participant.

## 3. Event Cancellation by the Department:

- In the unlikely event that the department cancels the event, participants will receive a full refund of their registration fee.

## 4. Event Changes:

- The department reserves the right to make changes to the event schedule, location, or speakers. Participants will be notified promptly of any significant changes.

## 5. Liability:

- Participants agree to attend the event at their own risk. The department is not responsible for any personal injury, loss, or damage to personal property during the event.

## 6. Force Majeure:

- The department will not be held liable for any failure to hold the event due to circumstances beyond its control, including but not limited to natural disasters, governmental regulations, or other unforeseen events.

By registering for the event, participants agree to the above terms and conditions.