

Organised by  
**BRITISH JOURNAL OF  
HOSPITAL  
MEDICINE**

National Conference on  
Child and Adolescent Mental Health

# **Anxiety and Depression: diagnosis and management**

Institute of Physics, London, W1  
29th & 30th September 2008

**CPD APPROVED**



MA HEALTHCARE LIMITED

**40 YEARS OF MEDICAL EDUCATION**

## Objectives

**Anxiety and Depression: diagnosis and management** will bring together leading experts in the fields of psychiatry, psychology and psychotherapy to discuss the latest developments and practical management of childhood anxiety and depression. It is anticipated that participants will benefit from

- A comprehensive overview of the nature of childhood anxiety and depression and the scale of the problem
- A greater understanding of the clinical problems associated with childhood anxiety and depression
- A raised awareness of suicidal tendencies in children and adolescents
- A review of the latest pharmacological and psychological treatment interventions
- An opportunity to share and exchange ideas with leading experts in the field

## Who should attend?

**Anxiety and Depression: diagnosis and management** is aimed at all medical professionals and will be of particular interest to the following:

- Specialists in child and adolescent psychiatry
- Specialists in child psychology
- Specialists in psychotherapy
- General practitioners with an interest in child and adolescent mental health
- Paediatricians
- Community mental health nurses
- Psychiatric nurses
- All professionals working within CAMHS teams
- Social workers
- Counsellors

# Anxiety and

## Monday 29th September

08.15 – 08.55 Registration & refreshments

08.55 – 09.00 Welcome & introduction

### Types, prevention and associated clinical problems of child and adolescent anxiety

09.00 – 09.30 Development of anxiety in children and adolescents

**Dr Cathy Creswell**

MRC Clinician Scientist Fellow  
Department of Psychology, University of Reading

09.30 – 10.00 Childhood anxiety: from epidemiology to prevention

**Professor Cecilia Essau**

Professor of Developmental Psychopathology  
Roehampton University, London

10.00 – 10.30 Impact of anxiety and depression on physical health

*To be confirmed*

10.30 – 10.40 Discussion

10.40 – 11.10 Refreshments

11.10 – 11.40 Sleep problems, anxiety and depression in children

**Dr Alice Gregory**

Lecturer  
Goldsmiths College, University of London

11.40 – 12.10 Eating disorders and anxiety

*To be confirmed*

12.10 – 12.20 Discussion

12.20 – 13.20 Lunch

### Diagnosis of childhood depression

13.20 – 13.50 Diagnosing depression: recognising the signs

**Dr Dick Churchill**

GP, Associate Clinical Professor & Director of Clinical Skills  
Division of Primary Care, University of Nottingham

13.50 – 14.20 Misdiagnosing depression: risk of clinical negligence

**Dr Carole Kaplan**

Senior Lecturer in Child and Adolescent Psychiatry & Medical Director for Children, Young People and Specialist Services  
Northumberland Tyne and Wear NHS Trust

14.20 – 14.50 Cross-cultural aspects of childhood depression

**Dr Sami Timimi**

Consultant Child and Adolescent Psychiatrist & Director of Postgraduate Education  
Lincolnshire Partnership NHS Trust

14.50 – 15.00 Discussion

15.00 – 15.20 Refreshments

### Origins of depression

15.20 – 15.50 Can depression be inherited? An overview of behavioural genetics

**Dr Thalia Eley**

Senior Lecturer & MRC Fellow  
Institute of Psychiatry, London

15.50 – 16.20 Neurobiology of depression: implications for treatment

*To be confirmed*

16.20 – 16.30 Discussion

# Depression

**Tuesday 30th September**

09.00 – 09.30 Registration & refreshments

## Co-morbidity and depression

09.30 – 10.00 Substance misuse and depression

*To be confirmed*

10.00 – 10.40 Depression and autistic spectrum disorders

**Dr Dougal Julian Hare**

Senior Lecturer in Clinical Psychology & Research Director Manchester ClinPsyD Programme  
University of Manchester

10.40 – 10.50 Discussion

10.50 – 11.15 Refreshments

## Self-harm and suicide

11.15 – 11.45 Self harm and suicidal behaviour in children and adolescents: prevention, a community perspective

**Louise Carpenter**

Principal CAMH Specialist & Strategic Lead Community CAMHS  
North Wales NHS Trust

11.45 – 12.15 The internet and suicide risk

**Mr Paul Kelly**

Trustee of PAPHYRUS prevention of young suicide  
Lancashire

12.15 – 12.25 Discussion

12.25 – 13.15 Lunch

## Therapeutic interventions for anxiety and depression

13.15 – 13.45 Clinical uses of antidepressants for treatment of anxiety and depression: current controversies

**Dr Sami Timimi**

Consultant Child and Adolescent Psychiatrist & Director of Postgraduate Education  
Lincolnshire Partnership NHS Trust

13.45 – 14.15 Obsessive compulsive disorder in children: treatment options

**Dr Ilenia Pampaloni**

Associate Specialist  
National OCD Specialist Service, Queen Elizabeth II Hospital, Welwyn Garden City

14.15 – 14.45 Cognitive behavioural therapy for anxiety

**Dr Chris Williams**

Senior Lecturer in Psychiatry, Honorary Consultant Psychiatrist & Director of Glasgow  
Institute for Psychosocial Interventions  
University of Glasgow

14.45 – 15.00 Discussion

15.00 – 15.20 Refreshments

15.20 – 16.00 Family based therapy for depression

**Professor Judith Trowell**

Professor of Child Mental Health, NIMHE West Midlands  
& Consultant Child and Adolescent Psychiatrist, Tavistock Clinic

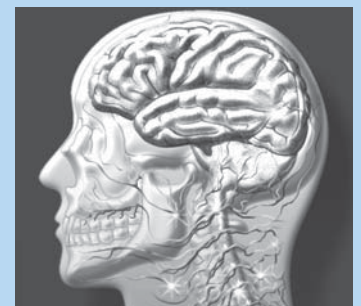
16.00 – 16.30 A multi-disciplinary approach to assessment and treatment: the role of nursing

**Catherine Lowenhoff**

Nurse Consultant in Perinatal and Infant Mental Health  
North Essex Partnership Foundation Trust

16.30 – 16.40 Discussion

16.40 Close of conference



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MA HEALTHCARE LIMITED

# Registration form

I would like to secure my place at **Anxiety and Depression: diagnosis and management**

PHOTOCOPIES OF THIS FORM ACCEPTED

Title (Dr, Mr, Mrs etc): .....

Forenames .....

Surname .....

Job title .....

Contact address .....

.....

.....

..... Post code .....

Telephone .....

Email .....

I understand that this registration booking is subject to the booking conditions.

Signature .....

## DELEGATE RATES

Please tick the box as applicable

### Consultants and GP's

Two days £763.75 inclusive of VAT

One day £470.00 inclusive of VAT 29th Sep  30th Sep

Specialist Registrars, Junior Doctors, Nurses and other Non-Medics

Two days £587.50 inclusive of VAT

One day £352.50 inclusive of VAT 29th Sep  30th Sep

### The conference fee includes:

- Entrance to the conference
- Lunch and refreshments
- Full conference documentation
- Certificate of accreditation

## I WISH TO PAY BY:

### • Credit card

Please debit my  Visa  Mastercard  Maestro  American Express

Card no

Valid from     Expiry date

Issue NO (Maestro cards only)   3 digit security code

Signed..... Date .....

• Call the Credit Card Booking Hotline 0207 501 6762

• Book online at [www.mahealthcareevents.co.uk](http://www.mahealthcareevents.co.uk)

• Make your cheque payable to MA Healthcare Ltd

### • Invoice

Requesting an invoice and signing this form will secure your place at the conference. All invoices must be paid in full before the event. See booking condition 5.

To receive an invoice you must complete this section in full giving either your work or Trust address. We are unable to send out invoices to home addresses

PLEASE COMPLETE IN FULL WITH CONTACT NAME IF DIFFERENT FROM ABOVE

Contact .....

Full invoice address .....

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..... Post code .....

Telephone .....

Fax .....

Signed .....

PLEASE RETURN TO:

MARK ALLEN GROUP, ANXIETY AND DEPRESSION,

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FAX BOOKING LINE: 0207 733 8174

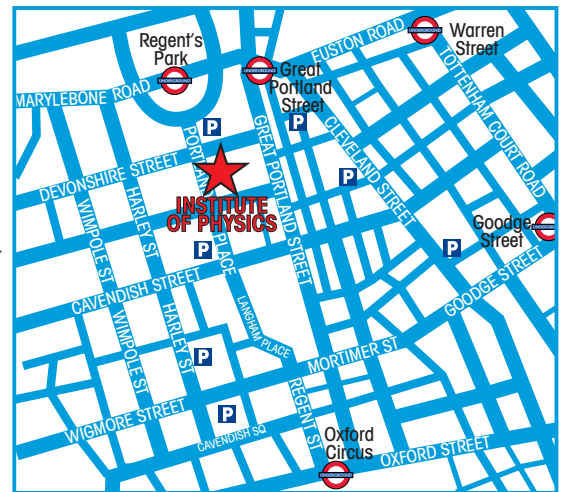
TEL BOOKING LINE: 0207 501 6762

## How to get to the venue

Institute of Physics,  
76 Portland Place,  
London W1B 1NT  
Tel: 0207 470 4884

The Institute of Physics is located in Portland Place in the heart of London, 10 minutes away from five tube stations – Regent's Park, Great Portland Street, Warren Street, Goadge Street and Oxford Circus.

The Institute of Physics is within easy reach of Heathrow and Gatwick airports. With such easy access by rail, tube and road, you will arrive for the conference in good time, ready for the day you have planned.



## Accommodation details

Expotel can provide a complimentary hotel booking service for delegates attending *Anxiety and Depression: diagnosis and management*.

To enquire about making a reservation or to get details of other hotels contact Expotel on the number below, choose the 'hotel' option and quote MA Healthcare/Anxiety and Depression.

EXPOTEL Telephone number: 0141 331 1771 Fax number: 0141 331 1117  
Email: [glres@expotel.com](mailto:glres@expotel.com)

## Booking conditions

MA Healthcare Ltd (The Company) accepts bookings under the following conditions:

- 1 All correspondence will be sent to the participants at the address specified on the booking form or over the telephone. (This address will also appear on the official participant's list given out at the event).
- 2 The completed booking form together with full payment must be sent to MA Healthcare Ltd. A confirmation will then be issued. Cheques should be made payable to **MA Healthcare Limited**. Returning the signed registration form constitutes a firm booking.
- 3 Bookings may be made by telephone but payment must be made in full by credit card.
- 4 All payments, including credit card, must be in sterling.
- 5 The Company reserves the right to cancel a booking if payment is not made six weeks prior to the conference taking place. Any outstanding payment becomes the responsibility of the signatory made on the reservation form.
- 6 Payment for any booking made within six weeks of the conference will still be due to the company irrespective of whether the delegate attends.
- 7 Should you be unable to attend, a substitute delegate may take his/her place. Notification must be received in writing one week prior to the conference.
- 8 The Company reserves the right to change the conference speakers in cases of illness or other conditions beyond its control.
- 9 The Company does not accept responsibility for loss or damage to delegates' own property and/or personal effects caused by events beyond its control, including (but without limitation) fire, flood, strikes, civil disturbances or for consequential loss or damage of any kind whatsoever.
- 10 Speakers approached at time of print.

## Cancellation of booking

Written cancellations received six weeks prior to the conference will be accepted and a refund of 90% of the booking charge will be made. After this date, no refunds can be given. Verbal cancellations will not be accepted.

If written cancellation is not received six weeks prior to the conference full payment will still be due irrespective of whether the delegate attends the conference.



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