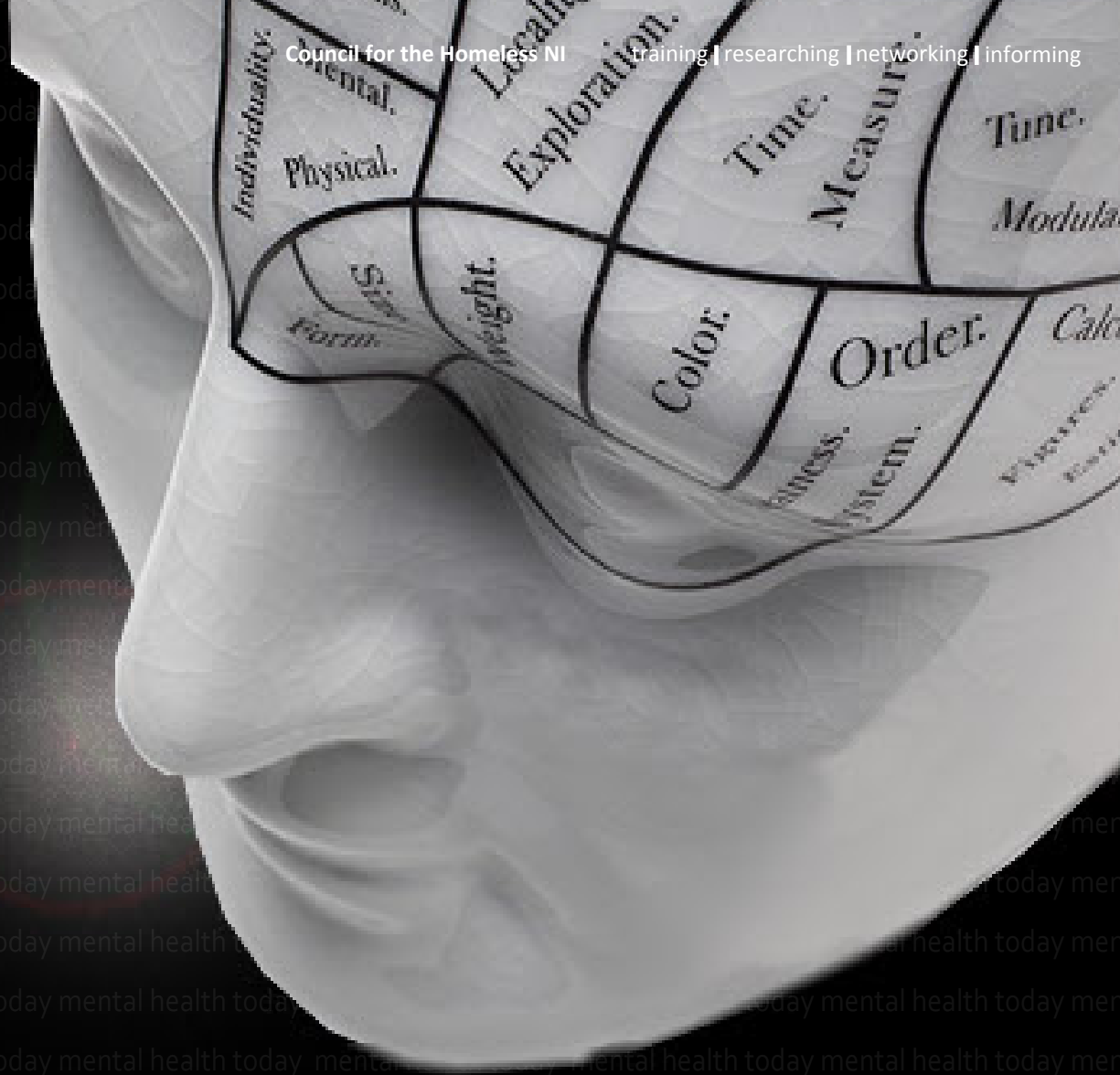


# Mental Health Today and Tomorrow

One day conference exploring the priority of  
mental health within care services in a changing  
society.

The King's Hall, Belfast. Thursday, 9 February 2012



# Mental Health Today Conference

This one day Conference will explore the priority of mental health issues within care services in a changing society.

The Conference will consider the effect of current initiatives in the following areas: Cognitive Behavioural Therapy interventions for depression, anxiety, bipolar disorder, recovery oriented services, personality disorders and the impact of the Bamford Review in Mental Health.

## Programme

9.15	Registration and coffee
10.00	<b>John O'Grady.</b> Welcome and Introductions.
10.15	<b>Stephen Herron.</b> Behavioural Activation: The Way Forward in Treating Depression.
10.30	<b>Julia O'Grady.</b> Social Phobia – The Hidden Epidemic.
10.45	<b>Roy Cheetham.</b> Bipolar Disorder: An Enigma.
11.00	<b>Comfort Break</b>
11.15	<b>Workshops</b>
	Workshop 1. Practical Approaches to Behavioural Activation.
	Workshop 2. Cognitive Behavioural Interventions in Social Phobia.
	Workshop 3. Cognitive Behavioural Approaches for Bipolar Disorder.
12.15	Feedback
12.45	<b>Lunch</b>
14.00	<b>John O'Grady.</b> Opening the afternoon session.
14.15	<b>Ann Butler.</b> Recovery in Clinical Practice.
14.30	<b>Frances Cannon.</b> Bamford Review Overview.
14.45	<b>Kayla Kavanagh.</b> Living with a Diagnosis of Personality Disorder.
15.00	<b>Comfort Break</b>
15.15	<b>Workshops</b>
	Workshop 4. Developing Wellness Tools and Daily Maintenance Plans.
	Workshop 5. Implications of the Bamford Review in Practice.
	Workshop 6. Overview of knowledge & understanding framework for Personality Disorders
16.15	Feedback
16.30	Closing Remarks

## John O'Grady - Clinical/Educational Consultant

John has worked in mental health settings for 30 years. This includes in-patient and community settings. He was a core member of the West Belfast Suicide Task Group. Subsequently he undertook research into suicide prevention at Queen's University and has published several papers on same. Presently he specialises in education programmes and has worked as a nurse consultant in the development and delivery of specialist mental health services.

## Stephen Herron - Cognitive Behavioural Therapist BABCP Accredited; Lecturer, CBT at QUB

Stephen has been a Cognitive Behavioural Psychotherapist for 14 years. He was a key member of the DHSSPS Northern Ireland Strategy Group for Psychological Therapies which published its wide and far reaching recommendations in 2010. He is currently a member of the Health and Social Care Board Bamford Implementation Project and represents CBT on the HSCB Regional Psychological Therapies Network. He is an elected committee member of the Irish Branch of the British Association for Behavioural and Cognitive Psychotherapies and has previously served two terms of office as the Chair of the N.I. CBT Forum.

## Julia O'Grady, Senior Cognitive Behavioural Therapist, South Eastern Trust

Julia has worked in mental health services for 30 years. Her specialities include treating people with depression and anxiety disorders. She is a member of the NI Cognitive Behaviour Nurses Forum and supervisor on the CBT course at Queen's University. Julia is accredited with the British Association of Behavioural and Cognitive Psychotherapists.

## Roy Cheetham - Cognitive Behavioural Therapist, South Eastern Trust

Roy works as a CB Psychotherapist using psychosocial interventions with people with severe and enduring mental health problems including Psychosis and Bipolar Disorder and Trauma. He is secretary of the Irish Association of Behavioural and Cognitive Psychotherapists and is accredited with the British Association of Behavioural and Cognitive Psychotherapists.

## Ann Butler - Senior Mental Health Nurse, Southern Trust

Ann has responsibility for organising and coordinating a recovery based approach. She delivers educational programmes on recovery in mental health as well as facilitating recovery groups with service users. Ann facilitates stress management groups for local organisations. She also works as a complementary and alternative therapist.

## Frances Cannon - Clinical Educational Consultant

Frances has worked in mental health care for over 25 years. This includes acute in-patient services; a nurse led mental health day hospital and specialist mental health liaison service in a general hospital setting. She has embarked on a teaching career and has worked as a nurse consultant in the development and delivery of specialist mental health services. Presently she is the nurse education and development lead to support the modernisation and reform agenda for healthcare within the Northern Ireland Prison Service.

## Kayla Kavanagh

Kayla lives with a mental health condition called Borderline Personality Disorder. She works with an organisation called Emergence, supporting people with a lived experience of Personality Disorder. Kayla is a singer/songwriter, she plays nine instruments, writes and performs her own original music and has toured the UK. Her album 'Stranger Than Fiction' has now sold in four continents.

## Speaker profiles

This form can be completed electronically, saved and emailed to: [yvonne@chni.org.uk](mailto:yvonne@chni.org.uk); or completed and posted to the address below.

Cheques to be sent to CHNI, 4th Floor, Andras House, 60 Great Victoria Street, Belfast BT2 7BB. For all booking/payment enquiries, please telephone 028 90 246440 or email: [yvonne@chni.org.uk](mailto:yvonne@chni.org.uk)

**Booking form**

I would like to book  place(s) at a cost of £65 per delegate\*.

Title:  Full name:

Job title:  Telephone:

Organisation:  Fax:

Address:  Mobile tel:

Post code:  Email:

**Additional Delegate Names and Job Titles:**

Name:  Job title:

Name:  Job title:

Name:  Job title:

Name:  Job title:

Name:  Job title:

**Dietary / other requirements of you and / or other delegates:**

**Choosing your workshops**

Each delegate is invited to join two workshops, one in the morning and one in the afternoon. As there are limited places on each workshop, please state your preferences, by marking each workshop with your first, second and third choice, for both morning and afternoon.

**Morning workshops** **Preference**

1 2 3

- 1: Practical Approaches to Behavioural Activation  
Stephen Herron
- 2: Cognitive Behavioural Interventions in Social Phobia  
Julia O’Grady
- 3: Cognitive Behavioural Approaches for Bipolar Disorder,  
Roy Cheetham

**Afternoon workshops** **Preference**

1 2 3

- 4: Developing Wellness Tools and Daily Maintenance Plans,  
Ann Butler
- 5: Implications of the Bamford Review in Practice,  
Frances Cannon
- 6: Overview of Knowledge and Understanding Framework  
for Personality Disorders, Kayla Kavanagh

**Terms and Conditions.**

Once a booking is confirmed there is no refund on cancellations. Substitute participation will be accepted, subject to prior notification to the organisers, CHNI. The organiser reserves the right to alter any of the arrangements of this conference, including cancellation of the event, should unforeseen circumstances require such action. The organisers accept no responsibility for resulting costs and/or inconvenience to delegates. By registering for the Mental Health Today Conference, delegates give permission for their contact details to be used for official purposes. By booking, you agree to the Terms and Conditions outlined above.

*\*This conference is being sponsored by Awards for All, who are subsidising the delegate rate.*