

Thursday 22nd February 2018 5pm-7pm

The Science of Mood Treatments

The Core, Science Central, Newcastle University NE4 5TF

THIS EVENT IS FREE AND OPEN TO ALL

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5.00 – 5.30pm Registration

5.30 – 5.35pm Dr Stuart Watson - Welcome

5.35 – 5.45pm Dr Jane Newby – ECT, a psychiatrist's view

5.45 – 5.55pm Carlyne – ECT, a personal view

5.55 – 6.05pm Dr Phil Laws – Safety of ECT, an anaesthetist's view

6.05 – 6.15pm Dr Will Stageman – Transcranial Magnetic Stimulation

6.15 – 6.30pm Questions

6.30 – 7.00pm Kevin Hawkes - Family Therapy

**If you would like further
information and to register please contact
Sam Bulmer Research Nurse on 0191 2081393 or
email samantha.bulmer@ncl.ac.uk**

This meeting is free and open to all. Everyone is welcome. It is hosted by the Northern Centre for Mood Disorders. We will discuss non-drug treatments for depression. Sam Bulmer will be there at registration to make sure that everyone and everything is OK and Stuart Watson (psychiatrist) will formally welcome you all and introduce the programme.


We'll start off with **ECT** and we'll hear from Jane Newby who is lead consultant for ECT in the Hadrian Clinic on the Campus for Ageing and Vitality (CAV) which is on the old Newcastle General Hospital site in Newcastle. Jane's service has high standards of care and has been approved by the ECT Accreditation Service of the Royal College of Psychiatrists since 2004. Jane is an old Age Psychiatrist in the Northumberland Tyne and Wear (NTW) Mental Health Foundation Trust and also works at the Castleside Day Hospital at the Centre for the Health of the Elderly in Newcastle. Carolynne will follow Jane and will give a more personal view of ECT and then we'll introduce Phil Laws who is a consultant anaesthetist who has been part of Jane's ECT team for the last 7 years, delivering anaesthesia and facilitating patient assessments. Phil says *"I've seen the dramatic improvements very ill patients make with ECT and I'm fully supportive of this amazing treatment. The reputation of ECT appears mainly to be driven from popular media and urban myth and may be a barrier to some receiving this safe and effective treatment. I sure this event will be an opportunity to discuss the realities of ECT and allow a true understanding of what ECT is and is not"*. Phil grew up here living on the coast and was the first in his family to go to university. After 5 years at Downing College Cambridge reading medicine he remained in East Anglia. Initially he worked in Norwich and then Bury St Edmunds. He trained first in acute medicine then Anaesthesia. He returned to the North East in 2004 to complete specialist training in Anaesthesia and Intensive Care Medicine and then started as a consultant in 2009. He is based at the RVI and is proud that this is an Outstanding CQC rated Teaching Hospital. He splits his clinical time between Anaesthesia and Intensive Care where he looks after the severely injured from a 3 million population covering the area from Whitehaven to the Scottish boarder down to Durham. He is now the Clinical Director of Quality and Patient Safety at The Newcastle Upon Tyne Hospitals and is ideally placed to give an insightful view on ECT. There'll be plenty of time for questions and we'll get the three of them up on the stage together for 10 minutes or so.

Will Stageman, who is a psychiatry trainee, will talk about some of the newer physical treatments for depression. He might mention vagal nerve stimulation (VNS) which is starting to become available. Here, a stimulator is surgically implanted on the vagus nerve in the neck. He will definitely discuss TMS (transcranial magnetic stimulation). This is a relatively new treatment which uses magnets

We are keen to give a broad view of the non-drug treatments that are available for depression so we'll then switch tack and introduce Kevin Hawkes who will discuss **family therapy**. Kevin is the Lead Family Therapist based in the NTW Centre for Specialist Psychological Therapies. He works in Adult Community Mental Health Services within the Newcastle locality. He is a mental health nurse and completed an MA in Family Therapy and Systemic Practice in 2010 and The Diploma in Systemic Teaching, Training & Supervision in 2014. He is a registered Family and Couple Psychotherapist and AFT Approved Supervisor. Kevin has experience within various family teams over many years in a variety of settings and continues to work as a therapist, trainer and supervisor. He has a long standing interest in collaborative and dialogical family and couple therapies for complex mental health problems and the impact of parental mental health on family life and childhood.

We hope that you come along and have a chance to hear a little about some of the non-drug treatments for depression. We hope that it will be a relaxed environment and an enjoyable evening. The Core is a nice, welcoming venue with a bar. And our speakers have been selected because we're impressed by their expertise, but also because we like them and know that they will be happy to chat and answer questions .

See you there.

Out of the Blues is a charity that has been set up by NCMD to support research into mood disorders in Northern England. We would love to hear your fundraising ideas so please contact us via our website mood-disorders.co.uk  facebook search northern centre for mood disorders or email samantha.bulmer@ncl.ac.uk.