



columns

forthcoming events

The 9th International Forum on Mood and Anxiety Disorders (IFMAD) will be held on 11–13

November 2009 at the Hotel Fairmont in Monte Carlo. IFMAD is a professional organisation dedicated to raising awareness of the latest international thinking and innovations in mood and anxiety disorders, and promoting the exchange of ideas across the global psychiatric community. The annual event has become an important forum for the exchange of ideas and a key part of the congress calendar supported by a scientific committee with members from around the world. For further information please visit www.ifmad.org/

The Annual Psychiatry of Learning Disability Higher Trainees National Conference will be held on 12–13

November 2009 at the Hilton Hotel Croydon in London. This year's theme is 'Current Practice, Future Challenges'. To register please email conference@ldpsychiatry.co.uk. For further details please visit <http://conference.ldpsychiatry.co.uk>

The Annual National Forensic Psychiatry Specialist Registrar Conference will take place on 19–20

November 2009 at the Radisson SAS Hotel in Durham. National and international speakers include: Dr Janet Parrott, Chair Forensic Executive Committee; Professor Don Grubin,

Newcastle University; Dr Brian Docherty and Sgt John Hutchings, Olympia Police, USA. This year's junior trainees, speciality doctors and trainees from other specialities who have an interest in forensic psychiatry are welcome to attend. For further details please email Dr Pratish Thakkar, National Forensic Specialist Registrar Representative: pratish.thakkar@teww.nhs.uk

Post Traumatic Stress in Preschool Children: Assessment and Evidence-Based Treatment will be held on 21–22

November 2009 at UCL Institute of Child Health, 30 Guilford Street, London WC1N 1EH. Presented by Dr Michael Scheeringa, the course is intended to be a know-how workshop for participants to leave with a working knowledge of the nuts and bolts for practical everyday clinical work. This will be conducted through lectures and supported by video examples from Dr Scheeringa's research studies.

The course will demonstrate how to use cognitive-behavioural therapy techniques and how to identify feelings with preschool children, use a stress thermometer, build a stimulus hierarchy and use relaxation techniques. It will also explain and illustrate techniques for dealing with the emotional aspects of trauma for mothers, including systematic data about guilt, reluctance, depression and their own post-traumatic stress disorder symptoms, and how to intervene. For more information and booking details please

visit www.ich.ucl.ac.uk/education/short_courses/courses/2S-78

Action In Place Of Thought, Destruction In Place of Pain – Psychoanalytic Explorations in Forensic Psychiatry:

a 1-day meeting being held on Saturday 3 October 2009 at the Institute of Psychoanalysis, London. Organised by the National Health Service (NHS) Liaison Committee, this event is aimed at all professionals in forensic mental health. Psychoanalysts and psychiatrists from both secure and out-patient NHS settings will explore the relevance of psychoanalytic ideas to forensic psychiatry. Topics include: gangs and absent fathers; violence and attachment theory; violence in psychosis; sexual offending; and treatment of personality disorder (including dangerous and severe personality disorders). Speakers will include: Mr Donald Campbell, Portman Clinic, London; Professor Peter Fonagy, Anna Freud Centre, London; Dr Phillip Lucas, North London Forensic Service; Mr David Morgan, Portman Clinic; and Dr Cleo Van Velsen, Forensic Personality Disorder Services (Millfield Unit), East London NHS Foundation Trust. Registration fee: £90 including refreshments and lunch; concessions: £70. Please book before 11 September 2009. For further information please contact Marjory Goodall, Institute of Psychoanalysis, 112A Shirland Road, London W9 2EQ, tel: 0207 563 5016, email: marjory.goodall@iopa.org.uk

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e-interview

Robert Howard

Robert Howard is Professor of Old Age Psychiatry and Psychopathology at the Institute of Psychiatry and Dean of the Royal College of Psychiatrists. He trained at Cambridge, St Bartholomew's and the Maudsley hospitals. His special interests are in functional mental illness in later life, and trying to raise and maintain standards in training within psychiatry.

If you were not a psychiatrist, what would you do?

As a boy I was obsessed with natural history, my bedroom was filled with cages and aquaria. Cheekily promising a Cambridge college admissions tutor that I would take him badger watching if accepted seemed to work. I spent my intercalated Bachelor of Arts year in zoology and seriously considered not returning to medicine. This got watered



down to plans for a PhD on family life in the white-handed gibbon after qualification. I absolutely hated the 3 months I spent doing

preparatory work in the Malaysian forest and that was the end of my career as an ethologist.

What has been the greatest impact of your profession on you personally?

The opportunity for lifelong learning about what works for people when things are going well and, of course, not so well. If I have not been able to curb my own impulsivity, psychiatry has at least taught me to appreciate and attempt to ameliorate some of the effects that it can have. I hope that it has helped me to listen more and say less, but I suspect that my family and colleagues would say that I have more work to do on this.

Do you feel stigmatised by your profession?

I can remember competing with fellow medical students to see who could come up with the most dreadful potential career