



Saint John of God Community Mental Health Services

Lucena Clinic Services are pleased to host the following training course:

Incorporation of Everyday Sensible Living into Overall Mental Health Treatment.

Organised by Prof. Fiona McNicholas

Consultant Child & Adolescent Psychiatrist, Lucena Clinic/UCD/Our Lady's Children's Hospital, Crumlin

Morning Session:	
9.00-9.15am Prof. McNicholas	Introduction
9.15-10.15am Louise Burke, Nutritional Therapist.	Nutrition – “The importance of Nutrition for Health”
10.15-10.45am Dr. Aisling Mulligan, Consultant & Associate Professor and Dr Tara Rudd who is a SR in Child & Adolescent Psychiatry in Trim, also trained in Trinity Deanery as a BST and with DNCC CAMHS as a HST. She has an interest in psychiatry of deaf people and consults to the HSE regarding this interest. She is also performing a Systematic Review of the Effectiveness of Child Art Psychotherapy in CAMHS, using PRISMA methods, as part of an international collaboration.	“Is there a place for art Child Art Psychotherapy in CAMHS – systematic review of the evidence?”
10.45 -11.15	Break
11.15-11.45am Dr. Aisling Mulligan & Dr. Lara Nelson Healy , SR	“Should we prescribe Exercise to CAMHS patients?”
11.45-12.25pm Dr. Elizabeth Barrett, Consultant & Associate Professor Temple St, & UCD.	Literature for professional use in practice.
12.25 -1.05pm Dr. James McDonald, Consultant Child & Adolescent Psychiatrist, Lucena Services.	‘Music and Mental Health’
1.05pm -2pm	Lunch
Afternoon Session:	
2.00-3.45pm Dr. Elma Hedderman, Consultant Child & Adolescent Psychiatrist.	Mindful Self-Compassion in Clinical Practice
3.45-4.15pm	Break
4.15-4.45pm Dr. Annie Curtis, Lecturer in RCSI & PI RCSI ‘Clock Lab’”	Sleep Hygiene; if you don't snooze you lose!
4.45-5.00 Prof. McNicholas	Wrap up and close.

Venue:	Conference Room, Lucena Clinic, 59 Orwell Road, Rathgar, Dublin 6.
Date:	9 th May
Time:	9.00 a.m. – 5.00 p.m.
Cost:	€80
Note:	Limited spaces available 7 CPD points awarded

Please email catherine.kiernan@sjog.ie to secure your place, payment can be made by the link below or by cheque.

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