

Masterclass Psychiatry Special Edition 2020

**Arctic Winter Workshop 5-7 February
Brändön, Luleå**

When talking gets tough - Communicating effectively and empathically in difficult situations

Region Norrbotten in collaboration with the Tavistock Clinic, London, UK, Barmelweid Clinic,
Switzerland and Technical University Munich, Germany

Preliminary programme

Programme Director: Ursula Werneke

Accreditation to be sought by
LIPUS, the Swedish accreditation authority

Expected learning outcomes:

After this masterclass, participants will be more confident managing acute psychiatric problems that pose difficult clinical and ethical dilemmas

By attending participants will:

- Improve their communication skills in difficult situations
- Develop strategies to handle impulsivity
- Learn how to talk about weight to patients with eating disorders
- Understand how to debrief effectively after trauma
- Explore strategies to deal with somatoform disorder
- Develop their confidence in dealing with antisocial and narcissistic personality disorder

FACULTY OF SPEAKERS

Julian Stern, BA (Hons), MB ChB, FRCPsych

Director of Adult and Forensic services at the Tavistock Centre, London, UK

Joanne Stublely, MBBS, MRCPsych, TSP, APP, Member BPAS

Consultant Psychiatrist in Psychotherapy at the Tavistock Clinic and lead of the Tavistock Trauma Service, London, UK

Jessica Yakeley, MD, MRCP, FRCPsych

Consultant Psychiatrist in Forensic Psychotherapy

Director of the Portman Clinic, and Director of Medical Education, Tavistock and Portman NHS Foundation Trust, London, UK

Joram Ronel, MD

Head of the Department of Psychosomatic Medicine and Psychotherapy at the Clinic Barmelweid, Switzerland. Senior lecturer at the university hospital/Technical University Munich, Germany

Judith Gorgass

Actress and playwright. CLOWNESS theater. Simulated actors' team of Technical University and Ludwigs-Maximilian-University, Munich, Germany

Ursula Werneke, MD MSc PgDip (LSHTM) FRCPsych (Organizer/ Facilitator)

Associate Professor (Docent) Umeå University and consultant Psychiatrist, Sunderby Hospital, Luleå Sweden

Masterclass Psychiatry URL: <http://masterclasspsychiatry.se/>

Mötesplats Brändön Konferens: <https://www.brandokonferens.se/>

PROGRAMME

DAY 1 Wednesday 5 February 2020

SESSION 1: Wednesday afternoon

Chair: Ursula Werneke

11.45-12.00	Teaching time	Registration and lunch
13.10-13.10		Welcome (Ursula Werneke)
13.10-14.00	50 min	Opening Lecture Julian Stern: Loss in middle and old age: defences, coping strategies and clinical examples
14.00-14.50	50 min	Joram Ronel: Loving the unloved - Psychodynamic concepts and developmental psychology of somatoform disorder
14.50-15.20		Coffee break
15.20-17.20	120 min	Joram Ronel/ Judith Gorgass: Therapy lab Part 1: Therapist-patient relationship and intervention possibilities
17.20-19.00		Check-in/free time
19.00		Dinner
After dinner		Option to take an after-dinner sauna

DAY 2 Thursday 6 February 2020

SESSION 2: Thursday morning

Chair: Ursula Werneke

	Duration	Topic
From 07.00		Breakfast
08.55-09.00	5 min	Day briefing
09.00-09.30	30 min	Lecture Jo Stubley: Trauma and dissociation
09.30-10.00	30 min	Lecture Jessica Yakeley: Understanding antisocial personality
10.00-10.30	30 min	Interactive case presentation 1: Julian Stern: A patient presenting with eating difficulties
10.30-11.00		Coffee
11.00-11.30	30 min	Interactive case presentation 2: Jo Stubley: Working with dissociative patients
11.30-12.00	30 min	Interactive case presentation 3 Jessica Yakeley: The narcissistic offender
12.30-12.30	30 min	Bring your case, delegates
12.30-13.30		Outdoor lunch

SESSION 2: Thursday afternoon

Chair: Ursula Werneke

	Duration	Topic
13.30-14.10	40 min	Lecture Joram Ronel: From hysteria to somatoform disorders
14.10-15.10	60 min	Joram Ronel/ Judith Gorgass: Therapy lab Part 2: Therapist-patient relationship and intervention possibilities
15.10-15.40		Coffee
15.40-16.40	60 min	Joram Ronel/ Judith Gorgass: Therapy lab Part 2: Therapist-patient relationship and intervention possibilities (continued)
16.40-16.45		Short break
16.45-17.15	30 min	Bring your case, delegates
19.00		Dinner
After dinner		Evening tea: outdoor hot chocolate and cinnamon buns, try walking with snowshoes

DAY 3 Friday 7 February 2020

Chair: Ursula Werneke

	Duration	Topic
From 07.00		Breakfast
8.25-8.30	5 min	Day briefing
8.30-9.00	30 min	Interactive case presentation 4 Julian Stern: The elderly patient's struggle with losses
9.00-9.30	30 min	Interactive case presentation 5 Jessica Yakeley: Mentalization and antisocial personality disorder
9.30-10.00	30 min	Interactive case presentation 6: Jo Stubley: Complex PTSD: Clinical dilemmas
10.00-10.30	30 min	Coffee
10.30-11.00	30 min	Bring your case, delegates
11.00-11.30	30 min	Julian Stern: Applying psychodynamic principles to general psychiatry
11.30-11.40	10 min	Close Ursula Werneke
11.40-12.40		Lunch