

Programme

This course will provide you with primary care updates in Postnatal depression, positive psychology for overcoming depression, Mindfulness practice for mental health and Low mood and psychosexual difficulties

9.00 – 9.25	Registration and coffee
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.45	Postnatal depression Clare Short & Katie Hall
10.45– 11.10	Coffee
11.10 – 12.30	Positive Psychology for overcoming depression Miriam Akhtar
12.30 - 1.15	Lunch
1.15 – 2.20	Mindfulness practice for mental health Laura Taylor
2.20 – 2.30	Tea
2.30 – 3.30	Low mood and psychosexual difficulties Sally Soodeen
3.30	Close

RCGP Curriculum areas covered:

3.06 Women's Health.

3.08 Sexual Health

Good Medical Practice Framework:

1.1 Maintain your professional performance

- Keep knowledge and skills about your current work up to date
- Participate in professional development and educational activities

1.2 Apply knowledge and experience to practice

- Adequately assess the patient's conditions
- Provide or arrange advice, investigations or treatment where necessary
- Prescribe drugs or treatment, including repeat prescriptions, safely and appropriately
- Provide effective treatments based on the best available evidence
- Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests

Feedback, Course certificates and Reflection on Learning

Please submit your feedback online by following the link in the email you will be sent after the course. Feedback will be collated and shared with educators.

Once you have left your feedback, you will be able to access your course certificate and reflection on learning template for this course.

Your course certificate and reflection on learning can be completed, added to or amended at any time, using your HLP login. You can also download it as a PDF document.

Course documents

Course documents from the day will be emailed to you after the event.

Sponsors

*Our sponsors for the day are Ashfield, Chiesi and GSK**

**the following companies have supported this event through the purchase of exhibition space*

We are very grateful to these sponsors for supporting this event. Please do visit their stands during the breaks. www.healthlearningpartnership.co.uk