

## Learning objectives:

By the end of the day, participants will

- Have learned how to engage with depressed patients without “catching” their low mood and anxiety.
- Have more ways, within the GP consultation timeframe, of making a difference for the many patients who aren't simply seeking a prescription.
- Have learned how new ideas in neuroscience can inform our work with patients with depression (and many other linked disorders)
- Have a clear understanding of how inflammation as a cause of depression actually ties together much of what we already knew
- Have gained language and other skills to make consultations with depressed patients more productive, and (we dare say) enjoyable.

## Programme

9.00 – 9.25	<b>Registration and coffee</b>
9.25 – 9.30	Welcome and housekeeping
9.30 – 10.45	<b>Session 1</b>
10.45– 11.15	<b>Coffee</b>
11.15 – 12.30	<b>Session 2</b>
12.30 – 1.15	<b>Lunch</b>
1.15 – 3.00	<b>Session 3</b>
3.00 - 3.15	<b>Tea</b>
3.15 – 4.15	<b>Session 4</b>
4.15	<b>Close</b>

The day will focus on both anxiety and depression and include a balance of theory, cases as examples, and the opportunity to discuss your own cases. There will also be practical tips and tools to enable participants better to meet the needs of patients.

We are delighted to welcome Dr Andrew Morrice, who will facilitate this day for us.

**Dr Andrew Morrice**, BSc MBBS MD MRCGP DipHGP is a GP with 21 years' experience, and a Human Givens Therapist.

He taught on the Whole Person Care course at University of Bristol Medical School as a small group facilitator and lecturer from 2002 to 2017.

<b>RCGP Curriculum areas covered:</b>
<b>3.10 Care of People with Mental Health Problems</b>
<b>Good Medical Practice Framework:</b>
1.1 Maintain your professional performance <ul style="list-style-type: none"><li>• Keep knowledge and skills about your current work up to date</li><li>• Participate in professional development and educational activities</li></ul>
1.2 Apply knowledge and experience to practice <ul style="list-style-type: none"><li>- Adequately assess the patient's conditions</li><li>- Provide or arrange advice, investigations or treatment where necessary</li><li>- Prescribe drugs or treatment, including repeat prescriptions, safely and appropriately</li><li>- Provide effective treatments based on the best available evidence</li><li>- Consult colleagues, or refer patients to colleagues, when this is in the patient's best interests</li></ul>

## 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 will be emailed to you after the event.

## Sponsors

*Our sponsors for the day are Pfizer, Novartis, Leo Pharma, NAPP, Bayer & Daiichi*

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

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