psych scene
EXCELLENCE IN PSYCHIATRY

# Psych Scene Medical Symposium for Psychiatrists

## Bridging the Mind-Body Gap

## in Melbourne on Saturday 16th November 2013

*"The best and most stimulating continuing education conference I have attended for many years."*

*"Just a quick note to congratulate you on an excellent Symposium. It was informative and interesting with excellent speakers."*

*"I have enjoyed the quality of the Symposium programme. I am GP with deep interest in Psych and I enjoyed the positive energy in the meeting."*

*– PSYCH SCENE SYMPOSIUM 2012 ATTENDEES*

## One-Day Symposium on Medical Advances Relevant to Psychiatry

This unique event focuses on medical advances that are relevant for psychiatric practice, expanding horizons in diagnosis, management and research of psychiatric conditions. The Psych Scene Medical Symposium for Psychiatrists empowers you to effectively diagnose, communicate and manage complex psychiatric presentations.

- Suitable for Consultant Psychiatrists, Trainees, GP's and Allied Health Professionals
- Advances in psychoneuroimmunology
- Autoimmune diseases and the brain (Lupus and Hughes Syndrome)
- Diet and mental health
- New paradigms in psychiatric diagnosis, management and research
- Learning, debate and networking

Moderated and facilitated by Doctor Sanil Rege and consolidated with the expert knowledge of three specialists in medicine, the intensive one-day workshop has been designed to equip psychiatrists with skills and knowledge to manage physical co-morbidities for patients. Experienced clinicians in their respective specialties impart their knowledge on advances in diagnosis and management, offering you the potential to transform your psychiatric practice.

## Symposium Programme Saturday 16th November 2013

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| 8.30 | Registration and arrival tea & coffee |
| 9.00 | Symposium Begins |
| **9.00** | **Novel Outcomes in Treating Depression by Prof Malcolm Hopwood** |
| 10.30 | Morning tea |
| **10.45** | **Lupus, Hughes Syndrome and the Brain by Prof Graham Hughes** |
| 12.30 | Networking Lunch |
| **13.30** | **Neuroinflammation in Psychiatry – The Link Between the Immune System and the Brain by Dr Sanil Rege** |
| **14.30** | **Diet Quality as a Risk Factor for Depression and Anxiety in Children, Adolescents and Adults by A/Prof Felice Jacka** |
| 15.45 | Afternoon tea |
| **16.00** | **'Tuesday' by Prof Graham Hughes** |
| 17.00 | Concluding Remarks |
| 17.30 | Workshop Concludes |

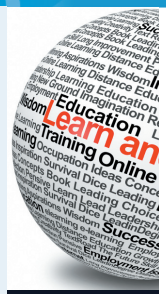
*This event will be filmed and photographed*

## Symposium Fee: $695

**(includes course materials and catering)**

**Venue:** The Langham Hotel Melbourne, 1 Southgate Avenue, Southbank

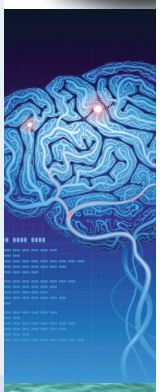
**Bookings & Info:** info@psychscene.com or 0450 778 211




### Symposium Moderator

**Dr Sanil Rege** MBBS, MRCPsych, FRANZCP

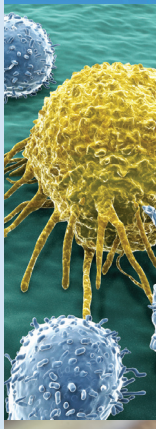
Having gained extensive teaching experience through his previous course initiatives, Sanil is renowned as an enthusiastic and motivational training facilitator who promotes interaction and discussion. As the Academic Lead of Psych Scene, he aspires to make a difference in mental health by empowering Consultant Psychiatrists, Trainees and other Mental Health Professionals to advance their skills and career through specialised training.



### Guest Speaker

**Prof Malcolm Hopwood** MD, FRANZCP

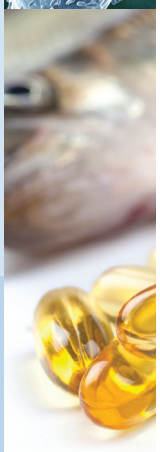
Malcolm Hopwood is the Ramsay Health Care Professor of Psychiatry, University of Melbourne; based at the Albert Road Clinic (ARC). At the ARC he is the Director of the Professorial Psychiatry Unit, which specialises in the assessment and treatment of complex mood and anxiety disorders. His research areas of interest include psychopharmacology and clinical aspects of mood and anxiety disorders, and he has also led research into psychiatric aspects of ABI and other neuropsychiatric disorders. Professor Hopwood has held several senior positions within the Royal Australian and New Zealand College of Psychiatrists, and in 2013 he was voted the President Elect of the College.



### Guest Speaker

**Prof Graham Hughes** MD, FRCP

Graham Hughes trained at The London Hospital. In 1969-70, he spent two years with Professor Charles Christian in New York working on the introduction of anti-DNA assays in lupus. He set up Europe's first dedicated lupus clinic in 1971, and described the antiphospholipid syndrome (Hughes Syndrome) in 1983. Professor Hughes has published widely on lupus and connective tissue diseases, and has published twelve books. He is Founder and Editor of the international journal 'LUPUS', now in its 20th year. His honours include the ILAR International Prize for Rheumatology Research, and Docteur Honoris Causa in the Universities of Marseille and Barcelona. Professor Hughes is currently Head of The London Lupus Centre, London Bridge Hospital.



### Guest Speaker

**A/Prof Felice Jacka** PhD

Felice Jacka's ongoing program of research focuses on lifestyle as a risk factor for the common mental disorders, depression and anxiety. It comprises a broad range of epidemiological and population health investigations, with extensive partnerships and collaborations in Australia and elsewhere involving acknowledged experts from the fields of psychiatry and population health. The program spans the spectrum of research, comprising detailed investigations of biological mechanisms and drivers of the relationships between lifestyle and mental health, through to the development and evaluation of community-based interventions. Associate Professor Jacka's primary goal is to develop a coherent public health message and effective, best-practice strategies for the universal primary prevention of the common mental disorders.