



CHRISTCHURCH

Anxiety and Depression Workshop



This 2 day workshop will examine all aspects of the clinical management of anxiety disorders (including PTSD and OCD) and depression. It is designed for Consultant Psychiatrists or Senior Psychiatry Registrars.

SESSIONS WILL INCLUDE:

- Pharmacological and psychological treatments
- Understanding the evidence/clinical trials
- Management of difficult cases
- Treatment controversies.

The format will be interactive with smaller group discussions. Participants will be encouraged to bring cases for discussion at the workshop and to submit cases in advance, which can be considered for whole group discussion.

DATES

21 – 22 February 2018 | 8-30am to 5pm both days.

THE GEORGE HOTEL

Set across the road from Hagley Park this is a perfect venue for a small group. Refresh your brain with a walk in the Park at lunch time.

ACCOMMODATION

We can advise on suitable accommodation close to the venue.

COST

NZ\$1500 – includes morning and afternoon tea and lunch both days.

FURTHER INFORMATION

Contact: judith.stone@otago.ac.nz

CONVENORS



PROFESSOR DAVID NUTT

David Nutt is the Edmund J Safra Professor of Neuropsychopharmacology at Imperial College London. He trained at Cambridge, Guys Hospital, Oxford University and NIH. His research focuses on the use of PET and fMRI imaging to understand how drugs work in the brain and the mechanism underpinning psychiatric disorders particularly addiction and anxiety disorders. He has published

over 450 original research papers, over 500 reviews and books chapters, eight government reports on drugs and 31 books, including one for the general public, *Drugs without the Hot Air*. David lectures widely to the scientific and medical communities as well as to the public. In 2010 *The Times Eureka* science magazine voted him one of the 100 most important figures in British Science, and the only psychiatrist in the list.



ASSOCIATE PROFESSOR CAROLINE BELL

Associate Professor at the Department of Psychological Medicine, UOC and Clinical Head of the Anxiety Disorders Service, Canterbury District Health Board.

Since the Canterbury earthquakes Caroline has also been the clinical lead of a specialist mental health service set up to treat people with post traumatic earthquake related distress. Her research interests are in anxiety disorders particularly

understanding some of the neurobiological mechanism involved. Caroline has also researched the treatment of anxiety and has investigated the use of computerised cognitive behaviour therapy (CBT). Her current research involves studying CBT treatments in clinical settings. Caroline is also studying the psychological and neurobiological effects of the earthquakes in both people presenting with significant earthquake related distress and those identifying as resilient.



PROFESSOR RICHARD J. PORTER

Richard Porter is Professor and Head of Department in the Department of Psychological Medicine, University of Otago, Christchurch. He is also a Consultant Psychiatrist in a service for adults with intellectual disability. He also works in an ECT service and sees many patients with treatment resistant mood disorder. He trained in psychiatry mainly in Newcastle-Upon-Tyne where his clinical

training focussed on the treatment of resistant mood disorders. Recently his research has focused on neuropsychological impairment in depression and bipolar disorder and the relevance of this to treatment. He has published over 100 scientific papers in these areas. He was a member of the RANZCPsych CPG group for mood disorders and is Deputy Editor of *Australian and New Zealand Journal of Psychiatry*.