

Stress in the City:

The Issues affecting city and other high stress occupations

Thursday 22 April 2010

ORT House Conference Centre, 126 Albert Street, London, NW1 7NE



EduMedical

Timetable

8.30-9.15	Registration & Coffee
9.15-9.30	Chair Opening Address
9.30-10.05	Dr Faith Contell Stress: the Good the Bad and the Ugly
10.05-10.40	Nerina Ramlakhan PhD From Stress to Success - optimising performance in uncertain times
10.40-11.15	Q&A Presentations 1 & 2
11.15-11.30	Refreshments
11.30-12.05	Dr Mike McPhillips Stress and Addictions
12.05-12.40	Dr Michael Sinclair Psyche in the City – understanding psychological distress in the city worker
12.40-1.00	Q&A Presentations 3 & 4
1.00-2.00	Lunch
2.00-3.15	Workshops A or B or C
3.15-3.30	Refreshments
3.30-4.45	Workshops A or B or C
4.45	Close of Conference

Workshops

Delegates can choose to attend any two of the three interactive workshops

Workshop A	Carlos Daniels When Stress leads to Addiction
Workshop B	Dr Michael Sinclair & Josie Seydel CBT and Stress Management
Workshop C	Dr Faith Contell The interrelationship between physical/mental illness and stress

Study Methods

A combination of lecture style teaching and practical interactive workshops.

Course Aims

- After you have attended this course you should:
- Have a clear understanding of what stress really is
 - Be aware of stress warning signs to look out for
 - Recognise when excessive stress is affecting employee performance
 - Understand the impact of stress on performance and job satisfaction
 - Know what can be done to combat stress
 - Be aware of the signs of anxiety, depression and addiction

Who should attend:

This major conference tackling the issues of stress in city and other demanding occupations will be of interest to:

- Occupational Health Physicians and Nurses
- Corporate Health Advisers
- Occupational Health Managers and Advisers
- HR Managers and advisers with Occupational Health responsibilities
- Psychiatrists
- Psychologists
- Therapists

About The Speakers

Dr Faith Contell BSc. MBChB MRCPsych.

A Consultant Psychiatrist with considerable experience in Occupational Health. Faith runs Care Psychiatry, a thriving private practice based in the City and Harley Street, as well as providing lectures and talks to a wide range of Medical and Non-Medical Groups.

Dr Michael Sinclair MSc PPDipCP DPsych CPsychol AFBPsS CSci MSCP

A Chartered Psychologist, who works with Blue Chip corporations in the City, and is the Clinical Director of City Psychology Group (CPG). Michael is the author of *Fear and Self-Loathing in the City - A guide to staying sane in the Square Mile*.

Nerina Ramlakhan PhD, Physiologist

A physiologist who has specialised in maximising individual and organisational performance for almost two decades. As the founder of BUPA's Corporate Wellbeing Solutions, Nerina has been a regular speaker to many City groups.

Dr Mike McPhillips BA, MB BS, MRCP, MRCPsych.

A Consultant Psychiatrist with a specialism in treating addictions. Mike Practices in London and is a popular speaker at national and international conferences. He also publishes in leading academic journals and undertakes TV and radio interviews. He is a trustee of the Addictions Recovery Foundation.

Carlos Daniels, Therapist

A therapist for over 16 years, who has held management positions in the Priory Group, Cygnet Healthcare Group, and Clouds House. At each, he developed and managed the in-house treatment programmes. He has also worked with HM Prisons, the NHS and MIND.

Josie Seydel MSc PPDipCP CPsychol AFBPsS BSECH

A Chartered Psychologist, Josie has extensive experience in stress management, psychological therapy and coaching corporate employees and assisting occupational health departments in the management of employees' mental health. Josie has lectured in Psychology and Cognitive Behavioural Therapy at Birkbeck, University of London, for several years.

Accreditation

Accreditation for **6 Hours CPD** has been awarded by The Faculty of Occupational Medicine, Royal College of Physicians. Psychiatrists: **6 Hours CPD** subject to peer group approval. All attending delegates will receive a certificate of attendance.



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How to Book

ONLINE: Book online at... www.edumedical.co.uk

POST: Complete your cheque and post with this form to EduMedical, Precision Conferences Ltd
29 Harley Street, London, W1G 9QR.

Telephone: Call our Booking Hotline on **020 7993 4219**

Conference Fees

No VAT is Payable on these fees.

Early Booking: £345
(Payment Must be received by 4 March 2010)

Standard Fee: £395
(Payment received after 4 March 2010)

For **Group Bookings** please telephone our Booking Hotline on 020 7993 4219 as there may be additional discounts available for multiple bookings all made at the same time

Your Details

Please complete all sections

Title: Dr Mr Mrs Miss

First Name:

Surname:

Job Title:

Organisation:

Preferred Mailing Address:

Post Code:

Phone:

Fax:

Email*:

Special Requirements:

Workshop Preferences

(Please indicate your preference for Workshops to attend)

I would like to attend Workshops: and

Travel

By Underground: ORT House is just five minutes walk away from Camden Town tube on the Northern Line.

By Bus: Bus numbers 24, 27, 29, 31, 124, 168, 214, 253 all go to Camden High Street, just around the corner from ORT House.



Payment Methods

By Cheque I enclose a cheque for £ made payable to Precision Conferences Ltd

By Credit Card Please visit our website to book online... www.edumedical.co.uk

Signature:

Date:

Terms & Conditions

(1) Course Fee includes light refreshments and lunch and conference documentation. (2) Confirmation of booking will be sent in acknowledgement of all bookings. If no confirmation of booking has been received within 48 hours of the conference you should telephone to confirm that a place has been booked. (3) Cancellations must be made in writing. Any cancellation received more than 28 days before the start of the conference will be refunded subject to an administration fee of £45. Cancellations received between 27-14 days before the conference will be entitled to a 50% refund. (4) No refund will be given where cancellation is received less than 14 days before the start of the conference. (5) Refunds cannot be made for failure to attend the conference. (6) Substitute delegates are welcomed with prior written confirmation from the original delegate received no less than 7 days before the conference. (7) Conference fees must be paid in full prior to the commencement of the Conference. (8) The delegate is liable for payment of all conference fees due whether or not the delegate is intending to recover some or all of the conference fees from their employer or any other source. (9) EduMedical reserves the right to change the venue and/or speakers at any time and without prior notice. (10) We accept no liability in excess of the conference fee paid if a conference does not take place for any reason. (11) We also reserve the right to cancel the conference in which case all monies will be refunded. (12) It is the delegate's responsibility to advise any dietary, access or other special requirements at the time of booking. (13) Where there is too small or too great a demand for any of the Workshops we reserve the right to allocate delegates to alternate Workshops.

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