

## SEPSIG Autumn 2018 Programme

Friday 21<sup>st</sup> September 2018

Institute of Sport Exercise and Health

170 Tottenham Court Road, W1T 7HA



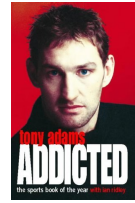
9.30	Registration and coffee
9.45	Welcome and introduction
10.00	My Addiction Story - Tony Adams MBE
10.30	Q+A with Tony Adams
10.45	Addiction in Sport - Pamela Walters
11.15.	Tea/Coffee
11.30.	The Psychiatrist and Doping in Sport - Alan Currie
11.50.	Compulsive Exercise – Carolyn Plateau
12.15	Panel Q+A
12.30	Lunch
1.30	Physical Activity in Psychosis - Paul Gorczyński
2.10	Get Set to Go (Mind) - Florence Kinnafick
2.40.	Tea/Coffee
3.00	Psycho-pharmacology in Sports - Gary Woods
3.30	Business meeting
4.15	Close

The cost is £95 including lunch and refreshments. Let us know if you have any special dietary needs. Attendance is open to all college members and trainee psychiatrists. To book your place go to the SEPSIG page on the Royal College website.

<https://www.rcpsych.ac.uk/workinpsychiatry/specialinterestgroups/sportandexercise.aspx>

## About the speakers

**Tony Adams MBE** played over 500 times for Arsenal FC and has 66 England caps. He played in 4 major tournaments and captained both his club and his country. His critically acclaimed 1998 autobiography *Addicted* details his battle with alcohol. In 2000 he founded *Sporting Chance* to provide treatment and support for athletes with addictions. He is also a patron of *The Forward Trust* providing treatments to break the cycle of substance misuse and crime.



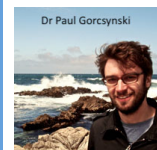
**Pamela Walters** is a consultant in forensic and addiction psychiatry at SWL & St Georges as well as South London & Maudsley Mental Health Trusts. She is co-author of *Substance Misuse in Sports Psychiatry* (OUP, 2016)

**Alan Currie** is currently chair of SEPSIG. He has many years experience providing support to athletes and sports organisations. He is a psychiatric advisor to UK Anti-Doping (UKAD).



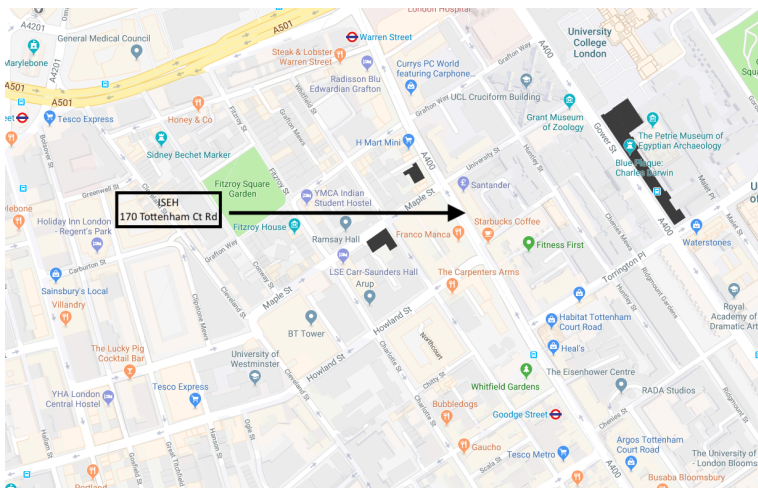
**Carolyn Plateau** is a former international athlete who studied psychology at both Oxford (MA, 2009) and Loughborough (PhD, 2014) where she is currently a lecturer in the department of Sport, Exercise and Health Sciences. Her academic interests include both eating disorders and compulsive exercise.

**Paul Gorczynski** is a senior lecturer in Sport and Exercise Science at the University of Portsmouth. He has worked extensively in both the UK and Canada on exercise, lifestyle and psychosis. His projects have included exercise therapy for schizophrenia, lifestyle interventions in psychosis and investigating healthful eating, physical activity and diabetic care in serious mental illness.



**Florence Kinnafick** completed her undergraduate psychology degree in Southampton and graduated with a PhD from Birmingham in 2013. She is a Chartered Psychologist and currently a lecturer at Loughborough University. She worked with MIND to evaluate their *Get Set To Go* programme which supports people with mental health problems to benefit from physical activity.

**Gary Woods** is a general adult community psychiatrist and a representative of the NI Clinical Research Network. He is an honorary lecturer within the Queen's University of Belfast and has completed postgraduate Masters of Science degrees in both Clinical Education and Sport and Exercise Psychology.



The Institute of Sport Exercise and Health is a short walk from Euston, St Pancras and King's Cross stations. It is midway between Warren Street and Godege Street tube stations.