



SEPSIG Autumn 2019 Programme

Friday 20th September

Institute of Sport Exercise and Health

170 Tottenham Court Road, W1T 7HA

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| 9.00 | Tea/coffee and registration |
| 9.30 | Welcome and introduction |
| 9.45 | Brendon Stubbs – Exercise Intervention in Mental Illness |
| 10.45 | Tea/Coffee |
| 11.15 | Symposium 1 – Sports Concussion Simon Kemp, Guy Moss, Tim Rogers |
| 12.30 | Lunch |

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| 1.30 | Symposium 2 - Suicide Prevention in Sport Tom McCabe and Allan Johnston |
| 2.45 | Tea/Coffee |
| 3.00 | Round-ups and short presentations |
| 4.00 | Business meeting (College SEPSIG members only) Including report from Calum Mercer (RCPsych Director of Finance and Operations) |
| 4.45 | Close |

The cost is £95 including refreshments and lunch. 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>



Brendon Stubbs is Head Physiotherapist at the South London and Maudsley Trust and Lecturer at King's College. His research interest is physical activity and mental health with over 500 academic papers and regular citations in mainstream media. He is lead author of the European Psychiatric Association guidelines on exercise in mental illness and in 2018 received the Schizophrenia International Research Society award for his work in physical activity and schizophrenia.

Simon Kemp is a Sports Medicine specialist and Medical Services Director for the Rugby Football Union. He was the England team doctor during the 2003 and 2007 Rugby World Cup and Tournament Medical Director in 2015. He is a member of World Rugby's Medicine, Science and Research and Concussion working groups and the Football Association Independent Head Injury and Concussion Expert Panel.



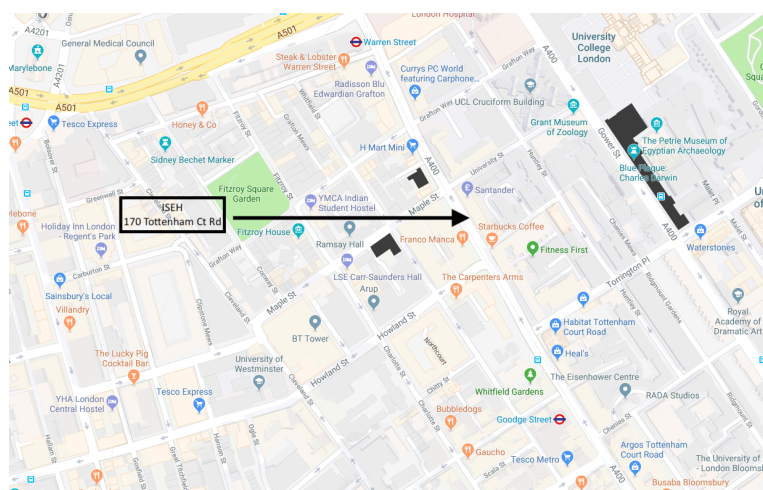
Guy Moss is a Chartered Clinical Psychologist & Chartered Neuropsychologist who leads the sport injury assessment programme at Cognacity. He works closely with the traumatic brain injury neurological team at UCL. He is also an Expert Witness reporting on a range of areas including fitness to work, occupational stress and personal injury.

Tim Rogers is a founder member of SEPSIG and an experienced sports psychiatrist. He has worked in many sports including football, rugby, cricket, tennis, golf, horse racing and boxing. He has also undertaken postgraduate training in applied sports psychology.



Thomas McCabe is a higher trainee in old age psychiatry in Glasgow having originally trained in general practice. He has published works on ADHD in sport, suicide in sport, addictions, depression and concussion. He is a lead investigator in the Football's Influence on Lifelong health and Dementia risk (FIELD) study and co-author of book of a case studies in sport psychiatry due for publication in late 2019.

Allan Johnston is a Consultant Sports Psychiatrist and founder member of SEPSIG. He works for the English Institute of Sport, the League Managers Association (football) and has a sports psychiatry practice in an independent sports medicine service in Leeds. From 2013-18 he chaired the Derbyshire Suicide Prevention Strategy Group and led a range of innovations as well as chairing Suicide Prevention conferences and World Suicide Prevention Day initiatives. He is also a Trustee to State of Mind Sport, a charity aiming to improve the mental health of athletes and their communities.



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 Goodge Street tube stations.