

14.00	Welcome and introduction Amit D Mistry
14.05	Symposium 1 – Overtraining, chronic fatigue and depression Nicky Keay, Steve Potts, Neil Harrison
15.00	Break
15.15	Symposium 2 – COVID-19- when uncertainty overshadows sporting ambition Caz Nahman, Tim Rogers, Anita Biswas
16.15	Break
16.30	Chloe Bracewell – What can sport learn from psychiatry?
17.00	Summary and close

The cost is £60 for consultants, £45 for higher trainees and £30 for core trainees/medical students. Attendance is open to all college members, trainee psychiatrists, sports medicine colleagues (BASEM) and those within the sports psychiatry community. To book your place go to the SEPSIG page on the Royal College of Psychiatrists website.

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



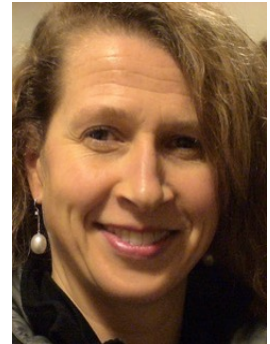
Dr Chloe Blackwell has direct experience of the high performance sports system as a team GB Sprint Canoeist. She enjoyed her psychiatry placements in her foundation year and is planning to train as a psychiatrist. She is an advocate for person centred approaches in sport as a way to develop healthier athletes and improved training and performance environments. She recognises the importance of seeing the whole athlete as a unique individual and of transparency in communication. In her talk she will discuss the similarities and differences between mental health care and elite sport training environment and what both can learn from each other.

Dr Nicky Keay, Department of Sport and Exercise Sciences, Durham University.

Nicky studied medicine at Cambridge University and specialises in sport and dance endocrinology where she has extensive clinical and research experience. This was part of an international medical team at St Thomas' Hospital that developed an anti-doping test for growth hormone. Her recent work focuses on relative energy deficiency in sport (RED-S) and authoring the British Association of Sport and Exercise Medicine educational website www.health4performance.co.uk

Under performance in athletes and dancers

Nicky talk will discuss potential causes of under performance athletes and dancers and the spectrum of over training syndrome and relative energy deficiency in sport (RED-S) in terms of aetiology, identification, clinical presentation and effective management of those at risk.



Dr Stephen Potts. Consultant in Transplant Psychiatry, Royal Infirmary of Edinburgh. Stephen trained in Cambridge, Oxford, the USA, London and Edinburgh, where he has worked as a consultant in firstly liaison psychiatry since 1996, and then transplant psychiatry since 2014. He has published widely in these areas, and now works part time to pursue a parallel career as a screenwriter and author.

Fatigue as a symptom - of physical illness, mental illness, both, and neither.

Fatigue is a near universal (and therefore essentially normal) experience, varying widely in nature, pattern and consequences. It can be a manifestation of many physical and some mental illnesses, usually alongside other symptoms, but not always in a proportionate degree. Some disproportionate and disabling fatigue can be explained by co-morbid mental and physical illness but some can not. This talk surveys these areas, with a focus on *assessment*.



Prof Neil Harrison. Division of Psychiatry and Clinical Neurosciences, Cardiff University. Neil studied Medicine at Guy's & St Thomas' before undertaking training in Medicine, Neurology and Psychiatry in London and Basel. His research focuses on immune – brain interactions and their contribution to mental health (Immunopsychiatry). He is President Elect of the Psychoneuroimmunology Research Society - <https://www.pnirs.org>

Inflammation and depression - relevant to sport and exercise?

Inflammation is increasingly implicated in the aetiology of depression. Acutely, inflammation impairs mood, motivation and cognition, and when chronic precipitates major depressive episodes. Conversely, a number of pharmacotherapies targeting inflammatory processes demonstrate anti-depressant properties. This talk will review these areas and highlight the therapeutic potential of sport and exercise.





Dr Caz Nahman is a Child & Adolescent Psychiatrist currently working in eating disorders in Nottinghamshire. She is financial officer for SEPSIG and has been an elected member of the faculty of eating disorder executive from 2013-2017. This latter role included media engagement and developing several position statements.

Dr Nahman has extensive experience of treating young athletes where pathways and systems are less developed than in senior and elite sport. Dr Nahman's additional interests include medical education, dancer mental health and the relationship between co-morbidities such as autism spectrum disorder and compulsive exercise in eating disorders

Dr Tim Rogers is a consultant sports psychiatrist and clinical director for Big White Wall, an anonymous online mental health service providing a service to all UK Sport coaches and athletes. Tim is an executive member of SEPSIG and has worked across the spectrum of wellbeing and performance with both individuals and teams. He is one of a very small number of experts to have undertaken dual postgraduate training in applied sport and exercise psychology. Tim is an approved expert on the Football Medicine And Performance Association (FMFA) and UK Anti-Doping (UKAD) registers. Also, he works as specialist member on the Sport Resolutions National Anti-Doping Panel.

When uncertainty overshadows sporting ambition

Dr Rogers & Dr Nahman will jointly explore the mental health aspects of the pandemic for those in elite sport. related to the impact of COVID-19 on health, elite training and competition. They will contrast the approaches to returning to play at a major sporting event, having understood the potential impact of COVID-19 upon athletes' physical and mental preparation.

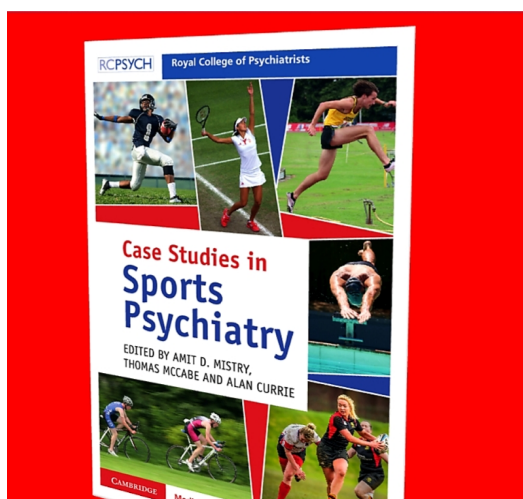
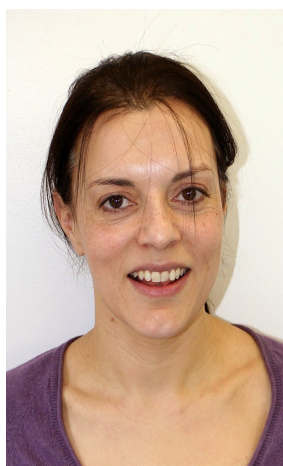


Dr Anita Biswas has worked in Sport and Exercise Medicine for over 20 years, having completed a Masters' in Sports Medicine at Queen Mary and Westfield College and a clinical fellowship in the Department of Sport and Exercise Medicine at Queen's Medical Centre in Nottingham.

She has worked with national and international teams including rowing, sailing, cycling, and cricket, working at the Olympic Medical Institute; the Intensive Rehabilitation Unit; and the English Institute of Sport (EIS) and has attended a number of Olympic and Paralympic games. Dr Biswas currently works at the EIS at Bisham Abbey including as Medical Consultant for the Athlete Health Team. As part of this role she works with colleagues to optimise the health of athletes enabling them to train and compete uninhibited by acute and chronic health conditions.

When uncertainty overshadows sporting ambition

Dr Biswas will explore the COVID-19 challenges faced by elite Olympic, Paralympic and other elite athletes that have resulted from changes to their training environments, their financial pressures and their competitive contexts.



WATCH THIS SPACE...

- [Case Studies in Sports Psychiatry](#) book-OUT NOW.
- British Association of Sport & Exercise Medicine (BASEM UK) Magazine (Mental Health Special Edition) edited by the RCPsych SEPSIG Executive (September 2020)

