

# Delivering excellent specialist perinatal mental health care

Alain Gregoire will deliver this 1-day masterclass live, accompanied throughout the day by specially made recordings of interviews with experienced colleagues from various disciplines, and people with lived experience, sharing their tips on how to provide excellent care. There will be plenty of time for discussion and interaction to allow delegates to consider how to enhance their individual and collective practice. Some basic factual knowledge of perinatal mental health is assumed, and the focus of this day is primarily on the application and the integration of that knowledge with clinical experience.

## **Programme**

### **9.30 – 11.00**

Us and our service: Why we are here; Being at our best all the time; Being part of a fantastic team; Inspiring others.

### **11.00 – 11.20 Break**

### **11.20 – 12.50**

Working together: collaborative care; therapeutic alliance; team roles and contributions; Beyond our teams

### **12.50 – 13.20 Break**

### **13.20 – 14.50**

Fabulous care: Making sense of maternal mental health problems - diagnoses, language, explanations, implications; Understanding babies - including them, cues, serve and return; Partners and family - including them, cues, needs; Risks we can reduce - and harm we can cause

### **14.50 – 15.10 Break**

### **15.10 – 16.40**

Measuring and recognising achievements; Building more and better: aspirations and how to achieve them

### **16.40 – 17.00**

Reflections, feedback, close

Alain has been a Consultant Specialist Perinatal Psychiatrist for 30 years, during which time he has set up and led multiple national award-winning specialist perinatal mental health services.

He was founder and first President of UKIMS (UK and Ireland Marcé Society), developed the POEM (Perinatal Outcome and Experience Measure), and for 20 years has mapped UK perinatal services and MBUs. He runs the National Perinatal Mental Health Course, which over 15 years has trained more than 2000 UK NHS staff. He was a member of the NICE Guideline Development Group for Antenatal and Postnatal Mental Health, and has contributed extensively to the development of policy, strategy, guidance and clinical services in the area of parental and infant mental health in the UK and across the world.

He was the founder and is President of the UK Maternal Mental Health Alliance, a coalition of over 110 national organisations committed to improving maternal mental health care and outcomes for mothers and their infants, which has successfully campaigned for government funding for perinatal mental health services across the UK.

Alain has worked in radio, television and film, including the multiple award-winning BBC documentary 'My Baby Psychosis and Me', and is a presenter for the award winning BBC TV programme 'Trust Me I'm a Doctor'.