

Delivering excellent specialist perinatal mental health care

Alain Gregoire (see bio on our website) will deliver this 1 day masterclass live, accompanied throughout the day by specially made recordings of interviews with highly 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 (for example from attending the **National 2 day course**), and the focus of this day is primarily on the application and the integration of that knowledge with clinical experience.

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

With Jo Black, Consultant perinatal psychiatrist, who set up Devon's mother & baby unit and specialist community perinatal mental health team; previously National Clinical Advisor Perinatal MH Services, NHS England and Chair of RCPsych Perinatal Faculty.

11.00 – 11.20 Break

11.20 – 12.50

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

With: Roch Cantwell, who was consultant perinatal psychiatrist in Glasgow. He set up Scotland's first mother & baby unit and specialist community perinatal mental health team. Lead psychiatry assessor for the UK and Ireland Confidential Enquiries into Maternal Deaths. Chaired the SIGN guideline development group for Perinatal Mood Disorders. Past Chair RCPsych UK and Scottish perinatal faculties. Founder member of Maternal Mental Health Scotland **and Mandy Raywood**, Perinatal nurse, perinatal MH team manager who set up Cornwall's specialist community perinatal mental health team

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

With: Clare Dolman: researcher with Lived Experience of bipolar disorder and postpartum psychosis, retraining in Psychology late in life and undertaking PhD on 'Women with Bipolar Disorder and Pregnancy' **and Jenny Walsh**: Perinatal nurse, perinatal MH team manager, Clinical Lead for NHSE South East Perinatal MH Network; Developer of [Webbeds](#)

14.50 – 15.10 Break

15.10 – 16.40

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

With: Laura Richmond, who was admitted to Winchester's MBU in 2014. She has worked in a variety of roles promoting maternal mental health, and completed a PhD in medieval history 2017. Her memoir of motherhood and mental health, [All My Worldly Joy](#), is forthcoming. Tweet @cooksferryqueen **and Sue Pawlby** Hugely experienced and internationally renowned clinical and research developmental psychologist – (see full bios on our website)

16.40 – 17.00 Reflections, feedback, close