

## CPD WORKSHOP: DIAGNOSIS AND MEDICATION

Saturday, 3rd March 2018, 1000-1600  
Quakers Meeting Rooms, Church Crescent, London N10 3NE

Facilitated by Dr. Abigail Smith

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The aim of the workshop is to provide participants with an overview of common mental health conditions, together with an exploration of the range of medications prescribed for some of these conditions. In addition, we will explore how a diagnosis is made using ICD-10 and/or DSM V clinical descriptions and diagnostic guidelines as well as exploring mental health as a continuum. The relationship between psychological and physical symptoms will also be discussed together with a brief exploration of the social and cultural impact on mental health.

### Workshop objectives:

- To provide an overview of common mental health conditions
- To introduce classifications of common mental health conditions using the clinical descriptions and diagnostic guidelines provided via ICD-10 and/or DSM-V
- To use the above guidelines to help develop an understanding of how a diagnosis is made
- To demonstrate an understanding of mental health as a continuum - from mental wellbeing to something temporary or limited towards mental health issues which are more enduring or permanent including severe psychological and emotional distress
- To explore the relationship between psychological and physical symptoms
- To briefly explore the social and cultural impact on mental health
- To discuss when to make a referral to a mental health professional
- To briefly examine the roles of other professionals in the mental health field
- To explore a range of prescribed medications for common mental health conditions, their effects and possible side effects (which may affect an individual's ability to fully engage with counselling or psychotherapy).

Dr Abigail Smith MA MBBS is a specialist trainee in general adult psychiatry in North London. She is approved under S12 MHA and is a member of the Royal College of Psychiatrists. She currently works on a busy inpatient ward and in a community team assessing new psychiatric referrals and liaising with local organisations.

Cost: £50.00 HCC members  
£75.00 non HCC members  
(This includes refreshments but not lunch)

To secure your place, please fill in the form overleaf

Please direct any queries to:  
Noemi Porubska, Training Administrator  
Highgate Counselling Centre

Telephone: 020 8883 5427  
Email: [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk)

**HIGHGATE COUNSELLING CENTRE  
CPD WORKSHOP: DIAGNOSIS AND MEDICATION**

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Please reserve me a place on the above workshop

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Fee:           £50.00 (HCC members)                   £75.00 (non HCC members)  
                  This fee is non-refundable and includes refreshments but not lunch

I enclose a cheque for           £50.00                   £75.00  
(Please circle and make your cheque payable to Highgate Counselling Centre)

I have paid by BACS           £50.00                   £75.00  
(Please circle and provide a reference or date of payment)

Payment by BACS bank transfer:

Bank:                            CAFBANK  
Sort code:                    40-52-40  
A/C number:                   00018507  
Please use reference:         Diagnosis Workshop / Your Name

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Please return this booking form by Friday, 23rd February 2018 to:

Noemi Porubska  
Training Administrator  
Highgate Counselling Centre  
Tetherdown Hall  
Tetherdown  
London N10 1ND

Telephone: 020 8883 5427  
Email: [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk)

A CPD CERTIFICATE WILL BE ISSUED AT THE END OF THE WORKSHOP