

## DIAGNOSIS AND MEDICATION WORKSHOP

Saturday, 2 March 2019, 1000-1600  
Quakers Meeting House, Church Crescent, London N10 3NE

**Facilitated by Dr. Abigail Smith**

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 descriptors 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 Outcomes:**

The session will:

- Provide an overview of common mental health conditions
- Introduce classifications of common mental health conditions using the clinical descriptions and diagnostic guidelines provided via ICD-10 and/or DSM-V
- Use the above guidelines to help develop an understanding of how a diagnosis is made
- 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
- Explore the relationship between psychological and physical symptoms
- Briefly explore the social and cultural impact on mental health
- Discuss when to make a referral to a mental health professional
- Briefly examine the roles of other professionals in the mental health field
- 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).

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.

### **Fee:**

£50.00 HCC members or £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:

Kevin Hamilton, Training Manager, Highgate Counselling Centre

Telephone: 020 8883 5427

Email: [kevin.hamilton@highgatecounselling.org.uk](mailto:kevin.hamilton@highgatecounselling.org.uk)

**HIGHGATE COUNSELLING CENTRE  
DIAGNOSIS AND MEDICATION WORKSHOP**

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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 surname

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Please return this booking form by Friday, 22 February 2019 to:

Kevin Hamilton  
Training Manager  
Highgate Counselling Centre  
58a Highgate High Street  
London N6 5HX

Telephone: 020 8883 5427  
Email: kevin.hamilton@highgatecounselling.org.uk

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