



west midlands  
ACADEMIC HEALTH SCIENCE NETWORK

# Person-centred care workshop

*in association with*



primary  
care  
centre



Keele  
University

## Thinking differently about mental health consultations - enhancing your skills

Free workshop for West Midlands GPs

This session will offer practical tips on different ways you can approach a consultation with a person with mental health needs. Moving on from a model where PHQ9 scores are used to decide between antidepressants and talking treatments, to developing an individually tailored understanding of distress and ways to support your patients, the session starts by demonstrating three different consultations: a 'traditional' consultation based on an ICD-10 assessment of need, followed by two alternatives: one using the socio-psycho-bio model from the 'Bounce Back' project developed in Liverpool, and the second using Behavioural Activation techniques to support patients in primary care consultations.

The workshop considers the differences between the three approaches, and identifies tips for you to try in your own consultations. We offer the opportunity to use role play to put these skills into practice. The session will finish with a panel discussion, exploring barriers to implementing these ways of working at the front line and identifying what additional resources are needed to help you in taking these ideas back to your own daily practice.

You will be provided with resources to take back to your practice.

Facilitators:

- Dr Carolyn Chew-Graham, GP Principal and Professor in General Practice
- Dr Liz England, GP, Sandwell and West Birmingham CCG Mental Health Clinical Lead and RCGP Mental Health Clinical and Commissioning Lead
- Dr Joanne Reeve, Associate Clinical Professor in General Practice
- Ms Lucy Cooper, Research Governance Lead at Alder Hay Hospital

Date: 15 April 2016

Time: 9.30am—1.30pm, including lunch

Venue: Wolverhampton Wanderers

Football Club, Molineux Stadium,

Waterloo Road, Wolverhampton WV1 4QR

This workshop is free to attend. Places are limited so secure your place quickly by contacting Emily Brayford on [e.c.brayford@keele.ac.uk](mailto:e.c.brayford@keele.ac.uk) or 01782 733905

To contact us and find out more:

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