



14 – 17 September 2017
Lord Charles Hotel, Somerset-West
Western Cape, South Africa
www.biopsychsa.co.za

PRE-CONGRESS WORKSHOPS, THURSDAY 14 SEPTEMBER 2017

WORKSHOP 1:

Molecular Detectives: Uncover the molecular and cellular pathways involved in novel treatment strategies (11:00 – 13:30)

- Functional Medicine and DNA Coaching: Science or FAD? (Dr Kobus Roux, Psychiatrist, Private Practice)
- Mabs: Biological traps to eliminate circulating pro-inflammatory mediators (Dr Eugene Allers, Psychiatrist, Private Practice)
- New treatment options targeting Molecular Pathways in Neuro inflammatory processes (Dr Leigh Janet, Psychiatrist, Private Practice)
- Molecular Pathways and Genes, identified in the mechanisms of action of Lithium and Lamotrigene (Dr Elizabeth Peter, Psychiatrist, Private Practice)

WORKSHOP 2:

Cannabis and mental health: what practitioners should know (14:00 – 16:30)

Workshop Chair: Dr Bronwyn Myers

- Introduction: Why cannabis use disorders hold relevance for mental health practitioners (Dr Bronwyn Myers, SAMRC Alcohol, Tobacco and Other Drug Research Unit)
- Cannabis use during adolescence (Dr Tara Carney, SAMRC Alcohol, Tobacco and Other Drug Research Unit)
- Cannabis, neurocognition and severe mental illness (Dr Henk Temmingh, Dept of Psychiatry & Mental Health, University of Cape Town)
- Medicinal cannabis and chronic pain (Dr Eileen Thomas, Dept of Psychiatry, Stellenbosch University)
- Cannabis and policy options (Dr Lize Weich, WC-DoH and Dept of Psychiatry, Stellenbosch University)

WORKSHOP 3:

The mindful brain and a taste of mindfulness (14:00 – 16:30)

Workshop by Dr Simon Whitesman (General Practitioner and Medical Psychotherapist; Programme Director: Certificate Training in Mindfulness-Based Interventions, Stellenbosch University)

"We only have moments to live" writes Jon Kabat-Zinn the pioneering teacher, author and researcher who perhaps more than anyone else has brought mindfulness into the mainstream of healthcare and society. This layered phrase offered in the modern idiom points to a truth common to the Wisdom Traditions that it is only in the present moment that we truly get to live, experience, grow and heal. Yet most of us are deeply conditioned to be anywhere but here most of the time, occupying what neuroscientists refer to as the default mode of the brain in which the mind is perennially somewhere other than where our bodies are. During this workshop, we will contextualise contemporary mindfulness, touch on some of the neuroscientific and clinical evidence and then explore an experiential "taste" of mindfulness practice, with time for feedback and discussion.

WORKSHOP 4:

Psychopharmacology /pharmacotherapy (14:00 – 16:30)

- New developments in diagnosis and treatment update: Schizophrenia/first episode psychosis in children and adolescents (Dr Anusha Lachman, Dept of Psychiatry, Stellenbosch University)
- Pharmacotherapy of trauma and stress related disorders (Dr Leigh van den Heuvel, Dept of Psychiatry, Stellenbosch University)
- Drug interactions: core knowledge for the psychiatrist (Dr Eric Declodt, Div Clinical Pharmacology, Stellenbosch University)
- What can we learn from pharmacotherapy in forensic psychiatric practice? (Dr Gian Lippi, Dept of Psychiatry, University of Pretoria)
- New developments in the treatment of Alzheimer's disease: False hope or reason for optimism? (Dr Carla Kotze, Dept of Psychiatry, University of Pretoria)

WORKSHOP 5:

Medically Unexplained Symptoms and Chronic Pain (14:00 – 16:30)

Workshop Chair: Prof Jackie Hoare (Dept of Psychiatry & Mental Health, University of Cape Town)

This workshop will use case presentations to highlight the current complexities and controversies in the field of medically unexplained symptoms and chronic pain. The workshop will also provide an update on pharmacological and psychological interventions for these disorders and explore novel therapeutic approaches. The workshop will focus on somatic symptom disorder, conversion disorder and chronic pain conditions. This workshop aims to be interactive encouraging audience participation and demonstrating the value of working in a multidisciplinary team in the field of consultation-liaison psychiatry.

- The mystery of medically unexplained symptoms- Facing diagnostic challenges in clinical settings (Dr Deirdre Pieterse, Dept of Psychiatry & Mental Health, University of Cape Town)
- Chronic pain in the consultation- approach to history taking and diagnosis, and the value of the interdisciplinary team (Dr Kerry-Ann Louw, Dept of Psychiatry & Mental Health, University of Cape Town)
- Update on pharmacological interventions and novel therapeutic approaches for somatic symptom disorders and conversion disorder (Dr Tessa Roos, Dept of Psychiatry, Stellenbosch University)
- Cognitive behavioural therapy for chronic pain: overcoming cultural barriers and perceived injustice (Dr Zanele Menze, Dept of Psychiatry, Stellenbosch University)
- Challenges of psychotherapy in chronic pain contexts: Attempting a holistic approach to understanding and treatment (Dr Louise Frenkel, Dept of Psychiatry & Mental Health, University of Cape Town)
- Is there a place for brief interpersonal dynamic psychotherapy in the treatment of somatic symptom disorder and medically unexplained symptoms (Dr Jason Bantjes, Dept of Psychology, Stellenbosch University)