**Mental Health and Wellbeing MATTERS**

Date: 16 January 2018

Venue: BMA House, Tavistock Square

Time: **6.30pm** for 6:45pm start

This educational meeting will focus on current issues around mental health and wellbeing. It offers an opportunity to explore personal values through completion of an interactive questionnaire on aspects of stigma, and to consider your own perceptions and practice related to wellbeing. There will be a generous question and answer session to follow to enable those present and those participating on the Web Cast to ask their individual questions.

6.40pm: **Welcome by Professor Lingam**

6.45pm: **Stigma, mental health and Zen: a dialectical approach to psychiatry**

Dr N Yoganathan, Consultant Psychiatrist in the NHS since 1996, Member Group Analytic Society (International) and Median Group Convenor. Former College Tutor for Psychiatry, Wessex Deanery (2010-2017). International Advisor on Stigma, careif. Currently working at HMP Downview, Central & North West London NHS Trust.

7.30pm: **Health or wellbeing?**

Dr Jennifer Willis, academic, educationalist (PhD sociolinguistics), International Advisor on Wellbeing and Education careif; fellow RSA, specialist research and publications: stigma and mental illness, and wellbeing. Founder member lifewideeducation.uk, executive editor LWE magazine and Creative Academic magazine.

8.00pm: **Plenary Group discussion and Question & Answer Session**

8:30pm**: Close & Vote of thanks**

Professor Sam Lingam

**These events are free of charge to BMA members in London. The programme is developed by Professor Lingam on behalf of the BMA London regional council. Certificates of attendance will be issued electronically following the event to those that signed in at the registration of the event.**

This meeting is facilitated by Dr Andrew Barton, London Regional Coordinator, [abarton@bma.org.uk](mailto:abarton@bma.org.uk)

**Please see overleaf for a reflective model you can use following this CPD event.**

**REFLECT ON YOUR LEARNING**

Reflection is not easily defined but can include **thinking for a purpose** – helping yourself to understand how you learn; it involves **analysing** how you learn and **evaluating** how effectively you learn. Mostly, it is about **critical thinking** about what you learn and how it will **change your behaviour/practice** in the future. In order to develop your learning to improve your practice take time to reflect on the CPD event you have attended and write some reflective notes. The following model may assist you:

**What did you learn?**

**So what difference does it make to your own practice?**

**What will you do now with this new knowledge?**