



Understanding and Supporting Veterinary Mental Health

The First Mind Matters Initiative Research Symposium

Thursday 19 January 2017

19.30-22.00: Dinner and networking

St Leonard's Hall, University of Edinburgh, 18 Holyrood Park Road, Edinburgh EH16 5AY

Friday 20 January 2017

8.30-16.30: Symposium

South Hall Complex, Pollock Halls, University of Edinburgh, 18 Holyrood Park Road, Edinburgh, EH16 5AY

8.30: Registration and refreshments in the South Hall

9.00: Welcome and introduction to the Mind Matters Initiative from Neil Smith, Chair

9.10: Plenary 1

Understanding suicidal behaviour

Professor Rory O'Connor, Professor of Health Psychology at the University of Glasgow, Past President of the International Academy of Suicide Research, UK

9.55: Plenary 2

Disclosure and assessing mental ill-health in the medical profession – what do we know?

Professor Debbie Cohen, Centre for Psychosocial Research, Occupational and Physician Health at the School of Medicine, Cardiff University, UK

10.40: Coffee/tea in the South Hall

11.00: Plenary 3

Protecting and improving mental health at work

Chris O'Sullivan, Head of Workplace Mental Health, Mental Health Foundation, UK

11.45: Expert panel discussion

12.15: Short talks streams 1

	Stream A – South Hall Chair: Neil Smith	Stream B – Kirkland Chair: David Bartram
12.15-12.30	Positive and negative work characteristics for small animal veterinary surgeons in the UK: a qualitative study Carolyne Crowe	A mixed methods study of mental health and wellbeing in different UK undergraduate student populations Elisa Lewis Jacqueline Cardwell
12.30-12.45	Veterinary transition study – investigating the transition from veterinary student to veterinary surgeon: prospective cohort study Rosie Allister	RVNs – How do you cope with stress in practice? Mary Fraser
12.45-13.00	Professional skills development and wellbeing in primary care practitioners Stephen May	Evaluation of humour types evident within UK veterinary practice and their effect on employees and the working environment: do you need a joker in your pack? James Farrell
13.00-13.15	Speaker panel Q&A	Speaker panel Q&A

13.15: Lunch in the John McIntyre Conference Centre restaurant

14.00: Short talks streams 2

	Stream A: South Hall Chair: Susan Dawson	Stream B: Kirkland Chair: Neil Smith
14.00-14.15	Empathy and burnout: how can educators help veterinary students develop balance for their future practice? Kirsty Hughes	Occupational stress and psychological wellbeing in UK veterinary surgeons Elinor O'Connor
14.15-14.30	Introducing a mindfulness-based intervention to third-year UK veterinary students: a pilot study Eleanor Pontin Avril Senior	Practice makes perfect? Skillful performance in veterinary work Caroline Clarke David Knights
14.30-14.45	Embedding resilience training into the veterinary curriculum: a pilot study Stacy Spielman	Identity, environment and mental wellbeing Elizabeth Armitage-Chan
14.45-15.00	Start with the students: prevention better than cure? Rosie Herrington	Evaluating the acceptability and effectiveness of providing mindfulness-based webinars for professionals in veterinary practice Mike Scanlan Rosalyn Collings
15.00-15.15	Speaker panel Q&A	Speaker panel Q&A

15.15: Coffee/tea in the South Hall

15.30: Workshop – Priorities in veterinary mental health research, with Lizzie Lockett, Mind Matters Initiative Director

16.30: Close, with Neil Smith

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