

Second National Conference The Mental Health of Athletes

Programme

- 9:30am **Chair's Welcome and Introduction – overview of day's event**
Dr Allan Johnston: MBBS, MRCPsych, Cert.Med.Ed(IU), Sports Psychiatrist at Spire Perform Leeds; Consultant NHS Psychiatrist; Consultant Psychiatrist & Trustee of State of Mind Sports Charity.
- 9:45am **Mental health challenges in elite sport: Are athletes a special case?**
Professor David Collins: Bed, MS, PhD, Chair and Director of the Institute of Coaching and Performance (ICaP), University of Central Lancashire, Director of Grey Matters Performance Ltd.
Florence Lebrun: Researcher, Institute of Coaching and Performance (ICaP), University of Central Lancashire
- 10:15am **Sports injuries and mental health**
Dr Marwan Al-Dawoud: MBChB, MRCPGP, MFSEM(UK), DipSEM, Sport and Exercise Medicine Physician at the NHS and This is my: Sports Medicine
- 10:45am **Symptoms of common mental disorders in professional sport and their relationship with musculoskeletal injuries**
Dr Vincent Gouttebarga: MSc, PhD, Chief Medical Officer, World Players' Union (FIFPro), Assistant Professor, Academic Medical Center, University of Amsterdam, The Netherlands
- 11.15am **Refreshments**
- 11:30am **Eating Disorders and sport**
Eating Disorders and sport – the medical perspective
Professor Alan Currie: MB, ChB, MPhil, FRCPSych, Consultant Psychiatrist, Regional Affective Disorders Service, Newcastle; Professor in Sports and Exercise Science at the University of Sunderland; Chair of Royal College of Psychiatrists' Sports and Exercise Special Interest Group.
Eating Disorders and sport – new research
Dr Carolyn Plateau: PhD, FHEA, Lecturer in Psychology, Loughborough University
Eating Disorders and sport – an athlete's perspective
Dr Emily Dudgeon: 800m runner finishing 6th in the 2012 World Junior Championships and competed in the 2014 Commonwealth Games.

- 12.30pm **Ask the Experts – Questions from the audience**
Audience’s questions to the morning’s experts
- 12.45pm **LUNCH**
- 13:45pm **Keynote Feature: Olympic Gold Medalist, Etienne Stott MBE interviewed by Professor Steve Peters**
- Professor Steve Peters:** MBBS, MRCPsych, BA, PGCE, MEd (medical), Dip. Sports Med, Consultant Psychiatrist; Senior Clinical Lecturer, Sheffield Medical School; Chief Executive Officer of Chimp Management Ltd; works in elite sport with Sky ProCycling and GB Taekwondo with current and past involvements in other Olympic and non-Olympic Sports including: British Cycling, Liverpool Football Club, England Football, England Rugby, World Championship Snooker and Professional Golf.
- Etienne Stott:** Etienne Stott won the Gold Medal at the London 2012 Olympics in the sport of canoe slalom, with his crew-mate Tim Baillie. On the 2nd of August, 2012, in front of a huge crowd, Etienne and Tim delivered a time of 106.41 seconds in their first Olympic final, a time that was never beaten. Their result helped Team GB to an unprecedented 3rd in the medal table, igniting the British public's enthusiasm.
- 14:45pm **A coach’s perspective: ‘A Coach’s insight into well-being and mental health’.**
Chris Chapman: Former Head Coach England Women Rugby League team and Talent and Performance Lead Officer, UK Coaching.
- 15:30pm ***Refreshments***
- 15:45pm **Protecting athletes from harassment and abuse**
Carole Billington–Wood: Senior Consultant, NSPCC Child Protection in Sport Unit (CPSU)
Samantha Little: Senior Case Manager, British Athletes Commission (BAC)
- 16:30pm **Ask the Experts – Questions from the audience**
Audience’s questions to the afternoon’s experts
- 16:45pm **Final comments, review and evaluation**
- 17.00pm **Conference close**