



## St Patrick's Mental Health Services, Founder's Day 2019

*The age of anxiety: Exploring national and international treatment approaches*

9.00am – 9.30am	Registration
9.30am – 9.45am	Paul Gilligan, Chief Executive Officer, St Patrick's Mental Health Services: Welcome Address

### Exploring international perspectives

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9.45am - 10.30am	Professor Mark Freeston, Newcastle University: The role of intolerance of uncertainty in understanding, formulating and treating anxiety in anxiety disorders and beyond
10:30am – 11:15am	Dr Helen Kennerley, Oxford Cognitive Therapy Centre: Trauma and Dissociation
11.15am – 11.45am	Break

### Exploring the Irish context

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11.45am - 11.50am	Jim Daly TD, Minister of State at the Department of Health with special responsibility for Mental Health and Older People: Ministerial remarks
11.50am – 12.30pm	Dr Brian Fitzmaurice, Trinity College Dublin: Cognitive Behavioural Therapy training for anxiety disorders – challenges and opportunities in an Irish context
12.30pm – 1.15pm	Service user panel: Perspectives on anxiety and treatment from experience
1.15pm – 2.15pm	Lunch

### Plenary Lecture

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2.15pm - 3.15pm	Professor David Clark, University of Oxford  <b>“Effective psychological treatments for anxiety and the Improving Access to Psychological Therapies (IAPT) programme”</b>
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### Panel Discussion – Moderated by Jan Ní Fhlanagáin

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3.15pm - 4.15pm	Professor Mark Freeston, Dr Helen Kennerley, Dr Brian Fitzmaurice and Professor David Clark
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*St Patrick's Mental Health Services' Anxiety Disorders team will present outcomes and findings from its service at an information stand outside the Lecture Hall throughout the day, including throughout breaks and lunchtime.*