



Delegate Pack

Veterans' Mental Health Conference 2022
Royal College of Psychiatrists, 21 Prescot Street, London, E1 8BB
10th March 2022

Dear Delegate,

Thank you for registering for this year's Veterans' Mental Health Conference on 10th March 2022. In preparation for the conference, we have put together some information that I hope will be helpful to you. This pack contains registration info, the programme for the day and the full list of speaker biographies.

Venue

Royal College of Psychiatrists
21 Prescot Street
London
E1 8BB

Registration

Please note it is essential that you are registered and seated by 9:00. Registration will open at 8:30am in the main entrance of the Royal College of Psychiatrists. Any delegate who is not seated by this time will have to wait until an appropriate time to quietly enter the room and may miss a portion of the opening session.

At registration you will be able to collect your delegate name badge and be able to utilise the unmanned cloakroom. Please note all bags, apart from small handbags, will need to be dropped off in the free cloakroom. The cloakroom will be **open until 7pm**. Volunteers will be available on the day to direct you.

We kindly ask all our delegates to please bring photographic ID to registration.

Programme

Please find below the programme for the day. Please keep an eye on our dedicated website for any programme updates at: <https://kcmhr.org/vmhc2022>.

Wifi

Free wifi access is available to all delegates. Upon arrival please select the guest network.

Dietary Requirements

Please do let us know if you have any particular dietary requirements that we should be aware of in advance of the conference by emailing: veterans-conference@kcl.ac.uk.

Access Requirements

Please do let us know if you have any particular access requirements that we should be aware of in advance of the conference by emailing: veterans-conference@kcl.ac.uk.

Conference Attire

Conference attire is smart casual.

Certificates

Certificates of attendance will be issued following the conference. Please do not forget to fill out and return your **feedback form** that will be emailed to you after the conference.

Public Transport

Please visit the Transport for London website for everything you need to know about public transport around the city: maps, guides, London journey planner, schedules, route information and online tickets.

Please note that London buses do not accept cash.

On behalf of the King's Centre for Military Health Research and the Forces in Mind Trust, I look forward to welcoming you on the day. If you should have any questions, please do not hesitate to contact us via email: veterans-conference@kcl.ac.uk.

Yours sincerely,



Professor Neil Greenberg
Professor of Defence Mental Health
King's Centre for Military Health Research



Veterans' Mental Health Conference

Thursday 10th March 2022 | 08.30 (09.00) – 17.10 (18.45)

Royal College of Psychiatrists, 21 Prescott Street, London, E1 8BB

Programme

08.30-09.00 Registration & Refreshments

Session 1: **Chaired by: Professor Sir Simon Wessely, King's Centre for Military Health Research**

09.00-09.05 Professor Sir Simon Wessely – Welcome to the Conference

09.05-09.20 Dr Adrian James – President of the Royal College of Psychiatrists

09.20-09.40 Minister for Veterans – “Veterans Mental Health Policy”

09.40-10.05 Professor Edgar Jones – “Demob happy - what can we learn from the past about mental health care for veterans?”

10.05-10.30 Kate Davies CBE – “How effective is NHS mental health care for veterans and what next”

10.30-11.00 Morning Coffee Break

Session 2: **Chaired by: Professor Nicola Fear, King's Centre for Military Health Research**

11.00-11.30 Dr Neil Kitchiner - “Rapid RCT - Guided Self-help for PTSD results and future directions”

11.30-12.00 Professor Daniel Freeman - “Virtual reality treatment for mental health disorders”

12.00-12.30 Professor Jackie Sturt and Dr Lisa de Rijk – “RTM therapy for PTSD in military veterans”

- 12.30-13.30 Lunch and Networking
- Session 3: Chaired by: Michael Ellicock, Forces in Mind Trust
- 13.30-14.10 Professor Dominic Murphy – “Moral Injury in UK veterans and what to do about it”
- 14.10-14.35 Dr Dan Leightley – “Reducing alcohol misuse in UK Military veterans”
- 14.35-15.00 Professor Cherie Armor – “Suicidality in Northern Ireland Veterans”
- 15.00-15.25 Professor Alan Finnegan – “Veteran friendly GP practices – how effective are they”
- 15.25- 16.00 Refreshments
- Session 4: Chaired by: Mr Hans Pung, Forces in Mind Trust
- 16.00-17.00 PhD showcase with expert judges panel
- 17.00-17.10 Professor Neil Greenberg, Royal College of Psychiatrists Lead for Military and Veterans’ Health, The End of the Day
- 17.15-18.45 Drinks Reception & Networking

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Speaker Biographies

Professor Sir Simon Wessely
King's Centre for Military Health Research
Session 1 Chairman
Welcome to the Conference

Simon Wessely studied medicine and history of art at Trinity Hall, Cambridge and University College Oxford, graduating in 1981. He obtained his medical membership in Newcastle, before moving to London to train in psychiatry at the Maudsley. He has a Master's and Doctorate in epidemiology. He is consultant liaison psychiatrist at Maudsley and King's College Hospitals.

He founded the King's Centre for Military Health Research. Its flagship project is a large-scale ongoing study of the health and wellbeing of the UK Armed Forces, and has had a direct impact on public policy and on forms of treatment and help for Service personnel. Professor Wessely has over 750 original publications, with an emphasis on the boundaries of medicine and psychiatry, unexplained symptoms and syndromes, military health, population reactions to adversity, and epidemiology.

He is active in public engagement activities, speaking regularly on radio, TV and at literary and science festivals. He is a trustee of Combat Stress and his contributions to veterans' charities include cycling (slowly) eight times to Paris to raise funds for the Royal British Legion.

In 2012 he was awarded the first Nature "John Maddox Prize" for Standing Up for Science. He was knighted in 2013 for services to Psychological Medicine and Military Health. Between 2014 and 2017 he was President of the Royal College of Psychiatrists.

Adrian James
Royal College of Psychiatrists
Welcome

Adrian was elected President of the Royal College of Psychiatrists in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates. Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. His priorities as President are:

- ♦ Establishing a pathway to parity for mental health services
- ♦ Equality and diversity
- ♦ Sustainability
- ♦ Workforce Wellbeing

Leo Docherty
Minister for Veterans
Veterans Mental Health Policy

Leo Docherty has served as the Member of Parliament for Aldershot since 2017. Born in Scotland in 1976, he was brought up in Gloucestershire.

After graduating from the School of Oriental and African Studies he attended the Royal Military Academy Sandhurst and was commissioned into the Scots Guards in 2001. He served in Iraq and Afghanistan with the 1st Battalion Scots Guards and 16 Air Assault Brigade and recounted his experiences in *Desert of Death; a Soldier's journey from Iraq to Afghanistan* (Faber 2007).

He has travelled very extensively across the Middle East and Central and South Asia and in 2007 travelled from Istanbul to Afghanistan on horseback, foot, bicycle and public transport, a journey of six months which culminated in playing the traditional Afghan game of Buzkashi. He is married to Lucy and they have a young family.

Professor Edgar Jones

King's Centre for Military Health Research, King's College London

Demob happy - what can we learn from the past about mental health care for veterans?

Edgar Jones is professor of the history of medicine and psychiatry at the Institute of Psychiatry, Psychology and Neuroscience at King's College London. He originally trained as a social and economic historian at Nuffield College Oxford before completing a doctorate in clinical psychopathology at Guy's Hospital and training as a psychodynamic psychotherapist. He is programme leader for the MSc in War and Psychiatry at King's College London and works in the field of military psychiatry exploring how both soldiers and civilians cope with the stress of war and enduring its effects on their mental state. His 2021 paper, 'COVID-19 and The Blitz compared: UK mental health outcomes', published in *Lancet Psychiatry*, explored how myths about wartime mental health allowed politicians to delay reforms and almost led to psychiatry being excluded from the National Health Service when it was established in 1948.

Kate Davies CBE

NHS England and NHS Improvement

How effective is NHS mental health care for veterans and what next

Kate is the national director for healthcare services across England for Armed Forces serving personnel, veterans and their families; sexual assault referral centres (SARCs); and prisons, immigration removal centres and secure children's homes and training centres. Her national role is to assure high quality, consistent and sustained services with a strong focus on health inequalities and outcomes for patients and their families.

Kate has developed and led national partnership agreements with the Ministry of Defence for Armed Forces commissioning, the Ministry of Justice for prisons and the children and young people secure estate and the Home Office for immigration removal centres. These agreements focus on core objectives and outcomes across Government for key patient areas that can only be delivered in partnership.

From an Armed Forces perspective, collaborative work with a range of partners, including the Ministry of Defence, Office for Veterans' Affairs and Royal College of General Practitioners, has resulted in the launch of Op COURAGE: The Veterans Mental Health and Wellbeing Service, the Veterans Trauma Network and integrated personal commissioning for the most severely injured serving personnel and veterans. She has also led the roll out of the veteran friendly GP accreditation programme; the launch of [Healthcare for the Armed Forces community: a forward view](#) and the roll out of a programme of work to establish Armed Forces families support networks.

Prior to her current role, Kate worked in a range of senior positions, including the Executive Lead for Prison, Detainee and SARCs Healthcare Commissioning for East Midlands; the strategic director of the award-winning Nottinghamshire County Drug and Alcohol Action Team, where she co-ordinated and delivered the Government's National Drug Strategy; and the Director of Black and Ethnic Minority Community Engagement at the University of Central Lancashire, International School for Communities Rights and Inclusion. This follows her early career, when she worked as a probation officer in the probation service.

In addition, Kate has been a Non-Executive Director on the National Treatment Agency Board and a member of the Government's independent Board for the Prison Drug Treatment Strategy Patel Review, which implemented the Substance Treatment Service and strategy and delivery across England. She has also been an Ambassador for Diversity in Public Appointments for the Government Public Appointments Commission.

Kate's strong leadership style and commitment to lived experience, co-production and addressing health inequalities, has led to her being awarded an OBE in 2009 for services for disadvantaged communities and a CBE in 2018, for her work to improve services for some of the most vulnerable groups. She is also an Honorary Doctor of Staffordshire University in recognition of her commitment to health and social equality.

Professor Nicola T. Fear

King's Centre for Military Health Research, King's College London

Session 2 Chairwoman

Nicola joined the Academic Department of Military Mental Health at King's College London (KCL) in 2004 having trained as an epidemiologist at the London School of Hygiene and Tropical Medicine and University of Oxford. Nicola has also worked as an epidemiologist within the UK Ministry of Defence. Since 2011, Nicola has been Director of the King's Centre of Military Health Research (KCMHR) alongside Professor Sir Simon Wessely. In 2014, Nicola was awarded a Chair in Epidemiology.

Nicola is the lead epidemiologist on the KCMHR military cohort study and leads several studies examining the impact of military service on families which have been awarded funding from the UK Ministry of Defence and, the US Department of Defense.

Nicola frequently briefs senior government officials and military leaders on the work of KCMHR and the impact of service life on personnel, veterans and families. Nicola also works with several Service charities to evaluate the interventions they deliver to veterans and their families. Nicola has over 220 academic publications and an H-index of 44.

Dr Neil Kitchiner
Cardiff University

Rapid RCT - Guided Self-help for PTSD results and future directions

Neil completed training as a registered mental health nurse 1988, Bedfordshire, England. He has worked as an accredited Cognitive Behavioural Psychotherapist (BABCP) since 1999. Neil has 36 year experience of working in various NHS mental health environments within the UK, (mainly South Wales) and Melbourne, Australia. Neil has worked in the private sector (Priory Hospital, Bristol) and for the past 20 years in the NHS at Cardiff and Vale University Health Board, within the Departments of Liaison Psychiatry, Traumatic Stress Service and currently Veterans' NHS Wales.

Neil is Director and Consultant Clinical Lead at Veterans' NHS Wales service funded by the Welsh Government. The service offers an out-patient mental health assessment and treatment to ex-service personnel of the armed forces with service related mental health problems.

Neil served as a Capt in the British Army Reserves, with 203 (Welsh) Field Hospital. He deployed to Afghanistan (HERRICK 19a), October 2013 – January 2014, as part of the Army Field Mental Health Team.

He holds an Honorary Senior Research Fellow with Cardiff University. He is involved in three randomised controlled trials for PTSD, a) treatment resistant PTSD in veterans, testing a novel virtual reality and treadmill therapy (3MDR) as a Principal Investigator (study completed July 2019); b) testing a guided self-help website vs traditional Cognitive Therapy for PTSD in civilians (completes March 2021) and c) testing the Rewind Technique (1991) against a waitlist control for PTSD.

Neil has recently published an updated Cochrane review re: Early psychological interventions for PTSD and a Systematic review and meta-analysis on the psychological therapies for PTSD in active duty and ex-service military personnel.

He regularly lectures and runs workshops on the psychological effects of trauma and psychological therapy for medical and non-medical personnel. He has written over 30 papers including Cochrane Reviews and book chapters.

Professor Daniel Freeman

University of Oxford

Virtual reality treatment for mental health disorders

Daniel Freeman is a Professor of Clinical Psychology and NIHR Senior Investigator at the University of Oxford and a consultant clinical psychologist in Oxford Health NHS Foundation Trust. Professor Freeman's research has focussed on using psychological theory to develop more powerful psychological treatments. He has also been pioneering the development of automated virtual reality treatments for mental health conditions. He founded Oxford VR, a University of Oxford spin-out company. He is the recipient of the 2020 British Psychological Society Presidents' Award for Distinguished Contributions to Psychological Knowledge. He presented the BBC Radio 4 series 'A History of Delusions'.

Professor Jackie Sturt
King's College London
RMT therapy for PTSD in military veterans

Professor Jackie Sturt is a behavioural scientist and both a registered general and mental health nurse in the Florence Nightingale Faculty of Nursing, Midwifery and Palliative Care, King's College London. Much of her academic career has been spent working in diabetes, developing, evaluating and supporting the implementation of complex interventions to support patient self-management.

She has undertaken a number of systematic reviews in diabetes distress and is also interested in how timely access to healthcare, via digital consulting, can support people to self-manage their long term physical and mental health conditions. She has been working with colleagues at University of Warwick and across Africa to understand the potential for remote consulting offering increased access to healthcare.

She is Chief Investigator of the REaCH trials evaluating the safety and trustworthiness of remotely delivered healthcare for long term condition management in Tanzania and Nigeria. Jackie has an interest in under-evaluated psychological treatments such as Neurolinguistic Programming (NLP) and is the joint Principle Investigator of the Veteran PETT feasibility trial evaluating Reconsolidation of Traumatic Memories (RTP) protocol compared to gold standard Trauma-Focused CBT in UK military veterans.

Dr Lisa de Rijk

Director of Awaken Consulting & Training Services Ltd

RMT therapy for PTSD in military veterans

Lisa de Rijk PhD, is a Psychotherapist, Visiting Research Fellow Kings College, London, Registered Nurse and Master Trainer of NLP. She is Director of Awaken Consulting & Training Services Ltd, and Awaken School of Outcome Oriented Psychotherapies Ltd, a UKCP Member Organisation. Lisa is also Clinical Training Director for the NLP Research & Recognition Project.

Michael Ellicock
Forces in Mind Trust
Session 3 Chairman

Mike is a social entrepreneur, Chief Executive and a former Parachute Regiment officer. He was wounded in action on Op Barras in Sierra Leone in 2000 and also served in Northern Ireland and in the 2003 invasion of Iraq. He transitioned out of the military in 2005, completed an MBA and has since led teams to deliver outstanding performance in diverse contexts: start-up and scale-up businesses, banking, and in the third sector.

After a brief time in the City, Mike grew and then sold Numicon Ltd. to Oxford University Press before launching National Numeracy as an independent charity in 2012. He co-founded Precision Hydration Ltd. in parallel with growing National Numeracy and recently launched The Plain Numbers Project, building upon an element of the research conducted within National Numeracy.

His wife, Hannah served in the Royal Army Medical Corps before becoming an osteopath and they have three teenage daughters. Mike holds the Guinness World Record for a marathon with a 20lbs pack (2h56) and he remains fit; he used the tactical pause before starting as Chief Executive of the Trust to complete the South Downs Way on a bike one way in under 7 hours and then the South Downs Double in under 16 hours, raising funds for Support Our Paras.

Professor Dominic Murphy
Combat Stress and King's Centre for Military Health Research, King's
College London

Moral injury in UK veterans and what to do about it

Dominic gained his first degree, an MA in psychology from Glasgow University in 2003. He then joined King's College London as part of the team that established the King's Centre for Military Health Research (KCMHR) and setup an ongoing UK military study following the 2003 Iraq War. Dominic earned his doctorate at KCL exploring vaccinations and medically unexplained symptoms in military personnel in 2010. Dominic then trained as a Clinical Psychologist and completed his clinical doctorate at Royal Holloway University in 2013. In 2013, Dominic joined Combat Stress (a national veterans mental health charity in the UK) where he established and now leads a research department specialising in veteran's mental health. The Combat Stress research department is co-located within the KCMHR where Dominic continues to be a member. Dominic is part of the Five Eyes Veterans Mental Health Consortium, a Director and Trustee for the Forces in Mind Trust, works on NATO research task groups, been a special editor for a number of journals and member of several international military mental health research consortiums and scientific advisory boards. In 2019, he was elected the President of the UK Psychological Trauma Society (UKPTS) and onto the executive board of the European Society for Traumatic Stress Studies (ESTSS). Dominic has specialised clinically and academically within the field of PTSD and military mental health and is widely published with over 140 articles to date. Currently Dominic is leading a number of clinical trials. These include an RCT exploring the efficacy of a novel modular treatment for Complex PTSD, an RCT exploring the impact of an App to reduce drinking in veterans with a dual diagnosis and a feasibility trial to develop and new intervention to treatment Moral Injury.

Dr Daniel Leightley

King's Centre for Military Health Research, King's College London

Reducing alcohol misuse in UK military veterans

Daniel Leightley is a Research Fellow at the King's Centre for Military Health Research where he joined in 2015. Daniel's research is focused on the interface between machine learning and mobile health technologies, specifically focused on diagnosis, treatment, intervention and management of physical and mental health conditions in the Armed Forces community. Daniel has expert knowledge on software development, data science and machine learning.

Professor Cherie Armour
Queens University Belfast
Suicidality in Northern Ireland veterans

Cherie Armour is a Professor of Psychological Trauma and Mental Health in the School of Psychology at Queen's University Belfast where she is also the Director of Research leading both day to day operations and the strategic direction. In addition, Cherie leads the Research Centre for Stress Trauma and Related Conditions (STARC). Cherie has a MSc in Forensic Psychology and a PHD in trauma, PTSD and Psychosis. Cherie has published extensively (>150) in the field of Psychotraumatology and Mental Health and has a particular interest in understanding risk and resilience factors for adverse psychological outcomes after the experience of trauma. To date, Professor Armour has delivered more than 120 conference presentations and is regularly invited to speak about her research at universities, conferences and events across the world.

Cherie has several research awards for her contributions to the field of traumatic stress. Cherie leads a multi-million-pound programme of research, including a bespoke large scale study on the health and wellbeing of UK Armed Forces veterans residing in Northern Ireland and a UK wide study which is focusing on identifying the determinants of psychological wellbeing in families of veterans of the UK Armed Forces. Cherie works in partnership with colleagues leading studies focused on Problematic Gambling in UK veterans and the implementation of a pilot trial assessing two treatments; TF-CBT (trauma-focused cognitive behavioural therapy) and RTM (reconsolidation of traumatic memories). Professor Armour also holds a number of leadership positions external to the University.

She is a current member of the board of directors for the International Society of Traumatic Stress Studies (ISTSS), the past President of the UK Psychological Trauma Society (UKPTS) and the Associate Editor of the European Journal of Psychotraumatology. Professor Armour also holds a number of editorial positions on several internationally leading journals, for example, the Journal of Anxiety Disorders, the Journal of Traumatic Stress Studies, and Psychological Trauma; Theory, Research, Practice and Policy. In 2023, Cherie will host the European Society of Traumatic Stress Studies (ESTSS) conference in Belfast.

Professor Alan Finnegan

University of Chester

Veteran friendly GP practices – how effective are they

Alan is Professor of Nursing and Military Mental Health (MH) and Director of the Westminster Centre for Veterans Research at the University of Chester. Alan was previously a British Army Nursing Officer, and during his military career he reached the rank of Colonel. His final appointment was as the first MoD Professor of Nursing. He deployed to Iraq, Afghanistan, Balkans, Northern Ireland and South Africa. Alan has experience leading military and veterans specific research. Since commencing at the University of Chester in 2016, Alan has been appointed as the principal investigator for over 30 research projects including awards from the NHS, Armed Forces Covenant Fund Trust, Health Education England, Forces in Mind Trust and Business.

Alan established the Royal College of Nursing (RCN) Defence Nursing Forum, is the RCN link member for military veterans, and a member of the RCN North West (NW) Regional Board. He is a Courtesy Professor at the University of South Florida, the Assistant Editor of Nurse Education Today, and an international board member of the Journal of Advanced Nursing. Alan is a Fellow of the Winston Churchill Memorial Trust; a Fellow of the RCN and a Fellow of the American Academy of Nursing where is a member of their expert panel for Military and Veterans Health.

Alan is a committee member of the: Veterans Advisory and Pensions Committee (NW) and Chair of their Health and Wellbeing Committee. Alan is Chair of the Armed Forces Network (NW), Chair of the Contact Research sub-group and the independent Chair of the Cheshire Armed Forces Community Covenant Partnership. Alan is a committee member of the NHS Armed Forces Clinical Reference Group and a member of the MH and Primary Healthcare sub-committees.

Mr Hans Pung
RAND Europe
Session 4 Chairman

Hans Pung is the Chairman of the Forces in Mind Trust (FiMT), a grant awarding body with the aim of enabling all ex-Service personnel and their families to have a successful and sustainable transition to civilian life. Founded in January 2012 by a £35 million Big Lottery Fund 20-year endowment, FiMT awards grants and commissions research, influences the ex-service member stakeholder community, and supports wider projects that deliver long-term solutions to the challenges faced by transitioning military personnel and their families.

When not undertaking his Chairman duties, Hans is the President of RAND Europe, a not-for-profit public policy research organisation that helps improve policy and decision-making through research and analysis. With offices in Cambridge (UK), and Brussels (BE), RAND's staff undertakes empirical studies for public, private, and third sector clients on a diverse range of policy issues. Hans joined RAND as a policy analyst in 2002 and continues to lead and deliver research projects, particularly around defence industrial economics and security policy issues.

Previously, Hans served as an engineer officer in the United States Army with responsibility for logistics, personnel, and operations and overseas service in the United Kingdom, South Korea, and Germany. He also led the emergency power response team at the Pentagon in the aftermath of 9/11.

A mathematics graduate of the United States Military Academy at West Point where he commanded the United States Corps of Cadets as a senior and played on the (American) football team, Hans also holds advanced degrees in mathematical modelling and modern history from Oxford University, which he attended as a (George C) Marshall Scholar.

Professor Neil Greenberg
Royal College of Psychiatrists Lead for Military and Veterans' Health
Closing remarks

Professor Greenberg is a consultant academic psychiatrist at King's College London. Neil served in the United Kingdom Armed Forces for more than 23 years and has deployed to many hostile environments including Afghanistan and Iraq.

Neil has published more than 200 scientific papers and book chapters many of which are on occupational and traumatic stress management. He is a past President of the UK Psychological Trauma Society, the Royal College of Psychiatrists Lead for Military and Veterans' Health and runs March on Stress (Neil has published more than 200 scientific papers and book chapters many of which are on occupational and traumatic stress management. He is a past President of the UK Psychological Trauma Society, the Royal College of Psychiatrists Lead for Military and Veterans' Health and runs March on Stress (www.marchonstress.com) a psychological health consultancy which aims to promote better mental health within organisations.

