Speaker notes

Institute of Mental Health International Conference, Wednesday 20th September

# Mind and Body in mental health - Professor Sarah Garfinkel

## Abstract

Cognitive and emotional processes are shaped by the dynamic integration of brain and body. A major channel of interoceptive information comes from the heart, where phasic signals are conveyed to the brain to indicate how fast and strong the heart is beating.  Interoception can be delineated across different dimensions, including the nature of the afferent signals, their neural processing, and the precision with which they can be sensed. This interoceptive channel is disrupted in distinct ways in different clinical groups. This talk will also detail how poor interoceptive precision is linked to anxiety symptomatology in autistic adults, where a targeted intervention to improve interoceptive accuracy reduces anxiety and enhances insula functional connectivity. The discrete cardiac effects on emotion and cognition have broad relevance to clinical neuroscience, with implications for peripheral treatment targets and behavioural interventions focused on the heart.

# Professor Sarah Garfinkel

## Biography

Sarah Garfinkel is Professor at the Institute of Cognitive Neuroscience, University College London (UCL), where she leads the Clinical and Affective Neuroscience Group. She completed her PhD in Experimental Psychology the University of Sussex, before undergoing a fellowship in Psychiatry and Neuroscience at the University of Michigan. At the Brighton and Sussex Medical School she underwent further training in autonomic neuroscience before transitioning to UCL in September 2020. Her current work focuses on brain-body interactions underlying emotion and cognition in clinical groups, with a particular focus on the heart. In 2018 Sarah was named a "Rising Star" by Nature, and in 2021 she was awarded the Mid-Career Prize by the British Association for Cognitive Neuroscience.

# What has the immune system got to do with depression? Professor Carmine M. Pariante

## Abstract

The interaction between the stress hormone, cortisol, and the inflammatory system, still represent one of the mysteries in the neurobiology of depression. Professor Pariante will discuss this important research question in its molecular, clinical and translational implications.

# Professor Carmine M. Pariante

## Biography

Carmine M. Pariante is Professor of Biological Psychiatry at the Institute of Psychiatry, Psychology and Neuroscience, King’s College London, and Consultant Perinatal Psychiatrist at the South London and Maudsley NHS Foundation Trust.

He investigates the role of stress and inflammation in the pathogenesis of mental disorders and in the response to psychotropic drugs, both in clinical samples and experimental settings.

His work focuses on depression and fatigue, with a particular interest in the perinatal period and in subjects with medical disorders. More recently, he has developed an interest in the effects of the arts, social prescribing, and nutritional interventions, on mental health.

He can be followed on Twitter and Instagram on @Pariantelab and on the digital publication that he edits, [www.inspirethemind.org](http://www.inspirethemind.org).

# How to fund a National (mental) Health Service - Professor Martin Knapp

## Abstract

It is widely argued that mental health services in the UK are under greater pressure than ever before and, by extension, that NHS funding is inadequate. Of course, professionals, patients and activists in *other* clinical fields express parallel concerns. On what basis, therefore, can we say that mental health services are under-resourced? And, if they are, what alternatives are there to address the issue? Is there a better way to fund a National (mental) Health Service?

# Professor Martin Knapp

## Biography

Martin Knapp CBE is Professor of Health and Social Care Policy at the London School of Economics and Political Science (LSE), based in the Department of Health Policy. He is also Professorial Research Fellow in the Care Policy and Evaluation Centre at LSE. Since 2009, Martin has been Director of the School for Social Care Research, part of the National Institute for Health and Care Research (NIHR) in England. And, since 2023, he has also been Programme Director of the NIHR Research Programme for Social Care. Martin’s main research interests are in the areas of social care, child and adult mental health, dementia and autism, with much of his work using economic arguments and evidence to inform policy discussion and practice development.

# Responses from Discussants

# Professor Tim Kendall

## Biography

Tim Kendall was appointed as National Clinical Director for Mental Health for the NHS in England in April 2016, providing clinical advice and strategy in mental health across government and the NHS. He holds responsibility for the clinical leadership of the £2.3bn mental health policy programme, leading the roll-out of community transformation, eating disorders and the development of a new approach to providing mental health care in schools as well as programmes around suicide reduction, talking therapies (IAPT) and digital therapies. He is core member of the Global Ministerial Mental Health Summit Steering Committees, having been compere and steering committee chair for the inaugural Summit in London in 2018, hosting the Duke and Duchess of Cambridge. Tim has been invited to consult to a diverse range of foreign governments.

Tim is also Director of National Collaborating Centre at the Royal College of Psychiatrists and UCL since 2001. He has facilitated the production of 30 or more NICE guidelines since. He has been conferred with honorary doctorates for his contribution to mental health at the Open University (2019) and the University of Sheffield (2020). He is an Honorary Chair at University of Sheffield and visiting Professor at UCL since 2009. He has published widely, awarded the 2004 Lancet Paper of the Year.  Tim continues work as consultant psychiatrist for the homeless in Sheffield.

# Dr Lade Smith

## Biography

Dr Shubulade (Lade) Smith was elected President of the Royal College of Psychiatrists in 2023 and leads the RCPsych on behalf of its members and associates. Ladeis a Consultant Psychiatrist at the [South London and Maudsley NHS Foundation Trust](https://slam.nhs.uk/) and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She has specialist expertise in mental health inequality. Until July 2023, Lade was the Clinical and Strategic Director of the [National Collaborating Centre for Mental Health](https://www.rcpsych.ac.uk/improving-care/nccmh) at the RCPsych, providing medical leadership for the team developing mental health guidelines. Lade sat on the core working group of the Independent Mental Health Act Review, chaired by Professor Sir Simon Wessely and was responsible for some of the key recommendations including those aimed at improving outcomes for Black people with mental health problems. Lade was awarded a CBE in the Queen’s Birthday Honours in June 2019 for services to Forensic Intensive Psychiatric care. In November 2019 she was awarded Psychiatrist of the Year by the RCPsych.

# Isabel Hardman

## Biography

Isabel Hardman is the Assistant Editor of the *Spectator*and presents Radio 4's Week in Westminster. In 2015 she was named the youngest ever Political Journalist of the Year by the Political Studies Association. Isabel’s latest book Fighting for Life is a provocative exploration of the NHS, told through the most critical moments in its 75-year history. She appears regularly on TV and radio, including Have I Got News for You, The Andrew Marr Show, The News Quiz, Today programme, Question Time and Sky News. She also writes columns for *The Times, The Guardian, The Sun, The Observer, Evening Standard,* and the *Daily Telegraph.*

# Suicide Prevention: is it possible? Professor Louis Appleby

## Abstract

A new national suicide prevention strategy has just been published, with the aim of reducing the 5,000 suicide deaths that occur each year in England. Which groups in society should we be most concerned about? What do we know about risk that we can use in prevention? Is prevention even possible? The talk outlines the new strategy and the evidence that has shaped it.

# Professor Louis Appleby

## Biography

Louis Appleby leads the National Suicide Prevention Strategy for England. He is Professor of Psychiatry at the University of Manchester where he leads the Centre on Mental Health and Safety, investigating suicide, self-harm and other areas of risk. He is Director of the National Confidential Inquiry into Suicide and Safety in Mental Health, a UK-wide study that aims to improve the safety of mental health care.

From 2000-2010 he was National Director for Mental Health in England, playing a central role in reforming community care. From 2010-2014 he was National Clinical Director for Health and Justice, leading the development of diversion services for offenders with mental health problems. From 2013-2019 he was a non-executive director on the Board of the Care Quality Commission. In 2021 he was awarded the Royal College of Psychiatrists Lifetime Achievement Award. He was awarded a CBE in 2006 and was knighted in the 2023 New Year Honours.

# Assisted Suicide and mental disorder - Dr Scott Kim

## Abstract

Although the debate over assisted dying (euthanasia and/or assisted suicide, or EAS) is popularly understood as a debate regarding ill persons already facing their natural death, in fact most countries that permit EAS do not impose such a restriction. Instead, they typically require some form of 'irremediable' medical suffering which casts a much broader net of eligibility. And the group of persons most controversially affected by such a broad EAS policy are persons with psychiatric conditions who wish to die. This talk on psychiatric EAS will review the clinical, ethical, and policy aspects of such a practice and the challenges it raises for society and for the mental health professional.

# Dr Scott Kim, MD, PhD

## Biography

Scott Kim is a Senior Investigator in the Department of Bioethics, National Institutes of Health. Prior to joining NIH, he was Professor of Psychiatry and Co-Director of the Center for Bioethics and Social Sciences in Medicine at the University of Michigan.

 He received his MD from Harvard and PhD in moral philosophy (on Kantian ethics) from the University of Chicago and trained in adult psychiatry at the Massachusetts General Hospital.   He combines philosophical, clinical, and empirical research approaches to address several bioethical topics, including ethical issues in human subjects research, decision-making capacity, surrogate consent, theory of informed consent, and end of life issues (especially euthanasia and physician-assisted suicide—for which he served on the Council of Canadian Academies Expert Panel on Medical Assistance in Dying).

# Professor Sarah Edwards

## Biography

Sarah Edwards is Professor of Bioethics at UCL having trained in Psychology, Philosophy, Medical Ethics, and Law, concentrating her research career on addressing issues in research ethics. She has a track record of collaborative and interdisciplinary research having published widely in both specialist bioethics and generalist medical journals. Her research has also been influential in national and international policies and practice helping to set, and support the implementation of, professional standards, especially in relation to clinical research.

Professor Edwards currently leads several research projects at the intersection between ethics and research methodology, especially in the field of infectious diseases, and continues to work with regulators across the world.

# Laughter is the best medicine - Professor Sophie Scott

## Abstract

Laughter is a nonverbal emotional vocalisation, found in humans and other mammals, which has its roots in play and joyful interactions. This talk will explore the nature of laughter, from its evolution to its different functions in human social interactions, and will draw out benefits of studying laughter when exploring mental health.

# Professor Sophie Scott

## Biography

Professor Sophie Scott is the Director of the Institute of Cognitive Neuroscience at University College London. She uses brain imaging to ask questions about how speech is processed as a sound, the neural basis of speech and sound processing and the social roles of vocalisations. She has pioneered neuroscientific studies of non-verbal emotional vocalisations and has developed a specific interest in the perception and production of laughter. She gave the Royal Society Christmas Lectures in 2017, was awarded a CBE in the Queen’s Birthday Honours in 2020 and was awarded the Royal Society Faraday Prize in 2021.