

# Meanings of Illness

manifestations, interpretations, diagnoses, management

10-11 November 2011

Cophthorne Effingham Conference Centre, Greater London

## Conference Overview

A unique collection of distinguished and internationally renowned experts, reflecting the local, national and global relevance of this prevalent though frequently misunderstood or undiagnosed condition. Conveying the main issues, manifestations and perspectives in a comprehensive examination of the language of illness, its conceptual interpretations and the developmental understanding, this conference aims to explore a range of perplexing questions, uncover the most salient mysteries and address practical requirements. Intended to appeal to a multi-disciplinary audience, it will be relevant to professionals working with children and adolescents, whether in a hospital, surgery, school or other setting.

## Conference Presenters

**Dr Jenny Altschuler:** Clinical Psychologist and Family Psychotherapist with long-standing experience in working with families affected by childhood and adult illness. Previously at the Tavistock Clinic, where her work included establishing a specialist clinical project and training course for health care professionals working with families affected by illness, Jenny is currently the Clinical Director of the One to One Children's Fund, focusing on the professional development of multi-disciplinary teams working with paediatric HIV/AIDs in sub-Saharan Africa and addressing the aftermath of trauma in the Middle East and Kosovo, where she is also helping develop models of care for children with special needs. Jenny offers psychotherapy, supervision and training on an independent basis in the UK. Her publications focus primarily on working with families affected by physical illness and migration including books entitled *Working with Families Facing Chronic Illness* and the forthcoming *Counselling and Psychotherapy for Families Facing Illness and Death*.

**Dr Gwynneth Down:** Consultant Family Therapist and joint Head of Psychotherapy/Supervisor for Systemic Psychotherapy, Great Ormond Street Hospital for Children, London. Gwynneth provides therapy to children and families affected by paediatric physical illness, most particularly in the renal and transitional care areas, applying her expertise to facilitate families use their strengths and work together in overcoming the difficulties experienced when a child is ill and having treatment issues.

**Professor Elena Garralda:** Professor of Child and Adolescent Psychiatry at Imperial College London and Honorary Consultant in Child and Adolescent Psychiatry, Central and North West London MH NHS Trust. Elena current Chair of the Psychiatry Section Board (2002-2003) of the Royal Society of Medicine and current member of the Paediatric Section Board; and is recent Chair of the London Deanery's Specialist Training Committee (STC) in Child and Adolescent Psychiatry and Higher Training Programme. Her main research interests include: the interface between physical and mental health problems in children; psychosomatic disorders and psychiatric adjustment in children with paediatric conditions; and outcome measurement in child and adolescent mental health care. She has published extensively on children with medically unexplained symptoms, and also contributed on a national level to the Chief Medical Office's working group on Chronic Fatigue Syndrome and to the National Service Framework's external working party on Child and Adolescent Mental Health.

**Dr Danya Glaser:** currently working with the Department of Health on a clinical pathway for children with unexplained symptoms and possible fabricated and induced illness, Danya was until recently Consultant Child and Adolescent Psychiatrist, Great Ormond Street Children's Hospital, London. Previously a Developmental Paediatrician, she has also worked in Child Mental Health in the community and has headed an integrated child protection service; provided multidisciplinary assessments for Children Act proceedings and undertaken post protection team working with children who have been seriously maltreated and their current, often new carers. She has taught and written widely on various aspects of child maltreatment, including sexual and emotional abuse, fabricated or induced illness; and the effects of child maltreatment on the developing brain.

**Dr Esse Menson:** consultant paediatrician at the Evelina Children's Hospital at St Thomas' Hospital and honorary consultant at St George's Hospital, with specialist interests in infectious diseases, HIV and immunodeficiency, covering South East Thames. She is on the UK Children's HIV Association Executive board. Her general paediatric interests centre on adolescents with chronic and non-specific or poorly diagnosed conditions. In her specialist field, Esse has particular interest in supporting adolescents through disclosure of HIV diagnosis and adaptation towards self-management in young adulthood, running multidisciplinary clinics tailored to the needs of young people (aged 12-16+ years) and young adults (aged 16+ -24 years). In this context she has developed an interest in adolescent sexual health, and in the specific cross-cultural problems faced by first generation UK children of African parents.

## CONFERENCE PROGRAMME

### Thursday 10 November 2011

- 12-1.00 Arrival and registration
- 1-2 pm lunch
- 2-3pm **PLENARY 1 : The meanings illness has for Children, Families and Health Care Professionals**  
**Dr Jenny Altschuler:** talk followed by plenary discussion  
This presentation focuses on the need to take account of a wide range of factors including gender, culture and histories of migration in discussing the meanings illness has for children, their parents and siblings, and for the various health care professionals entrusted with their care. This is followed by a discussion of ways of addressing the challenges illness presents to the child, family and professionals, and intervening when children and families appear to be particularly troubled.
- 3.00-3.15 Afternoon Tea Break
- 3.15 – 4.15 **PLENARY 2 : Long Term Conditions**  
**Dr Gwynneth Down and Dr Esse Menson**
- 4.15 – 4.45 tea
- 4.45 – 6.15 Breakout session – submitted workshops on children with long term conditions**
- 7.30/8.00pm Conference dinner

### Friday 11 November 2011

- 09.00-10.00 **PLENARY 3 : Medically unexplained symptoms**  
**Professor Elena Garralda**
- 10.30-11.00 Coffee
- 11.00-12.30 **Breakout sessions – submitted workshops on children with medically unexplained symptoms**
- 12.30-1.30 lunch
- 1.30-2.30 **PLENARY 4 : Fabricated and Induced Illness**  
**Dr Danya Glaser**
- 3.00-3.30pm Conference close and goodbyes