

# Meanings of Illness

manifestations, interpretations, diagnoses, management

10-11 November 2011

Copthorne Effingham Conference Centre, Greater London

**Conference Overview:** a unique event, drawing together the expertise, specialist knowledge and complementary foci of two Associations - one national and one European - to host a two-day programme of keynotes, symposia, lectures and workshops, covering the very latest in interpretations, interventions, manifestations and developments and offering the dynamic of leading academics and aspiring researchers.

**Conference Presenters:** a balanced programme of distinguished and internationally renowned speakers, reflecting local, national and global contexts, perspectives and insights and sharing thoughts, emerging research, and conceptual understanding in a comprehensive examination of the language of illness.

- **Dr Jenny Altschuler:** Clinical Psychologist and Family Psychotherapist with long-standing experience in working with families affected by childhood and adult illness.
- **Dr Gwynneth Down:** Consultant Family Therapist and Head of Family Psychotherapy, Great Ormond Street Hospital for Children, London and Tutor at the Institute of Family Therapy, London.
- **Professor Elena Garralda:** Professor of Child and Adolescent Psychiatry, Imperial College London and Honorary Consultant in child and Adolescent Psychiatry, Central and North West London Foundation NHS Trust.
- **Dr Danya Glaser:** Honorary Consultant Child and Adolescent Psychiatrist, Great Ormond Street Children's Hospital, London and currently working on a clinical pathway for children with unexplained symptoms and possible fabricated and induced illness.
- **Dr Esse Menson:** Consultant Paediatrician, Evelina Children's Hospital, St Thomas' Hospital and Honorary Consultant, St George's Hospital, with specialist interests in infectious diseases, HIV and immunodeficiency, covering South East Thames.

**Conference Highlights:** a great opportunity to learn from the leading professionals, network with a wide pool of inter-global colleagues, explore a range of perplexing questions and salient mysteries, and address practical requirements and key misunderstandings. The forum approach optimises discussion, interaction and dissemination of scientific problems, clinical experiences and evidence-based outcomes; and facilitates the exchange of information, publications and recognised best practice

Embracing a multi-disciplinary focus, the programme has been designed to be relevant, inclusive, and of direct appeal to a multi-disciplinary audience – the practicing CAMH community and all those working with children and adolescents, whether in a hospital, surgery, school or other setting.

**Conference Hosts:** a complementary synthesis of leading UK and European associations:

- Association for Child and Adolescent Mental Health: interdisciplinary membership organisation committed to advancing standards, disseminating knowledge and enhancing clinical practice to best meet the psychological needs of children, young people and all those involved in their care and development.
- the European Association for Consultation Liaison Psychiatry and Psychosomatics: membership body, promoting the advance of scientific knowledge and clinical practice in the field of consultation psychiatry and psychosomatics, and the management of patients with psychiatric disorders and psychological problems in medical settings

## CONFERENCE PROGRAMME : DAY ONE

### Thursday 10 November 2011

12.00-13.00 Arrival and Registration

13.00-14.00 Light Buffet Lunch

14.00-15.00 **PLENARY 1 : The meanings illness has for children, families and health care professionals**

Talk will be followed by plenary discussion

**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*

**Abstract:** 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.

15.00-15.15 Afternoon Tea Break

15.15-16.15 **PLENARY 2 : Long term conditions**

**Dr Gwynneth Down and Dr Esse Menson**

Gwynneth is Consultant Family Therapist and Head of Family Psychotherapy, Great Ormond Street Hospital for Children, London and Tutor at the Institute of Family Therapy, London. Gwynneth provides therapy to children and families affected by paediatric physical illness, in addition to consultation and training. Her recent research has focused on the relationships between healthcare professionals and families when caring for ill children. Her publications relate mainly to physical illness and systemic supervision.

Her Co-Presenter Esse, is 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.

**Abstract:** Long term physical conditions require significant adaptations in roles and relationships; within families, with peers, medical teams and professional carers. This presentation will explore the relational impact of long term conditions and invite conference attendees to consider their own positioning in relation to the children and families they work with.

16.15-16.45 Afternoon Tea

16.45-18.15 **Breakout Sessions: submitted workshops on children with long term conditions**

19.30/20.00 Conference Dinner

## CONFERENCE PROGRAMME : DAY TWO

### Friday 11 November 2011

#### 09.30-10.30 **PLENARY 3 : Medically unexplained symptoms**

**Professor Elena Garralda:** Professor of Child and Adolescent Psychiatry at Imperial College London and Honorary Consultant in Child and Adolescent Psychiatry with Central and North West London Foundation NHS Trust. She is currently Book Editor of IACAPAP (International Association of Child and Adolescent Psychiatry and Allied Disciplines) and member of the WHO Working Group on ICD-11 Somatoform Disorders, as well as a Board member of the Paediatric Section of the Royal Society of Medicine, and research lead of the UK Special Interest Group in Paediatric Liaison. Her research interests include the interface between physical and mental health in children and outcome measurement of CAMHS use, and she has published and lectured nationally and internally in these areas.

**Abstract:** Bodily discomfort and pain are common in children, as in adults. Normally they are transient and not linked to medical disorders; they tend to be connected to every day physical events/stressors and also to emotional stress. However in some cases bodily symptoms which are functional (ie unexplained by a medical organic disorder) become recurrent and marked, bothersome and impairing, leading to repeated and inconclusive medical consultations. The associations with psychological or mental health can be assumed by "default", giving rise to the unhelpful concept of symptoms being "all in the mind". This lecture will outline the contribution of psychosocial factors to these clinical presentations, which are at the interface between children's physical and mental health and not uncommonly a challenge to both paediatric and child mental health services. It will articulate ways in which services can manage and successfully treat the symptoms and impairment and in the process also perhaps prevent their continuation into adulthood.

10.30-11.00 Morning Coffee

11.00-12.30 **Breakout Sessions: submitted workshops on children with medically unexplained symptoms**

12.30-13.30 Lunch

13.30-14.30 **PLENARY 4 : Perplexing presentations, medically unexplained symptoms or fabricated illness**

**Dr Danya Glaser:** Honorary Consultant Child and Adolescent Psychiatrist, Great Ormond Street Children's Hospital, London and currently working on a clinical pathway for children with unexplained symptoms and possible fabricated and induced illness. 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 researched, 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.

**Abstract:** Most children who are subject to fabricated illness, a form of child abuse, are presented initially with accounts about their ill-health which, on further examination and investigations, do not 'add up'; many of these children also have genuine ill-health. Regardless of the parents' motivating factors - anxiety, misconstruing of the meaning of symptoms or possibly active deception - the effects on the children are remarkably similar: repeated medical investigations and procedures; poor school attendance and limitation of normal activities and socialisation; and anxiety and confusion about their own state of health. They share a number of alerting signs with children whose presentations are perplexing. However, not all children with perplexing presentations are subsequently found to have illness fabrication. This presentation will describe how to manage these cases and obstacles in doing so. The emphasis is on a) establishing definitively what is and is not wrong with the child at this time, b) presenting this firmly to the parents and c) initiating possible reduction in medication and a plan for improving the child's functioning, including active rehabilitation. If the parents do not participate in this plan and pursue more investigations, or when there is clear deception by the parents, this suggests fabricated illness and indicates referral to children's social care. The role of the children in these presentations will also be discussed. Unresolved questions remain including the nature of follow-up monitoring of the progress of the children.

14.30-15.00 Conference Conclusion with Afternoon Tea

## MEANINGS OF ILLNESS

Please complete registration form and return to:

ACAMH, 39-41 Union Street, London SE1 1SD; Phone: 020 7403 7458 Fax: 020 7403 7081 Email: [sophie.hinton-lever@acamh.org.uk](mailto:sophie.hinton-lever@acamh.org.uk)

Name: ..... Title: Professor/Dr/Mr/Mrs/Ms/Miss

Job title: .....

Organisation: .....  
(Details as you would like them to appear on your badge – please print in capitals)

Work address: .....  
.....  
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Address for correspondence (if different): .....  
.....  
.....

Email: .....

Email: .....

Daytime telephone number: .....

Daytime telephone number: .....

<b>Delegate Fees</b>	Thursday:	<input type="checkbox"/> ACAMH member: £ 45.00	<input type="checkbox"/> Non-member: £ 50.00
	Friday:	<input type="checkbox"/> ACAMH member: £ 85.00	<input type="checkbox"/> Non-member: £ 95.00
	Conference Dinner:	<input type="checkbox"/> Per delegate: £ 35.00	<input type="checkbox"/> Guest (number): .....
	Bed & Breakfast:	<input type="checkbox"/> Wednesday: £ 70.00	<input type="checkbox"/> Thursday: £ 70.00
	24-hour residential rate*:	<input type="checkbox"/> ACAMH member: £180.00	<input type="checkbox"/> Non-member: £195.00

\* Thursday evening conference dinner, bed and breakfast, all day Friday (please add Thursday for full conference fee)

Please indicate if you have any special dietary or access requirements:

**Payment** (a receipt will be issued for all payments)

Payment by cheque I enclose a cheque for £ ..... (payable to ACAMH)

Payment by credit card Visa/Mastercard/Eurocard/Maestro/AmEx/Electron

Please charge £ ..... to my ..... card Expiry date: ..... / .....

Name on card : ..... Valid from: ..... / .....

Card number : ..... Issue number ..... CCV number.....

Cardholder's billing address: .....

Signed ..... Date .....

Payment by invoice Invoices can only be issued if an official order or confirmation on headed paper is attached to this form, clearly indicating Purchase Order Number and Paying Body

Purchase Order Number: ..... Payer: .....

IMPORTANT: Invoice requests without either confirmation or PO Number/Payer will be returned

**CLOSING DATE: 7 November 2011**

**Early application is advised**

Confirmation will be mailed out to all delegates who enclose their fee/invoice order. If you have not received confirmation at least one week before the event please contact the Conference Team; do not turn up on the day without having received confirmation.

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