

RCPsych Faculty Psychiatry of Intellectual Disability Conference 2025

Date: Tuesday 7th – Wednesday 8th October 2025

Venue: Voco Hotel, Leicester (in-person only)

Organising Committee

Dr Samuel Tromans (Academic Secretary); Dr Ezhil Anand (Academic Secretary); Dr Indermeet Sawhney (Chair); Professor Rohit Shankar (Vice Chair); Professor Mahesh Odiyoor (Finance Officer)

Tuesday

Time	Session
8.30am <i>Atrium</i>	Registration, refreshments and poster exhibition viewing
Session 1: Chair - Dr Ezhil Anand	
9.10am <i>Foxes/Tigers Suite</i>	Welcome and introductions Dr Indermeet Sawhney, Faculty Chair Hertfordshire Partnership University NHS Foundation Trust
9.15am	Seeing an intellectual disability psychiatrist is good for your health: evidence to combat therapeutic nihilism Dr Richard Laugharne
9.40am	Questions
9.45am	Medication use among older adults with intellectual disability: findings from the Intellectual Disability Supplement to the Irish Longitudinal Study on Ageing (IDS-TILDA) Dr Juliette O'Connell, Trinity College Dublin Hear how to pronounce my name
10.10am	Questions
10.15am <i>Atrium</i>	Break, refreshments and poster exhibition viewing
Session 2: Chair – Dr Ezhil Anand	
10.45am <i>Foxes/Tigers Suite</i>	Long-term segregation and seclusion: patient and carer experiences and subsequent panel discussion Chair: Professor Sujeet Jaydeokar 10.45-11.05: Breaking the silence: rethinking long-term segregation in psychiatric practice Ms Alexis Quinn, Restraint Reduction Network 11.05-11.25: What if the hardest thing is the right thing? Mrs Viv Weisner, Expert By Experience Hear how to pronounce my name
11.25am	Panel Discussion and Questions Dr Rory Sheehan, Ms Alexis Quinn and Mrs Viv Weisner

11.45am	Dementia and people with intellectual disabilities – key messages from the revised British Psychological Society/Royal College of Psychiatrists guidance Dr Karen Dodd, Karen Dodd Consultancy
12.10pm	Questions
12.15pm <i>Restaurant</i>	Lunch and poster exhibition viewing
Session 3: Chair - Dr Mahesh Odiyoor	
1.15pm <i>Foxes/Tigers Suite</i>	The Mental Health Bill and its potential impacts on autistic people and people with learning disability Dr Peter Beazley
1.40pm	Questions
1.45pm	Combining the powers of big data, AI, lived experience and professional expertise to improve care for people with intellectual disabilities and multiple long-term conditions Dr Satheesh Gangadharan, Leicestershire Partnership NHS Trust Professor Thomas Jun, Loughborough University
2.10pm	Questions
2.15pm <i>Atrium</i>	Break, refreshments and poster exhibition viewing
2.45pm <i>Foxes/Tigers Suite</i>	The oral health of people with intellectual disability Professor Mona Nasser, University of Plymouth
3.10pm	Questions
3.15pm	Joze Jancar Lecture Professor Regi Alexander
3.55pm	Response to Joze Jancar Lecture Dr Jane McCarthy, Sussex Partnership NHS Foundation Trust Hear how to pronounce my name
4.10pm	Questions
4.15pm	Improving quality and experience of rehabilitation and habilitation Mahesh Odiyoor Mrs Christine Hutchinson, Edge Hill University
4.40pm	Questions
4.45pm	Performance by the Singing for the Soul Choir
5.15pm	Conference close

Wednesday

Time	Session
8.30am <i>Atrium</i>	Registration, refreshments and poster exhibition viewing
Session 1: Chair - Professor Rohit Shankar	
9.15am <i>Foxes/Tigers Suite</i>	Welcome and introductions Professor Rohit Shankar, Faculty Vice Chair University of Plymouth
9.20am	Psych Star Presentation Break the Barrier: Tackling Inequalities in Intellectual Disability Healthcare Raena Swami, Medical Student Queen's University Belfast, Psychiatry of Intellectual Disability Psych Star Hear how to pronounce my name
9.25am	Introduction to Alec Shapiro Presentations
9.30am	Alec Shapiro Presentation 1 Life Beyond Childhood: Insight Into the Lived Experience of 91 Adults With KBG Syndrome Through an Online Patient/Caregiver-Reported Co-Produced Questionnaire Dr Moira Walker
9.45am	Alec Shapiro Presentation 2 Fragile Balance: Managing Bone Health in People with Intellectual Disability and Epilepsy Dr Rachel Menon
9.55am	Alec Shapiro Presentation 3 Understanding the Patterns in Intellectual Disability Psychiatry Recruitment in South East London and South West London Deaneries Dr Fergus Lewis
10.05am	Alec Shapiro Presentation 4 Cyproterone as an Adjunct for Aggression in patients with Learning Disability and Autism: A Narrative Literature Review of its Mechanism of Action, Efficacy and Safety Dr Oliver Turner
10.10am <i>Atrium</i>	Break
Session 2: Chair - Professor Raja Mukherjee	

Conference Programme

10.45am <i>Foxes/Tigers Suite</i>	Safer online lives – internet use and safety for people with intellectual disabilities Dr Paraskevi Triantafyllopoulou, University of Kent Hear how to pronounce my name
11.10am	Questions
11.15am	The effectiveness of sertraline for anxiety in autistic adults: results of the STRATA Randomised Controlled Trial Professor Dheeraj Rai, University of Bristol
11.40am	Questions
11.45am	Beautiful lives – how we got learning disabilities so wrong Mr Stephen Unwin
12.10pm	Questions
12.15pm <i>Restaurant</i>	Lunch and poster exhibition viewing
1.15pm <i>Foxes Suite</i>	Workshop 1: How to get your research published Professor Rohit Shankar, University of Plymouth Dr Alexandra Gabrielsson, Hertfordshire Partnership University NHS Foundation Trust Hear how to pronounce my name
<i>Tigers Suite</i>	Workshop 2: Active involvement of people with lived experience of learning disability in research and service development Mrs Sarah Rabbitte, Leicestershire Partnership NHS Trust Ms Amy Wilkins, Leicestershire Partnership NHS Trust Ms Heidi Neville, Expert by Experience Mr Russell Lacey, Expert by Experience Ms Sonal Kuchadia, Expert by Experience
1.40pm	Changeover to repeated workshops
1.45pm <i>Foxes Suite</i>	Workshop 1: How to get your research published Professor Rohit Shankar, University of Plymouth Dr Alexandra Gabrielsson, Hertfordshire Partnership University NHS Foundation Trust Hear how to pronounce my name
<i>Tigers Suite</i>	Workshop 2: Active involvement of people with lived experience of learning disability in research and service development Mrs Sarah Rabbitte, Leicestershire Partnership NHS Trust Ms Amy Wilkins, Leicestershire Partnership NHS Trust Ms Heidi Neville, Expert by Experience Mr Russell Lacey, Expert by Experience Ms Sonal Kuchadia, Expert by Experience

Conference Programme

2.10pm <i>Atrium</i>	Break
	Session 3: Chair - Dr Samuel Tromans Hear how to pronounce my name - Sam
2.40pm	Valproate prescribing for people with Intellectual Disabilities Dr Lance Watkins
3.05pm	Questions
3.05pm	Phenomenology, Neurology and Aetiology, a different way to look at neurodevelopmental conditions Professor Raja Mukherjee
3.30pm	Questions
3.35pm	Holistic working in fragile X syndrome Professor Julian Barwell, University Hospitals of Leicester and University of Leicester Mr Chris McQuade
4.00pm	Questions
4.05pm	Prize presentations and closing remarks Dr Indermeet Sawhney, Hertfordshire Partnership University NHS Foundation Trust, Faculty Chair
4.20pm	End of conference

Please note this programme is subject to change

RCPsych is an inclusive organisation with over 21,000 members who have a diverse range of views, which we look to represent across the programme. To further open dialogue, scientific discovery and enrich learning, we provide our members with the opportunity to hear from a range of professionals. The speakers, panellists and participants views and comments are their own and not the established views of the College.