



The British
Psychological Society
Northern Ireland Branch



FREE PUBLIC EVENT
TO OPEN THE 2017 ANNUAL CONFERENCE OF
THE BRITISH PSYCHOLOGICAL SOCIETY NORTHERN IRELAND BRANCH

Promoting Wellbeing and Mental Health: Illustrations from research across the lifespan

Ballymascanlon House Hotel, Dundalk, Co Louth
Exhibition - local organisations 6pm (Refreshments served)
Symposium begins at 7pm sharp – 8.30pm

The British Psychological Society Northern Ireland Branch (NIBPS) is pleased to be partnering with The Psychological Society of Ireland (PSI) in co-hosting a joint Public Lecture to open the NIBPS 2017 Annual Conference at Ballymascanlon House Hotel, Dundalk, Co Louth on Wednesday 22 March 2017 at 7pm. An exhibition promoting local relevant voluntary and health services related to the series of talks will commence at 6pm.

This event brings together a group of presentations that illustrates the importance of promoting wellbeing and mental health at every stage of life and how the way we respond to the challenges that life presents can make a big difference to how we feel, think and behave.

In the opening paper Dr Nichola Doherty from the Western Health & Social Care Trust will discuss how positive parenting can influence the health and wellbeing of both parents and children.

Next Dr Gavin Breslin from the School of Sport at Ulster University will speak about his research into how community participation in sport can enhance wellbeing.

Dr Liz Simpson also from Ulster University will bring us up to date with her research on how the effects of menopause on women's wellbeing can be more effectively managed.

Finally Dr Frank Doyle from the Royal College of Surgeons in Ireland will discuss how feelings, thoughts and behaviour impact on wellbeing in older people.

To book your free place go our website and scroll to the booking page until you come to the specific link for this opening event:

<http://beta.bps.org.uk/events/northern-ireland-branch-2017-annual-conference>

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Positive parenting to promote health and wellbeing

Dr Nicola Doherty, Consultant Lead Clinical Psychologist, Paediatric Psychology, Western Health and Social Care Trust

Parenting can bring with it much joy, love and happiness alongside frustration, anger, sadness and bewilderment. Navigating through the sea of emotions can be difficult for both parent and child. This talk considers the family system and highlights how health and wellbeing can be promoted for all by positive parenting. This largely light hearted talk will draw on a little theory and hopefully a lot of good practice illustrated with various media including case examples.

Nicola has worked as a Clinical Psychologist in the field of Paediatric Psychology and CAMHS for the past 17 years. Only 10.5 of these have been as a parent! She has a keen clinical and research interest in the early years, in brain body links and in interventions for optimal health and wellbeing outcomes.



Sport for enhancing wellbeing in the community

Dr Gavin Breslin, School of Sport, Ulster University

Research into sport and exercise psychology has grown over the past decade with more teams, individual athletes, coaches, parents and organisations seeking the services of a qualified sport psychologist. This talk will include a description of the role of the sport psychologist and the application of psychological theory to sport settings through the use of club, school and wider community interventions to enhance wellbeing. Dr Breslin will be drawing examples from his recent book (Practitioner Case Studies in Sport and Exercise psychology) highlighting that if sport is harnessed appropriately community wellbeing can be impacted. The talk will be of relevance to athletes, coaches, parents and advocates who promote mental health and wellbeing through sport.

Dr. Gavin Breslin is the Head of The School of Sport at Ulster University. In 2005 he was awarded his PhD in Psychology, from Queen's University Belfast. After spending two years as a researcher in the Health Promotion Agency, in 2007 he was appointed as a Lecturer in

Sport & Exercise Psychology at Ulster where he contributes to undergraduate and postgraduate teaching, research, community outreach and consultancy. Gavin is a Senior Lecturer in psychology, Course Director of the MSc in Sport and Exercise Psychology. Gavin is a British Psychological Society Chartered Sport and Exercise Psychologist, a registered practitioner of the Health Care Professions Council (HCPC), a previous committee member of the Division of Sport and Exercise Psychology of the British Psychological Society and a Fellow of the Higher Education Academy. Gavin has published extensively in the area of sport and exercise psychology with a recent book entitled 'Practitioner Case Studies in Sport and Exercise psychology'. His passions are his family and running.

<http://www.science.ulster.ac.uk/sports/profiles/g.breslin.php>



Menopause: the last taboo?

Dr Liz Simpson, Psychology Research Institute, Ulster University

Menopause is a natural developmental stage in a woman's life, usually occurring around 51 years of age and represents the permanent cessation of menstruation. It is a transition, occurring over a number of years and represents the journey from the reproductive years to postmenopausal years, the latter of which makes up about one third of a woman's life. Menopause lends itself to the biopsychosocial approach to health and well-being. It is a time characterised by physiological changes in hormone levels, coupled with increased symptoms for some women, such as hot flushes and night sweats. For this reason, it can have an impact on health and psychological well-being, so there is a need to get a better understanding of what women experience at this time and how it can be supported and managed more effectively. Alongside menopause women may at midlife experience social changes in their lives, such as children leaving home or parents becoming ill or dying, this can contribute to psychological distress and negatively impact on well-being. Few studies have looked at this, or taken a lifespan approach looking at pre, peri and postmenopausal women. This talk will focus on some of these studies carried out in Northern Ireland.

Dr Liz Simpson is a Senior Lecturer at Ulster University, a registered Health Psychologist (HCPC), a Chartered Psychologist (BPS), a member of the School of Psychology Research Institute and Chair of the Health, Education and Well-being RRG. She is Course Director of the online BPS accredited MSc in Health Psychology. She is current chair of the Division of Health Psychology Northern Ireland Branch and deputy chair of the Division of Health Psychology Training Committee, she sits on the Partnership and Accreditation Committee and is a committee member of the Northern Ireland Branch of the British Psychological Society. She has over 20 years' experience of research in health psychology and has supervised several PhD projects investigating factors that contribute to health and well being with age. She has published high quality papers (n=28) on psychological well-being and health, presenting her work at national and international conferences. She has worked in the area of healthy cognitive ageing, looking at lifestyle factors that may impact on this such as dietary intake and physical activity. She is interested in biological mechanisms and their interplay with psychological and social factors such as immune function and cognition, HRT use and psychological well-being during the menopausal transition. She is currently

collaborating on two funded projects, one by the Alpro Foundation (The health benefits of soy products on menopausal women), and the other is the National Institute for Health Research (Walk with me study – to develop interventions to encourage walking in sedentary older adults). She is PI on a recently funded CHSUK project using the theory of planned behaviour to gain a better understanding of e-cigarette use in secondary school children and their parents.



Thoughts, feelings and behaviour – interactions for wellbeing in older people

Dr Frank Doyle, Royal College of Surgeons in Ireland

This talk will mainly concern older people with and without chronic conditions, and how our feelings, thoughts and behaviours can interact to impact on wellbeing. It will illustrate this with a focus on main areas of importance for older people 1) how some symptoms of distress can lead to other distressing symptoms, 2) how physical activity can reduce distress, and 3) how taking medications as instructed is associated with better quality of life.

Frank Doyle is a senior lecturer in psychology in the Royal College of Surgeons in Ireland. He co-ordinates and teaches behavioural sciences and statistics to health professionals at both undergraduate and postgraduate levels. He is the Editor of Health Psychology and Behavioural Medicine: An Open Access Journal, serves as a consulting editor for Health Psychology, and on the editorial board of the International Journal of Environmental Research and Public Health. He has published in prestigious international journals on areas such as depression, cardiovascular disease, diabetes, cardiac rehabilitation, quality of life, pain, stress, and health behaviours such as adherence, smoking and physical activity. He is also interested in systematic reviews, meta-analyses and psychometrics. He was Chair of the Division of Health Psychology from 2013-2015.