

# TUESDAY 9 MARCH PROGRAMME

## STRESS MANAGEMENT HALL 7

**Chair: Ann McCracken, Chair, International Stress Management Association**

8.00 **Registration, Hall 8**



9.15 **Stress Management Standards**

*Professor Colin Mackay, Principal Psychologist, Corporate Specialist Division, HSE*



9.50 **The Impact of Psychosocial Factors on Stress**

*Dr Charlie Vivian, Consultant Occupational Physician, Gloucestershire NHS*

10.20 **Exhibition and Workshop Theatres, Hall 8**

11.05 **Stress Arising from Overwork – Where you Stand Legally**

*Roddy Macleod, Solicitor, Weightmans LLP*

11.35 **A Strategy for Reducing Stress from Overwork**

*Dr Philip Atkinson, Occupational Health Consultant and Sue Grimshaw, Senior Manager Occupational Health and Stress & Wellbeing Project Manager, Blackpool Fylde & Wyre Hospitals NHS Foundation Trust*

12.20 **Exhibition and Workshop Theatres, Hall 8**

1.45 **Creating a Stress Resilience Programme**

*Dr Jane Boyd, Consultant Clinical Psychologist and Head of Employee Wellbeing and Julie Devlin, Consultant Counsellor Manager, Cardiff & Vale University Health Board*

2.20 **Emotional Resilience in the Workplace: What Does CBT Have to Offer?**

*Dr Lee David, GP, Cognitive Behavioural Specialist and Director, Resilient Minds/10 Minute CBT*



2.50 **Practical Tools and Techniques for Dealing with Long and Short Term Stress**

*Nicky Piper, Head of Nursing and Counselling and Debbie Gilbert, Deputy Head of Nursing and Counselling, Metropolitan Police Service*

3.45 **Exhibition and Workshop Theatres, Hall 8**

4.15 **Managing Bereavement in the Workplace**

*Adam Page, Training Coordinator, Cruse Bereavement Care*

4.45 **Reducing Stress Caused by Restructure and Career Change**

*Antonia Dietmann, Occupational Psychologist, Ministry of Defence and Chair, British Psychological Society Division of Occupational Psychology*

5.15 **Conference Ends**



Adam Page



Dr Charlie Vivian



Dr Lee David



Sue Grimshaw



Dr Philip Atkinson



Antonia Dietmann