

DAY CONFERENCE

Friday 20th June
2008

‘How are you?’

**Thinking about the
development of
health and illness
behaviour in
children**

Audrey Emerton
Building,
Eastern Road,
Brighton BN2 5BE

This conference aims towards a close examination of the language of illness, allowing time to discuss and better understand how we conceptualise disease and so develop our clinical practice from a developmental perspective.

We have brought together three very distinguished and internationally renowned clinicians to help us consider a range of perplexing questions, such as:

- In what ways are ‘illness’ concepts introduced to children? How much are children socialised to have a particular view about health and illness? Does the language of illness have as much significance as the treatment methods we use?
- How does a child learn effective ways of conveying to others that he/she is ill?
- Is there a healthy way to be ill? And conversely, is there an ill way to be healthy? And, if so, why does a child adopt one particular style of behaviour in favour of another?
- How does a parent/teacher/GP/nurse tell if a child’s stomach-ache is ‘real’? And what does this mean?
- How does a family or individual manage and care for a child with a severe, and even a terminal, illness?
- We are used to thinking about nervous stomach-aches but what if the condition is more severe? Can a more severe illness be exacerbated, or even caused, by our thoughts and feelings? If so, how does this behaviour arise in children?
- When a child is diagnosed as physically ill, why do some children stoically manage and others complain to the point of irritation?
- Why are some children seemingly endlessly ill with undiagnosed complaints? Is there a special illness language that relies on the use of physical symptoms to convey psychological discomfort?
- How is it best to manage these different presentations?

This conference is intended to appeal to a multi-disciplinary audience and will be relevant to professionals working with children and adolescents, whether in a hospital, GP surgery, school or other setting.

**Optional Saturday Morning Workshop
21st June: Registration Coffee and Tea 9.30
Workshop 10.00 to 12.00**

**WORKING WITH SYMPTOMS: A FAMILY ATTACHMENT PERSPECTIVE
Facilitator: Dr. Simon Wilkinson.**

PROGRAMME

- 9.00 Coffee and Registration
- 9.30 Welcome and opening remarks:
Dr Leslie Ironside, Child and Adolescent Psychotherapist and Director CFED and
Charlotte Savins – Integrative Arts Psychotherapist, Royal Alexandra Children's Hospital, Brighton.
- 9.40 **Professor Jeremy Turk**, Professor of Developmental Psychiatry, St. George's, University of London
Illness behaviour and the sick role: Developmental Perspectives of child and family understanding and attributions regarding illness.
Chair: **Professor Mukhopadhyay**, Professor of Paediatrics, Brighton and Sussex Medical School and Royal Alexandra Children's Hospital
Discussant **Dr Gwynneth Down**, Joint Head of Psychotherapy/Systemic Psychotherapy, Great Ormond Street Hospital for Children Trust
- 11.10 Tea/Coffee Break
- 11.30 **Professor Roger Higgs**, General Practitioner
Helping children with symptoms: finding the adult in the child and the child in the adult.
Chair: **Dr John Trounce**, Consultant Paediatrician, Royal Alexandra Children's Hospital, Brighton
Discussant **Dr Ivona Bialas**, Consultant Child and Adolescent Psychiatrist C.A.M.H.S., Brighton
- 1.00 Lunch
- 2.00 **Dr Simon Wilkinson** *Coping and Complaining - attachment and the language of dis-ease – Part 1*
Chair **Dr Leslie Ironside**, Consultant Child and Adolescent Psychotherapist.
- 3.15 Tea Break
- 3.30 **Dr Simon Wilkinson** *Coping and Complaining - attachment and the language of dis-ease – Part 2*
Chair **Dr Leslie Ironside**, Consultant Child and Adolescent Psychotherapist.
- 4.50 Closing Remarks
- 5.00 Close

The Key Note Speakers

Jeremy Turk is Professor of Developmental Psychiatry at St. George's, University of London. He is Clinical Team Leader on their Child & Adolescent Mental Health Learning Disability Service and Trustwide Clinical Lead for Child & Adolescent Mental Health Services, as well as being Consultant Psychiatrist to the National Autistic Society Centre for Social & Communication Disorders. He has longstanding clinical and academic interests in the mental health needs of children and young people particularly with intellectual disability and other developmental disorders, and their families, and has written and presented extensively on the causes, evaluations, supports and interventions for such problems. He is first author of the latest edition of the standard textbook, *Child & Adolescent Psychiatry, A Developmental Approach*.

Roger Higgs, MBE, is a recently retired GP and Professor Emeritus at Kings College London. He developed a single handed surgery in south London into being a family orientated group practice with attached psychological and child health staff. He founded the Dept of GP and Primary Care at Kings, and his (shared) innovations include the Lambeth Community Care Centre, primary care in A&E, teaching Medicine in primary care and the Journal of Medical Ethics. He has published in medical ethics and psychosocial care. He is part of a group of therapists and GPs running courses about joint working and is on the Ethics and Governance Council of UK Biobank. He is married with two grown up children and a grandson.

Simon Wilkinson is a child and adolescent psychiatrist and leads the adolescent psychiatric unit at Ullevål University Hospital, Oslo, Norway. He is a Yorkshire man by birth and educated and trained in Cambridge, London and Edinburgh. At Cambridge his research project explored children's views of the causality of illness. He was previously responsible for consultation and liaison services and a service to a resource center for people with rare handicaps. He also has experience of developing a hospital as a learning organization. Amongst other publications he is author of *The Child's World of Illness and Coping and Complaining: Attachment and the Language of dis-ease*.

Profits from events put on by CFED are used to sponsor a charity. The main charity we are sponsoring this year is Garden Africa – www.gardenafrica.org.uk. This is a UK based charity whose work is focused in Southern Africa. They establish productive organic training gardens in schools, hospitals and clinics, growing nutritious food and medicinal plants. These gardens offer practical and effective solutions for building community health and livelihoods, ensuring the continuation of vital botanical and horticultural knowledge through to the next generation. For many children this 'passing' of generational knowledge has been seriously compromised through the death of parents through HIV/AIDS. GardenAfrica works with knowledgeable and trusted local partners, to guarantee the safe and thoughtful delivery of donor support, providing a more sustainable future for the most vulnerable.

How are you? Thinking about the development of health and illness behaviour in children.

Please complete and return to CFED. Closing date: 9th June 2008

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

Name:.....

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

Job Title.....

Organisation.....

Work Address:

Address for correspondence (if different)

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Daytime telephone numbers:.....

Email:.....

Conference Fees (to include refreshments and lunch):

Individually Funded (£95 +VAT) £111.62

BSUH Staff (£75 +VAT) £88.12

Workshop Fees – additional (£30.00 +vat) £35.25

Organisation Funded (£115 +VAT) £135.12

Concession (£75 +VAT) £88.12

BOOK & PAY BEFORE 26th May 2008 FOR REDUCED RATES:

Individually Funded BSUH staff (£80 +VAT) £94

BSUH staff (£60 +VAT) £70.50

Organisation Funded (£100 +VAT) £117.50

Concession Rate (£60 +VAT) £70.50

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Further Information

The venue is wheel chair accessible and a BSL interpreter can be asked to attend if so requested

Location: Brighton is easily accessible by public transport from London and other areas. Parking is restricted and it is advisable to come by public transport.

Accommodation: If you wish to stay Brighton has many hotels within easy reach of the venue. Please contact the Brighton Tourist Board for further information www.visitbrighton.com 0906 711 2255 (calls cost 50p per minute, UK only)

Certificates: CPD Certificates of Attendance will be given at the event

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 Department. Do not turn up on the day without having received confirmation

Cancellations: confirmed in writing 14 days before the conference date will be refunded, minus an administration fee of £30. We regret that no refund can be made after that date, although we will accept pre-notified substitutions.

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