

9th Kent Medical Humanities Conference

Friday 14th March 2025

Venue: Academic Centre, Maidstone Hospital, Hermitage Lane, Maidstone, ME16 9QQ

09.00 Registration

09.15 Welcome and Introduction

Morning sessions:

09.30 Key Note Speaker: Dr Florian Ruths - Mindfulness in Medicine- From Philosophy to Practice.

Florian is a Consultant Psychiatrist at the Maudsley Hospital in London. In his presentation, Florian explores the historical roots of the mindfulness movements and explains the remarkably seamless transition of mindfulness concepts from Eastern philosophy into the NICE guidance.

10.30 Dr Caroline Sweeney - The Wandering Womb: Historical and Modern Perspectives on Women's Mental Health and Perinatal Care.

Caroline Sweeney is a GP based in Tunbridge Wells with a special interest in perinatal mental health. She believes the medical humanities bring a human-centered perspective to healthcare, balancing the science of medicine with a deeper understanding of patients' stories and experiences.

11.30 Coffee Break

11.45 Andy Buttery - Nobody's Fault, Nobody's Problem? Addressing human behaviour as inevitably harmful.

Andy is a Simulation Lead with extensive experience in simulation, clinical human factors, and patient safety. He has recently stepped back from the National Executive of ASPiH (Association for Simulated Practice in Healthcare) and contributes to the NHS E "Becoming Simulation Faculty" National Oversight Group; the HCPC (Health Care Professions Council) expert panel in Simulation in Learning; and the CoDH (Council of Deans for Health) Simulation Reference Group

12.45 Lunch Break with opportunity to explore 2 parallel workshops – Salsa Dancing & Jazz Hands, an expression through art to music from 13:00-14:00

Afternoon session:

14.00 Olivia Andrew and Lindsey Zelvin (PhD researchers, Centre for Health and Medical Humanities, University of Kent) - Ongoing Conversations

Ongoing Conversations is a series of four videos that were designed to demonstrate the importance of health and medical humanities outside of academia. These videos paired professionals working in fields related to health and medicine, such as the NHS, comedy, and charity, to join a 'blind date style' conversation with an academic from the Centre for Health and Medical Humanities at Kent. Olivia and Lindsey Zelvin will introduce the project, its aims and participants' experiences, before screening one of the four short videos.

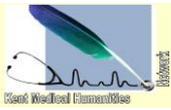
15.00 Dr Louise Howitt - How to have a dancer's body: 1. Have a body, 2. Dance

Dr Louise Howitt is a resident doctor working in psychiatry. She took a long break out from medicine and took an unconventional route into psychiatry training which was hugely shaped by her own journey with, and passion for, dance and the performing arts. Having worked with organisations such as the Royal Ballet, XLP (a London based youth charity), Kith and Kids (a charity working creatively with adults with learning disability), DanceSyndrome (an inclusive dance charity), and a variety of freelance roles across the early years, SEN and residential home sectors, she now works LTFT as a Core Trainee in EPUT (Essex). Drawing on her own story as a dancer, she explores how creativity can enhance clinical practice and personal well-being for patients, staff and the public.

16.00 Closing remarks

16.15 Afternoon Tea/coffee and Networking

Safe journey home!



Application Form

9th Kent Medical Humanities Conference

Friday 14th March 2025

Course Fee - £25 (£15 for students)

Name	
Job Title	
NHS Trust	
Email	
Telephone	

Payments can be made by:

- Cheque - made payable to **Maidstone Postgraduate Centre**
- Cash
- BACS transfer – to make a BACS payment please contact mtw-tr.education@nhs.net or telephone 01622 224215. We will provide the account details and a unique payment reference code.

Please send completed application forms and cheque/cash to:

Medical Education Reception Team
Academic Centre
Maidstone Hospital
Hermitage Lane
Maidstone
Kent
ME16 9QQ