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Recent modules and podcasts

Podcast Premenstrual dysphoric disorder (PMDD)

Dr Sophie Behrman and Dimple Khatiri join guest presenter Dr Katrina Peebles to discuss common representations of premenstrual dysphoric disorder (PMDD) and the wider social impact of PMDD and associated stigma, and to offer an overview of the available treatment options. **CPD credits: 0.5**

Podcast What every psychiatrist should know about smoking cessation

In this podcast episode, join guest presenter Dr Claire Jones in exploring why smoking cessation is considered the single most impactful intervention for improving health outcomes, and discover how small changes in clinical approach can lead to life-changing outcomes. **CPD credits: 0.5**

Podcast No mental health without oral health (RCPsych Congress 2025)

In this podcast, Dr Ed Beveridge, Prof Steve Kisely and Dr Easter Joury uncover the intersection between physical and psychiatric comorbidity, the effects of psychotropics on oral health, and provide clear and helpful guidance about how psychiatrists can help their patients improve their oral health. **CPD credits: 0.5**

Podcast Big Questions in Psychiatry: Responsibility in psychiatry – exploring blame, compassion and mental illness

The first episode in our new podcast series: *Big Questions in Psychiatry* explores the complex issue of responsibility in psychiatry. This episode focuses on the philosophical notion of responsibility and its relation to blame in mental illness. **CPD credits: 0.5**

Podcast Big Questions in Psychiatry: What is reality?

In the second episode of our new *Big Questions in Psychiatry* series, our panel considers whether there is a single reality we all share, or if everyone's individual experience of the world is equally important. **CPD credits: 0.5**

Podcast Adult ADHD and psychosis (2025 update)

In this updated podcast, new panellists discuss the interaction between adult ADHD and comorbid psychosis alongside several case reports, outlining common symptoms, associated challenges and principles for safe treatment. **CPD credits: 0.5**

Podcast Psychiatry and physical health: where are we now?

This podcast reviews the current research and policy surrounding prevention and management of cardiometabolic health conditions, and what psychiatrists can do to improve the physical health outcomes of their patients. **CPD credits: 0.5**

Module Fatigue in sport – overtraining syndrome

This module presents a framework for understanding and addressing the health needs of athletes whose central concern is fatigue leading to underperformance. **CPD credits: 1**

Module Climate change, nature and children and young people's mental health

The module explores the impact of climate change on young people's mental health. It aims to leave learners able to relate this to their clinical work and feel empowered to make small but meaningful changes that support sustainable practice. **CPD credits: 1**

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