

The fertile mind: a workshop on women and psychiatry

We propose that being a woman in her reproductive years has a profound effect on working as a psychiatrist or as a trainee. We suggest that this is the case for female psychiatrists both with and without children.

Aim:

This workshop aims to explore issues of relevance to women in psychiatry, including:

- common experiences
- divided loyalties to family and work
- fertility, therapy and the therapist
- obstacles to training and career progression
- practical workforce issues.

Method:

We will explore these issues in a highly interactive workshop using small groups to reflect, discuss and explore in depth.

Results:

These will be generated by the delegates, in combination with academic material presented for discussion by the facilitators. Results may include recommendations for further action.

Conclusions:

This workshop will create both a reflective and dynamic space to consider the woman psychiatrist in her reproductive years.