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Recent modules and podcasts

Podcast Did Sir Winston Churchill suffer from the 'black dog'?

In 1969, psychiatrist Anthony Storr published an essay that established very firmly in the public imagination that Sir Winston Churchill suffered from recurrent attacks of severe depression, which he termed the 'black dog'. But how much evidence is there to support this diagnosis? In this podcast, Dr Raj Persaud interviews Dr Anthony Daniels about his recent paper which calls into question this supposed diagnosis and considers the extent to which Churchill's low moods could be accounted for by circumstance and simple human nature. **CPD credits: 0.5**



Podcast An ancient guide to anger management

In his essay "On Anger" (De Ira), the Roman Stoic thinker Seneca argues that anger is the most destructive passion, and offers a timeless guide to avoiding and managing this dangerous emotion. In this podcast, Dr Raj Persaud talks to the editor and translator of Seneca's work, James Romm, about the relevance of this philosophy, which has arguably never been more relevant than it is today. **CPD credits: 0.5**



Module Sustainability: a key concept in leadership and service development

Sustainable healthcare moves beyond a concept of cost-effectiveness to consider the social and environmental costs of healthcare, which are of increasing importance not only as a result of climate change, but also because rising demand and capacity issues in mental health services require a different, less intensive approach to managing mental illness. This module sets out to explain how key sustainability issues relate to mental healthcare, and crucially how psychiatrists can evaluate the sustainability of their clinical practice and explore some changes to improve this for the benefit of patients and staff, today and in the future. **CPD credits: 1**



Podcast Antidepressants in children: do the harms outweigh the benefits?

Close to 100,000 children in the UK are thought to be taking prescribed antidepressant medication, but are these drugs really doing them any good? Do the possible harms and side-effects of antidepressants in children outweigh their potential benefits, and what does the current evidence tell us? In this podcast, psychiatrist and psychopharmacologist Dr David Healy discusses his findings with Dr Raj Persaud, arguing that greater scrutiny of the evidence and a greater degree of professional autonomy are required in this area. **CPD credits: 0.5**

