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Recent podcasts – all currently free to access on CPD Online

Podcast Mental Health Tribunals: response to the COVID-19 emergency

It is essential that the rights of patients detained under the Mental Health Act continue to be met during the COVID-19 pandemic. However, during this period of social distancing the processes surrounding Mental Health Tribunals have had to be adjusted in order to keep all parties safe. In this podcast, Chief Medical Member Dr Joan Rutherford outlines the emergency measures that have been put in place, and provides guidance on how clinicians can continue to treat detained patients fairly and respectfully during this time. **CPD credits: 0.5**

Podcast How do we lead effectively through the COVID-19 pandemic?

Now more than ever, there's a need for effective leadership to guide healthcare teams and societies across the world through the COVID-19 pandemic. In this podcast, leadership expert Professor Alexander Haslam discusses the surprising psychology of what makes a truly great leader, the importance of a group identity, and how to lead a team at a time of crisis. **CPD credits: 0.5**

Podcast Working with patients remotely

During this period of social distancing it is more important than ever for mental health clinicians to engage with their patients. Many are feeling anxious, stressed and lonely, while those with existing mental ill-health may be even more vulnerable. How can we continue to treat patients remotely? Here, Dr Isobel Heyman talks to Dr Raj Persaud about the current evidence base for remote working and provides some practical advice on the ways in which clinicians can stay 'remote, but not distant'. **CPD credits: 0.5**

Podcast Ethical considerations arising from COVID-19

Psychiatrists are used to dealing with ethical issues in daily practice, but COVID-19 has pushed many into unfamiliar territory and challenged us with new ethical dilemmas. In this podcast, Dr Steve Pearce and Dr Jacinta Tan talk to Dr Jennifer Powell about ethical considerations arising from COVID-19, including equity of access to services, personal and collective needs around prevention and treatment, potential changes to the Mental Health Act, risks and benefits of remote working and where to find support. **CPD credits: 0.5**

Podcast COVID-19: Isolation and loneliness – is there a 'social cure'?

Isolation and loneliness are part of the mental health fall-out of the COVID-19 pandemic and quarantine – but what are the most effective responses to this? Is there a 'social cure'? In this podcast, Professor Catherine Haslam discusses her research into the many health benefits of social integration, as detailed in her latest book 'The New Psychology of Health', and outlines how clinicians can support their patients in this important area. **CPD credits: 0.5**

Other recently published CPD Online podcasts (each worth 0.5 CPD credits) include:

- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.