

Lake District Retreat: Small Animal CPD/CE & Mental Wellbeing with Breathtaking Views

Speakers / Instructors:



Sam Mauchlen

BVM&S, PGCertVetEd, MRCVS, FHEA
IMV Imaging, UK



Anusha Balakrishnan

BVSc, Dipl.ACVECC
American Specialist for Veterinary Emergency and Critical Care
Veterinary Emergency Group, USA



Laura Woodward

MVB, CertVR, CertSAS, DipCouns, DipPsych, MRCVS
Laura Woodward Counselling, Ireland



Programme:

Interactive self-paced online learning to be completed in advance through IMV imaging Academy

Ultrasound Physics	Approach to an abdominal ultrasound examination
Image Formation	Liver and Gall Bladder
Knobology	Spleen
Patient Preparation	The Kidneys
Transducers and Movements	Urinary Bladder
Artefacts – Part 1	Gastrointestinal Tract
Artefacts – Part 2	The Reproductive Tract

Thursday, 8th October 2026:

Check-In & Welcome

6:30PM - 7:30PM



Opening Keynote Lecture:
Thriving in Veterinary Medicine: Resilience, Optimism & Self-Compassion

7:30PM+

Welcome Dinner

Friday, 9th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Using Nature to Enhance our Wellbeing

9AM - 9:15AM

Housekeeping

9:15AM - 10:45AM



Abdominal Ultrasound Workshop: Liver, Stomach, Spleen, Kidney

10:45AM - 11AM

Questions

11AM - 11:15AM

Coffee Break

11:15AM - 12:45PM



Abdominal Ultrasound Workshop: Bladder, Colon, Jejunum

12:45PM - 1PM

Questions

1PM - 2PM

Lunch

2PM - 6PM

Local activity time

6PM - 7:30PM



Coping with Complications & Failure

7:30PM+

Dinner

Saturday, 10th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Mini Meditations to Use Throughout the Working Day

9AM - 9:15AM

Housekeeping

9:15AM - 10:45AM



Emergency Stabilisation of the Critical Patient Fluid Therapy in the ER: How Do You Decide?

10:45AM - 11AM

Questions

11AM - 11:15AM

Coffee Break

11:15AM - 12PM



Dealing with Sepsis & Septic Shock

12PM - 12:45PM



Gastric Dilatation & Volvulus (GDV): An Update

12:45PM - 1PM

Questions

1PM - 2PM

Lunch

2PM - 6PM

Local activity time

6PM - 7:30PM



How our Demeanour Effects Change in Others

7:30PM+

Dinner

Sunday, 11th October 2026

7AM - 9AM

Breakfast

7:30AM - 8:30AM



Guided Mindfulness: Mental Wellbeing Habits to Take Away

9AM - 10AM



Thoracic Trauma: Triage & Stabilisation

10AM - 11AM



Respiratory Emergencies in Dogs & Cats: Jeopardy Style!

11AM - 11:10AM

Questions

11:10AM - 11:20AM

Final Comments, Farewells & Take-away Light Lunch