



**ROYAL COLLEGE OF PSYCHIATRISTS  
SPECIAL INTEREST GROUPS**

**REPORTS TO THE  
CENTRAL EXECUTIVE COMMITTEE  
2007**

## **Eating Disorders Special Interest Group Annual Report to the Central Executive Committee 2007**

The activities of the Eating Disorders Special Interest group (EDSIG) over the last year (2006 to 2007) are listed below.

- **Revision of Council Report 87:** The revision of Council Report 87 is progressing, after some delays which were out of our control. The objectives of the revised report are to: 1. To conduct a mapping exercise of Eating Disorder service provision for Children, Adolescents and Adults within the NHS and the private sector in the UK (i.e. including England, Wales, Scotland, Northern Ireland) and the Republic of Ireland; 2. To get a measure of adherence to key NICE recommendations within eating disorder services; 3. To conduct a survey of patients' and carers' experiences of eating disorders services and pathways through care; 4. To survey the availability of training posts in eating disorders. The revised report will build on, but also considerably extend the scope of the previous report. Survey questions addressing all aims have been devised. The survey will be conducted shortly. The survey of the availability of training posts has been completed.
- **Section Status of EDSIG:** We are delighted that we will obtain section status within the College in June 2007. Elections for section officers have been held.
- **Working party on 'Size Zero' and guidance to fashion industry:** The group has set up a working party on this topic. Working group members include Sarah Cassar (lead), Frances Connan, Adrienne Key, Sue Ringwood, Jane Shapleske, Janet Treasure and David Wood. A member of this working group, Dr. Adrienne Key, has been invited by Baroness Kingsmill to join The Model Enquiry working with the London Fashion Council to develop guidelines for the British fashion industry.
- **Working party on quality network in eating disorders:** This has been set up. Members include Sara McCluskey, Jane Shapleske, David Tait and Janet Treasure.
- **Online CPD:** EDSIG are producing two online resources on eating disorders, one for professionals managing adults and children/adolescents with eating disorders, which are nearing completion.
- **SIG Events:** The group organised two very well attended SIG training days, one on the "Health Professionals with Eating disorders: An Occupational Health Perspective" (November 2006), the other was on athletes with eating disorders (Feb 2007). At the Royal College annual

meeting in Glasgow 2006 the group organised an academic session titled: Multi-impulsivity: what do our most challenging patients have in common and how can we work with them? This session was very well attended.

- **Royal College annual meeting in Edinburgh, 2007.** The group have organised an academic session on "The neurobiology of eating disorders" and a further academic session as a memorial to Professor Arthur Crisp.

## **Management Special Interest Group Annual Report to the Central Executive Committee 2007**

The Management Special Interest Group (MSIG) has sought to build on the previous years' work. The committee was made up of Steve Choong, Chairman, Ian Davidson, Honorary Secretary with Helen Matthews, Mark Davies and Alastair Palin as members. Carol Harvey then joined as Honorary Treasurer.

In July 2006 at the annual College meeting in Glasgow, Drs Davidson and Choong delivered a successful workshop on "Leadership, self-management and career progression". The room was full of interested people who participated actively in the session. Indeed, there was no standing room left at the back of the room and some people said to me afterwards that they couldn't get in.

Since then, members of our group and committee have been working with the Medical Directors Executive of the College under the chairmanship of Peter Kennedy, both on an individual basis and on behalf of the group. The chair of MSIG is an ex-officio member of this group.

We have continued to liaise with other college groups. Some groups have requested regular participation from MSIG. We have had some discussion with the College Education and Training Centre about possible developments in the area of management and leadership.

I am stepping down as chairman in July 2007. I would like to formally thank all of the committee members for their support. My thanks to officers of the College who have helped and other members who have participated in our events. They made my life easier by telling me what I had to do at times.

As a result of an email shot and official College communication, new members have approached me about the purpose of the group, the work of the chairman and the committee members. Nominations have been received for four members and the election is taking place shortly. Therefore, it seems likely that continued interest and input into the groups' work will be picked up by more enthusiastic members.

## **Neuropsychiatry Special Interest Group Annual Report to the Central Executive Committee 2007**

Royal College of Psychiatrists' Special Interest Group in Neuropsychiatry

2006 / 7 has seen new developments for the Neuropsychiatry Special Interest Group: -

- We took part in the organisation and running of our first fee paying conference. This was a joint conference with the Faculty of Liaison Psychiatry. It took place at the Annual General Meeting of the Liaison Psychiatry faculty in Amsterdam in March 2007. The planning of the half day conference on delirium, dementia and other disorders at the interface between neurology and psychiatry was led by Dr Alex Mitchell, Professor Matthew Hotopf (Liaison psychiatry), and Dr Simon Fleminger. It was well attended.
- We have set up an Education and Training committee, under the joint Chair of Professor Shoumitro Deb and Dr Alex Mitchell. This committee will develop the neuropsychiatry curriculum and assessment methods, working closely with the Curriculum Development Committee of the College. This will put neuropsychiatry in a good position to take part in any changes to higher psychiatric training, including any new arrangements for CCTs. It will also help us improve neuropsychiatry training across ST1 to ST3.
- We are applying for associate membership of the Neurological Alliance; we have noticed that their influential documents often say little about the psychiatric needs of those with neurological disorders. By having associate membership we hope to raise the profile of neuropsychiatry within the organisation. We now have full membership of the Joint Neuroscience Council.

We continue to develop training in clinical neuropsychiatry at several levels:

- As of May 2007 five of the learning modules on the Royal College's CPD Online site are neuropsychiatry.
- We took part in the planning for a basic neuroscience training at ST1 and ST2 being developed by the Joint Neuroscience Council, but this was not approved by MMC and the Deaneries. Nevertheless within Core Medical Training (CMT) there will be a neuroscience stream, CMT (n), which will enable opportunities for shared neurology and psychiatry training.

- We continue to make available training in neuropsychiatry-related issues to the wider body of consultant psychiatrists and psychiatrists in training by developing workshops for the College AGM. We are collaborating with colleagues in the British Neuropsychiatry Association who are planning to set up a weekend joint training workshop for neurology and psychiatry SpRs.
- We have developed logbooks for psychiatry trainees interested in epilepsy, in brain injury and in liaison neuropsychiatry.

We continue to meet twice a year at the College. On average about 30 neuropsychiatrists from around the UK come together for these meetings. Over the last year we have had invited talks from the Neurological Alliance, Dr Martin Elphick on payment by results, and Dr Paul Gantley, from the department of health, on the Mental Capacity Act.

We continue to liaise closely with the British Neuropsychiatry Association (BNPA). The Chair of the Neuropsychiatry Special Interest Group is an ex-officio member of the BNPA and helps to plan their annual conference. We are planning a meeting with the Division of Neuropsychology of the British Psychological Society for 2008.

There has been interest in resurrecting the Sleep Disorders subgroup and developing a subgroup for Child and Adolescent neuropsychiatry.

In summary we have continued to develop the work of the Special Interest Group which started five years. We would now like to be considered for Section status within the College. We believe that this will help to establish neuropsychiatry as a recognised specialty within psychiatry.

**Private and Independent Practice Special Interest Group (PIPSIG)**  
**Annual Report to the Central Executive Committee 2007**

A lively debate continues amongst the members of the Special Interest Group about the likely future direction of Continuing Professional Development. This has been flagged up not least by the College's CPD Online facility - accessed through the College website. PIPSIG has been asked to provide a private practice module for CPD. Dr Lisa McClelland is involved with CPD Online and more widely on the work of the CPD Committee of the College, where she represents PIPSIG. The CPD Committee had recently organised an event at the College for retired psychiatrists, with input from the PIPSIG chair, and PIPSIG members have expressed their support for a proposed further CPD event, aimed more widely at "portfolio psychiatrists" of any age.

There is more awareness of the reality of "portfolio careers", as colleagues have an increasingly diverse collection of activities, both in and beyond the National Health Service. This not only creates a challenge for effective CPD, but also for the implementation of the Government's recertification and relicensing plans.

In the last year PIPSIG has held a joint conference with the Grange, a group of Yorkshire psychiatrists in organised full time private practice, as well as meetings at the College. The College's imminent report on medico-legal work was presented by Dr Greg Richardson. Tensions and even prejudice between the world of the College and the NHS, and the private psychiatry world, were set in a historical context by Dr Sugarman, leading to a paper with Dr Rao Nimmagadda due for publication in the Psychiatric Bulletin.

There has been discussion about the future development of the Special Interest Group. There are now posts for both a Chair and a Financial Officer up for election, and it was strongly proposed that in future PIPSIG should have a wider, more full and active Executive Committee by co-opting all those standing for posts, or wishing to be involved in the running of the Special Interest Group. Other key developments will be the use of e-mail communication to members, if College rules on data protection allow, and the production of a newsletter. Dr Rao Nimmagadda is to be thanked for his interest in producing this, building on an informal update which he has circulated, with the support of the Chairman of the Forensic Faculty, to colleagues working in the independent secure hospital sector.

Members are enthusiastic that PIPSIG builds up its activities under a new Chair over the next four years, and submits a proposal to the Central Executive Committee for "Section status" in the future.

**Spirituality and Psychiatry Special Interest Group  
Annual Report to the Central Executive Committee  
2007**



Over the past twelve months, the Spirituality and Psychiatry Special Interest Group has maintained and expanded its activities, while its membership has increased during the year to 1500. In addition to the SIG's regular meetings, it has contributed to the Annual Meeting of the College, and through its Executive has taken part in other College activities and has contributed speakers to many outside conferences.

The SIG convened a session at the College's 2006 Annual Meeting in Glasgow, entitled: *'United in Spirit – the place of spiritual enquiry in the clinical assessment'* and additionally held a workshop *'Keeping body and mind together: meditation made simple'*

One-day meetings held at the College over the year include 'Psychosis, Psychedelics and the Transpersonal Journey' (March 2006); 'Sanity, Sex and the Sacred: Exploring Intersecting Realms' (November 2006); 'Suffering – What is the point of it all?' (March 2007) and 'Body and Spirit – joint meeting with the Philosophy SIG (May 2007). The next in-house programme, on November 2nd will be a joint meeting with the Dutch Foundation for Psychiatry and Religion on 'Is Faith a Delusion?'

At the College's Annual Meeting in Edinburgh in June 2007, there will be a session on *'Psychotic Episode or Spiritual Emergency? The Transformative Potential of Psychosis in Recovery'* and the SIG has been invited to repeat its meditation workshop for the fourth time.

We are delighted to have been commissioned by Gaskell, the publishing imprint of the Royal College of Psychiatrists, to write a book on spirituality and psychiatry. Publication is planned for 2008. We have been also invited to submit to online CPD in this area.

Mental healthcare professionals and the public have warmly received the SIG leaflet on Spirituality and Mental Health, available in hard copy from the College or as a download from the College website homepage.

We await the response to our submission for incorporating spirituality into the new curriculum, delayed due to the PMETB review.

The SIG Executive felt the essay prize could not be awarded this year but wishes to encourage submissions that fulfil the criteria stated on the webpage, for the next closing date of 31<sup>st</sup> December 2007.

Our website continues to be a rich source of information, containing regular Newsletters, with information about meetings and a publications archive of papers by members of the SIG and invited others. Useful contacts with allied disciplines continue to grow, including a SIG representative at the recent patient public partnership forum. The current Chair has recently been invited to be a trustee of the newly founded National Mental Health and Spirituality Forum. A link with the Section on Religion, Spirituality and Psychiatry of the World Psychiatric Association is being established and the

SIG is contributing to the Section's position statement on spirituality and its place in psychiatry.

The officers of the Executive Committee remain the same as last year with Dr. Sarah Eagger as Chair, Dr. Christopher Findlay as Honorary Secretary and Dr Tim Read as Honorary Treasurer. Dr Nicola Crowley is Programme Co-ordinator and Dr. Andrew Powell continues as Editor for the SIG website. New Executive members are Dr Imran Ali, Dr Sumudu Chandraratne, Professor Mohamed Salem and Dr Geetha Suryanarayan. A representative from the training committee is also about to join us.

## **Gay & Lesbian Psychiatry Special Interest Group Annual Report to the Central Executive Committee 2007**

The Special Interest Group has had another active year.

1. The SIG has been operational for six years now and we felt it was time to revisit and update our aims as follows:

- To promote and research the mental health of LGBT people
- To promote training for all mental health professionals re: the mental health of LGBT people
- To support and advocate for LGBT mental health professionals
- To advise on mental health, social and other local and national policy relating to LGBT mental health.

2. **The Training Pack**

The training pack for mental health professionals '**Gay and Lesbian Mental Health Matters**' is piloted and now in a final version ready for use. It provides material for a half day workshop to train clinical teams to better understand the needs of their LGBT clients. It provides factual information about gay and lesbian mental health and encourages participants to explore common clinical scenarios adapted from real life practice. It is designed to improve the confidence and skills of the mental health workforce in relation to gay and lesbian issues. We are delighted that the College has endorsed it and asked us to adapt it for use as an on-line CPD resource as well. We are in discussion with Inequality Agenda, a specialist marketing organisation, regarding how best to disseminate this. Anyone who would like to commission the workshop for their team can contact Annie Bartlett at [Annie@work04@aol.com](mailto:Annie@work04@aol.com).

3. **Website**

Our website is currently being overhauled, thanks to Steve Hopker. It will contain information on how to join the SIG, information about the SIG's past achievements, forthcoming events and copies of SIG documents and presentations from previous events, as well as links to other useful resources and organisations.

4. **The Anglican Church**

The above church is currently carrying out a 'Listening Exercise' to gather opinions from a wide range of groups across the world on attitudes towards homosexuality. The SIG has been asked to respond on behalf of the College and Michael King has agreed to draft a response.

5. **College Annual Meeting 2006**

The SIG were involved in three sessions at last year's AGM:

**'Boundaries and Therapeutic Relationships'** was a joint session with the Women in Psychiatry SIG and the Spirituality SIG. This was one of the best attended sessions in the whole conference. Helen Killlaspy presented a distillation of the main themes that came out of our one day conference held in September 2005 on 'Therapeutic Boundaries and Sexuality'. The other speakers were Fiona Subotsky on 'Professionals' Abuse of Patients' and Peter Byrne on 'The Portrayal of Female Psychiatrists in Film'. Michael King then led a panel discussion and provoked a number of interesting questions from the floor.

**'Diversity and Identity'** was a half day session chaired by Glen Roberts during the Rehabilitation and Social Faculty's Institute. Annie Bartlett represented diversity issues from a sexual orientation perspective, Kam Bhui represented from a trans-cultural perspective and Liz Mayne from NIMHE represented issues around gender sensitivity.

The **'Gay and Lesbian Health Matters'** workshop gave delegates the opportunity to try out the Diversity training pack. This session was facilitated by Ian Hall and Annie Bartlett.

6. **College Annual Meeting 2007**

We have had one session suggestion accepted to take place on **Thursday June 21<sup>st</sup> at 14.30-15.45 pm. at the Edinburgh International Conference Centre** on the theme of **'Sex and Psychosis'**. The session will explore the interaction between sexuality and psychotic disorders from a range of perspectives, including consent to sexual relationships, sexual dysfunction and sexual side-effects of antipsychotic medication. The learning objectives for this session are not only to develop knowledge in this area, but also to help psychiatrists develop skills in addressing sexual issues with their patients who have psychotic disorders. Speakers are Dr. Shubulade Smith, Maudsley Hospital, London; Professor Kam Bhui, Queen Mary's University, London; and Dr. Gwen Adshead, Broadmoor Hospital, Berkshire. The session will be chaired by Dr. Ian Hall.

7. **Next SIG Business Meeting**

The SIG Business Meeting will be held on **Thursday 21<sup>st</sup> June at 12.45-13.45 pm. at the Edinburgh International Conference Centre (room tbc)** during the College Annual Meeting.

## **Transcultural Psychiatry Special Interest Group Annual Report to the Central Executive Committee 2007**

### **Overview**

In 2005 the TSIG established a three year strategy focussing on local, national and international priorities with a synthesis of research, clinical practice and policy issues to benefit patients.

In 2007, at our AGM, we will be reviewing this strategy and successes at the local, national and international level. The TSIG is now an established member of the World Association of Cultural Psychiatry and working in close collaboration with the World Psychiatric Association Transcultural Section (WPA-TPS) and the Study for the Society of Psychiatry and Culture (SSPC). We are also actively communicating and collaborating with national transcultural psychiatry organisations, and increasingly participating in UK and EU practice and research networks. TSIG members have also contributed to the National Delivering Race Equality Programme in terms of specific service development and research projects as well as advice at a ministerial and programme delivery board levels. The members of the TSIG have also been active in their local NHS Trusts influencing training practice and policy.

### **Annual General Meeting of the Royal College of Psychiatrists 2006**

TSIG Exec members presented a session on social influences on psychosis, the national DRE Programme and service development, and a session on the Mental Health Act and its impacts on ethnic groups.

### **Annual General Meeting 2007**

TSIG is also contributing to the Edinburgh meeting this year. There are four sessions on 1) integration versus traditionalism and resilience and recovery from mental illness, 2) racism and mental health, 3) suicide in BME groups, 4) improving clinical care for BME groups.

We will also be holding our Annual General Meeting and Executive Meeting which will review our three year strategy, and seek nominations/elections for a new secretary and nominations for a chair for the year 2008/12.

### **International**

The TSIG was well represented in the World Association of Cultural Psychiatry's inaugural meeting in September of 2006 in Beijing. We contributed to innovative sessions on mental health law and practice, racism, discrimination, stigma, and traditional medicines in mental healthcare. The next meeting is planned for 2009 and members of the TSIG have been successful in securing the 2012 meeting to take place in London (Professor Bhui as President of the 2012 Congress). TSIG members have also been more actively involved in WPA and SSPC meetings.

### **Annual TSIG Meeting**

TSIG successfully held a one-day meeting on depression and culture in October 2006. The speakers included Kwame McKenzie, Gerard Leavey, Sushrat Jadhav and Iran Ali.

The 2008 meeting is being planned with the Spirituality Special Interest Group. We are also actively involved in international meetings in Japan, Stockholm and Mexico in the 2007/08 academic year. Professor Bhui, Chair of TSIG, is also President of the Psychiatry Section of the Royal Society of Medicine and is hosting a series of five seminars on culture, mental health and wellbeing in the 2007/8 academic year.

### **Refugees and asylum seekers.**

A consensus document has been produced by Helen McColl, Kwame McKenzie and Kamaldeep Bhui and submitted for scrutiny to the college. This will be presented at the Royal College Meeting and gives guidance on the management of clinical problems improving policy as well as presenting some educational priorities for future clinicians.

### **Communications with membership and the public**

The Transcultural Psychiatry Special Interest Group bulletin continues to attract significant international attention and debate regarding the original and summary articles presented. This editors, Drs Khoosal and Summerfield are thanked for their work.

We have had several commendations from European colleagues seeking access. These are, of course, available on the College website. The website is much regularly updated now by a new website editor, Dr Rafael Euba.

We have also improved communication with the membership of the Special Interest Group who now number over 2200 members (an increase of 500 since last year) of which 1900 (an increase of 1600) now have active email addresses on the college IT system.

### **Finances**

Our balance in 2005 was £6745, in 2006 it was £6695, and in 2007 is £5,056.33.