

C13/15

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AGENDA ITEM C-160115-9g



Special Interest Groups' (SIGs) Annual Reports to Council 2014

Received from:

- i. Forensic Psychotherapy SIG**
- ii. Private and Independent Practice SIG**
- iii. Spirituality and Psychiatry SIG**
- iv. Transcultural SIG**
- v. Volunteering and International Psychiatry SIG**
- vi. Women and Mental Health SIG**

Forensic Psychotherapy Special Interest Group 2014 Report to Council

The Forensic Psychotherapy Special Interest Group has enjoyed a successful year. In October it ran an evening event, entitled 'The Brutalisation of Children: Comprehending the Incomprehensible'. This took place at the Royal College. The main presenter was Dr Richard Church, with contributions from Drs Laura Pina and Andrea Danase, the evening was chaired by Dr Robert Fleming. Twenty five people attended and there was lively debate and sharing of ideas.

The Forensic Psychotherapy SIG has supported the National Forensic Psychotherapy Training and Development Strategy in two main ways this year:

The National Forensic Psychotherapy Training and Development Strategy continues to run its successful Forensic Psychotherapy Pan London monthly academic programme. There is an average attendance of twenty to twenty five people for this one day a month programme. There was a Pan London day at the Portman Clinic and there have been guest presenters from SLAM, Rampton and The Devon Partnership NHS Trust. The feedback from this programme continues to be very positive, many aspects of the programme as excellent by the attendees.

The other key development with which the Forensic Psychotherapy SIG has been actively involved is in the creation of the Forensic Psychotherapy Society, a Membership Institution of the BPC. This new development will open the possibilities for psychiatrists and other allied professions to do a training (organised and provided by the Forensic Psychotherapy Society) leading to inclusion in the BPC register as psychodynamic psychotherapists. This is not a medical qualification but it is a prestigious organisation and a major achievement for the Forensic Psychotherapy SIG.

Drs Kirtchuk, Reiss and Hillman, Chair, Secretary and Finance Officer.

PIPSIG 2014 - Report for Council

PIPSIG's activities for 2014 were focussed strongly on revalidation as we established that this was an issue which was of concern to many of our members, many of whom were not in managed organisations and some of whom did not have an obvious Responsible Officer or Suitable Person to turn to.

We held workshops in Belfast, London, Birmingham, Cardiff and Leeds which were attended by 10-20 people each. We had speakers from the GMC and MEDSU and in some cases had further talks to provide some extra CPD. We charged a modest fee and made a small profit on the events. More importantly we had very good feedback from members, some of whom were struggling to understand many of the rudiments of revalidation, including appraisal.

At the International Congress we held a session on Entrepreneurialism and Private Practice which was extremely well attended – with extra chairs being brought in as the event was underway!

We now have a forum which people are gradually signing up for and this has enabled a small number of useful exchanges. Much of our work, though, is done on a one to one basis and I know that both I and our vice-chair have had correspondence and conversations with quite a few of our members on specific issues affecting them, mostly, though not exclusively, to do with revalidation

Lesley Haines, vice-chair, has attended the College Revalidation Committee meetings (dealing with revalidation and CPD issues). The liaison between the college revalidation helpdesk (revalidation@rcpsych.ac.uk) and PIPSIG has provided vital information for this forum, particularly regarding the plight of the 'orphan' doctors who do not have a Designated Body. Work proceeds on CPD requirements and how best to canvass the views of service users and carers for 360 degree feedback.

We have appointed a newsletter editor, Anney Varghese, and she produced her first publication at the end of the year. We hope to publish one every 6 months. Ankur Agarwal, our secretary, represents us on the College Leadership Group and Lesley has made sterling efforts to get us representation on other College groups, though unfortunately with only limited success.

The executive met twice in 2014 and remain in touch between meetings. Minutes are available on our webpage. We also have a number of revalidation tools and guidance for medico-legal doctors on revalidation on our webpage. The executive have planned a conference on telepsychiatry for 2015.

Danny Allen
Chair, PIPSIG

Spirituality & Psychiatry Special Interest Group

Annual Report 2014

The Spirituality & Psychiatry Special Interest Group (SPSIG) has had a good year, putting on as usual two one-day conferences as well as being involved in the College's International Congress. In April we held a day conference on "Above and Beyond, or Right Here, Right Now? Transcendence, Immanence and Mental Health", organised by Professor Chris Cook and Dr Sarah Eagger. This gave an opportunity to explore how these two apparently diametrically opposite dimensions of spirituality may be experienced and understood. Professor Cook spoke gave an overview of transcendence, immanence and mental health. Professor Emmy van Deurzen spoke about transcendence and the psychotherapeutic quest for happiness. In the afternoon Professor Paul Heelas spoke about spiritual revolutions and vitalism today, and Isabel Clarke on transcendence and the transliminal. By contrast in November our day conference on "Spirituality and Psychiatrists" was devoted to personal accounts of how psychiatrists experience spirituality and how spirituality affects their work as a psychiatrist. Eight psychiatrists gave short talks on their own experience, and there was time for group discussion and questions and answers. The day appeared to be well received by the participants, especially for its candour and openness.

At the International Congress in July we ran a session on "Kindness and Compassion: Neuroscience, evolutionary psychology and treatment", and Dr Russell Razzaque and Dr Paramabandhu Groves held a workshop on Mindfulness. Dr Sarah Eagger chaired the session on Kindness and Compassion, during which Dr Tamara Russell presented neuroscientific findings of interventions that promote kindness and compassion, Dr Chris Irons spoke about evolutionary psychology and how this has influenced the development of compassion focussed therapy, and Dr Paramabandhu Groves talked about a novel therapeutic approach, kindness behaviour training (KBT). Both events were very well attended.

The executive has been stable over the year. Dr Sophie Thomson continues as financial officer and Dr Alison Gray as secretary. We are grateful for the helpful input from Dr Romaine Gadelrab as our trainee representative over the last year. We were pleased to co-opt Jo Barbor as our service user representative and have appreciated her input. Dr Andrew Powell continues as editor to maintain our website, with assistance from Dr Rob Waller. As usual two issues of our Newsletter were

published. Dr Alison Gray continues to manage book reviews for publication on the website. Unfortunately we did not receive any essays for this year's SPSIG essay prize.

Through the work of the SIG we continue to explore the relationship between spirituality and psychiatry. In particular we endeavour to create an atmosphere in which diverse views on spirituality (or lack of it) can be considered in a way that is respectful of each other as colleagues and that is sensitive to our patients and their needs.

Dr Paramabandhu Groves

Chair, Spirituality & Psychiatry Special Interest Group

4 December 2014

TRANSCULTURAL SPECIAL INTEREST GROUP ANNUAL REPORT 2014

The Transcultural Special Interest Group (TSIG) remained active since last year's report. We remain committed to the work of the College; provide guidance to the College members and the public on transcultural psychiatry related matters. Our networking expanded and now involves wide range of interested individuals in Europe and North America. Our membership remains solid.

The group contributes to college's consultations on policy and training. We have provided input into CPD programmes, reviewed articles and on one occasion a chapter in a book.

Transcultural SIG Symposia at The Royal College we have organised and Chaired Three symposia:

1. Psychiatry in Eastern Europe 21.6.2014 at the Royal College of Psychiatrists:
I gave a talk about Transcultural Psychiatry and my plans for the future of the group. I invited seven speakers to talk about different aspects of psychiatry in different countries of Eastern Europe and Prof David Skase The Editor of the International Journal of Psychiatry chaired it.
2. We contributed to the World Psychiatric Association Meeting in Madrid 13-16.09.2014 by two symposia.
 - a. Hot Topics in Transcultural Psychiatry. I organized and chaired it. I talked about Transcultural Aspects of Stigma in Psychiatry.
 - b. Drug Misuse in Ethnic Minorities in Europe. I managed to get speakers from four European countries and I talked about drug misuse in the United Kingdom.
3. I talked about Transcultural Psychiatry The Scope and Future in the North West SPR Training Programmer on the 8th of May 2014.

College's International Congress 2014

We submitted proposals for two symposia:

1. **Transcultural Aspects of Schizophrenia.**
2. **Transcultural Aspects of PTSD.**

Unfortunately we were unsuccessful and we would like more support from the college executive committee, to back our proposal.

Bulletin of TSIG

We managed to put together an issue of our newsletter after an absence of nearly five years. It has eleven items, reporting the SIG activities, Transcultural psychiatry articles, Transcultural news around the world and forthcoming activities around the world.

Finance

The finance of TSIG remains in a healthy status. We have appointed an interim treasurer following the resignation of the previous one. A new finance officer has been elected for the next term of the office.

Election of new officers

We Are in the process of selecting a Newsletter editor and members of the executive committee to help and coordinate the SIG activities at the College, in the United Kingdom and around the world.

New Challenges

We managed to organise three symposia at the Royal College and produced our newsletter.

Our ambition is to try to organise regular symposia at the Royal College, at least twice a year. To produce regular issues of our Newsletter twice a year.

To try to organise symposia in other parts of the United Kingdom and hopefully in other parts of the world.

To liaise with other cultural psychiatry SIG in Europe and in The United States.

We plan to continue contributing in symposia in the World Psychiatric Association Meeting and with European Cultural Psychiatry SIG.

Despite the fact that various groups and individuals do the cultural psychiatry work, I remain convinced that there is a big role for TSIG to play in the coming years and in highlighting the new developments in cultural psychiatry which is now a well established part of academic and clinical psychiatry.

Our plan is to make TSIG take more proactive role in promoting cultural aspects of psychiatric practice in the United Kingdom and other parts of the world.

Hellme Najim
Chair
November 2014

**Volunteering and International Psychiatry
Special Interest Group (VIPSIG)
2013-2014 Annual Report**

The Volunteering and International Psychiatry Special Interest Group has had a busy year with a lot of background activity. The Myanmar volunteer mhGAP trip is currently planned for January 2015 and announcement of our first Volunteering and International Psychiatry Special Interest group essay prize result.

The Chair of the group is Dr. Peter Hughes. Dr. Victor Doku is secretary and Dr. Mandip Jheeta Became Finance Officer in 2014.

There are a number of roles assigned within the SIG

Conference leads: Sophie Thomson and Ashoq Singh

Fundraising: Sophie Thomson

PTC rep: Khurram Lodhi now has become Yousuf Zakaria

Trainee rep: Mandip Jheeta + Silvia Khan

Medical student rep: TBC (KS to advertise position)

Newsletter: Daniel Wolde-Giorgis and Lucy Potter

Volunteer UK: TBC

CAMHS: Heather Hannah

Retirees: Sally Browning

Diaspora: Victor Doku

Research & audit: TBC

Review of Aims

The aims of the group remain as on launch but the UK volunteering side has still not mobilised interest.

The group aims to promote and support mental health globally, focusing on the low and middle-income countries as defined by the World Bank. The group reports to the College Council. The SIG hopes to support training and education in the international arena and will aim to:

- Promote volunteer work overseas and expand the population of people interested in this work;
- Be a voice that will inform the College and serve as an agent in this work;
- Have a fundraising role in order to develop its activities. However most of the fundraising activities of members are directed at supporting the Volunteer programme of the College.
- Produce a newsletter in order to celebrate volunteerism in the UK and globally;
- Establish E-groups in order to promote this field by regular discussion;
- Promote appropriate training materials for volunteers overseas;
- Explore web-based psychiatry training to assist training sites in mental health;
- Establish links with non-governmental organisations and Diaspora communities;

- Promote overseas electives for medical students and encouragement of psychiatry as a career;
Promote the overseas experience in psychiatry as a desirable attribute for the NHS.

The group will have affiliations with non-College members and other disciplines. It will be open to all Diaspora communities and others who do not have a distinct ethnic orientation.

Members

There are over 1500 members. There are many non members who are also affiliated to the SIG. The SIG continues to have multiple professional and diverse representation.

Finance

The annual Business plan has been submitted by Finance officer for 2013-2014
Finances are in healthy surplus due to

- A number of donations
- Outlay remains minimal
- Modest funds from conference 2014

Administration

- Sue Duncan provided Administration support and now is Philippa Barton-Hanson
- Victor Doku is secretary

Challenges in year 2013-2014

- Communication with members –consistent feedback that members do not get enough communication from VIPSIG
- UK volunteering arm still needs to be developed
- Focus of enthusiasm of members into outcomes.
- Budget
- Innovations
- Networking to other organisations
- Mainstreaming role in UK volunteering

Activities During 2013/2014

VIPSIG Meetings

The meeting dates for 2013-2014 were:

- 26.7.2013
- 18.10.2013
- 10.1.2014
- 27.6.2014

- 17.10.2014 Manchester
- Next meeting 16.1.2015

All meetings were in London apart from 1 in Manchester which had very poor attendance. Further meetings outside London to be reviewed.

The meetings usually average 6 to 10 people. There is now an initial executive meeting before an open meeting.

Conferences

- 1 international conference was held on 16.5.2014 on theme of "Spirituality and Disaster"
There were 66 attendees.
Speakers included Andrew Sims, Fowad Kaiser, Barbara Martini, Sophie Thomson and others.
There was a poster prize and runner up awarded
- mhGAP training in London in March 2014 -50 attendees

Volunteer activities

- Burma/Myanmar project
- Kashmir mhGAP project
- Specific member volunteer activities –Syria, Pakistan, Gambia, India, Sierra Leone
- mhGAP activities –SIG represented at WHO mhGAP meetings in Geneva September and December 2014

Newsletter

News letter continues but now reduced to twice per year. Editorial team are Dr. Daniel Wolde-Giorgis, Dr. Manshant Rani Kaur, Dr. Kiran Purandare, and Dr. Lucy Potter

Communication

There is an active website maintained by Veena Verdi's support from the College. we have developed our social media presence

- Facebook [facebook.com/groups/vipsig](https://www.facebook.com/groups/vipsig)
- Twitter #psychvolunteer 358 followers currently
- Website has all minutes of meetings, conference reports, useful resources.
<http://www.rcpsych.ac.uk/workinpsychiatry/specialinterestgroups/volunteer-ingandinternational.aspx>

Achievements 2013-2014

- Conference in May 2014
- mhGAP training London March 2014

- Increased numbers of members and affiliates
- Website –new articles of interest posted
- Support of College volunteering programme
- Kashmir project
- Myanmar project
- Representation at Global conferences and meetings in UK and Geneva.
- First volunteering essay prize –Many applicants and prize to be awarded January 2015
- Recruitment into psychiatry- essay prizes, poster prizes, subsidised conferences, meetings and trainings have had a role in encouraging psychiatry as a career . This has been an unexpected outcome but anecdotes show many entering psychiatry through the portal of Global Mental health.
- New finance officer-Dr. Mandip Jheeta
- Chair awarded Volunteer of the Year at Royal College of Psychiatrists annual awards

Progress in achieving aims-continuing activity

- Promote volunteer work overseas and expand the population of people interested in this work- advocacy at College, attend global meetings and committees, social media presence
- Be a voice that will inform the College and serve as an agent in this work; Members are represented at College fora where advocacy can occur.
- Have a fundraising role in order to develop its activities. However most of the fundraising activities of members are directed at supporting the Volunteer programme of the College.
- Continue newsletter in order to celebrate volunteerism in the UK and globally; This continues to be successful.
- Promote appropriate training materials for volunteers overseas; We have on website important and interesting documents. We continue to develop this area.
- Explore web-based psychiatry training to assist training sites in mental health; This has not been achieved yet.
- Establish links with non-governmental organisations and Diaspora communities;
- Promote overseas electives for medical students and encouragement of psychiatry as a career; Elective database remains an area of development. Promote the overseas experience in psychiatry as a desirable attribute for the NHS. Continued advocacy
- Further aim is to be a source of expert technical advice on volunteering international and nationally

Plan for 2015

- Consolidate and develop aims
- UK volunteering
- Continue Newsletter
- Essay prize
- Session at Annual Congress 2015

- Continue meetings. Review further meetings outside of London
- Conference
- mhGAP training
- Training in Psychological First Aid
- Fundraising for VIPSIG as well as for volunteers programme of College
- Focus energy and enthusiasms into outcomes
- Develop a body of technical expertise
- Raise profile of SIG in health and intersectoral fora.
- Develop further strategy for SIG in Volunteering and International Psychiatry
- Enhance social media presence
- Develop research on Global mental health
- Ensure good, transparent financial governance and fundraising

Acknowledgement

We acknowledge support of Sue Duncan, Philippa Barton-Hanson, Veena Verdi and College in our Special Interest Group as well as all the energy and enthusiasm of members

Dr Peter Hughes
Chair
29.12.2014

WOMEN AND MENTAL HEALTH SPECIAL INTEREST GROUP (WMHSIG) ANNUAL REPORT
2014/15

The Executive Committee has continued its work over the past year, and as usual members of the committee have responded to consultations, organised conferences, written articles and examined issues around training.

During the past year we have welcomed new members onto the executive committee, including Claude Botha (co-opted Treasurer), Elena Baker-Glen and Chrissy Jayarajah. We thank Dr Judith Edwards and Dr Carol Henshaw who have stepped down from the committee for their excellent contributions as treasurer and Vice Chair respectively.

Executive meetings took place on 27th November 2013, 11th March 2014 and our 2014 AGM took place at the Annual Congress on 26th June 2014. Our next executive meeting is scheduled for 13th January 2015.

Our current workstream focusses on the mental health of women in disadvantaged groups. The output of this workstream along with other projects will inform a larger project aimed at developing a curriculum in women's mental health for psychiatric trainees.

Our annual essay prize focussed on the theme: Integrating body and mind in women's mental health. The prize was open to medical undergraduates, trainees and newly qualified consultants. Several strong submissions were received and the prize of £250 was awarded to Dr Sara Maguire for her excellent and thoughtful essay entitled '*Integrating Mind and Body*' in which she reflected upon a psychotherapy case.

We liaised with the psychiatric section of the RSM on a very successful conference held on March 11th 2014. The conference theme was 'Women's Mental Health: pregnancy the puerperium and beyond'. We have also collaborated with the Women's Forensic Pathway Forum, Nottinghamshire Healthcare NHS Trust and the National High Secure Healthcare Service for Women at Rampton Hospital on a conference to be held on 20th March 2015 with the theme : "Dangerousness in Women: Perception or fact?". Speakers include Professor Frances Heidensohn, Anna Motz and Sherry Ashfield.

The finances of WMHSIG have remained in good order under the auspices of our treasurer, Dr Judith Edwards. Dr Claude Botha assumed the role of co-opted treasurer after Dr Edwards' departure in the autumn. Our annual business case was signed off by council late last year.

It is intended that our printed newsletter will be replaced by updates on our section of the college website in future, bringing the SIG into line with other areas of the college.

Dr Anagnostakis' term of office as chair as well as the Treasurer's term of office will come to an end at the annual congress in June/ July 2015, therefore the College will send out a notice of election in the New Year requesting nominations.

Dr Katina Anagnostakis Chair - WMHSIG