

Welcome!

“Be positive about the great strides psychiatry is making every year and about what a vital, optimistic and exciting field it is”.

Stephen Fry, comedian, actor, writer and documentary-maker.

“If one could but go to Brighton!” observed Mrs. Bennet.

“A little sea-bathing would set me up for ever”

From *Pride and Prejudice* by Jane Austen

Welcome to Brighton the quintessential British sea-side town, long renowned for its restorative properties. We have travelled to Brighton for this year's International Congress to follow Stephen Fry's advice and celebrate the 40th Anniversary of the Royal College of Psychiatrists. Paraphrasing Jane Austen, we aim to set ourselves up forever with a Congress programme more fabulous than any since the college was founded in 1971.

With this year's theme on Evidence Based Practice we ask psychiatrists to put aside their Pride and Prejudices and look to the evidence base. The College's Academic Faculty is involved in all aspects of the programme to help the College Officers, Programme Committee and Members deliver high quality sessions and training courses that include the best presenters and cover the breadth and depth of current psychiatry.

There will be a Trainees' Stream, ever popular with trainees and consultants; morning and lunchtime plenary slots; daily training courses; scientific and clinical sessions; and for variety there are some arts-based sessions. As always, and uniquely in International Congresses of this stature, we include everything in the price of the Congress, attendance at all sessions and courses and all refreshments.

There is again a Trainees' Lounge and a Media Training Booth.

In the words of Mrs Bennet, for a celebration of psychiatry and 40 years of The Royal College of Psychiatrists 'One could but go to Brighton'.

Helen Miller and Nick Craddock, co-chairs of the organising committee