



RCPsych International

The International eNewsletter

Welcome



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Dear Colleagues

As we find ourselves on the threshold of the final quarter of this year, our hearts are heavy with the awareness of recent devastating emergencies that have unfolded across the globe. In the past few weeks, we have witnessed two catastrophic disasters that have claimed the lives of thousands– the grievous earthquake in Morocco and the relentless flooding in Libya. Most recently the news of refugees fleeing Azerbaijan has caused concern to the global community. In these trying times, I extend my deepest condolences to all those affected by these tragedies and offer my support to our dedicated colleagues working tirelessly in these regions. As always, I'd like to take this opportunity to highlight some of the resources available on the [College website on assisting with humanitarian emergencies](#), to use and share.

It has been a privilege to embark on our shared work with President Dr Lade Smith since she took office in July. President Smith will be launching the College's strategic plans, including the new International Strategy, next month. I very much look forward to further developing and strengthening the College's international work and membership, under Lade's leadership.

I thoroughly enjoyed meeting so many of you at the International Congress this July in Liverpool and would like to thank you for attending the International Breakfast meeting. It was an esteemed privilege for our College to host distinguished representatives from international psychiatric organisations as well as members of our International Divisions.

These dialogues proved instrumental in shaping our strategic plans. A review of Congress can be found on page 5 of this publication. I am delighted to announce that our 2024 Congress will be held in Edinburgh, Scotland, from the 17th to the 20th of June. If you are considering submitting a proposal for either the main programme or Congress cultural fringe, the deadline for submissions is Friday 27 October. Please see the [Congress section of our website for further details](#).

In addition, it gives me great pleasure to introduce Professor Gin Malhi, who assumed the role of College Editor and Editor-in-Chief of the British Journal of Psychiatry in May. Professor Malhi resides in Australia and holds a professorship at the University of Sydney. He brings a wealth of expertise to the team, and I very much look forward to collaborating with him. I warmly welcome our newly elected International Division executive members. You will find introductions from Dr Rebecca Horne (Vice-Chair, Western Pacific Division) and Dr Joseph El-Khoury (Financial Officer, Middle Eastern Division) on page 3 and 4, with more to come.

Lastly, please contact sarah.eldridge@rcpsych.ac.uk with the details of any events or news that you would like featured in the next edition, which will be published in December.

Kind regards

Professor Mohammed Al-Uzri
Presidential Lead for Global Mental Health Strategy



Prof Mohammed Al-Uzri



Introductions

A warm welcome from College Editor, Professor Gin Malhi

The new College Editor formally known as Gin: An over-the-top story from down under!

Dear Colleagues,

I was thrilled at first when I was asked to write this short piece to introduce myself to the international members of the College. However, almost immediately I descended into a frenetic state of indecision as I faced a moral dilemma. Do I risk resurrecting a childhood fear? Or do I prevaricate and keep my secret safe? You see, my first name in full is Gurjhinder, but no one except for my mother has ever referred to me as such, and even then, she only used it to indicate her disapproval. The reason why my full name has seldom been used is that as I progressed through high school, I abbreviated my name to Gin to avoid having 'Gurj' as my teenage nickname. The guttural sound of the latter lacked the mellifluous sound of the tri-letter moniker. Thankfully, Gin was well received by my friends, especially in London where I did most of my growing up after spending several years of my childhood in different parts of the Midlands. It's because of this I think of myself as essentially an East Londoner. Even when I went to university, up north, I kept in touch with my East 17 roots by watching EastEnders. As psychiatrists, we are well aware that names and places are important, and perhaps more so early in life, when how we are perceived by others plays a significant role in determining our sense of self. I kept my nickname throughout my medical training and specialization, and now it is my 'academic name', akin to a nom de plume under which I have authored both articles and books throughout my career.

When I moved from London to Sydney where I now reside, I took a bottle of Gordon's London Dry Gin as a gift for my new head of department, Professor Gordon Parker. He appreciated my humour, and although I have now lived in Australia for more than two decades, I remain very much, a British Punjabi, with a Cockney spirit and Ozzie twang. Hence, being appointed the College Editor and Editor-in-Chief of The British Journal of Psychiatry (BJPsych), is a distinct pleasure as is the opportunity to share with you my ambitions for the College's portfolio of journals.

The College manages five academic journals and alongside these impactful publications it also publishes books and maintains a notable social media presence. Together, the journals constitute the preeminent 'broadcaster' of all things psychiatry, and serve a function that I believe to be of fundamental importance to the future integrity of our specialty. This is perhaps more important now than ever before, as every aspect of our profession is being constantly questioned and coming under threat.



Prof Gin Malhi

As College Editor, I envisage the journals promulgating the science and art of psychiatry, and building on the long history of what the BJPsych has achieved over the past 170 years – starting in 1853 as The Asylum Journal. It is my firm belief that while psychiatry is a medical specialty, it is without a doubt the most intellectually stimulating of all the disciplines within medicine. But psychiatry is also much more than this, by virtue of its interplay with subjects as diverse as law, ethics, and philosophy, and the College journals need to be the key repository for such psychiatric knowledge. As a family of journals, they need to provide the essentials for clinical training, practice, and research, and at the same time inform not only psychiatrists but all manner of health professionals and policy makers. This is why the journals are the lifeblood of our professional expertise and will remain focused on maximising the welfare of patients with mental illnesses.

For these reasons and many more it is a genuine privilege to have this opportunity to serve as College Editor and EIC of BJPsych. I feel honoured to be tasked with the responsibility of developing the College's portfolio of publications, and the timing could not be better as I will be doing so under the leadership of our newly minted President – Dr Lade Smith – who champions collaboration with one and all, and in doing so aims to 'raise the profile of psychiatry'.

So, I suggest you keep a close eye on the College journals and in particular the BJPsych, and if you are interested in being involved in any way, feel free to contact me directly.

Professor Gin S. Malhi
MBChB (Manc) BSc (Hons) MSt (Oxf) MD (UNSW) FRCPsych
(UK) FRANZCP (Aus)



International Divisions

Updates from your International Divisions

Middle Eastern Division

Introducing Dr Joseph El-Khoury

It is with a deep sense of responsibility that I take up the position of Financial Officer of the Middle Eastern Division this summer. Having obtained Membership of the college in 2006 and Fellowship in 2019, I have remained very aware of the importance of the RCPsych as a community for its members, and an academic anchor for decades even after completing our training. I left the UK in 2012 following a short stint as an NHS consultant. I have since worked at leading institutions in Lebanon and later the UAE where I am currently established in private practice. I have also been involved in advocacy and leadership at a national level. Throughout, I have experienced the challenges faced by psychiatrists who aim to bring their skills and knowledge to a health system that is not always receptive or supportive.



Dr Joseph El-Khoury

The Middle East has traditionally been a source of psychiatrists for the UK and more recently a destination for many wishing to practice abroad for a variety of personal and professional reasons. This bond between our country of training and our countries of practice is only expected to grow. This is of relevance to the GCC area and its fast-developing mental health sector, but also to other countries struggling to uphold evidence based and humane care in times of conflict or economic hardship. I believe the Middle Eastern Division should be at the forefront of this growth, providing a hub for academic and clinical exchange. We hope to motivate colleagues across the region to join this effort.

Middle Eastern Division

Update from Dr Ovais Wadoo, Chair

As we reflect on the passing year it gives me great pleasure to extend my heartfelt congratulations to each and every one of you for the remarkable achievements and strides, we have collectively made over the past twelve months. First and foremost, I want to extend my heartfelt congratulations to the doctors who have joined our ranks as new members and to all the senior clinicians who have been awarded fellowship of the College. There are now 88 registered College Fellows in the Middle East region. Your elevation to this esteemed status stands as a testament to your outstanding contributions to the field of psychiatry.

The Middle East Division meeting held on the sidelines of the International Congress in Liverpool was well attended and provided an opportunity for our members to meet the officers of the College. We were joined by newly appointed president Dr Lade Smith. During the Congress, we had the privilege of awarding exceptional Members and Fellows from the division, whose unwavering support for the college strategy and dedication to the division's growth earned them a place in our Hall of Fame (see details in the newsletter). Their achievements serve as a beacon of inspiration for us all, reminding us of the impact that can be made when passion meets purpose.

In a stride towards furthering our reach and impact, we engaged in fruitful discussions with the college examination team, deliberating on the prospect of establishing a Clinical Assessment of Skills and Competencies (CASC) center in the Middle East. This venture holds the promise of facilitating training and assessment closer to home for doctors intending to pursue MRCPsych qualification.

As we look forward to the upcoming year, we are excited to share news of our members' active involvement in several conferences in the region. The first Mental Health Conference in Bahrain on October 12th and 13th, followed by the 4th Iraqi International Psychiatry Conference in Baghdad on November 23rd and 24th and the ACPN Conference in Abu Dhabi in January 2024. We encourage you to mark your calendars and join us in these enriching gatherings. These meetings offer a unique opportunity to connect, share insights, and strengthen our bonds as a community. In conclusion, I want to thank Dr Adrian James our outgoing President for his leadership of the College over the last 3 years and extend my heartfelt gratitude to each and every one of you for your continued dedication and support.



International Divisions

Updates from your International Divisions

Pan-American Division update

The Pan-American Division are pleased to confirm they will be hosting an online educational event on *Emerging Treatments*, in early 2024. The speakers are Dr Rebecca Strawbridge (Institute of Psychiatry, Psychology, Neuroscience, King's College, London) and, our Vice-Chair, Dr Ishrat Husain, (University of Toronto). Dr Strawbridge will be speaking on anti-inflammatories and Dr Husain on Psychedelics. Please look out for further details in the next few weeks, it promises to be a fascinating event.

The College will be represented by the Pan-American Division at the Canadian Psychiatric Association annual conference in Vancouver, with a networking reception on **19 October at 19:00** at the Sheraton Vancouver Wall Centre (conference venue). Please contact sarah.eldridge@rcpsych.ac.uk if you are interested in attending.

Our Chair, Prof Kenneth Kaufman, is representing the Division at the World Psychiatric Association's Congress this year, in Vienna. Prof Kaufman is speaking on *Publication ethics and support for rights based mental health care* on Sunday 1 October from 15:00 - 15:15, in Hall L2. If you are attending the Congress, then do join this fascinating talk.

European Division update

Dr Angela Carballedo, Chair

As Chair of the European Division, I attended this year's wonderful International Congress in Liverpool during the summer. I was very pleased to see that the College was planning to deliver this highly regarded event as a face-to-face congress. As always, the symposium and parallel sessions were inspiring, thought provoking and full of new approaches and a good revision of clinical care, service delivery and general knowledge. My time outside the educational activities was filled with a number of meetings with members of the College. It was refreshing to meet colleagues from all over the world and share our views about delivering care for our patients and I enjoyed the diverse and integrative approach the College emphasises.

For the upcoming months, the European Division plans to stay active with a couple of what we hope will be compelling projects, including the delivery of a comprehensive survey to its members with regards to educational activities that may be of interest to the members across Europe, and the organising a [Dean's Ground Rounds](#) at the end of the year, in the area of underdiagnosed psychiatry conditions in medical wards, neuropsychiatry sequelae and treatments. We hope our webinar continues to stimulate thinking and discussion in respect to breaching the gap between mental and physical health.

Western Pacific Division

Introducing Dr Rebecca Horne

I am a UK trained Consultant Psychiatrist, having trained in the Eastern Region of the UK. Between 2005 and 2022 I worked as a Consultant Psychiatrist for Norfolk and Suffolk NHS Foundation Trust in inpatient, community mental health and latterly perinatal mental health services.

In July 2022 I moved to Queensland, Australia to take up a clinical post as Consultant Psychiatrist in an Acute Care Team with Wide Bay Hospital and Health Service based in Hervey Bay.

I have been actively involved with the Royal College of Psychiatrists throughout my career. I was an Executive Committee member of the Women and Mental Health Special Interest Group from 2003 to 2022. I was the Royal College of Psychiatrists Eastern Division Perinatal Regional Representative and Executive Committee member between 2020 and 2022. I am now a co-opted member of the Perinatal Faculty Executive Committee, part of their International Working Group and linking with the RANZCP Section of Perinatal Infant Psychiatry.

I am privileged to be appointed as Vice Chair of the Western Pacific International Division. I am keen to support building collaborative relationships between psychiatrists across the Western Pacific and globally, share learning and support the ongoing training and professional development of psychiatrists.

Western Pacific Division update

Prof Steve Kisely

During the International Congress held in Liverpool, members of the West Pacific Division, including the Chair and Financial Officer, convened with the Dean and the newly appointed President. The meeting centred around two key topics: firstly, exploring educational prospects for the College in the context of Intellectual Disability, an area less developed in the West Pacific compared to the UK, offering an ideal foundation for collaborative efforts with regional networks. Initial proposals included organising a 2-hour webinar or a Dean's Grand Round on this subject. Secondly, discussions delved into the hurdles pertaining to specialist recognition, particularly between the UK and Australia & New Zealand.



RCPsych International Congress 2023

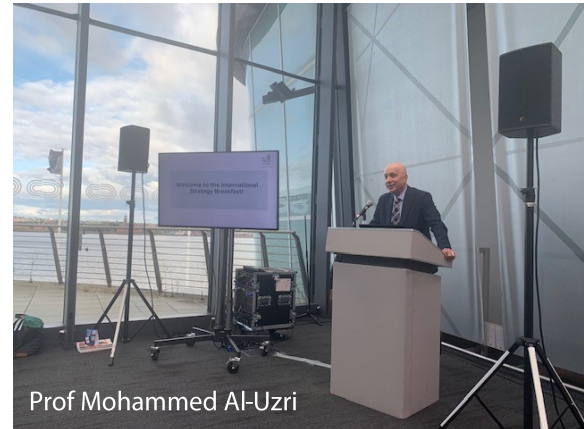
A review of the College's flagship event

The 2023 RCPsych International Congress was a remarkable event held in Liverpool from July 10th to 13th. The congress featured a lineup of distinguished keynote speakers such as Dr Petros Levounis, the President of the American Psychiatric Association (APA); Professor Donal O'Shea, National Clinical Lead for Obesity; and Dr Thara Rangaswamy, Vice Chair of the Schizophrenia Foundation. Their insights and expertise enriched the conference and provided invaluable perspectives to all in attendance.



Dr Lade Smith

A touching moment during the congress was the passing of the presidential torch from Dr Adrian James to Dr Lade Smith. In her inaugural address, Dr Smith shared a deeply moving account of a patient who relapsed due to inadequate supervision, highlighting the critical importance of recognising and addressing the needs of every individual under psychiatric care. Dr Smith also outlined her key priorities for her term, which include nurturing and supporting psychiatrists to bolster the workforce, advocating for resources to bridge the treatment gap and deliver therapeutic care, and championing fairness for both patients and staff by combatting inequality.



Prof Mohammed Al-Uzri

Over the course of the three-day conference, RCPsych Officers and members of the international team engaged in fruitful discussions with representatives from the College's sister organisations, including the APA, EPA, RANZCP, CPA, and IPS. These meetings provided an opportunity to reflect on the achievements of the previous year and lay out strategic plans for the year ahead. The collaborative spirit and commitment to advancing the field of psychiatry were palpable throughout the congress, making it a truly memorable and impactful event for all involved.

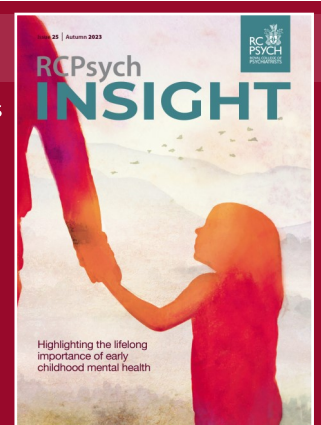


ROYAL COLLEGE OF PSYCHIATRISTS
**International
Congress 2023**
Liverpool 10-13 July

RCPsych Insight magazine

The latest issue of Insight magazine is now available (accessible via the cover image to the right). It features many excellent articles, including the following:

- President Dr Lade Smith CBE discusses plans to strengthen membership engagement and newly appointed College Editor, Professor Gin Malhi, shares his vision for the future of RCPsych's journals.
- A new RCPsych report highlights the importance of the first five years of life and makes the case for action to prevent childhood distress becoming adult mental ill health.
- How lobbying by the College has helped force concessions on the Illegal Migration Act – but there is more to do to mitigate its harm.
- How RCPsych is working with the Iraqi Red Crescent Society to supervise and train primary-care health workers to recognise and treat mental health disorders.

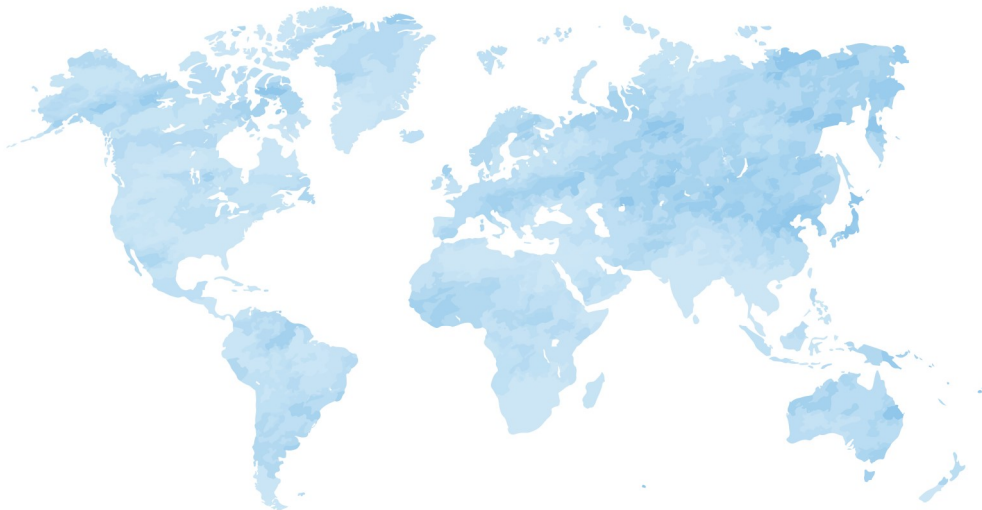




International Division election results

Following the College elections this year, we are pleased to welcome five new executive committee members to our International Divisions. The members listed below took post in July and have already launched into action. In this edition Dr Joseph El-Khoury and Dr Rebecca Horne introduce themselves on page 3 and 4. The remaining members will be featured in the forthcoming editions.

African Division, Chair	<i>Dr Neil Horn</i>
Middle Eastern Division, Financial Officer	<i>Dr Joseph El-Khoury</i>
South Asian Division, Vice-Chair	<i>Dr Vijaykumar Harbishettar</i>
South Asian Division, Financial Officer	<i>Dr Sheeba Ninan</i>
Western Pacific Division, Vice-Chair	<i>Dr Rebecca Louise Horne</i>



Hall of Fame Award winners

The Middle Eastern Division launched their first *Hall of Fame Awards* this summer. The award was created to acknowledge some of the outstanding contributions to psychiatry, in the Middle East. We are pleased to announce the first Middle East Division Hall of Fame Award winners, as listed below. Congratulations to all!

- Dr Nadia Dabbagh
- Dr Ivona Amleh
- Dr Zainab Imam
- Dr Javed Latoo
- Dr Zerah Salihi
- Dr Shuja Reagu
- Dr George Tadros



Translations of College resources

We are continuing to update and expand the [translations of our mental health information resources for patients and carers](#). These resources are freely available on the College website. In each edition of this newsletter, we will give an update on the new and updated translations, so you know what is available.

As I'm sure you are aware, as part of the College's response to international disasters, there is a [dedicated area of our website](#) which includes open access to resources translated into languages relevant to current international emergencies. These resources are regularly reviewed and updated, for example, following the recent earthquake in Morocco we have updated a French translation of our coping after a traumatic event resource.

Please see the below summary of resources we have produced in the last 3 months:

Arabic translations of our resources on:

- Cannabis and mental health for children and young people
- Schizophrenia in children and young people
- Psychosis in children and young people

Hindi translations of our resources on:

- OCD
- CBT
- PTSD

Bengali translations of our resources on:

- Physical illness and mental health
- OCD
- Anxiety

Urdu translations of our resources on:

- Anxiety
- Memory problems and dementia
- Antidepressants
- Bereavement



A **French** translation of our coping after a traumatic event resource

MRCPsych revision tools

For all taking, or planning on taking, the MRCPsych Paper A, B or CASC exams, are you aware of the College resources available to help you prepare?

[Trainees Online, or TrOn](#), is the College's online revision tool to support trainee psychiatrists in preparing for the MRCPsych Paper A exam, with 5 interactive modules mapped to the MRCPsych syllabus. Check out further resources available for Paper B and CASC [here](#).

If you are registered with the College as a trainee, member affiliate, Student Associate or Foundation Doctor Associate, you can access TrOn for free, just log into the [College's e-learning hub](#), using the same username and password you use for the College website's secure members' area.



BJPsych International journal

Read the [latest issue](#) and browse the latest editions of [Muses – the arts blog](#).

Nigerian poet and Muses blog editor Dami Ajayi shares his experience of “starting a new job in a new city in a new country” and how he coped: [London is the place for me](#).

Why submit an article to the journal

- The journal is entirely open access, no fees for authors.
- Indexed in DOAJ, PubMed and Scopus – 65% 2022 increase in CiteScore.
- Distributed to over 18,000 members of The Royal College of Psychiatrists.
- [Digital content](#) to support authors.

What type of article

- Brief, informative and easy to digest articles on current policy and practice in psychiatry from a global perspective.
- Priority to LMICs.
- Section for medical students, foundation doctors and psychiatry trainees – [Global Echoes](#)
- [Country Profiles](#) and [Mental Health Law Profiles](#)

How to submit an article to the journal

- Read the instructions for authors carefully – 1500 words and 12 references: <https://www.cambridge.org/core/journals/bjpsych-international/information/author-instructions/preparing-your-materials>
- Submit online via the journal submission website Scholar One (an account is needed): <https://mc.manuscriptcentral.com/bjpsych-int>
- Email the team if you have any queries: BJPIInternational@rcpsych.ac.uk



Good standing with the College

Doctors who are registered with the GMC but who work exclusively outside the UK, are eligible to pay a reduced GMC annual retention fee, to remain registered with the GMC but not retain an active licence to practice in the UK. Reinstating your licence to practice in the UK is a straight forward process. For further information about GMC registration and licence to practice, please see the [GMC website](#).

Our International Members remain in good standing with the College as long as they remain in good standing with the medical licencing body in the country that they are practicing in, and international members who are not practicing in the UK are not required to submit evidence of continued professional development each year, via the CPD Submissions programme.



Events

Upcoming events you may be interested in:

Annual ECT and Neuromodulation Conference 2023

Date: 30 November - 1 December 2023

Description: In person (London) & Live-stream

The next Annual ECT and Neuromodulation Conference takes place in London, but will be live streamed.

Please see the programme for further details.

[Find out more >](#)

Supporting transgender adult patients

Date: Friday 8 December, 9.30-12.30pm GMT

Description: Online Zoom Webinar (can watch on demand if registered)

This session will look into the care of adult transgender patients. Topics include assessment of complex patients,, improving the admission process to inpatient wards for gender diverse service users – service evaluation, attention to autism in the clinical care guidance for transgender and gender-diverse people: A scoping review, trans folk in general psychiatric services - what to do differently if anything and intersectionality, communication, and safe spaces: Lived experience perspectives.

[Find out more >](#)

Keep in contact



Submissions for winter 2023 issue

Please contact Sarah Eldridge at sarah.eldridge@rcpsych.ac.uk with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the winter edition is 20 November 2023.

The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.

Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.

Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists