

RCPsych in Scotland supports the

# Scottish Transcultural Psychiatry Conference

Monday 7 June 2021, 9am – 4.30pm

## Draft Programme

- 9.00–9.25 Registration & Coffee
- 9.25–9.30 Welcome & Introductions – Dr Ruairidh McKay

### **Session 1 – Chair: Prof. Helen Minnis**

- 9.30–10.30 Keynote Presentation  
**“RCPsych Equality Action Plan: Implementation in Scotland”**  
Dr Rajesh Mohan & Dr Lade Smith, RCPsych Presidential Leads for Race Equality
- 10.30-11.15 Keynote Presentation  
**“MWC Ethnicity & Mental Health Project: Key Findings & Recommendations”**  
Dr Arun Chopra, Executive Director (medical), Mental Health Commission for Scotland
- 11.15-11.30 Q&A with Session 1 Speakers
- 11.30-11.45 Coffee break

### **Session 2 – Chair: Dr Wojtek Wojcik**

- 11.45-12.15 **“Black & Minority Ethnic Patients’ & Families’ Satisfaction with an Early Intervention in Psychosis Team in South Glasgow”**  
Dr Saman Khan, Consultant Psychiatrist, NHS Lanarkshire
- 12.15-12.45 **“Cultural Factors affecting the Duration of Untreated Psychosis and the Treatment of First Episode of Psychosis”**  
Dr Christos Giofkos, Consultant Psychiatrist, NHS Greater Glasgow & Clyde
- 12.45-13.45 Lunch

**Session 3 – Chair: Dr Arun Chopra**

- 13.45-14.15      **“Cultural Psychiatry in the Scottish context: Where are we & how would we like to improve?”**  
Dr Ruairidh McKay - Consultant Psychiatrist, NHS Greater Glasgow & Clyde
- 14.15-14.45      **“Planning the Way Ahead for Cultural Awareness & Mental Health in Scotland”**  
Dr Sumeet Jain - Senior Lecturer in Social Work & Programme Director for MSc Global Mental Health & Society, The University of Edinburgh
- 14.45-15.00      Coffee break

**Session 4 – Chair: Dr Ruairidh McKay**

- 15.00 – 16.00      Keynote Presentation  
**“Cultural Formulation as a Resource for Person-Centred Psychiatry”**  
Professor Laurence Kirmayer, Professor and Director, Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University, Montreal, Quebec, Canada
- 16.00 – 16.30      **“Vaccine Confidence...Is it Just a Cultural Perspective?”**  
Speaker TBC
- 16.30                  Closing remarks

If you would like to attend, please email  
[Susan.Richardson@rcpsych.ac.uk](mailto:Susan.Richardson@rcpsych.ac.uk)  
referencing “Scottish Transcultural Psychiatry Conference”  
Once booked, a link to the Zoom Meeting will be sent prior to the event.

# Biographies



**Professor Laurence Kirmayer** MD, FRCPC, FCAHS, FRSC. James McGill Professor and Director, Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University and Co-director of the Culture, Mind and Brain Program, McGill University.

He is Editor-in-Chief of *Transcultural Psychiatry*, and Director of the Culture & Mental Health Research Unit at the Institute of Community and Family Psychiatry, Jewish General Hospital in Montreal, where he conducts research on culturally responsive mental health services for immigrants and refugees, the mental health of Indigenous peoples, and the philosophy of psychiatry. He founded and directs the annual Summer Program and Advanced Study Institute in Cultural Psychiatry at McGill. He also founded and directs the Network for Aboriginal Mental Health Research. His past research includes studies on cultural consultation, pathways and barriers to mental health care for immigrants and refugees, somatization in primary care, cultural concepts of mental health and illness in Inuit communities, risk and protective factors for suicide among Inuit youth, and resilience among Indigenous peoples.



**Dr Shubulade Smith**, Clinical Director, Forensic Services, South London and Maudsley NHS Foundation Trust and Clinical Director National Collaborating Centre for Mental Health, Royal College of Psychiatrists

Dr Shubulade (aka Lade) Smith is a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and Visiting Senior Lecturer at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London. She graduated in Medicine from Guy's Hospital Medical School, London, winning prizes in Psychological Medicine. After training in psychiatry at the Maudsley, she completed a Research Fellowship in antipsychotic side effects, supervised by Professor Sir Robin Murray. She subsequently set up a joint medication review/physical health clinic, a "one stop shop" aimed at health promotion and management of physical problems in people with SMI, leading to her being nominated as a "Woman of the Year" and a BMA Pioneer award for innovation in psychiatry. Having trained in general psychiatry, she is now a forensic psychiatrist. She is the Lead for the Acute Forensic Pathway of the South London Partnership and Clinical Director of the Forensic Services at SLaM. She is also the Clinical Director of the National Collaborating Centre for Mental Health at the Royal College of Psychiatrists, providing medical leadership for the team developing mental health guidelines. She sat on the core working group of the Independent Mental Health Act Review, chaired by Professor Sir Simon Wessely and was responsible for some of the key recommendations, including those for patients with forensic issues. Recommendations aimed at improving outcomes for Black people with mental health problems have now been taken up by the government. Dr Smith was awarded a CBE in the Queen's Birthday Honours in June 2019 for services to Forensic Intensive Psychiatric care. In November 2019 she was awarded Psychiatrist of the Year by the Royal College of Psychiatrists.



**Dr Rajesh Mohan** Consultant Psychiatrist, South London & Maudsley NHS trust, Chair rehabilitation & Social Psychiatry Faculty and Presidential lead for race and equality at Royal College of Psychiatrists.

Dr Raj Mohan is a consultant in Rehabilitation and Social Psychiatry and works at the South London and Maudsley NHS Foundation Trust, in London. He completed his medical school in India where he specialised in Psychiatry, before coming to the UK. He is a Fellow of the Royal College and is the current Chair of the Rehabilitation and Social Psychiatry Faculty of the Royal College. Along with his Faculty chair role, he is a member of the RCPsych Council. In 2020, he was appointed as one of the two presidential leads for Race and Equality (along with Dr Lade Smith) at the RCPsych. He is tasked with developing a College Strategy to further equality and Equity initiatives for the College: for its staff, all its members & trainees and for wider mental health services, patients and carers. Dr Mohan teaches medical students at Kings College and campaigns for better funding for mental health services, equality, and social justice. He is a firm believer in integrated care approaches and person-centred psychiatry.



**Dr Arun Chopra** Consultant Psychiatrist & Medical Director at the Mental Welfare Commission for Scotland.

Dr Arun Chopra is the Executive Director (Medical) of the Mental Welfare Commission for Scotland. His research interests are statistical analyses of the use of the Mental Health Act in Scotland and the use of capacity Acts in the UK. Prior to taking up the medical director post he was a consultant in general adult psychiatry in Nottingham, Wellington, NZ, and Edinburgh.

**Dr Sumeet Jain** Senior Lecturer in Social Work & Programme Director for MSc in Global Health & Society, The University of Edinburgh

Sumeet Jain is a senior lecturer in Social Work at The University of Edinburgh and programme director of the MSc Global Mental Health and Social Change. He has completed training in international development (BA, Toronto), social work (MSW, McGill) and cultural psychiatry (PhD, UCL). His research and teaching sits at the intersections of global mental health, social work, international development and cultural psychiatry. Current research interests focus on three areas: 1) cross-cultural conceptualizations of 'recovery'; 2) the interface between mental health, marginality and social-structural inequalities; 3) micro-innovations in community mental health care delivery in South Asia.

**Dr Ruairidh McKay** Consultant Psychiatrist, NHS Greater Glasgow & Clyde

Ruairidh McKay is currently Scottish representative on the Royal College of Psychiatrists Transcultural Psychiatry Special Interest Group. He has an interest in the interaction between culture and mental health in the Scottish setting and how this affects perceptions around psychiatric care.

**Dr Saman Khan** Consultant Psychiatrist, NHS Lanarkshire

Saman Khan is a consultant child & adolescent psychiatrist working Tier 3 Community CAMHS in Rutherglen, Lanarkshire. She is currently local programme lead for higher training in Child & Adolescent Psychiatry in the West of Scotland. She has an interest in the experience of mental health services that families from ethnically and culturally diverse backgrounds have. Alongside consultant colleague Dr Mohammed, she runs Gupshup, a chat programme on YouTube reviewing mental illness depicted in Urdu-language television and media.

**Dr Christos Giofkos** Consultant Psychiatrist, NHS Greater Glasgow & Clyde

Christos Giofkos is a Consultant General Adult Psychiatrist working at Stobhill Hospital in NHS Greater Glasgow & Clyde. He studied at the Democritus University of Thrace and as well as his medical and psychiatric qualifications also has an MSc in Social Psychiatry.