

# Transcultural SIG Conference

Recognising the relationship  
between culture and  
mental health

Monday 8 – Tuesday 9

February 2021

Online Meeting



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## General Information

### Joining the webinar

We recommend you join the webinar at least 5 minutes prior to the start time so you can test your audio and ensure you are set up with the platform. You should have received a confirmation email from Zoom. This email will contain your unique joining link. Please check your spam folder if you have not received the confirmation. **Click the 'join the webinar' link**

### Technology Requirements

- Access to a reliable internet connection
- A PC, laptop, tablet or phone
- Google Chrome or Microsoft Edge browser or Zoom installed on your PC, laptop, tablet or phone
- You do not need to have a Zoom account to attend.

Some users may experience difficulty joining Zoom meetings due to security settings. If this is the case, we suggest you select the option to join via a web browser, rather than the Zoom app. If you cannot join on your computer you can still join on your phone.

If you are having difficulty please read our [FAQs page](#) and the [support guide](#) from Zoom.

### During the webinar

During the webinar you will be able to view the speakers as they present and any accompanying PowerPoint slides. You will not be visible to other attendees or speakers.

You can ask questions using the Q&A function located on the right-hand side of your screen. The speakers will endeavour to answer as many questions as

possible during the time period. There may be occasions when not all questions can be answered live, however we will try to answer any remaining questions offline, creating a Q&A resource sheet for all attendees.

If you lose connection during the webinar, please refresh your screen or try closing down browser and clicking the joining link again.

### **Watching on demand**

Once the webinar has taken place live you will receive a link to watch the webinar on demand. To access the recording you will be required to enter your name, email address and a password. This is unique to you as a registered delegate so please do not share the recording link. **Please be aware that the recordings will only be available for two months after the webinar has taken place.**

Please note that the recordings of the webinars and presentations are the intellectual property of the speaker and the College and any unauthorised broadcasting/copying of the material is strictly prohibited.

### **Accreditation**

This conference is eligible for up to 6 CPD hours, subject to peer group approval.

### **Certificates**

Certificates of attendance will be emailed to delegates after the meeting.

### **Feedback**

A detailed feedback form will be emailed to you on the day of the meeting. All comments received remain confidential and are viewed in an effort to improve future meetings.

**Queries**

Please email [katie.newton@rcpsych.ac.uk](mailto:katie.newton@rcpsych.ac.uk) if you require any assistance. We will try and respond to your email as soon as possible.

**Social media**

Please tweet us @RCPsych

**Speaker presentations**

Delegates will be emailed speaker presentations (where permission has been given) after the meeting.

## Programme

Monday 8 February	
Time	Session
09.15	Welcome by Chair of Transcultural SIG Dr Shahid Latif
09.20	Dr Adrian James, President RCPsych
<b>Session 1</b> Chair: Dr Imran Malik	
09.30	<b>Challenges to Cultural Psychiatry</b> Professor Dinesh Bhugra
9.50	<b>Global Psychiatry: Global challenges &amp; opportunities</b> Dr Afzal Javed
10.10	Q&A
10.20	Break
<b>Session 2</b> Chair: Dr Imran Malik	
10.40	<b>Sentencing of ethnic minorities in forensic psychiatry</b> Dr Donna Arya and Dr Hasanen Al-Taiar
11.00	<b>Use of psychotropic medications in patients with severe mental illness across cultures</b> Dr Fabida Aria
11.20	Q&A
11.30	<b>Cultural/Traditional Festivities and Mental Health</b> Dr Emmeline Lagunes
11.50	<b>The impact of becoming a refugee on mental health</b> Thoqeer Hussain, Karishma Tailor and John O'Shaughnessy

12.10	Q&A
12.20	Closing remarks Dr Trudi Seneviratne, Registrar RCPsych

## Tuesday 9 February

Time	Session
09.15	Welcome by Chair of Transcultural SIG Dr Shahid Latif
09.20	Mr Paul Rees, CEO RCPsych

### Session 1 - Chair: Dr Hanif Soomro

09.30	<b>Ethnic Inequalities in Severe Mental Illness Experiences and Outcomes: is there enough evidence for actions?</b> Professor Kamaldeep Bhui
9.50	<b>Cross-Sectional Study of the Relationship Between Ethnicity/Culture and Occupational Classes with Mental Health Well-Being in the UK</b> Aliza Ayaz
10.10	Q&A
10.20	Break

### Session 2 - Chair: Dr Hanif Soomro

10.40	<b>Transcultural Considerations of Disclosures of Traumatic Experiences of War and Conflict- what does it mean to suffer</b> Dr Ayesha Ahmad
11.00	<b>Yoga: from culture to neuroscience</b> Dr Santosh Mudholkar
11.20	Q&A

11.30	<b>Social Media and Mental Health Advocacy: confronting the culture of silence</b> Dr Gbonjubola Abiri
11.50	<b>Cultural adaptation of Psychotherapies for Psychosis in Low and Middle income countries</b> Dr Saadia Muzaffar
12.10	Q&A
12.20	Closing remarks Dr Kate Lovett, Dean RCPsych



# Presentation abstracts and biographies

(Listed in programme order)

## Introduction

Dr Adrian James, President RCPsych

**Adrian** was elected President in 2020. He holds this role until 2023 and leads the RCPsych on behalf of its members and associates.

Adrian is Consultant Forensic Psychiatrist at Langdon Hospital in Dawlish, Devon. He is a former Medical Director of Devon Partnership NHS Trust and founding Chair of the School of Psychiatry at the Peninsular Deanery (2006-2008).

He was the elected Chair of the South West Division of the Royal College of Psychiatrists (2007-2011) and sat on the College Council in this capacity. In 2010 he was appointed Chair of the Westminster Parliamentary Liaison Committee of the Royal College of Psychiatrists (attending the three main Party Conferences 2011-14 in this capacity).

He was Clinical Director for Mental Health, Dementia and Neurology, working for NHS England South West (2013-2015, interim from 2012-13). He has also acted as a Reviewer and Clinical Expert for the Healthcare Commission and its successor organisation the Care Quality Commission.

He has chaired expert review groups on Integrated Care Systems, Cannabis, Prevent and Learning from Deaths. In addition, he set up the Quality Improvement Committee and the Workforce Wellbeing Committee at the College.

His priorities as President are:

- establishing a pathway to parity for mental health services
- equality and diversity
- sustainability
- workforce wellbeing

Adrian is a keen cyclist - road and hybrid in Devon and Brompton in London. Adrian has completed three Étape du Tours (an event for amateur cyclists covering the same route as a Tour de France stage). Adrian and his wife, Sarah are on their third tandem.

## Challenges to Cultural Psychiatry

Professor Dinesh Bhugra

**Professor Dinesh Bhugra CBE** is Emeritus Professor of Mental Health and Cultural Diversity at the Institute of Psychiatry, Psychology and Neuroscience at King's College London and honorary consultant at South London and Maudsley NHS Foundation Trust.

He was President of the World Psychiatric Association from 2014-2017 and prior to that was the Dean (2003-2008) and then President (2008-2011) of the Royal College of Psychiatrists in the UK, where he led on major policy initiatives on psychiatry's contract with society, public mental health and the role of the psychiatrist.

Dinesh Bhugra's research interests are in cultural psychiatry, sexual dysfunction and service development. He is the recipient of over 10 honorary degrees. He has authored/co-authored over 400 scientific papers and 32 books two of which have been translated into Chinese and Japanese. He is also the Editor of three journals (International Journal of Social Psychiatry, International Review of Psychiatry and International Journal of Culture and Mental Health).

He has led on major international surveys on discrimination against people with mental illness and medical students' interest in psychiatry.

## **Global Psychiatry: Global challenges & opportunities**

Dr Afzal Javed

Cultural psychiatry is concerned with the social and cultural determinants of psychopathology and psychosocial treatments of the range of mental and behavioural problems in individuals, families and communities. While transcultural psychiatry deals with cultural factors in the cause, diagnosis, and treatment of mental illness, it is a field that is growing in importance because of the blending of cultures through globalizing forces such as migration and the mass media.

Current practice in psychiatry will invariably have patients who come from different ethnic or cultural backgrounds & practitioners will need to consider socioeconomic status, diet, use of herbal medications and immigration status, as well as patients' own self-perception of ethnicity, in assessing patients and planning treatment.

Cultural psychiatry is thus concerned with the cultural context of mental disorders and the challenges of addressing ethnic diversity in psychiatric services. Similarly, cultural psychiatry has seen significant advances in recent years with increasing sophistication in theoretical models of psychopathology and a growing body of research in various other areas. Beyond its concern with social equity and an adequate response to the realities of human diversity, cultural psychiatry is contributing to the core conceptual models

and practices of clinical psychiatry. This presentation will focus on current issues that require attention for understanding such variations.

**Dr Afzal Javed** is a Consultant Psychiatrist & Honorary Professor, Institute of Applied Health Research, University of Birmingham & Honorary Associate Clinical Professor at Warwick Medical School, University of Warwick UK. He is also chairman of Pakistan Psychiatric Research Centre & a Board member of Fountain House Lahore. He has served the Royal College of Psychiatrists UK as Deputy & Associate Registrar & Chairman of West Midlands Division of the College. His role in international psychiatry is highlighted by his current position at World Psychiatric Association (WPA) as President from October 2020.

## **Sentencing of ethnic minorities in forensic psychiatry**

Dr Donna Arya and Dr Hasanen Al-Taiar

## **Use of psychotropic medications in patients with severe mental illness across cultures**

Dr Fabida Aria

## **Cultural/Traditional Festivities and Mental Health**

Dr Emmeline Lagunes

This talk will focus on how involvement in cultural festivities affect or mental health and wellbeing, as well as discussing how COVID has affected our ability to engage or celebrate these festivities.

**Emmeline** is a Mexican psychiatrist and psychotherapist, who in 2013 moved to London to study an MSc in War & Psychiatry and a PhD in Health Service and Population Research, both at King's College London. Her research was focused on stigma and mental health and included developing, implementing and evaluating an anti-stigma intervention for Mexican psychiatric trainees. Emmeline is currently working as a specialty doctor within a crisis team at Camden & Islington NHS Foundation. She is also a member of the RCPsych's Home Treatment Accreditation Scheme and the Transcultural Special Interest Group committees. Emmeline loves food, teaching and everything related to the arts; she dislikes avocado (despite being Mexican), taking the bins out and the cold weather.

## **The impact of becoming a refugee on mental health**

Thoqeer Hussain, Karishma Tailor and John O'Shaughnessy

**Thoqeer, Karishma and John** are all medical students at the University of Leicester and will be discussing the impact of becoming a refugee on mental health and availability of support for refugee mental health in the UK

## Closing remarks

Dr Trudi Seneviratne, Registrar RCPsych

**Dr Trudi Seneviratne** (OBE, FRCPsych) has been Registrar of the College since 2020. In this role she has overall responsibility for policy, public education, revalidation and membership engagement.

Trudi qualified as a medical practitioner in 1992, having trained at St Bartholomew's Medical School, London; she completed her psychiatric training both at St. Bartholomew's and later, as a research registrar at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN).

Dr Trudi Seneviratne has been a consultant adult and perinatal psychiatrist at South London & Maudsley NHS Foundation Trust since 2002. She is also the Clinical Director for the Psychological Medicine Clinical Academic Group and Lewisham Directorate at the Trust, supporting the clinical, academic and educational aspects of a range of services: general adult, liaison, crisis, rehabilitation services and specialist services: Neuropsychiatry, Eating disorders, Perinatal.

She has been an active educator over the years and with colleagues, has published/disseminated numerous research papers, particularly in the area of perinatal mental health. She has collaborated on a range of activities including service development, the use of mother and infant interaction videos, service evaluation, quality improvement and outcomes research. She has held national leadership and management roles; she is a current member and previous vice-chair of the National Clinical Reference Group, NHS England; Chair of The Perinatal Faculty, Royal College Psychiatrists (2016-2020).

In 2019, she was awarded an Order of the British Empire for services to Perinatal Psychiatry and the President's medal of the Royal College of Psychiatrists.

## Introduction

Mr Paul Rees, CEO RCPsych

**Paul Rees** joined the Royal College of Psychiatrists as Chief Executive in November 2016, from the Royal College of GPs – where he was Executive Director of Policy and Engagement.

Working closely with the RCPsych Honorary Officers, Paul has led the modernisation of the RCPsych – leading to the transformation of College IT, stronger membership communication, more effective stakeholder engagement and a dynamic employee relations strategy.

In collaboration with the College Officers, Paul led the introduction of a values-based approach to the way the organisation works with both its members and staff team – based on the organisational values of Courage, Innovation, Respect, Collaboration, Learning and Excellence, which were introduced in 2018.

Among other things, this new approach saw the College celebrate Pride and Black History Month for the first time ever in 2019, and International Women's Day for the first time in 2020. The College also launched its very own bespoke celebration of diversity in July 2020 - South Asian History Month - marking the contributions of South Asian doctors to the specialty of psychiatry.

The values-based approach led to the College being awarded Charity of the Year in the European Diversity Awards in 2019. In 2020, Paul won the Louis Armstrong CEO Leadership Award in the Memcom Awards.

Paul began his career as a journalist working at the Times, Sunday Telegraph and BBC national network news.

A move into communications saw him co-lead the successful right to roam campaign as Head of Communications at the Ramblers Association, which led to the Countryside and Rights of Way Act 2000.

Later, as Head of Campaigns and Communications at the National Housing Federation, Paul managed the campaign which brought about an end to the pre-payment meter tariff charged by the 'Big Six' energy companies to low income households for gas and electricity – saving £100m a year for less affluent families.

As Director of Communications at the Charities Aid Foundation, he ran an award-winning campaign in 2012 that successfully persuaded the Chancellor to drop his proposed 'charity tax' on large donations, a tax that would have cost the charity sector £500m per year.

In other roles, Paul worked as Director of Communications on the Victoria Climbié and Zahid Mubarek public inquiries, and held the post of Head of Communications at the Home Office.

As Director of Communications at the Association of University Teachers he co-led a successful, national campaign to protect the pay and conditions of university lecturers.

## **Ethnic Inequalities in Severe Mental Illness Experiences and Outcomes: is there enough evidence for actions?**

Professor Kamaldeep Bhui

Professor Kam Bhui is Professor of Psychiatry and Hon. Consultant Psychiatrist at the Department of Psychiatry, University of Oxford. His research priorities are multimorbidity, ethnicity, health inequalities and complex interventions.

Professor Bhui trained at University College London and at Guys and St Thomas' qualifying in 1988. He proceeded to train in London, completing his higher psychiatric training by 1992, secured a Wellcome Training Fellowship to progress research and secured a first consultant appointment in 1999 followed by a Senior Lecturer and Professorial post at Queen Mary University of London in 2000 & 2003 respectively. His research and practice interests on health include social exclusion, work characteristics, cultural psychiatry, epidemiology, health services research and psychological therapies. He has undertaken original research with communities to understand this complex process called radicalisation and provides evidence on how it works and who is vulnerable.

## **Cross-Sectional Study of the Relationship Between Ethnicity/Culture and Occupational Classes with Mental Health Well-Being in the UK**

Aliza Ayaz

Various aspects of a job (e.g. contract clauses, promotion, wages, job security and workplace hierarchy) are becoming increasingly complex and have some effect on an employee's wellbeing. Simultaneously, research about an increase in mental health issues due to workplace obstacles for ethnic minorities is amassing but there is a lack of policymaking to tackle this via accessible mental health support at the workplace. My study aims to assess the effect of occupational class and ethnicity on wellbeing in the UK working population. Methods: The study assessed 3,374 adult employees who participated in the Health Survey for England from 2014–2016 and were categorised in 1/3 National Statistics Socio-economic Classification groups. The Warwick-Edinburgh Mental Wellbeing Scale was used as a measure of mental wellbeing. I explored the relationship between occupational class and wellbeing score using linear regression, accounting for demographic and socioeconomic covariates: age, sex, income and education. My sample's ethnicity breakdown was White: 3,051; Black: 83; Asian: 180; Mixed: 39; Other: 21 adults. Results: Of the sample, 46.8% of adults belonged to managerial and professional occupations and 90.4% were of White ethnicity. Managerial and professional occupations had a higher mean wellbeing score (48.54;  $P < 0.001$ ) than routine and manual occupations (47.69;  $P < 0.05$ ). Multiple ethnic background showed the highest mean wellbeing score (52.82;  $P < 0.05$ ), compared to White adults with the lowest wellbeing score (48.57;  $P < 0.001$ ). Unlike occupational class which had a small effect size (partial eta-squared = 0.02), when holding education, income, age and sex constant, ethnicity had a statistically significant association with wellbeing. Conclusion: White ethnicity and routine and manual occupations are high-

risk groups for poor mental wellbeing. The impact of ethnicity and occupational class on wellbeing scores remained after accounting for socioeconomic and demographic factors.

**Aliza Ayaz** has obtained her bachelors in Population Health Sciences and Masters in Infectious Disease Epidemiology from University College London with a distinction. She is the United Nations youth envoy for SDGs and works on a number of health and environment projects, specifically tackling the BAME segment.

## **Transcultural Considerations of Disclosures of Traumatic Experiences of War and Conflict- what does it mean to suffer**

Dr Ayesha Ahmad

## **Yoga: from culture to neuroscience**

Dr Santosh Mudholkar

Yoga is now widely acknowledged to be beneficial in mental well-being and is getting increasingly popular globally with general public. However it is yet to make a mark as treatment modality in mainstream mental health services. The presentation will give an overview of history of yoga, it's cultural roots, possible reasons for popularity in the West and recent advances neuroscience research in understanding benefits of yoga. The role of culture and yoga as a treatment option for mental well-being in mental health services in U.K. will be discussed.

**Dr Santosh Mudholkar** is a Consultant Forensic Psychiatrist with extensive experience of working with mentally disordered offenders with Personality disorders. He works full time in NHS with Nottinghamshire Mental Health NHS Foundation Trust at Rampton High Secure Hospital.

## **Social Media and Mental Health Advocacy: confronting the culture of silence**

Dr Gbonjubola Abiri

**Dr Gbonjubola Babalola** is a Consultant Psychiatrist, Managerial Psychologist, Mental Health Advocate, Professional speaker and Medical Director of Tranquil and Quest Behavioural Health, Lagos, Nigeria. She is a co-author of the book : 'Mental Health in the workplace'.

## **Cultural adaptation of Psychotherapies for Psychosis in Low and Middle income countries**

Dr Saadia Muzaffar

**Dr Saadia Muzaffar** is a Consultant General Adult Psychiatrist and a Member of the Royal College of Psychiatrists and is on the specialist register with the

GMC having gained her CCST in 2013 after completing her junior doctor and higher specialty doctor training in Exeter, Devon.

She is experienced in using many modalities of psychotherapy, such as CAT, group analysis, psychodynamic psychotherapy, running Balint groups for psychiatric trainees and went on to train further in cognitive analytic therapy. She completed her MBBS from Rawalpindi medical college in Pakistan and is passionate about the impact of acculturation, emigration, identity on an individual's mental health and has given lectures abroad on Managing Borderline personality disorder cultural adaptations.

She is also a CASC examiner at the Royal College of Psychiatrists, UK and a recognised educational and clinical supervisor for General practice trainees and Core psychiatric trainees in the Wessex Deanery.

## Closing remarks

Dr Kate Lovett, Dean RCPsych

**Kate** is the Dean and is the chief academic officer of the College. She is elected for the period 2016–2021.

Dr Kate Lovett studied Medicine at the Universities of St. Andrews and Manchester. Having been awarded a Distinction in Psychiatry at finals, Kate trained as a Psychiatrist in the Northwest obtaining the MRCPsych in 1995.

She completed an MSc in Clinical Psychiatry in 1997 researching the role of ovarian steroids in postnatal depression. Kate trained both full time and flexibly completing specialist training in 2001. She has worked for Devon Partnership Trust as a Consultant Psychiatrist in General Adult Psychiatry since 2001 as an inpatient and crisis consultant.

She was an Associate Medical Director between 2008 and 2010 and has been in her current role as a community psychiatrist for the past 5 years.

Kate has a longstanding interest in training and education. She has been undergraduate Psychiatry lead for Peninsula Medical School and Training Programme Director for Adult Psychiatry.

Kate completed a Postgraduate Certificate of Clinical Education with Distinction in 2008. She served on the Education, Training and Standards Committee at the Royal College of Psychiatrists between 2010 and 2014 and on the South West Division between 2010 and 2016. Kate was appointed as CASC (Clinical Assessment of Skills and Competencies) examiner in 2008 and became a lead examiner in 2014.

She was Head of School of Psychiatry for the Peninsula Deanery for four and a half years until 2016 when she gave up this role having been elected Dean of the Royal College of Psychiatrists. In that role she has lead work on



recruitment and retention in the mental health workforce and been a driving force behind the #ChoosePsychiatry campaign.

Her drive to develop systems that support compassionate care and recovery fuels her educational leadership and is underpinned by values of equity and fairness.