



# RCPsych International

The International e-Newsletter

## Welcome



Professor Mohammed Al-Uzri

Dear Colleagues,

As we approach the final quarter of the year, the world faces significant turmoil and hardship from the recent escalation of conflict in the Middle East to ecological catastrophes like the devastating hurricanes that have struck the Caribbean and the United States. As mental health professionals, we are particularly mindful of the impact such crises have on mental wellbeing and reaffirm our commitment to putting patient needs first, advocating for the integration of emergency mental health care as a crucial component of humanitarian aid. I'd like to take this opportunity to call your attention to the [Disasters Emergency Committee \(DEC\) newly launched appeal](#) as well as the RCPsych's curated list of [freely accessible emergency resources](#).

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In this edition of the International Newsletter, we are delighted to showcase a diverse range of activities that our members and the International team have undertaken globally in recent months. You can read about our;

- Work to encourage cross-collaborative and learning with colleagues from Sidra Medicine and their visit to the RCPsych, London and mother and baby units (MBUs).
- Plans to open an examination centre in South Asia
- The JSPN Fellowship Award
- The Presidential Lecture series: A Debate on Assisted Dying

Across the six international divisions, executives have been diligently working to organise and facilitate a variety of activities and events. Notably, we are pleased to see the acknowledgement and celebration of International Day of Older Adult Persons by colleagues from the South Asia division.

Continually, we have seen impressive cross-collaboration at conferences between our division executives and the diaspora groups at conferences and on the submission of an abstract for a session at the [RCPsych International Congress 2025](#), and the divisions' uptake of the Deans' grand round sessions.

Kind regards,

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



## MRCPsych CASC Centre in South Asia

In line with our international strategy, the College is planning to open an additional MRCPsych CASC centre in South Asia in 2026. This follows the growing demand from our members in the region.

We are currently looking to open a new centre and will work in partnership with a local organisation that delivers undergraduate or postgraduate medical education in the region. We will run a procurement process inviting bids from such organisations to partner with us. Bids will launch in the coming months. Watch this space!

Learning about this development, our South Asian Division executive team welcomed the plans and extended their support. Dr Kumar, Dr Ninan and Dr Harbisetar agreed that;

*"The division will be pleased to support this by bringing together a good group of examiners given many will have the necessary training background and experience"*

The RCPsych exams team will advertise the procurement to all division members when it is launched, and all information will be published via the College website. In the meantime, if you are part of an organisation that might be interested, you are welcome to register your interest in advance by emailing Ms Susannah Grant, Head of Examinations at [Susannah.grant@rcpsych.ac.uk](mailto:Susannah.grant@rcpsych.ac.uk)

Dr Vivek Agarwal, Chief Examiner

Ms Susannah Grant, Head of Examinations

## RCPsych Insight magazine



The latest issue of Insight magazine is now available on the [College website](#). This issue features many excellent articles exploring the following topics, and many more;

- The therapeutic potential of psychedelics and related substances, highlighting a soon-to-be published position statement and set of therapeutic guidelines
- The perks of becoming a CCQI peer reviewer
- RCPsych in Scotland's 30th anniversary
- The mutual benefits of the RCPsych Medical Training Initiative (MTI)
- The College's new ADHD champion considers the challenges ahead



## Featured International Projects

### Sidra Medicine visit to the RCPsych

The RCPsych recently had the pleasure of hosting a delegation from Sidra Medicine, including Professor Muhammad Waqar Azeem, Chair of Psychiatry, and Dr Zainab Imam, Division Chief of Women's Mental Health. The visit centred on sharing expertise in perinatal mental health and Mother and Baby Units (MBUs).



The delegation from Sidra Medicine had the opportunity to tour the MBU at Bethlem Royal Hospital, led by RCPsych Registrar, Dr Trudi Seneviratne, gaining insights into the UK's approach to supporting mothers experiencing severe mental health difficulties. They also visited Bethlem's art gallery, which promotes healing through creative expression.

The following day, the team visited RCPsych's Prescot Street offices, where they learned more about the College's role in shaping perinatal mental health pathways across the UK. They engaged with College leaders, the International Team and the Perinatal Faculty, as well as met President Lade Smith and CEO Sonia Walter, to explore opportunities for collaboration in advancing women's mental health care globally.





## International Divisions Update

### Updates from RCPsych International Divisions

#### Western Pacific Division

Prof Steve Kisely, Chair

Following the success of last year's Dean's Grand Round in collaboration with the Intellectual disability Faculty, the Western Pacific division is currently planning to host another Deans Grand Round webinar focusing on Perinatal Psychiatry.

Partially drawing from the RCPsych Perinatal Faculty's strategy to focus on improving engagement with communities experiencing health inequalities. This webinar will aim to spotlight health inequalities and explore how to adapt services, and engage with hard to reach groups in Australia and the UK.

The event will be held in February 2025 and will bring a rich mix of speakers who will share data and country experiences. Watch this space for further updates on this event.

#### African Division

Dr Neil Horn, Chair

On 17 September, the African Division held an all division meeting which was well attended by members from across African nations. During this meeting the group discussed the College's on-going projects in Ghana, the International Diploma in Older Adults Mental Health as well as the RCPsych [mental health translation leaflets](#) available to all members.

The Division is in discussions with The Association of Black Psychiatrists UK (ABP-UK) to host a webinar on the topic of Trauma. More information will be shared in due course.

Going forward, we are working in collaboration with three other International Divisions to submit an abstract offering a situation analysis on the issue of suicide in Africa.

#### Middle Eastern Division

Dr Ovais Wadoo, Chair

The division continues to work closely with the College to finalise plans to hold the CASC examination in the region. There is a lot of excitement about this development and we hope a final agreement will be reached soon.

Our division executive have proactively participated in events and conferences, such as the second annual Bahrain Psychiatric conference. We are excited to continue showing support to our local members and working to foster elevating the profile of the College's broader work at more conferences over the coming months.

On Friday 11 October, we were pleased to have been invited to the RCPsych VIPSIG annual conference. During this event, vice-chair Dr Yasser Khan had the opportunity to represent the division and share more about on-going activities and work across the Middle East.

#### Middle East Division Hall of Fame Awards 2024

We are proud to confer the Middle East Division Hall of Fame Awards 2024 to the following distinguished members.

- Dr Richard Braithwaite,
- Dr Vivek Agarwal
- Dr Hamed Al Sinawi
- Dr Abdul Monaf Al-Jadiry.

This is a remarkable achievement and a recognition of their hard work, dedication and outstanding contribution to supporting our work in the region.



# International Divisions Update

Updates from RCPsych International Divisions

## South Asian Division

Dr Manoj Kumar, Chair

The South Asian Division executive has been proactive, working towards organising a number of activities and events for the year ahead. Division chair, Dr Manoj Kumar is working alongside colleagues to submit an abstract to the RCPsych International Congress. The submission aims to bring together three divisions and will offer a scientific and psychiatric perspective to the issue of suicide in South Asia.

## Celebration of International Day of Older Adult Persons (IOP) day 1 October



In light of International Day of Older Persons (IOP), South Asian Division Finance Officer, Dr Sheeba Ninan, shared a reflection on the day and notes on local celebrations .

IOP is observed to raise public awareness about the opportunities and challenges with ageing populations, to recognise the contributions of older persons as well as to examine issues that affect older adults' lives. It also provides the opportunity to acknowledge the wisdom, dignity and needs of older adults and to rededicate efforts to ensure well-being.

Across India, many observed the day. In Kozhikode, North Kerala, the Kozhikode Cooperation, an organisation that administers the city of Kozhikode, oversaw celebrations and various activities for older adults. Under the cooperation there are numerous day centres of 'Pakalveedu' established that provide a space for older adults to spend daytime together and maintain skills.

At this year's International Day of Older Persons, a whole day programme was organised across four days in various parts of Kozhikode city. Each day consisted of an inaugural session and a brief awareness session on healthy ageing followed by activities arranged by older adults from this area. This event was well attended by participants aged 60 and over.

In addition, the Institute of Mental Health and Neuroscience (IMHANS), Kozhikode, Kerala also observed IOP. The day's celebrations consisted of a variety of activities, including an inaugural ceremony, which was followed by activities such as yoga and physical exercise. Organisers brought together a programme that saw speakers discuss topics such as, physical health issues and interpersonal relations in families.





## Featured International Updates

### The Japanese Society of Psychiatry and Neurology (JSPN) Fellowship Award Winners

The JSPN annual fellowship award encourages international learning and collaboration between early career psychiatrists from around the world. In June, two Higher Trainees; Dr Cedar Andress (Northern Health and Social Care Trust, Northern Ireland) and Dr Roxanne Keynejad (Kings College London and South London and Maudsley NHS Foundation Trust) were nominated to represent the Royal College of Psychiatrists at the Japanese Society of Psychiatry and Neurology (JSPN) 120th Annual Meeting in Sapporo, Hokkaido.



Dr Andress and Dr Keynejad shared presentations alongside peers who discussed the subject of suicide prevention in their local contexts.

Dr Andress' presentation described how transgenerational trauma from 'The Troubles', an irregular war fought in Northern Ireland over 30 years has impacted Northern Ireland's suicide rates, which are amongst the highest in the UK. While Dr Keynejad highlighted links between women's mental health, domestic violence and England's new suicide prevention [strategy](#).

The three-day timetable included talks by the presidents of the Royal Australian and New Zealand College of Psychiatrists and American Psychiatric Association. Early career psychiatrists from Japan, Taiwan and North Korea also delivered presentations on the subject of equality, diversity and inclusion in psychiatry, including the relationship between LGBTQI+ people's rights and mental health.

The fellows also had the opportunity to visit Sapporo Medical University Hospital, where they visited the psychiatric ward. Psychiatrists working there highlighted exciting advances, which included a new Lecanemab clinic for people with dementia and mental health support for transgender people. Dr Andress and Dr Keynejad were interested in learning about the average duration of longer inpatient stays in Japan and several other East Asian countries, relative to the UK.

Since, Dr Andress has engaged in on-going collaboration with a global survey of psychotherapy training, aiming to complement a programme of work in this topic by the World Psychiatric Association's Section of Early Career Psychiatrists. Dr Keynejad is also collaborating with psychiatrists from Iran, Pakistan and Slovenia on two symposia proposed for the [International Association of Women's Mental Health conference](#) in Bangalore, in March 2025., and exploring opportunities to connect with Japanese colleagues through the [Women in Global Health Research](#) group.





## Opportunities

### UEMS Psychiatry Section– Call for Nominations for the 2024 Psychiatric Excellence Award

The UEMS Psychiatry Section are excited to announce the new round of nominations for the prestigious Psychiatric Excellence Award 2024! This award recognises outstanding contributions in the field of psychiatry and mental health care across Europe.

Nominations are open to individuals and organisations dedicated to advancing psychiatric practice, research, and education. Don't miss the opportunity to highlight exceptional achievements in this vital field.

For more information and to submit your nomination, visit this [page](#)



### Quality Network for Prison Mental Health Services (QNPMS)- International membership

The Quality Network for Prison Mental Health (QNPMS) is pleased to announce a new International Membership offer.

A pilot of the QNPMS International membership will be conducted in 2025, with the hope to continue expanding the membership and develop an international community where ideas, challenges and good practice can be shared and utilised to improve services.

Members will have the opportunity to engage in a 'virtual visit' focused on open discussion, as opposed to a standards-focused review, with a peer-review team consisting of another international service, and peers from the UK and Ireland.

If you are interested in signing up as international member, or working at a service based in the UK or Ireland and would like to get involved as an online peer-review, please contact Maise Webster via [Maise.Webster@rcpsych.ac.uk](mailto:Maise.Webster@rcpsych.ac.uk)

### New CPD e-Learning Module

The RCPsych e-learning team recently launched a new CPD e-learning module, '[Delivering greener, more sustainable, net zero mental healthcare](#)', based on the College's Net Zero Mental Health Care: Guidance and education. Published in collaboration between NCCMH and the College's CCQI department, this module provides guidance on how to make tangible changes across service delivery and mental healthcare pathway.

Are you delivering mental healthcare? You can freely access this module via the College's [e-learning hub](#)



## Recent events

### Presidential Lecture: Debate on assisted dying

On Tuesday 15 October, the College held a debate on the topic of Assisted Dying as part of a series of special president's lecture events. Held at RCPsych London, and online via live streaming, the landmark debate was attended by 400 members and guests.

The motion for this debate was 'This house believes Assisted Dying/Assisted Suicide should not be available to people whose sole underlying condition is a mental illness'. Speaking for the motion were professor Patricia Casey, an Irish Psychiatrist with a regular column with the Irish Independent newspaper, and professor Julian Hughes, formerly Professor of Old Age Psychiatry at the University of Bristol, Honorary Professor of Ageing at Newcastle university and the co-editor of 'The Assisted Dying: Understanding the issues' alongside Baroness Finlay.

Opposing the motion were Dr Kirsten Catthoor, President of the Flemish Association for Psychiatry and Dr Erik Thys, a psychiatrist specialising in psychosis and author – both of whom work in Belgium, where assisted dying is already in place.

Each spoke for five minutes, after which the debate chair Dennis Campbell, Health Policy Editor for the Guardian newspaper, co-ordinated a wide ranging Q&A session.

The audience voted on the motion before and after the debate, with the results being 68%-32% for the motion beforehand, and 62%-37% after the debate.

This is a hugely topical issue, here in the UK and across the globe. The College has a working group considering the subject of assisted dying and its implications for people with mental illness, intellec-

### The Annual VIPSIG Conference 2024

On Friday 11 October, the Volunteering Special Interest Group (VIPSIG) held an online conference. Titled '*Healing Minds: Psychiatry Volunteers in Conflict Zones and Academic Capacity in Low-Resource Settings*', this conference was dedicated to fostering the development of academic capability in low and middle-income countries.

The event was widely attended and brought together a variety of speakers and experts who shared insights about the enduring mental health impacts of conflicts and how these can be mitigated.

During a session focused on International mental health priorities, delegates had the opportunity to discover more about meaningful volunteer opportunities and learnt about the work supported by the College and College members across these settings. South Asia division Chair, Dr Manoj Kumar and Middle Eastern Division Vice Chair Dr Yasser Khan provided an update of the mental health priorities in their region and the on-going work that the divisions have and continue to support. Similarly, Diaspora groups representatives from organisations such as the British Arab Psychiatric Association, British Pakistani Psychiatric Association, British Indian Psychiatric Association and the Association of Black Psychiatrists shared an update on their on-going work and support for doctors in this space.





## Events

You may be interested in the following upcoming events:

### Public Mental Health Conference

**Date:** 07 February 2025

**Where:** RCPsych London/ Live Stream

**Description:** Public mental health is the art and science of improving mental health and wellbeing, and preventing mental illness through organised efforts and informed choices of society, organisations, public and private, communities and individuals. Join the Faculty of Public health to learn more about this exciting topic from a wide range of speakers

### How to measure outcomes which matter to patients in mental health services

**Date:** 21 November 2024

**Where:** Online

**Description:** The RCPsych is delighted to welcome speaker Dr Howard Ryland to deliver a talk on 'How to Measure outcomes which matter to patients in mental health services'.

Find out more ►

Find out more ►

## Keep in contact



### Submissions for Winter 2024, issue 14

Monday 3 February 2025

Please contact Patricia Akullo at [patricia.akullo@rcpsych.ac.uk](mailto:patricia.akullo@rcpsych.ac.uk) with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the Winter edition is in **Monday, 09 December.**

*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*