RCPsych International

The International e-Newsletter: Quarter 3, 2026



Dear Colleagues,

The past few months have marked an important period of transition, reflection and renewal across the College. Following the appointment of the College's new Officers, much of this period has been dedicated to building relationships, strengthening collaboration and embracing new ideas and perspectives, creating a strong foundation from which to advance our shared ambitions in the years ahead.

As our new leadership teams settle into their roles, it has been encouraging to see the enthusiasm, creativity and commitment they have already brought to discussions about our international work and ambitions. In this edition, you can read more about some of our new Officers and the perspectives they bring to the College's international membership.

While there is much to celebrate and look forward to, global events also remind us of the importance of solidarity, compassion and supporting one another during times of profound difficulty.

In light of the devastating events in Nepal, I would like to extend my deepest sympathies and support to the people of Nepal. We are heartbroken by the devastation caused by the floods and landslides. Our thoughts are with our members, their families and communities, first responders, and all those working tirelessly to support the relief efforts.

As ever, the College's support and resources remain available to members and communities affected by the situation. These include access to our emergency resources, guidance on coping after traumatic events, now also available in Nepali, eLearning materials, translated mental health information and the Psychiatrists' Support Service. Our open-access resources are freely available and can be shared more widely with those who may benefit from them.

Against this, it has been heartening to see our members continue to champion the value of connection and collective action in working towards better mental health outcomes around the world. Across our global network, Divisions, members and diaspora groups have been coming together to translate ideas into meaningful opportunities and tangible outcomes. Recent examples include; educational activity on suicide prevention and postvention in South Asia, a forthcoming South Asian Division webinar exploring climate change and psychiatry, and the ongoing Pan-African UK Clinical Educational Series, which continues to bring together colleagues from Africa and the UK for shared learning and clinical exchange. Together, these activities demonstrate the strength, diversity and shared purpose that underpin our international community.

In this edition, you will find:

- The Ukrainian delegation's visit to the RCPsych
- An introduction to Professor Nandini Chakraborty
- Updates from our International Divisions

- Opportunities across the College
- Upcoming events

Together, these activities reflect our shared commitment to advancing psychiatric knowledge, promoting excellence in mental healthcare and supporting one another through collaboration, connection and exchange.

We hope you enjoy this edition and feel inspired by the stories, updates, and opportunities.

Professor Mohammed Al-Uzri
College Lead for Global Mental Health

Introducing the College Dean: Professor Nandini Chakraborty



Dear all,

It gives me immense pleasure to say hello to our international membership. As your Dean, my vision encompasses our entire membership and that includes our international members. You bring a perspective to the College which transcends boundaries, promotes learning from each other, and brings the world together in the best humanitarian way possible.

I am Consultant Psychiatrist in early intervention in psychosis at Leicester Partnership NHS Trust and an honorary professor with the University of Leicester. I was the associate dean for equivalence in RCPsych from 2016-21 and authored 'The non-training pathway to specialist registration in psychiatry', the first book on CESR in psychiatry, with Cambridge University Press.

I was one of twenty-five women highlighted as part of a special project raising awareness of the stories of twenty-five outstanding female psychiatrists in 2020.

After studying at Calcutta Medical College for her MBBS, I completed my MD in Psychiatry from India's Central Institute of Psychiatry in 2001. I did my MRCPsych in 2006 while a senior house officer in Scotland.

I have a keen interest in psychopathology and phenomenology. I am a member of the WHO SCAN (Schedules for assessment in neuropsychiatry) international panel and is part of the group revising the interview schedule. I lead particularly on the chapters dealing with psychotic phenomenology.

I have delivered mhGAP training in Nigeria and Uganda. I have been involved in psychiatric teaching in Malawi and Palestine. My involvement in volunteering and global mental health incorporates partnerships with projects in Bangladesh and Pakistan.

Outside professional life, I am a keen traveller and have recently published my first travel book on Amazon- Journey to the Hearth of the Earth: A collection of travel tales. I am also a trained Bharatanatyam dancer. I trained in Bharatanatyam in the UK and one of my teachers was from Sri Lanka. I am part of a dance group in Leicester called Navaratna which is constituted of women psychiatrists and their friends.

My journey has taught me the strands that bring us together in the world of psychiatry. The beauty of cultural variety, combined with the commonality that runs through psychopathology and phenomenology. I believe in the strength of storytelling, going back to the basics in psychiatry which is relevant anywhere in the world. As Dean, if there is one legacy I want to leave, it will be the focus on descriptive psychopathology and bringing the world of clinical psychiatry together in trying to understand patient experience in its core essence.

Reflections on the Ukraine study visit



Pictured: the delegation of Ukrainian mental health practitioners including psychiatrists

On Monday 6 July, the Royal College of Psychiatrists (RCPsych) welcomed a delegation of Ukrainian mental health professionals, including psychiatrists and psychologists supported by the Victor Pinchuk Foundation as part of the RETURNING Project. The visit, supported by Ukrainian psychiatrist and College member Dr Denis Ougrin formed part of a wider programme of meetings and lectures delivered in collaboration with senior leaders from mental health organisations, including the College.

Designed as participatory event, the programme brought together mental health professionals to share experiences, expertise, and practical insights. Delegates spoke about the significant challenges of delivering mental healthcare in Ukraine and the profound impact that the ongoing war has had on the nation's mental health. They reflected on the immense pressures facing mental health services, including rising levels of trauma, displacement, and psychological distress, as well as the challenges of maintaining access to care amid a prolonged conflict. Discussions also highlighted the importance of strengthening workforce capacity and developing sustainable approaches to meeting the growing mental health needs of individuals, families and communities affected by war.

The programme featured a series of presentations from leading psychiatrists. Sir Graham Thornicroft shared his insights on alternative models of delivering mental healthcare in the UK, highlighting the community care approach, and demonstrating how mental health services can be delivered closer to people's homes and communities. He outlined the progress that has been made in developing community-based services, while also acknowledging the challenges that remain and the work still required to ensure accessible, high-quality care for all.



Delegates listening and engaging with various presenters throughout their visit.

Professor Walter Busuttil and Ms Jemini Jethwa; Programme Manager, provided an overview of veterans' mental health, discussing the development and impact of the Quality Network for Veterans' Mental Health Services and the importance of maintaining high standards of care for those who have served in the armed forces. Their presentation highlighted the role of quality assurance and continuous improvement in supporting better outcomes for veterans and their families.



Professor Mohammed Al-Uzri sharing more about the RCPsych International work and collaboration approach with Ukrainian delegates.

Delegates also heard from Professor Mohammed Al-Uzri, who outlined the College's international work and highlighted the importance of collaboration in strengthening mental healthcare systems across the world. He spoke about the value of international partnerships, professional exchange, and shared learning in supporting service development and improving patient care.

The visit offered a valuable opportunity for mutual learning and professional exchange, highlighting both the strengths and challenges of mental health systems operating in different contexts.

International Certificate in Dementia

The College is pleased to launch the new International Certificate in Dementia, a comprehensive online programme designed to support healthcare professionals in developing their knowledge and confidence in the assessment, diagnosis, and management of dementia.

Developed from the highly regarded dementia content within the College's International Diploma in Older Adults' Mental Health, the programme combines evidence-based eLearning with expert-led webinars to deliver practical, clinically relevant learning that can be applied directly in clinical practice.

Learners will explore the full dementia pathway, including dementia prevention and risk factors, assessment and diagnosis, dementia subtypes, delirium, behavioural and psychological symptoms of dementia, emerging developments in care, ethical issues, and end-of-life decision-making.

The programme is delivered fully online and includes:

- 14 eLearning modules
- Interactive discussion forums
- Case-based learning activities
- Two live expert-led webinars
- Reflective learning activities

Designed principally for psychiatrists and other healthcare professionals wishing to strengthen their knowledge of dementia care, the course offers a flexible learning experience that can be undertaken alongside existing clinical commitments.

Feedback from participants who completed the dementia content through the International Diploma has been extremely positive:

"Very useful, most relevant to updating my clinical practice."

"Excellent content, very relevant and easily accessed."

"I am more confident in managing older adults and dementia patients."

"It was very informative and helpful in terms of practical applications in reality."

Bookings are now open for the first cohort.

For further information and to reserve your place, visit the course webpage.

Celebrating the Completion of the 2025/26 International Diploma Cohort

The Royal College of Psychiatrists is delighted to congratulate participants from the latest cohort of the

International Diploma in Older Adults' Mental Health, who have recently completed a year of learning, collaboration, and professional development.

The Diploma brings together learners from around the world to develop specialist knowledge in older adults' mental health through a flexible, fully online programme. Over the course of the year, participants explored key topics including assessment, prescribing, dementia, delirium, mood disorders, psychosis, and neuropsychiatry, while learning from international faculty and sharing experiences from diverse healthcare settings.

Feedback from this year's cohort highlights the significant impact the programme has had on clinical practice, with many already implementing changes within their services and everyday practice.

Participants particularly valued the opportunity to learn from international experts, engage with comprehensive learning materials, and exchange ideas with clinicians working in different settings around the world.

- "The learning management system was very user-friendly, and the course materials were outstanding. The course was delivered in a highly interactive manner, using a variety of methods."
- "The topics and modules in the diploma programme were very well structured. In each module, I learned things that I could immediately apply to clinical practice, which was very rewarding."
- "I enjoyed the cross-cultural/trans-national discussions that we could learn from each other."
- "Very well-prepared slides by presenters, their interactive nature and their willingness to address questions that arose."
- "The discussion of case vignettes was very interesting and useful. The feedback the faculty gave on our formative and summative assignments was also invaluable."
- "I have already incorporated several changes into my routine practice. For example, I now assess frailty, hearing and vision, physical health, and functional ability as part of my standard assessment of older patients."
- "I have made sincere efforts to scale up delirium screening and detection at my institution. I have also invested in training nursing personnel and doctors in other specialties."

Across all evaluation responses received, learners reported high levels of satisfaction with the programme and a strong willingness to recommend the Diploma to colleagues.

Clinicians interested in joining a future intake are encouraged to register their interest now. Applications for the 2027/28 cohort are expected to open in January 2027. For further information and to reserve your place, visit the course webpage.

International Congress 2027 Submissions

We would like to invite you to submit a proposal for a session within the main programme at our RCPsych International Congress 2027, taking place at the SEC, Glasgow from Monday 14 – Thursday 17 June 2027.

The RCPsych International Congress is the College's flagship event and one of the most prestigious events in the mental health calendar, attracting psychiatrists and those interested in mental health from all over the world.

The Congress programme is full of sessions, debates and fringe events covering a wide range of subjects including cutting-edge science, latest advances in clinical psychiatry, patient experience, policy and so much more.

If you are unsure about how to submit, or what makes a successful submission you can have a read through

our submission guidance and don't forget to join us for our special webinar, with members of the Congress organising committee, exploring what makes a top scoring submission.

We understand that travelling to the UK can be difficult and expensive so the College would like to support you as much as possible. We have an enhanced expenses offering for international speakers, covering:

- Two nights' accommodation and £300.00 towards travel if based in Europe.
- Two nights' accommodation and £300.00 towards travel if based outside of Europe in Band A and B countries.
- For those in Band C and D countries, we will cover up to £1200 towards travel, two night's accommodation and complimentary registration for the whole Congress.

Country banding is based on current membership fee bandings.

The College will also be able to provide an invitation letter to support your visa application.
If you are interested in joining us for our 2027 Congress and being a part of our world class programme, you can submit your proposal for a session via our online portal, before midnight (BST) on Sunday 25 October.

If you require any further information or support, please do not hesitate to contact our Congress team (e: congress@rcpsych.ac.uk, t: +44 (0)20 8618 4120)

International Divisions Updates

African Division

Dr Neil Horn

On 20 August 2026, colleagues in South Africa hosted a PAUCES webinar, The Forgotten Athlete: Sports Psychiatry Beyond Elite Performance, which explored the growing relevance of sports psychiatry beyond professional sport and highlighted the importance of considering exercise and sporting participation in psychiatric assessment and care. The webinar featured speakers from Africa and the UK, including Dr Caz Nahman, Chair of the RCPsych Sport and Exercise Psychiatry Special Interest Group (SEPSIG).

The African Division will facilitate the next webinar in the series, which will be led by colleagues in Ghana. As the Division develops its 2027 programme, the Executive Committee is also planning two further PAUCES webinars to support knowledge exchange and clinical learning across the region.

Finance Officer co-option

Ahead of the next election cycle, the African Division is inviting expressions of interest from members interested in joining the Executive Committee as Finance Officer on a co-opted basis. This is an opportunity to play an active role in supporting the work and development of the Division.

If you are interested and wish to learn more about the role, please see the job description.

To submit an expression of interest, complete this form

European Division

Professor Jonas Eberhard, Chair



Pictured: Professor Eberhard giving an introduction at the 26th World Congress of Psychiatry.

The European Division was well represented at this year's World Psychiatric Association (WPA) Congress

in Stockholm. The Congress brought together thousands of psychiatrists from across the world and provided an important opportunity for the Division to connect with members and colleagues from across Europe and the wider international psychiatric community.

The European Division hosted a members' reception, which was well attended by members from across the region. College officers; Professor Subodh Dave, President; Professor Mohammed Al-Uzri, College Lead for Global Mental Health; Mrs Sonia Walter, CEO; and Immediate Past President Dr Lade Smith CBE took this opportunity to meet with international partners and colleagues from countries including Taiwan, Brazil, Mexico, Lithuania, India, the United States and Australia. The conversations highlighted both the diversity of psychiatric practice internationally and many of the shared challenges facing the profession, including workforce pressures, strengthening standards of care, and improving understanding of severe mental illness.



Pictured: (Above) Members at the division member's reception during the event. (Below): Dr Smith presenting to the wider conference.

On 25 September, Dr Lade Smith CBE met with colleagues to discuss ongoing work around the case for prioritising mental health and strengthening its place within health systems and policy agendas. The College also co-hosted a reception with the Royal Australian and New Zealand College of Psychiatrists to mark the publication of the Prague Agreement article, providing an opportunity to celebrate what can be achieved through sustained international collaboration.

For both the College and the European Division, the WPA Congress was an important opportunity to strengthen relationships, champion international collaboration and raise the College's global profile. The Division looks forward to building on this momentum through continued engagement with members and partners across the region in the months ahead.

Middle Eastern Division

Dr Yasser Saed Khan, Chair

The Division is working to develop its programme of activities for 2027, with a continued focus on strengthening educational opportunities, collaboration, and engagement with members across the region. Plans include a programme of webinars, combining educational sessions with topical discussions, and exploring opportunities to collaborate with other International Divisions, College groups, and regional partners.

Division Vice Chair, Professor Dina Aly, will represent the Division at the upcoming WPA Congress, providing a further opportunity to engage with members and colleagues from across the wider international psychiatric community.

South Asian Division

Professor Rajashree Ray, Chair

The South Asian Division has remained highly active, expanding its Executive Committee to include representatives from Pakistan and Sri Lanka. We are delighted to welcome Professor Amila Isuru, Professor Nazish Imran, Professor Muhammad Afridi, Dr Shehan Williams, and Dr Asma Humayun as newly co-opted Executive members and look forward to their contributions in strengthening engagement across the region.

The Division also congratulates Professor Rajashree Ray on her election as Chair of the World Psychiatric Association (WPA) Section on Religion, Spirituality and Psychiatry (2026-2029), a significant international leadership role that will support collaboration, research, and education in this important area.

Members have continued to contribute to a range of educational and professional activities, including:

- **Bridging East & West: Mind-Gut Forum & World Humanitarian Day 2026** (London), where Professor Ray delivered a keynote presentation on the mind-gut-brain axis and human flourishing.
- **Global Conference of Biological Psychiatry 2026** (Jaipur, India), the South Asian Division delivered an interactive workshop on OSCE and Communication Skills in Psychiatry
- **Biology of Spirituality and Clinical Applications Symposium**

  This multidisciplinary symposium explored spirituality through history, neuroscience, and clinical practice. Professor Rajashree Ray presented on spiritual experiences and neural circuits, alongside contributions examining the evolution of spirituality, neurocognitive constructs, the Arjuna Syndrome, Krishna's Ten Therapeutic Pearls, and the role of spirituality in healthcare.

- **Healing in the Aftermath: Suicide Postvention Training** (online), organised by King Edward Medical University, Lahore, marking World Suicide Prevention Day 2026, with Professor Ray contributing as a speaker on suicide postvention and compassionate psychiatric care.

Upcoming division events

Climate Change and Psychiatry

The South Asian Division, in collaboration with the RCPsych Planetary Health and Sustainability Committee, will host a webinar on Climate Change and Psychiatry on 28 October 2026. Bringing together speakers from South Asia and the UK, the session will explore the impact of climate change on mental health and psychiatric practice, sustainable approaches to care, education and training, and opportunities for international collaboration.

Date: 28 October 2026

Where: Online

To learn more information and register, please visit this page.

South Asian Division Members' Reception 2026

Date: 29 November 2026 Kolkata, India

The South Asian Division is delighted to invite members and colleagues to the Members' Reception 2026 in Kolkata.

The reception will provide an opportunity for members to meet, reconnect, and strengthen professional relationships across the Division. A special highlight of the evening will be the felicitation of Dr Nandini Chakraborty, Dean of the Royal College of Psychiatrists, in recognition of her contribution and leadership in psychiatry.

Members planning to attend are requested to contact Professor Rajashree Ray for further details and to register their interest.

Email: drrajashree.ray@gmail.com

Pan-American Division

Dr Ishrat Husain

The Pan-American Division is also pleased to invite members to the members reception during the upcoming Canadian Psychiatric Association (CPA) Annual Conference in Montreal. The reception will be held at the Sheraton, Montreal and will provide an opportunity for members to connect with colleagues from across the region and learn more about the Division's current activities and future plans.

To confirm your place, please complete this form.

Looking forward to 2027, the Division Executive is planning a series of educational events and webinars for members across the region. To help shape the programme, the executive has developed a list of

potential topics and would like to invite members to complete a short poll. Feedback from members will help ensure that future events reflect the interests, priorities and professional development needs of psychiatrists working across the Pan-American region. Please take a few minutes to complete this form.

Western Pacific Division

Dr Rebecca Horne, Chair

Following recent changes to the Division Executive, the Division is also hoping to co-opt a Vice Chair to work alongside Chair Dr Rebecca Horne and Dr Chee Chin, finance officer to support the development of the division and activities.

College Fees and Reduced Membership Rates

The College remains committed to ensuring that membership and professional development opportunities are both accessible and affordable for our international members. As you are aware, the College offers different grades of membership depending on your qualifications, experience, and residence.
Members based outside the UK may qualify for reduced rates under our banded system, which ensures affordability for members across divisions. Overseas members who earn below £26,000 per year can apply for a reduced subscription rate for their membership.

Upcoming College Events

Title: Neurodevelopmental Psychiatry SIG Autumn Conference

Date: 09 October 2026

Where: Virtual Event

More information

Title: South Asian Division: Climate Change and Psychiatry

Date: Wednesday 28 October

Where: Online event

Description: Climate change is an increasingly important global health challenge, with significant implications for mental health and mental health services. Responding effectively requires greater awareness of these impacts, alongside practical action to ensure psychiatrists and mental health services are both responsive to the changing climate.

Organised by the RCPsych South Asian Division in collaboration with the Planetary Health and Sustainability Committee, this webinar will bring together speakers from India, Bhutan, and the UK to explore Climate Change and Psychiatry from regional and international perspectives.

More information