

Royal College of Psychiatrists

Pan American

Division Newsletter



December 2017 (Issue 36)

Dear Colleagues



Sophia Frangou
Chair

The end of the year is a time to reflect on the past and to form goals for the New Year ahead. Last month we sent out a brief on-line survey to find what it is you value and about the division and elicit suggestions about additional activities and resources. The results are presented in the figures shown further below.

About 7% of our members completed the survey and we hope that their responses are representative of the general trends amongst the entire Division. About half of the respondents added individual comments that are very useful in sharpening the focus of the Division as we move forward. Our respondents (in descending numerical order) are based in Canada, USA, Brazil, Chile and Trinidad & Tobago. Half of the respondents are hospital based, about 40% are affiliated with academic institutions and about 10% are in private practice. We thank all of them for taking the time to complete the survey.

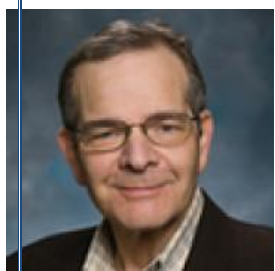
Our respondents told us that they value many aspects of their membership; access to the College's journals was rated highest (85% rated this important/somewhat important), followed by networking opportunities (66% rated this important/somewhat important) and access to the College's and Divisional Newsletters (64% rated this important/somewhat important). Our respondents showed a clear preference for CME-accredited material from the College covering Psychopharmacology (80% rated this important/somewhat important), Early Intervention for Psychosis (76% rated this important/somewhat important), Psychological Treatments and Clinical Pathways (each as important/somewhat important by 73% of respondents). There was also substantial interest for information about how to maintain an active clinical license in the UK (53% rated this important/somewhat important). There was also significant interest in obtaining Divisional endorsement for national and local education events organized by individual members (65% rated this important/somewhat important). The respondents were nearly divided about the value of social media, with half of the respondents indicating that they were not important to them.

We hope you find this information relevant to your work and as always, we are looking forward to your comments and ideas.

With very best wishes for Happy Holidays and a Healthy and Successful New Year

Sophia Frangou

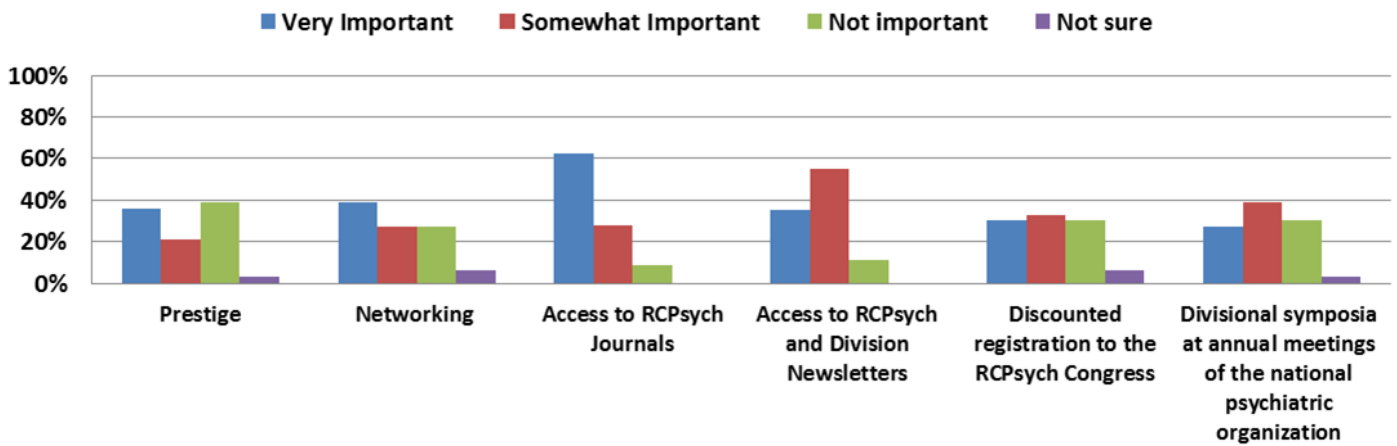
Kenneth Kaufman



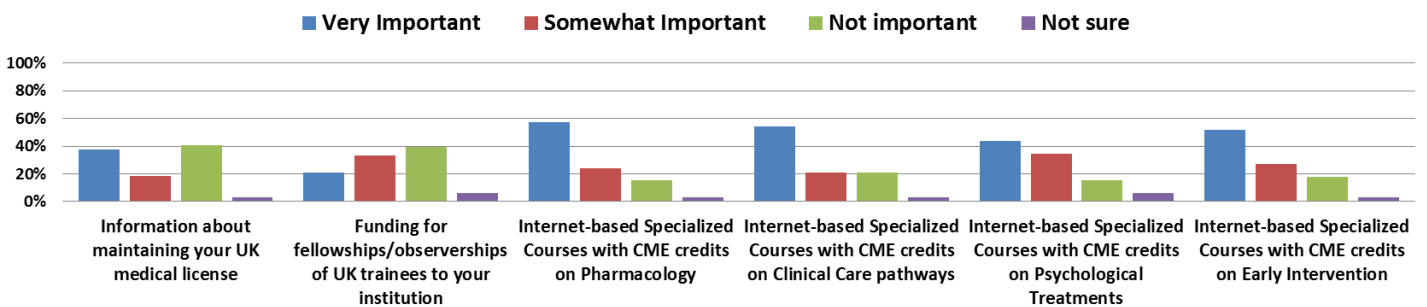
Kenneth Kaufman
Acting Vice-Chair

Membership Survey 2017

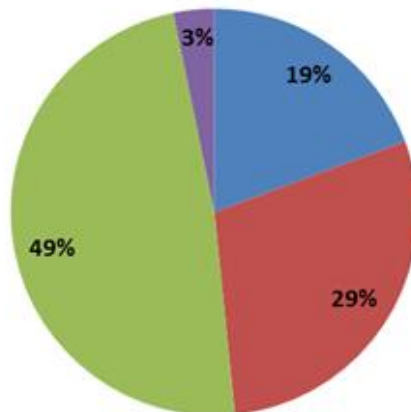
What do you value about your membership of the Pan American Division of the Royal College of Psychiatrists?



What would enhance our membership experience?

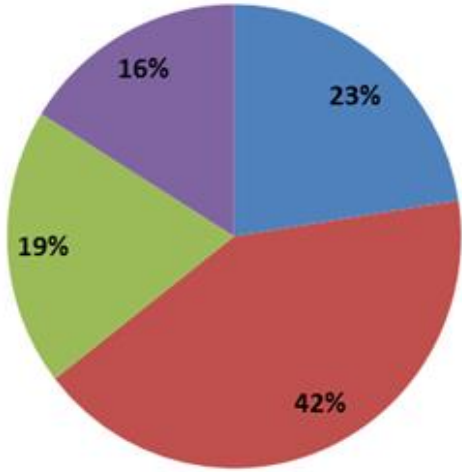


Importance of Social Media (e.g., Divisional Twitter Account)



■ Very important ■ Somewhat important ■ Not important ■ Not Sure

Divisional Endorsement of local and national activities organized by the members



■ Very Important ■ Somewhat important ■ Not important ■ Not sure

This and That

✳️Job Board✳️

The Job Board can be accessed at http://jobs.rcpsych.ac.uk/home/index.cfm?site_id=16082 The site accepts job postings from employers and allows job seekers to search for jobs and create personalized alerts based on their interests. Please note that the **postings are international** (not just UK) and include clinical and academic posts at all levels of seniority.

✳️ **RCPsych PanAm Book club** ✳️ The book club features books (recommended by our members). The topic has to be relevant to psychiatry and neuroscience from either a scientific, literary or societal perspective. Self-nominations by authors who are college members are welcome. Please provide a brief comment for each recommendation but this is optional. Any ideas? Please send them in at panamericandivision@rcpsych.ac.uk! NB: Inclusion of a book in the PanAm Book Club does not imply endorsement or promotion by the RCPsych.

Book of the Month

Against empathy: A case for rational compassion

By Paul Bloom (HarperCollins, 2016)

Previously featured

The Unity-Based Family: An Empirical Study of Healthy Marriage, Family, and Parenting

By HB Danesh and Azin Nasserli (Cambridge Scholars Publishing, 2017)

Brain Apps: Hacking Neuroscience To Get There

RG Best and JM Best (Booklocker.com, 2017)

The Grey Zone: A Neuroscientist Explores Border Between Life And Death

By Adrian Owen (Scribner, 2017)

When Breath Becomes Air

By Paul Kalanithi (Random House, 2016)

Brainwashed: The Seductive Appeal of Mindless Neuroscience

By Sally Satel, Scott O. Lilienfeld (Basic Books, 2015)

The Ministry of Utmost Happiness

By Arundhati Roy (Knopf, 2017)

For all of you who love India and “The God of Small Things”

The Mask of Sanity

By Jacob Appel (Permanent Press, 2017)

Introduction to Syndemics: A Critical Systems Approach to Public and Community Health

By Merrill Singer (Jossey-Bass, 2009)

Head in the Cloud: Why Knowing Things Still Matters When Facts Are So Easy to Look Up

By William Poundstone (Little, Brown and Company, 2016)

Walking the Medicine Wheel: Healing Trauma & PTSD

By David Kopacz and Joseph Rael (Beautiful Painted Arrow)

Millichap Books/Pointer Oak, 2016

Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine

By David Kopacz (Ayni Press, a division of John Hunt Publishing, 2014)

The Emotional Life of Your Brain

*By Richard J. Davidson, Sharon Begley
Avery; Reprint edition (December 24, 2012)*

Journeys into the Bright World

*by Marcia Moore and Howard Alltounian (Para Research, 1978)
Freely accessible at <http://pdf.textfiles.com/books/journeysbrightworld.pdf>*

The Doors of Perception

By Aldous Huxley (Harper Perennial Modern Classics 2009)

The Age of Wonder: The Romantic Generation and the Discovery of the Beauty and Terror of Science,

by Richard Holmes (HarperCollins, 2008)

Marijuana: The Unbiased Truth about the World's Most Popular Weed

By Kevin Phill (Hazelden 2015)

Algorithms to Live By: The Computer Science of Human Decisions

By Brian Christian and Tom Griffiths (Henry Holt and Co 2016)

Why You Love Music: From Mozart to Metallica--The Emotional Power of Beautiful Sounds

By John Powell (Little, Brown and Company 2016)

Introductory Textbook of Psychiatry, Sixth Edition

*By Donald W. Black and Nancy C. Andreasen (APA 2014)
(Comment by Sophia Frangou: A good textbook for residents and students updated to reflect changes in the DSM5)*

Sacred Pathways: The Brain's role in Religious and Mystic Experiences

By Todd Murphy; Foreword by His Holiness The Dalai Lama and A. Persinger; 2015

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity

By Steve Silberman (Penguin 2015); Winner of the 2015 Samuel Johnson Prize for non-fiction

The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age

By Robert Wachter (McGraw-Hill Professional 2015)

The Well-Tuned Brain: Neuroscience and the Life Well Lived

By Peter Whybrow (WW Norton & Company 2015)

The Heart and the Bottle

*By Oliver Jeffers (HarperCollins Publishers 2015)
(Comment by Sophia Frangou: An unbelievably tender book that helps children understand death and loss; it is also available as an animated film read by Helena Bonham-Carter:
<https://itunes.apple.com/gb/app/heart-bottle-for-ipad/id407795360?mt=8>)*

Gratitude

By Oliver Sachs (Knopf 2015)

A Passion for Science: Stories of Discovery and Invention

By Suw Charman-Anderson (Editor) (Kindle ebook 2015)

Furiously Happy: A Funny Book About Horrible Things

By Jenny Lawson (Flatiron Books 2015)

Brain Renaissance: From Vesalius to Modern Neuroscience

By Marco Catani and Stefano Sandrone (Oxford University Press, 2015)

Shrinks: The Untold Story of Psychiatry

By Jeffrey A. Lieberman and Ogi Ogas (Little, Brown and Company, 2015)

The Future of the Brain: Essays by the World's Leading Neuroscientists

By Gary Marcus and Jeremy Freeman (Princeton University Press, 2014)

Drugs, Without the Hot Air

By David Nutt (UIT Cambridge, 2012)

Meeting Announcements

2018

WPA Thematic Congress 'Innovation in Psychiatry: Effective Interventions for Health and Society', 25-28 February, Melbourne, Australia Visit the congress website for details:

European Psychiatric Association, 26th Congress, 3-6 March, Nice, France. Visit the congress website for details: <http://www.epa-congress.org/>

Schizophrenia International Research Society (SIRS) Conference, 4-8 April, Florence, Italy. Visit the congress website for details: <http://www.schizophreniaconference.org/>

XXXIII Argentine Congress of Psychiatry, 18-21 April, City of Mar del Plata, Argentina Visit the congress website for details: www.apsa.org.ar

American Psychiatric Association, 171st Annual Meeting, May 5-9, New York, NY, USA

Society of Biological Psychiatry, 73rd Annual Scientific Meeting and Convention, May 10-12, Hilton New York, New York, NY, USA. Visit the congress website for details: https://sobp.societyconference.com/conf_website/c29icC5zb2NpZXR5Y29uZmVyZ/

International Congress of the Royal College of Psychiatrists, June 24-27, Birmingham, ICC Birmingham, UK. Visit the congress website for details: <http://www.rcpsych.ac.uk/congress>

Canadian Psychiatric Association, 68th Annual Conference, Sep 27 - 29, Westin Harbour Castle Hotel, Toronto, Canada. Visit the congress website for details: <http://www.cpa-apc.org>

European College of Neuropsychopharmacology, 31st Congress, October 6-9, Barcelona, Spain, Visit the congress website for details: <http://www.ecnp-congress.eu/>

XXVI World Congress Of Psychiatric Genetics, Oct 11- 15, Glasgow, Scotland, Visit the congress website for details <http://www.wcpg2018.org/>

American Academy of Child and Adolescent Psychiatry, 65th Annual Meeting, October 22-27, Washington State Convention Center and Sheraton Seattle, Seattle, WA

Please feel free to submit information on meetings or teaching events you may be organising nationally or locally and which may be of interest to the Pan American Division members to panamericandivision@rcpsych.ac.uk