

Royal College of Psychiatrists

Pan American

Division Newsletter



February 2017 (Issue 26)

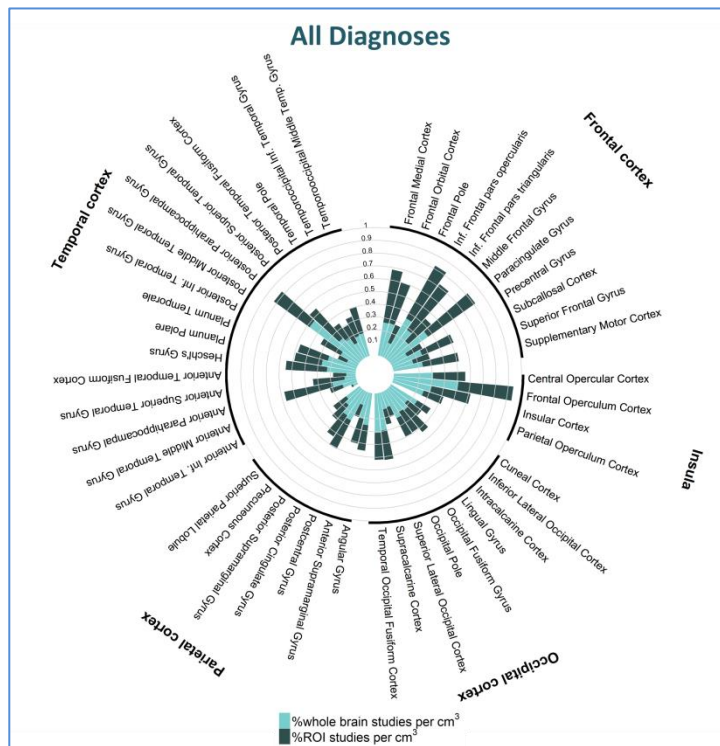
Dear Colleagues



Dhanapal Natarajan
Chair

Diagnostic classification is arguably one of the most contentious topics in psychiatry. Some believe that current nosological approaches should be discarded. Implicitly (although often very explicitly) these views reject current psychiatric practice as unscientific thus allowing the perpetuation of cultural

views of psychiatry as the Cinderella of Medicine. Others embrace the notion of that psychiatric disorders are complex and that multi-comorbidity is the rule. In support of the latter, we highlight a recent mega-meta-analysis of task-related functional magnetic imaging studies published in the last 15 years on schizophrenia, bipolar disorder, major depressive disorder,



Sophia Frangou
Vice Chair

OCD and anxiety disorders ([Sprooten et al., Human Brain Mapping; DOI: 10.1002/hbm.23486](https://doi.org/10.1002/hbm.23486)) . The study shows that these mental disorders implicate overlapping brain regions thus providing biological evidence for multi-comorbidity. This supplements a previous study by [Goodkind and colleagues](#) that found that brain structural changes are also shared amongst disorders.

The core message is that we need to embrace the complexity of psychiatry and work within the biological evidence that is emerging in front of us and is attested by our direct patient-experience. And to paraphrase Martin Henry Fischer “this is how Cinderella will become Queen”.



Kenneth R. Kaufman
Financial Officer

Nhanapal Natarajan

Sophia Frangou

Kenneth Kaufman

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

This month's recommendation was sent by Dr. David Kopacz who responded to our call to "rediscover the soul of daily practice" and to connect with more members of our Division. Dr. Kopacz is a psychiatrist working in Primary Care Mental Health Integration at the Puget Sound Veterans Affairs in Seattle, Washington, US. He is the author of our two books of the month:

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)

Previously featured

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

2017

International Congress on Schizophrenia Research 2017, Mar 24- 28, San Diego, California, US
Visit the congress website for details: <http://www.schizophreniacongress.org/2017-congress/>

European Psychiatric Association, 25th Congress, 1-4 April, Florence, Italy. Visit the congress website for details: <http://www.epa-congress.org/>

Society of Biological Psychiatry, 72nd Annual Scientific Meeting and Convention, May 18-20, Hilton San Diego, San Diego, CA, USA

American Psychiatric Association, 170th Annual Meeting May 20-24, San Diego, CA, USA

World Federation of Societies of Biological Psychiatry, 13th World Congress of Biological Psychiatry, 18-22 June, Copenhagen, Denmark. Visit the congress website for details: <http://www.wfsbp-congress.org/welcome2017.html>

International Congress of the Royal College of Psychiatrists, June 26-29, Edinburgh International Conference Centre, UK. Visit the congress website for details: <http://www.rcpsych.ac.uk/congress>

European College of Neuropsychopharmacology, 30th Congress, September 2-5, Paris, France, Visit the congress website for details: <http://www.ecnp-congress.eu/>

Canadian Psychiatric Association, 67th Annual Conference, 14 – 16 September, Shaw Centre, Ottawa, Canada. Visit the congress website for details: <http://www.cpa-apc.org>

World Psychiatric Association, 17th WPA World Congress of Psychiatry "Psychiatry of the 21st Century: Context, Controversies and Commitment" 8-12 October, Berlin, Germany. Visit the congress website for details: <http://www.wpaberlin2017.com>

XXV World Congress Of Psychiatric Genetics, Oct 13- 17, Orlando, Florida, US, Visit the congress website for details <http://www.wcpg2017.org/>

American Academy of Child and Adolescent Psychiatry, 64th Annual Meeting, October 23-28, Marriott Wardman Park and Omni Shoreham Hotels, Washington, DC

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