

# Royal College of Psychiatrists

## Pan American

## Division Newsletter



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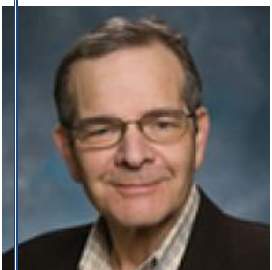
Dear Colleagues



Sophia Frangou  
Chair

This fall is shaping up to be an exciting time for international debate and collaboration.

At the beginning of September, the American Journal of Psychiatry published a report led by Donald Goff, Director of the Nathan Kline Institute in New York, summarising the consensus views of an international panel of eight opinion leaders on the [Long-Term Effects of Antipsychotic Medication on Clinical Course in Schizophrenia](#). The report concluded that there is currently little evidence to support the notion that long-term antipsychotic treatment impacts adversely on clinical outcomes. The report also highlighted the need for the identification of biomarkers of antipsychotic response that in order to develop personalized care plans. Although the review was reasonable and balanced, Robin Murray and colleagues as well as Joanna Moncrieff and Stefan Priebe wrote letters to the editor which were not published but were submitted instead to [a popular website](#). Although we do not subscribe to all the criticism included in the on-line article the letters themselves deserve a wide readership.



Kenneth Kaufman  
Acting Vice-Chair

Continuing the theme of debate, a [viewpoint article](#) published in the Journal of the American Medical Association in October by Falk Leichsenring and Christiane Seinert, of the University of Giessen, challenged the notion of CBT as the gold standard for psychological treatments. They presented cogent arguments for the limitations of evidence-based CBT research and make a plea for greater "plurality" in psychological treatment choice and research.

Finally, the launch of the [International Brain Lab](#) (IBL) offers a new model for collaboration in neuroscience based on the large-scale physics projects such as CERN. The Wellcome Trust in London, and the Simons Foundation in New York City have jointly committed over US\$13 million to support 21 leading neuroscience laboratories in the United States and Europe so they can focus on the brain circuits responsible for complex behaviour. To begin with the IBL will build informatics tools for data-sharing and will establish experimental protocols for a basic foraging task in mice. Reproducibility is a core mandate of the IBL; results and data will be made public only if experiments can be replicated across labs. Having established the protocols for foraging, the IBL plans to tackle the brain mechanisms that underlie moment-to-moment decision making.

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

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](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](mailto: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

**Brain Apps: Hacking Neuroscience To Get There**

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

### Previously featured

**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

### 2017

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.wcpq2017.org/>

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

### 2018

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/>

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

Society of Biological Psychiatry, 73<sup>rd</sup> 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/](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, 68<sup>th</sup> 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/>

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](mailto:panamericandivision@rcpsych.ac.uk)