

Royal College of Psychiatrists

Pan American

Division Newsletter



January 2018 (Issue 37)

Dear Colleagues

Happy New Year! We wish you all a healthy, happy and fulfilling 2018.

The advent of the New Year is a natural time to look towards the future in our personal and professional lives. It is therefore timely to draw your attention to "[The WPA-Lancet Psychiatry Commission on the Future of Psychiatry](#)" a paper published in *Lancet Psychiatry*, as part of their commission series, in collaboration with the World Psychiatric Association. The paper was authored by 41 academics based mostly in Europe and the UK. The report focuses more on emerging challenges in the western world and less on providing a vision of the future. It has however generated lively debate much of which has been published as correspondence in *Lancet Psychiatry*.

In our newsletter, we focus on three trends that are worth reflecting on. Firstly, the report posits that the therapeutic alliance between the psychiatrist and patient will remain a central tenet of the psychiatry of the future. The last few years however have witnessed the emergence of trends away from traditional models of care. There is evidence of a shift in patient preferences towards digital applications and platforms and alternative face-to-face therapeutic interactions that frequently involve peers or other self-help groups. Aligned to this, is the general trend for "on demand" service provision which emphasises care at any place and any time. This is becoming popular in general practice and is seeping into mental health. As with traditional care, these new models have both positive and negative aspects but they seem to give rise to a new type of patient-doctor relationship in which the psychiatrist may not always be the main provider but may have more advisory role in helping patients making their own choices as to how and from whom to receive care. Secondly, technological advances in neuroscience and "big data" science are beginning to yield clinically useful biomarkers for the diagnosis, prognosis, stratification and treatment of psychiatric patients. This is likely to lead to major changes in societal attitudes and in clinical practice towards a more "brain-based", as opposed to mind/soul based, approach. Although fully reductionist models are unlikely to ever be sufficient, the psychiatry of the future would require more neuroscience-knowledgeable practitioners. This has been formally acknowledged both in the UK and in the USA where programs are taking shape to facilitate the formal incorporation of clinical neuroscience into residency training. Thirdly, advances in big data and computational modelling may help us understand better the nature and mechanisms of factors (be they environmental or biological) that may predispose to or protect against mental illness. It seems that we are at the dawn of neuroscience-informed public health policy for the promotion of mental health that may help us prevent mental illness even before we fully understand how it comes about at the level of each individual. This is akin to improvements seen in communicable diseases in the Victorian era following the implementation of sanitation and public hygiene measures.

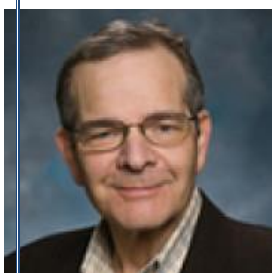
We sincerely hope that the future of psychiatry will prove more fascinating than all our current predictions.

Sophia Frangou

Kenneth Kaufman



Sophia Frangou
Chair



Kenneth Kaufman
Acting Vice-Chair

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

Behave: The Biology of Humans at Our Best and Worst

By Robert M. Sapolsky (Penguin Press, 2017)

Previously featured

Against empathy: A case for rational compassion

By Paul Bloom (HarperCollins, 2016)

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

By HB Danesh and Azin Nasserri (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.wcp2018.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