

Royal College of Psychiatrists

Pan American

Division Newsletter



May 2018 (Issue 41)

Dear Colleagues



Sophia Frangou
Chair

It was lovely to see many of you at our networking reception on "Pathways to Excellence" at the Marriot Marquis on May 6th. The reception was attended by Prof. Wendy Burn, our President; Dr. Adrian James, Registrar; Dr. Kate Lovett, Dean; Mr. Paul Rees, Chief Executive; Prof. Mohammed Al-Uzri, Specialist Advisor for the Medical Trainees Initiative; Dr. Gareth Cuttle, Project Manager for the Gatsby/Wellcome Neuroscience Project; Elen Cook, International Affairs Manager.



Kenneth Kaufman
Vice-Chair

Other notable guests included Prof. Kym Jenkins, President of the Royal Australian and New Zealand College of Psychiatrists; Prof. Jeffrey Lieberman, Chair of the Department of Psychiatry at Columbia University in New York; Prof. Norman Sartorius, President of the Association for the Improvement of Mental Health Programmes; Prof. Gin Mahli, Professor of Psychiatry, University of Sydney; Dr. Sophie Dix, Director of Research at Research at MQ; Professor Bernard Van Rensburg, President of the South African Society of Psychiatrists and Dr Tanja Svirskis, Officer of the Psychiatry Section of the European Union of Medical Specialists.



Allan Tasman
Financial Officer

Prof. Burn talked about the [Gatsby/Wellcome Neuroscience Project](#) both at our reception and at a special lecture during the annual meeting of the American Psychiatric Association. Both were enthusiastically received. The team has produced an amazing video that gives an overview of the Neuroscience Project and how it has been received by Faculty and Trainees in the UK. The video is available at https://www.youtube.com/watch?v=VFZHGrB_Qos

Dr. James' presentation on "Walking the walk- influencing mental health policy" was a tour-de-force on the wonderful work the College is doing to influence policy in the UK and beyond.

Scrolling further down in this newsletter you will find information about the [Medical Training Initiative](#) that allows international medical graduates the opportunity to experience training in the UK for up to two years. This year the Initiative welcomed its first graduate from the USA. It would be great if you made this initiative more widely known within your institutions in the spirit of promoting UK-USA links.

[We are all looking forward to the IC2018 in Birmingham, June 24-27](#)

See you there!

Sophia Frangou

Kenneth Kaufman

Allan Tasman

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.

✳️ Medical Training Initiative ✳️

The Medical Training Initiative (MTI) is designed to enable a small number of International Medical and Dental Graduates to enter the UK to experience training in the NHS for up to two years before returning to their home country. For more details including how to apply please visit the College's website at <https://www.rcpsych.ac.uk/workinpsychiatry/internationalaffairsunit/medicaltraininginitiative.aspx>

✳️ 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

Neuroexistentialism

By Gregg Caruso and Owen Flanagan (Oxford University Press, 2018)

Previously featured

Soul Made Flesh: The Discovery of the Brain--and How it Changed the World

By Carl Zimmer (Atria Books; Reprint edition, 2005)

Dreamland: The True Tale of America's Opiate Epidemic

By Sam Quinones (Bloomsbury Press; Reprint edition 2016)

Behave: The Biology of Humans at Our Best and Worst

By Robert M. Sapolsky (Penguin Press, 2017)

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

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>

[RCPsych Annual Medical Education Conference 2018](#), Sep 27 - 28, London, UK

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