**Brief Outline Minutes for EPSIG Executive Committee 7pm 18 April 2023**

**Via MS Teams**

1. Apologies were received from Adam Hunt and Tom Carpenter and also late apologies , during the meeting were received from Agnes Ayton.

Present: Reem Abed, Riadh Abed (RA, Finance Officer), David Geaney, Nikhil Chaudhary, Muzaffer Kaser, Geoff Lawrence-Smith, Paul St John-Smith (PSJS, Chair), Annie Swanepoel (AS), Elena Titova-Chaudhry.

1. PSJS at the beginning of the meeting welcomed all attendees and especially the 2 new EC members: Reem Abed, new coopted member and Elena Titova-Chaudhry Psychiatric Trainee Committee (PTC) rep on EPSIG. He also made some preliminary introductory remarks noting that all the areas he wanted to cover are already listed on the agenda.
2. Financial Report (RA): On the day of the meeting RA had received the EPSIG monthly financial statement that included the SIG’s financial position to date which included the finances of our recent 5th International Symposium. It seems from the figures that despite having very healthy registration numbers we may incurred a small deficit for this event. We are still awaiting the full detailed accounts. Also, this has been compounded by other expenditure during the year that we would have normally financed through the surplus from our symposium. We discussed future measures to prevent such an occurrence in the future that include: limiting F2F speakers to those based in the UK as far as possible and limiting the expenses claimable by speakers from abroad strictly to flight/rail and hotel only (excluding subsistence, taxis etc.).
3. The meeting noted the very positive feedback from 5th EP International Symposium 10 March 2022, both formal and informal. There was a general preference for organising F2F events in preference to virtual events while taking measures to reduce financial risk and attempting to generate surpluses from such events.
   1. We agreed that the EPSIG AGM 2023 would take place virtually on Friday 8 September followed by a webinar lecture by Derek Tracy titled ‘Human Origins’.
   2. We also ageed to plan to hold the 6th International Evolutionary Psychiatry Symposium at the college F2F during November 2024 with speakers from the UK as far as possible. Availability of dates for the main lecture room will be explored.
   3. We agreed in principle to hold a joint event for up to 50 delegates together with the Philosophy SIG at the college hosting Dr Iain McGilchrist for an afternoon during April 2024, followed by an optional dinner.
4. RA reported the very positive feedback from the Trainee Workshop on 27 January 2023 (See appendix 1 & 2, below). It was agreed that there will be a charge for all future Trainee Engagement Workshops that should cover their costs and perhaps generate a small surplus. The next workshop is booked for 1 March 2024.
5. Engagement with medical schools and medical students on undergrad education on evolution (This item was deferred)
6. Charles Darwin essay prize for trainees update (Annie Swanepoel (AS) and panel) (This item was deferred)
7. Report by newsletter editor: AS proposed the idea of offering an interested trainee the opportunity to become an assistant editor of the newsletter. Elena undertook to put this idea through the trainee networks she has access to , to gauge trainees’ interest in this and get back to us on this.
8. Progress on evolutionary educational podcast on RCPsych website: Geoff Lawrence-Smith had to leave the meeting early but left a written note in the chat box that this is progressing well and should be released by the college soon.
9. Nikhil Chaudhary (NC) briefly outlined the possibility to EPSIG benefiting from funding from Cambridge University for events or projects that can be demonstrated to have an impact on practice. The group welcomed the opportunity to bid for such funding and NC undertook to take the lead on this matter and inform others on the group as required.
10. Revenue from YouTube channel advertising (Adam Hunt). (This item was deferred)
11. Updates on Collaboration with EP section at WPA and Irish EPSIG (RA). No updates were discussed.
12. AOB including suggestions/ideas and date of next meeting (All). There were no items under AOB. The next meeting will be at the AGM on Friday 8 September 1pm. The next executive committee meeting will take place on 21 November 7pm.

**Appendix 1**

**Program for EPSIG Trainee Engagement Workshop 27 January 2023**

**Royal College of Psychiatrists, London**

10 am Welcome, outline of for the day and Introductions (Riadh Abed and everyone) 30 minutes

10:30-11:00 How Can the Evolutionary Perspective Help Psychiatric Trainees? (Tom Carpenter) 30 minutes

111:00 -11:130 Mismatch as a Central Concept in Evolutionary Medicine: What Does it Mean and Why is it Important? (Riadh Abed) 30 minutes

11:30-11:45 coffee/tea break

11:45-12:30 Breakout groups to discuss the relevance of mismatch to various psychiatric disorders followed by feedback to the whole group 45-60 minutes

12:30-13:15: Lunch

13:15-14:00 Evolutionary Perspectives on Substance Misuse and Addictions (Paul St John-Smith) 45 minutes

14:00-14:30 The Irish Experience of Setting up the Evolutionary Psychiatry SIG: Lessons, Plans, Scope for Collaboration etc. (Henry O’Connell) 30 minutes

14:30-15:00 The Turkish Experience of forming an Evolutionary Psychiatry Group. Muzaffer Kaser (30 minutes)

15:00-15:15 coffee/tea break

15:1516:30 Breakout groups to discuss improving Trainee Engagement in the work of EPSIG/Future Directions to promote evolutionary thinking and education followed by Plenary Session, feedback and Action Plan Formulation (75-90 minutes)

Open discussion followed by closing remarks

5 pm Close

**Appendix 2**

The conclusions from the Trainee Engagement Workshop 27 January:

1. To make this workshop into an annual EPSIG event and was agreed that I book a room at the college for a Friday at the end of February 2024 (depending on availability).
2. To form an EPSIG Core Trainee Group which can become an ‘EPSIG Trainee Executive Committee’ with Tom as chair and Geoff as consultant representative on it. A suggestion of 5 trainee members was mentioned but this is not written in stone. The group will be tasked with proposing an outline program for the next workshop in 2024 and submitting this to the EPSIG EC. It is open to the group to consult with the officers of EPSIG (chair and finance officer) at any time via email regarding any of these matters.
3. To convert the existing WhatsApp group to an EPSIG Trainee Engagement group and include all interested trainees as well as the EPSIG officers, Geoff and Henry. This will be open to all trainees interested in evolution and psychiatry in UK and Ireland.
4. Trainees will try to get evolutionary topics on their Trusts’ CPD program as far as possible.
5. We will continue to welcome interested trainees who wish to participate from the continent (provided we are not overwhelmed by numbers, which seems unlikely at present).