

Transcultural psychiatry



Special interest group

Transcultural Psychiatry Special Interest Group (TSIG)

Newsletter, Autumn 2020



TSIG Editorial Team

Editor:

Dr Emmeline Lagunes-Cordoba, MBBS, MSc, PhD, MBACP

TSIG Chair:

Dr Shahid Latif, MBBS, DipNLP, FRCPsych

Finance Officer:

Dr Sarwat Nowrose, MBBS, FRCPsych

Content:

Notes from the editor

Message from the Chair

Past TSIG activities

Work abroad and other events

Culture, thoughts and words

Papers and articles of interest

Future events

Notes from the editor

It is a great honour to introduce myself as the new editor of the Transcultural Psychiatry Special Interest Group Newsletter. I am very excited for taking this role, and contribute to the great effort our Chair and executive committee have made to expand the reach of our group. Even though I joined the TSIG in a time of great uncertainty and change for almost everyone, led by Dr Shahid Latif, the TSIG has not only kept very active organising events focused on transcultural psychiatry, but it has also helped develop resources for people during the COVID-19 pandemic.

Although many guidelines and programmes have been developed to help people maintain a positive mental health, most of them do not consider individual elements, such as ethnicity, gender, sex, or age. If we also take in consideration the evidence showing the disproportionate negative outcomes for people from BAME backgrounds, then we can argue it is important to consider people's culture when developing wellbeing interventions.

To help address this issue, the TSIG group has not only to raise awareness about the disproportionate death rates in people and staff from BAME backgrounds, but it also developed material to support people's mental health during the pandemic. For example, the TSIG created a series of videos, in more than 15 languages, focused on providing advice on how to maintain a

positive mental health; and for World Mental Health Day, the group also created a video to increase awareness about the importance of understanding mental health in different cultures.

In this newsletter you will learn more about all the activities the TSIG and its members have engaged with over the last year, including events focused on transcultural psychiatry and promoting diversity, as well as work conducted abroad and about the initiatives taken by the TSIG to support people during the pandemic. I hope you find this edition not only interesting, but also inspiring, as we would like to encourage you to contribute for our following issues. We, as the TSIG, would like to include, and provide a platform to anyone interested in transcultural psychiatry and any other cultural aspect that you consider could influence people's lives and mental health.

Dr Emmeline Lagunes-Cordoba



Message from the TSIG Chair

Dear members:

Welcome to the 2020 edition of the Transcultural SIG newsletter. Since our last newsletter, who would have known what was going to hit us? Lockdowns, virtual working, being housebound, untimely loss of lives of colleagues and patients and working behind the guard of face masks and visors to name a few. A challenge for all would be an understatement. And all this in such a short span of time. In an attempt to offer some “normality”, we have made every effort to ensure the newsletter reaches you timely.

The Corona virus has shown that it does not affect everyone the same way. It is evident that those from BAME backgrounds are more severely affected resulting in higher levels of infections and deaths. The TSIG has been proactive during these unprecedented times to reach out to those from different cultures to offer a better understanding of how the virus behaves, how to safeguard themselves from it and how they can manage their day to day activities and emotions positively during this period. One of the highlights of the SIG was the production of videos covering these points in 19 different languages. This work was picked up by the BBC and described as a ‘wonderful resource’.

This is all in the midst of when unfortunately; most activities have been halted. Many conferences cancelled or delayed, while others have been reorganised virtually. Technology has enabled us to keep going and a change will surely happen in the way we

practice and live. It’s been a huge learning curve for all. The staff at the Royal College of Psychiatrists have been extremely supportive in assuring that virtual learning continues and CPD programmes remain up to speed and that regular communication like this newsletter continue to reach you during the lockdown.

Our TSIG Annual conference in February 2020 came just 3 weeks before the official lockdown. The infection rates were increasing at the time thus impacting on the attendance rates. Nevertheless, it was a great success with the RCPsych CEO Mr Paul Rees who agreed to give the closing remarks stating that he was pleased to see the enthusiasm during the event and was impressed with the quality of the speakers, the theme of the event and participation from the audience. I would like to thank the TSIG executive team for remaining active during this time

We hope that the pandemic is under control by the next newsletter and that in the meantime you enjoy this current edition.

Dr Shahid Latif



Past TSIG activities 2019-2020

TSIG Annual Conference 2019, RCPsych

Following on from the successful and well attended 2018 RCPsych TSIG Annual conference, the 2019 annual event took on the 18th of February, 2019. Contemporary such as cultural competencies vs. cultural intelligence were debated.



Transcultural CPD event 2019, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust

Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust invited the RCPsych TSIG at their Transcultural CPD event on the 24th of October 2019 at the Novotel, Newcastle Upon Tyne.



Diaspora Committee meeting 2019, RCPsych.

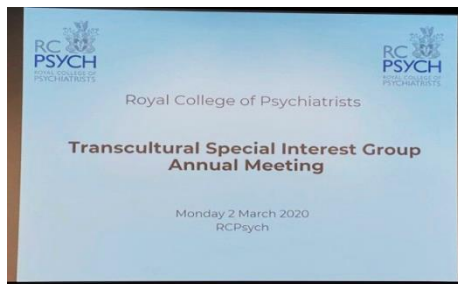
TSIG Chair Dr Shahid Latif was invited by the RCPsych Diaspora Committee members led by the late Prof. Sab Bhaumik. The purpose was a meeting with Prof. Yasmin Alibhai Brown to discuss her work looking at the wellbeing of young Muslims in the UK and attempting to understand the psychology of the possible distress and disease caused.



Transcultural CPD Event 24 th October 2019 Novotel, Newcastle upon Tyne	
08:45 - 09:15	Professor Ugo Gossami, Consultant Psychiatrist
09:15 - 09:25	Registration & Refreshments
09:25 - 09:35	Welcome Dr Neeraj Berry - Consultant Psychiatrist Professor Ugo Gossami - Consultant Psychiatrist
09:35 - 09:45	Introduction to RCPsych Transcultural Group Dr Shahid Latif - Consultant Psychiatrist, Clinical Director Adult and Forensic Mental Health Directorate, Chair RCPsych Transcultural SIG Executive Council Member RCPsych Tyne Division
09:45 - 10:30	Focus on equality and diversity with special emphasis on cultural ambassador programme Chris Rowlands - Equality & Diversity Lead
10:30 - 10:45	Refreshments
10:45 - 11:15	Cultural intelligence and public mental health Dr Samia Latif - Consultant Communicable Disease Control Assistant Academic Registrar, Faculty Public Health Co-Chair SAGE Network Public Health England
11:15 - 12:15	Workshop on Cultural Competence Sue Palmer-Hill, Head of Innovation and Research
12:15 - 12:30	Lunch
12:30 - 14:15	Workshop on Cultural Competence continued Sue Palmer-Hill, Head of Innovation and Research
14:15 - 15:00	Gender Identity & Society Dr Helen Gossami, Consultant in Gender Dysphoria Sophie Robinson, Psychiatric Nurse & Union Representative Northumberland & North Tyneside Crisis Team
15:00 - 15:15	Refreshments
15:15 - 15:30	Intimate partner violence: A cross-cultural perspective Dr Aneel Karmali, Psychiatry Fellowship Doctor
15:30 - 16:30	Panel Discussion - Cultural Perspectives: Variations in practice Discussions: Dr Mohamed Mami, Dr Mohamed Elshamary, Dr Tahir Kovacs, Dr Anisha Rahman, Dr Ugo Gossami, Sheryl Cleave Chair - Dr Priya Khanna
16:30	Questions & Feedback

TSIG 3rd Annual Conference March 2020, RCPsych

The 3rd Annual RCPsych TSIG Annual Conference under the current executive team took place on the on 2/3/20. Colin Ree's RCPsych CEO was pleased to see that contemporary topics Unconscious Bias, Contemporary Frameworks and speakers from different cultural backgrounds sharing their experiences of differences in presentation culture and mental health.



International Medical Graduates Conference 2020: Promoting diversity in the psychiatric workforce

Early this year, the RCPsych held its annual IMG conference, in which fellow members of the TSIG group, Dr Shahid Latif, Dr Alka Ahuja, Dr Mihaela Bucur and Dr Mohammed Al-Uzri, talked about their personal experiences as IMGs, and provided some very valuable tips for success: Build relationships, be resilient, ask for help, get a mentor, don't be shy, get a

hobby, stand for yourself, and more importantly, recognise being an IMG as a strength.



Response to the COVID-19 pandemic

During the unprecedented events of COVID19, the lockdown and the impact of the news that the BAME communities are affected more, there was fear that meaningful information was not getting through to the BAME community due to language and cultural barriers. The TSIG recorded videos of wellbeing techniques and coping skills into 19 different languages. These were well received and picked up by various media platforms including BBC radio Leicester who appreciated the contents of the videos and called it a 'Great Resource'. The videos are available on the College website.

psychiatry videos

The Transcultural SIG has recorded videos to help people in other countries during the pandemic.

These short videos provide information for patients, carers and the public during this difficult time.



South Asian History month

The RCPsych celebrated its first South Asian History month in August 2020. Dr Latif was asked to write a blog and also deliver a presentation as part of the SAHM celebration to represent the TSIG.

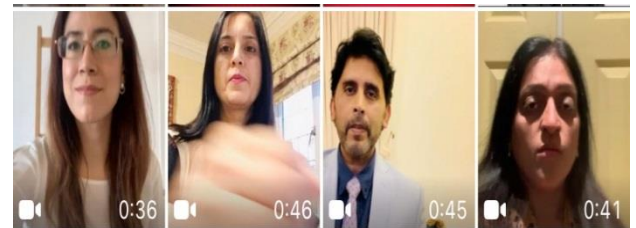


Celebrating Diversity, NAVIGO Health and Social Care in North East Lincolnshire AGM, 2020

On 30th September 2020, TSIG Chair, Dr Shahid Latif was invited to NAVIGO Health and Social Care in North East Lincolnshire's AGM by Dr Aamer Malik, Medical Director NAVIGO, for the segment 'Celebrating Diversity'. This was the theme of the event and the focus was on culture and ethnicity and the challenges related to mental health.

World Mental Health Day, 2020

TSIG celebrated World Mental Health Day in October 2020 with a collage of video messages from its executive members, highlighting the importance of understanding MH in different cultures.



Transcultural Psychiatry Day, West London NHS Trust, September 2020.

Dr Sarwat Nauroze organised a half day session on transcultural psychiatry at the Trust West London Mental Health NHS Trust. This included topics such as: *Cultural formulation on a hot political context* by Dr Hari Sewell; *DSM 5 field studies on cultural formulation* by Dr Samrat Sengupta; and *Advancing mental health equality* by Dr Nauroze himself.



Virtual Health Matters: Student experience and wellbeing in the pandemic, October 15th, 2020.

As the coronavirus pandemic placed enormous new challenges on students and teachers in medical and nursing schools, three Oxford Health's governors held an even called Student experience and wellbeing in the pandemic, in which they discussed: how can we make placements and exams safe? Indeed, can we have placements and exams? And how can we support students' mental health and wellbeing? The panel included: Dr Mary Malone, Director, Oxford School of Nursing and Midwifery, Oxford Brookes University and appointed Trust governor. Hannah-Louise Toomey, trainee occupational therapist (MSc) at Oxford Brookes University and trust governor for Oxfordshire. Dr Hasanen Al-Taier, consultant forensic psychiatrist and trust governor for Specialised Services. The event was chaired by Kerry Rogers, Director of Corporate Affairs.

First International Psychiatry and Addiction Masterclass, 13th-14th November 2020

The RCPsych TSIG was invited to participate in the First International Psychiatry and Addiction Masterclass Chaired by Dr Yasir Abbasi (TSIG executive member) that took place on the 13th-14th November 2020. Dr Latif presented 'Interpretation of mental Health Symptoms in Different Cultures' and Dr Hasanen Al-Taier presented 'Cultural aspects of Forensic Psychiatry'.



1st IPAM

Dear Participants,

We cordially invite you to attend an international masterclass which will be delivered virtually by a prominent list of speakers from across the world. It is a first of its kind event.

1st International Psychiatry and Addiction Masterclass

13th - 14th November 2020

Chair
Dr. Yasir Abbasi
 Founder and CEO of IPAM,
 Consultant Psychiatrist and
 Head of Addiction Department
 Maudsley Health, Dubai, UAE

Faculty

 Dr. Yasir Abbasi Consultant Psychiatrist and Head of Addiction Department, Maudsley Health, Adjunct Clinical Associate Professor, Mohammed Bin Rashid University, Dubai, UAE	 Prof. Lena K. Palaniyappan Director of Neuropsychiatry & Scientific Director, Prevention and Early Intervention Program for Psychosis (PEPP), London Health Sciences Centre, Ontario, Canada
 Dr. Syed Shamsi Assistant Professor, Weill Cornell Medicine, Attending Psychiatrist, Emergency and Evaluation Services, NY Presbyterian Hospital, Westchester Division, New York, United States	 Cathryn Kemp Award winning writer and journalist, CEO of Painkiller Addiction Information Network Charity, Hastings, United Kingdom
 Dr. Shahid Latif Consultant Psychiatrist / Clinical Director Adult and Forensic Directorate Northamptonshire Healthcare NHS Foundation trust, Chair RCPsych Transcultural SIG, Leicester, United Kingdom	 Dr. Hasanen Al-Taier Consultant Forensic Psychiatrist & IMGT Tutor Vice Chair RCPsych South Eastern Division Oxford, United Kingdom

Work abroad and other events

Tibet

In November 2019 Dr Hasanen Al Taiar joined the CEO of the Tibet Relief Fund (TRF) Ms Philippa Carrick in Dharamsala in north India to look at child mental health problems in Tibetan refugee children in camps and settlements. We visited the Tibetan Ability Center (TAC) which is a non-profit organisation based in Dharamsala. We also visited Delek Hospital where we met the Chief Medical Officer who advised that the medical field's main problem is retention of newly qualified doctors.

Recommendations:

- Improving the healthcare provision via equipment, resources and staffing.
- Training doctors and other allied health professionals.

- Building professional capacity in people dealing with special needs.



Iraq

Dr Hasanen Al-Taiar delivered a number of training sessions on mental health, Covid and Stigma this year. He delivered a lecture at Wasit University medical School in Iraq that addressed an audience of 250 professionals via zoom in May 2020. He also worked with psychiatric colleagues in Iraq and the UK to organise and deliver a number of training events around the impact of Covid-19 on our mental wellbeing.

African community in the UK

He delivered a joint presentation with Dr Leena Reddy (consultant psychiatrist) on 18th July 2020 addressing the African community in the UK. The aim of the presentation was to improve public awareness about Covid19 given the misconceptions and to fight stigma around this illness and mental illness in general.



India: Increasing awareness of medical training initiative (MTI) scheme in Asia

The 72nd Annual National Conference of Indian Psychiatric Society (ANCIPS 2020) was held in Kolkata, India during 21-25 January 2020. British Indian Psychiatric Association (BIPA) in collaboration with Royal College of Psychiatrists and Indian Psychiatric Society (IPS) organised a symposium on “Developing International career in Psychiatry: Opportunities in U.K.” The symposium was delivered by Dr Santosh Mudholkar, President, British Indian Psychiatric Association (BIPA), Dr Kate Lovett, Dean, RCPsych and Dr Subodh Dave, Associate Dean, Trainee Support, RCPsych.

The symposium offered unique opportunity for trainees and tutors from all over India to interact with senior Consultant Psychiatrists practising in U.K. The three presentations gave an overview RCPsych Medical Training Initiative (MTI) scheme and highlighting role of RCPsych, psychiatry training in U.K, membership exams, NHS and role of regulatory bodies. In addition, the presentations also highlighted cultural issues in doctor: patient relationship and psychiatric practice. The symposium was immensely popular with the young trainees who had packed auditorium for a 09:00 am start. The

interactive nature of the symposium and lots of time for Q&As provided a food for thought for young trainees regarding career planning.

Dr Santosh Mudholkar, Executive Committee member TSIG and Immediate Past President, British Indian Psychiatric Association (BIPA)



Culture, thoughts and words

Transcultural Psychiatry and Covid-19

As the pandemic continues to globally evolve, we are gaining knowledge on the ways that pre-existing health inequities exacerbate the risks and vulnerabilities of individuals to suffering from the virus. In the United Kingdom, the impact on the BAME communities has been particularly significant. There are also forewarnings of a mental health crisis in light of the traumatic experiences of individuals recovering from Covid-19 and the experience of public health measures such as a 'lockdown'. Given this, we

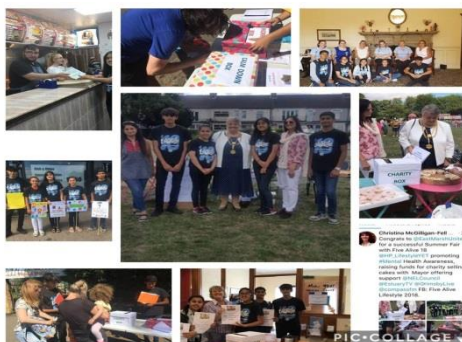
need to ensure that we develop a solid platform from where we can perceive and adequately respond to the transcultural navigations of the nature of traumas related to the pandemic; this is going to require skills to interpret and understand localised explanatory models of distress, and impacts of racism or persecution, for example, on belief-systems, help-seeking behaviour, and coping strategies. A transcultural lens is required for analysing the psychiatric dimension of the pandemic.

Dr Ayesha Ahmad

I love my Community: Culture, stigma and mental health project

I have always been concerned about stigma associated with mental illness in all cultures and people's suffering in silence. I had an opportunity to make my community understand that mental illness is an illness like other body illnesses by supervising a team of five children: Aden (lead 1), Zenia (lead 2), Sidhart, Rania & Mism; called 'Five Alive' for Humberside Lifestyle Awards 2018.

- Five Alive worked on their project 'Promoting Mental Health Awareness in the Community', which focused on targeting the culturally defined stigma associated with mental health.
- They conveyed the message: *"It's OK not to be OK", & "it's not OK to sweep things under the carpet and be scared to speak about mental illness"*.
- We prepared demonstrations on mental health illnesses like depression, anxiety, self-harm and psychosis, etc. to spread the message in the community.
- We visited nursing homes where children did demonstrations for nursing staff on how to identify dementia symptoms in the elderly, and the appropriate next steps. i.e. when to involve GP or HTT to keep patients safe.



- Team visited market place, GP Surgeries, Take Away and super stores to distribute leaflets about mental health.
- We put stalls of homemade snacks to collect money for the charity 'When you wish upon a star'. We raised 450£.
- We received support from Mayor of Grimsby Hazel Chase, who visited our stall in Grimsby Summer Fair.
- Team was awarded with Category one prize of Wales Holidays, by the Humberside Police.



Dr Saadia Alvi ST5, IMG Representative to Royal College (PTC)
Exec TSIG, Exec Rapid Task and Finish Group
RCPsych, Exec TSG

Calavera

Despite the Covid restrictions,
the death decided to take a trip,
to visit his friends in London,
to track and trace those too busy to sing.

Death first visited Raka,
She was busy reading Freud,
not paying attention to Death's
loudly happy song:
"Raka girl come dance with me,
have a rest from all your chores,
in the underworld there's no ego,
only id and lots of songs".
Raka's super-ego quickly jumped and said,
"I better dance this song with her,
or she'll just take me away,
besides, I have been busy helping stranded
doctors, so, I might just need a break"
So Raka danced with the Death
and impressed her with her Bollywood's
moves,
So Death gave her another day
for her to work on her singing tunes

Death then went to visit Subodh,
To hear all about his cycling routes
and check if his bakes were tasty
or were just all about the looks
But Subodh was busy,
apparently he wants to be a Dean,
so, no time to spend with Death,
just to improve psychiatric care.
Death tapped his shoulder and said:
"what about my needs,
I also need a friend who listens
and cycles down the streets with me"
Subodh then stopped tweeting
and took Death for a ride,
So Death was thankful and said:

"Ok, I'll be back after election time"

Death finally visited Derek
To have a coffee and talk about life
but Derek was busy tweeting and writing,
no time to lose with non-citable chats
Death was disappointed:
"I thought you wanted to speak with me,
I'm friend with Darwin himself,
and I have met all those Neanderthal people
you keep saying were so great"
Derek immediately stop working,
as he quickly realised,
"this would make an amazing paper,
it might make the cover of the BJPsych!"
So Derek went to have a drink with Death,
they party hard all night,
Death shared all her wisdom
and allowed Derek to live this time.
But with the alcohol in his head
Derek forgot everything he learned,
So with a big hangover, for the first time
he went completely blanked.

Death was happy after her visit,
but upset she missed some friends,
She missed drinks
with Emmeline, Fabida and Suzanne
and couldn't grab a coffee
with Shahid, Saadia and Joanne
"I'll be back my friends,
so don't worry about me,
Keep on dancing and enjoying life,
You know that sooner or later
I'll take you with me to the other side"

**Dr Emmeline Lagunes-Cordoba, traditional
poem for Day of the Death.**

Papers and articles of interest written by members of the TSIG

Over the last year, members of the TSIG have written different papers and articles focused on transcultural psychiatry, or aspects related to culture and mental health. We'd like to recognise the effort of our colleagues and invite you to read some of their very interesting papers.

Dr Ayesha Ahmad:

Ahmad, A., Mueller, C. and Tsamakis, K., 2020. Covid-19 pandemic: a public and global mental health opportunity for social transformation?. *BMJ*, 369.

Ahmad, A. 2020. Conflict and COVID-19- A War Storyteller's Narrative of Violence and Silence during a Pandemic . The University of Edinburg.

Ahmad, A., Chung, R., Eckenwiler, L., Ganguli-Mitra, A., Hunt, M., Richards, R., Saghai, Y., Schwartz, L., Scully, J.L. and Wild, V., 2020. What does it mean to be made vulnerable in the era of COVID-19?. *The Lancet*, 395(10235), pp.1481-1482.

Dr Saadia Alvi:

Alvi, A. (2020). Covid19 Challenges faced by BAME Psychiatry and IMG trainees. *The Registrar*, October, PTC Committee magazine. RCPsych.

Dr Emmeline Lagunes-Cordoba:

Lagunes-Cordoba, E; Maitra, R; Dave, S; Matheiken, S; Oyeboode, F; O'Hara, J; Tracy, D. (2020). International Medical Graduates – how can UK psychiatry do better? (2020). *BJPsych Bulletin*.

Lagunes-Cordoba, E & Dave, S. Being an International Medical Graduate in the times of COVID (2020). *The Psychiatric Eye*, Autumn Edition. RCPsych.

Lagunes-Cordoba, E. Culture and arts in the time of COVID: coping with a crisis or improving our mental health? (2020). *The Psychiatric Eye*, Autumn Edition. RCPsych.

Lagunes-Cordoba, E; Davalos, A; Fresan-Orellana, A; Jarrett, M; Gonzalez-Olvera J; Thornicroft, G & Henderson, C. (2020). Mental Health service users' perceptions of stigma from the general population and from mental health professionals in Mexico: a qualitative study. *Community Mental Health J.*

Future events

Transcultural Special Interest Group Annual Conference 2021, RCPsych. February 8th & 9th.

Join us at our 2021 TSIG annual conference which will be held online, on two half days, on the 8th and 9th of February. Some of our keynotes speakers include: Professor Dinesh Bhugra, Professor Simon Dein, Professor Afzal Javed and Professor Kam Bhui. Please add these dates to your calendar and join us to hear great talks, delivered by amazing speakers.

WPA World Congress of Psychiatry 2021

The TSIG has been invited by WPA (World Psychiatric Association) which will take place on the 5th-7th March 2022 in Lahore, Pakistan. The TSIG has been offered a session for presentations.

RCPsych International Congress 2021

The TSIG has put down a submission for a session on Culture and Mental Health at the RCPsych International Congress taking place in Birmingham in June 2021.

The Royal College of Psychiatrists “Future Archives” competition

The RCPsych is inviting everyone to participate in the “Future Archives” competition, to celebrate the 180th anniversary of the college. For this competition the RCPsych is inviting everyone to contribute with their thoughts and impressions of psychiatry and mental health services today, to provide a broad perspective for future generations. You can submit prose, poetry, drama, film, or even comic strips; anything up to 1000 words. Closing date is April 30th 2021. More details here:

<https://www.rcpsych.ac.uk/about-us/library-and-archives/archives/future-archive>