

Royal College of Psychiatrists

Pan American

Division Newsletter



July 2018 (Issue 43)



Sophia Frangou
Chair

Dear Colleagues

July is a month of landmark anniversaries that changed and shaped our world. It is therefore appropriate that we commemorate in this newsletter the 70th Anniversary of the UK's National Health Service (NHS) which falls on July 5th. In the USA, the issue of the optimal model for health care provision is complex and polarised. Some consider universal health care as a "socialist" policy associated with long waiting lists, rationing, bureaucracy and reduced provider choice. However, many of our division members who have trained and worked in the NHS appreciate the tremendous social resource it represents.



Kenneth Kaufman
Vice-Chair

In the general election of 1945, the British electorate set aside their affection and admiration for Winston Churchill, the architect of allied victory in WWII, to give a resounding endorsement to [Clement Attlee's](#) message that "[victory in war must be followed by a prosperous peace](#)" which promised to provide a comprehensive system of social insurance '[from cradle to grave](#)'. It is widely acknowledged that the blueprint of this new vision for society was based on the recommendations of the report on "[Social Insurance and Allied Services](#)" presented to the Parliament in 1942 by a 63-year old senior civil servant, [Sir William Beveridge](#), who later became a member of parliament in 1944. It is indeed remarkable (especially in the current age of "soundbites") that this 300-page complex document was a huge publication success; it sold 600,000 copies in the UK and a further 50,000 in the USA. [Aneurin \(Nye\) Bevan](#) announced the foundation of the NHS on July 5th 1948 at the Park Hospital in Manchester (known today as Trafford General Hospital). Under the new scheme, hospitals, doctors, nurses, pharmacists, opticians and dentists are brought together under one organisation to provide services that are free for all at the point of delivery. Below are links to resources for more information

about the history, achievements and future vision of the NHS:

(a) Official website: <https://www.nhs70.nhs.uk/>

(b) An interactive timeline of 70 years of the NHS developed by the Nuffield Trust
<http://nhstimeline.nuffieldtrust.org.uk/>

(c) This article BMJ essay by Julian Simpson celebrates the transformation contribution of south Asian immigrant doctors to the development and viability of the NHS:
<https://www.bmj.com/content/361/bmj.k2336>

As always we want to hear from you! Email us at panamericandivision@rcpsych.ac.uk

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

Maps of Meaning: The Architecture of Belief

By Jordan Peterson (Routledge; 1st edition March 1999)

Previously featured

The Maudsley Prescribing Guidelines in Psychiatry, 13th Edition

By David M. Taylor, Thomas R. E. Barnes a Allan H. Young (Wiley Blackwell, 2018)

This is the updated edition of the word-leading and essential reference book for the prescribing of drugs for patients with mental health disorders. Released on June 5th, 2018.

Neuroexistentialism

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

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 Nasser (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

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.wcpg2018.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