

# Royal College of Psychiatrists

## Pan American

## Division Newsletter



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**Sophia Frangou**  
Chair



**Kenneth Kaufman**  
Vice-Chair



**Allan Tasman**  
Financial Officer

Dear Colleagues

I hope you had a lovely time over the holidays and you are now ready to take on the New Year.

We dedicate this newsletter to the contribution of women psychiatrists to the College and to psychiatry as a field. In 2018, the College honoured [Dame Fiona Caldicott, with a lifetime achievement award](#). Dame Caldicott was the first woman to become Dean and President of the College. She was Principal of Somerville College, Oxford, and served as chairman of Oxford University Hospitals NHS Foundation Trust, and of the Academy of Medical Royal Colleges. She also chaired the Caldicott Committee into the protection and use of patient information and became the first National Data Guardian for Health and Care.

The New Year's Honours List featured three psychiatrists, all women who were chosen for their contribution to rehabilitation (Dr. Sridevi Kalidindi CBE), perinatal psychiatry (Dr. Gertrude Seneviratne OBE) and behavioural addiction (Dr. Henrietta Bowden-Jones OBE). More information is available [here](#).

The College's [Women and Mental Health Special Interest Group](#) has a dual role in advocating for mental health services for women and in promoting women psychiatrists' career development within management and academia. We also note two influential books written by members of the College. [The Female Mind: Users' Guide](#), co-authored by Professor [Kathryn Able](#) and Dr. [Rosalind Ramsay](#), discusses how women experience illness, treatment, and recovery, and how this information could be used to improve healthcare services. [Women in Academic Psychiatry: A Mind to Succeed](#), edited and authored by Professor [Sophia Frangou](#), comprises two parts. The first consists of sixteen first-person narratives from some of the most eminent women in psychiatry about their lives, challenges and pathways to success. The second part analyses the themes brought to light in the narratives and discusses strategies for success. Both books are relevant to men and women with an interest in understanding the female perspective in mental health and in the workplace.

We also wish to congratulate the following colleagues for their appointment as Fellows:

Dr	Zubin Minoo	Bhagwagar	USA
Dr	Amlan Kusum	Das	Canada

Dr	Friedgard Fiona Keller Adams	McGregor	Canada
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Looking forward to your comments and thoughts! Email us at [panamericandivision@rcpsych.ac.uk](mailto:panamericandivision@rcpsych.ac.uk)

**Sophia Frangou      Kenneth Kaufman      Allan Tasman**

## This and That

### \*President's Lecturers\*

Please check-out this series of lecturers by eminent presenters invited by the President's College. Use this link <https://www.rcpsych.ac.uk/members/president's-lectures> to find out about forthcoming lectures and watch previous ones on the [RCPsych YouTube channel](#).

### \*Job Board\*

The Job Board can be accessed at [http://jobs.rcpsych.ac.uk/home/index.cfm?site\\_id=16082](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 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](mailto: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

**The Neuroscientist Who Lost Her Mind: A Memoir of Madness and Recovery**  
**By Dr Barbara K. Lipska (Bantam Press, 2018)**

#### Previously featured

**Factfulness: Ten Reasons We're Wrong About the World – and Why Things are better than you think**

**By Hans Rosling, Anna Rosling Rönnlund, Ola Rosling (Flatiron Books, 2018)**

**Enlightenment now: the case for reason, science, humanism and progress**

**By Steven Pinker (Viking, 2018)**

**Bad Blood: Secrets and Lies in a Silicon Valley Startup**

**By John Carreyrou (Knopf, 2018)**

### **Computational Psychiatry: New Perspectives on Mental Illness**

**By A. David Redish and Joshua A. Gordon (Editors) (Strüngmann Forum Report, The MIT Press; 1st edition 2016)**

### **What is Real?**

**By Adam Becker (Basic Books 2018)**

### **Advice for a Young Investigator**

**By Santiago Ramón y Cajal (translated by Neely and Larry W. Swanson) (A Bradford Book; 1st edition 2004)**

### **The Knife Went In: A Prison-Doctor on Britain's Dark Side**

**By Theodore Dalrymple (Gibson Square Books Ltd, Revised edition 2018)**

### **Maps of Meaning: The Architecture of Belief**

**By Jordan Peterson (Routledge; 1<sup>st</sup> edition March 1999)**

### **The Maudsley Prescribing Guidelines in Psychiatry, 13th Edition**

**By David M. Taylor, Thomas R. E. Barnes and 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.

### **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 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)**