



# RCPsych International

The International eNewsletter

## Welcome

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Dear colleagues

As 2022 draws to a close, I reflect on a year of hope and the return of a new type of 'normal', with our lives half online, half in-person. However, as health professionals, we know that the repercussions of the pandemic are still very much felt within our services across the world. As doctors, we make the worst patients, so I urge you to take time for your wellbeing during this festive break and truly rest.

We are of course all aware of the humanitarian emergencies that tragically unfolded this year across the globe. I again express my deepest condolences to those affected by these events, and sincerely hope that 2023 will bring relief.

You'll have seen on all College platforms that President Adrian James will be stepping down from his role as President in summer 2023. Voting is now open and if you haven't already, you can familiarise yourselves with the three candidate's hopes and ambitions [here](#). All Members, Fellows and Specialist Associates are able to vote, you can find more information on the [College website](#).

The end of 2022 also marks the second year of our [International Strategy](#). The College is very fortunate to work in partnership with colleagues across the world on projects developing mental health training, services and resources. I would like to express my sincere gratitude, on behalf of the College, for the contributions of colleagues both internationally and in the UK. I look forward to continuing our work in 2023.

In this edition of the newsletter, I am delighted to share an introduction from our CEO Paul Rees MBE, a true champion of our international work. As usual, you will find updates from our International Divisions

Chairs and an introduction from our newly co-opted Vice-Chair for the African Division, Dr Yvonne Treffurth. I am pleased to feature a review of the Ghana Future International Workforce Programme so far, from Dr Ruth Charlotte Sackey, one of the trainees participating in the subspecialty training. Finally, we'll recall the College's International Congress this summer, through the reviews from two of the International Division bursary winners, who presented their posters at Congress.

I'd like to take this opportunity to applaud the College's Forensic Faculty who will be funding a series of Ukrainian translations of RCPsych mental health leaflets, in an effort to support the work of colleagues in the Ukrainian Psychiatric Association. This initiative truly signifies how international work streaks through the entire RCPsych to ensure safe and effective patient care globally.

I hope you enjoy the winter 2022/23 edition of Insight Magazine. Among the many excellent articles, this issue features a piece on the Sri Lankan Psychiatrists Association UK's lifesaving efforts to help supply Sri Lanka with vital psychotropics during one of the worst economic crises the country has ever seen.

Please us know if you have any events or news coming up that we can feature in next quarter's spring Newsletter. You can contact [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) with any newsletter related contributions or questions.

I look forward to seeing you at the 2023 International Congress in Liverpool and wish you and your families a happy and healthy 2023.

Kind regards  
**Professor Mohammed Al-Uzri**  
Presidential Lead for International Affairs



Professor Mohammed Al-Uzri  
RCPsych, Presidential Lead for  
International Affairs



## Introducing RCPsych Chief Executive

### A warm welcome from Paul Rees, MBE

Dear All

In November 2016, I had the great privilege of becoming the Chief Executive of the RCPsych.

Since then, our membership has grown substantially – from around 17,800 members to a record high today of 20,620.

Most of our members – 16,512 – are based in the UK. But 3,795 are based in nations around the world.

It's wonderful to see that the membership of our six international divisions are continuously growing.

- Our West Pacific Division has 1,393 members
- Our European Division has 945 members
- Our Pan-American Division has 612 members
- Our South Asian Division has 401 members
- Our Middle Eastern Division has 262 members, and
- Our African Division has 182 members.

And in a welcome development, our International Division Chairs have been invited to sit on our governing council as observers.

In order to recognise the global nature of the College, the officers intend to put another proposal to next year's AGM – that the name of Council is changed from 'UK Council' to 'Council of the College'.

At a Special Meeting at the College headquarters, in central London, on 28 November, it was agreed that all future RCPsych AGMs and EGMs will be held virtually. Therefore, all eligible members of the College worldwide will be able to vote on the propositions to change our constitution at the 2023 AGM.

Next year's AGM will undoubtedly see members logging in from around the world – and it could prove to be key staging post for the global nature of the organisation being taken to the next level.

I'm very grateful to have had opportunity to catch up with many of you this year – In Sydney, at the Royal Australian and New Zealand College of Psychiatrists' meeting; in New Orleans, at the American Psychiatric Association's annual meeting; and at our first post-pandemic in-person RCPsych International Congress (IC), in Edinburgh.

I especially enjoyed attending the International Strategy Breakfast at the IC and hearing Mohammed's and President Dr Adrian James's summary on the roll out of our first RCPsych International Strategy.

I was also delighted to meet early career doctors attending congress on International Division bursaries and hearing about their ambitions for the future.

I look forward to many more of these opportunities and to seeing you at next year's [IC, in Liverpool, between 10-13 July.](#)

Best Wishes  
Paul

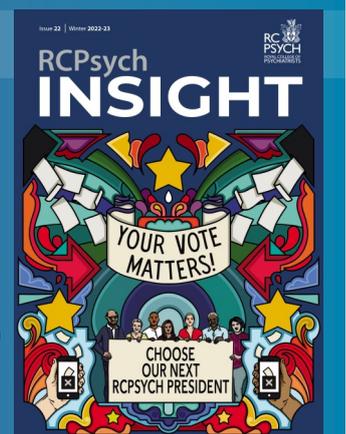


Paul Rees MBE,  
RCPsych Chief Executive

## RCPsych Insight magazine

The winter 2022 / 2023 issue of RCPsych Insight magazine is now available on the College website, you can access it via the image on the right. It includes articles on the following topics, and many more:

- Action taken by the Sri Lankan Psychiatrists Association to help supply Sri Lanka with vital psychotropics
- An exploration of how toxic work cultures develop in mental health care and how they can be prevented
- How RCPsych in Wales is helping to give young people a platform in the climate change debate





## International Division updates

### Updates from the RCPsych International Divisions

#### Pan-American Division

Prof Kenneth Kaufman, Chair

The Pan American Division continues to pursue the goal of a Division CPD/CME event pending survey responses from Division members. The College has assisted in this matter and a recent administrative meeting was held regarding such attended by Professor Kenneth Kaufman, Professor Mohammed Al-Uzri, Elen Cook, Agnes Raboczki, and Sarah Eldridge. Were the interest level not to be sufficient for a Pan American CPD/CME event, this Division will seek to do such in consort with other International Divisions and /or Faculties. A virtual event will enable greater cohesion of our division. As Chair, my emphasis is on three goals – continuing education as well as increased membership and increased fellowship.

Our members serve in multiple roles for The College. As Editor-in-Chief of BJPsych Open, I welcome clinical academic members to review for this Journal and other journals within the CUP-RCPsych portfolio (contact [anna.munks@rcpsych.ac.uk](mailto:anna.munks@rcpsych.ac.uk)) as well as apply for Editorial Board positions. There are several key events for 2023 and abstracts can be submitted for all three: American Psychiatric Association Annual Meeting (submission site closes for abstracts on January 12, 2023); RCPsych International Congress in Liverpool in July (abstract site not yet open); Canadian Psychiatric Association Meeting (submission site not yet open).

The College will hold Pan American Division RCPsych receptions in 2023 at both the American Psychiatric Association Annual Meeting in May in San Francisco as well as the Canadian Psychiatric Association Annual Meeting in October in Vancouver and we hope that some of our members will be present for each.

In closing, welcome to our new Financial Officer, Dr. Hany Shaltout. Holiday greetings from the Executive Committee (Kenneth Kaufman, Chair, Rutgers University; Ishrat Husain, Vice-Chair, University of Toronto; and Hany Shaltout, Financial Officer, University of Alberta).



#### South Asian Division

Dr Manoj Kumar, Chair

The South Asian Division has begun to plan for a revival of its activities for the months ahead. During the last International Congress, the Chair had wide-ranging discussions with the office bearers and the College's international team.

Following this, the members of the South Asian division were contacted by the College and permission sought for them to be contacted directly by the Chair. Following a positive response from the members, an advisory group has been constituted. The group had an initial online meeting and the consensus which emerged was that the first activity to be planned will be to organise a webinar for doctors aspiring to sit the Royal College examinations. This is planned as a sensitization event whereby basic information about the College examinations could be shared from different perspectives.

The duration of the event will be 3 hours during a weekend, with the date to be confirmed. It is planned that the event will be open to non-members of the South Asian Division as well as members of the other international divisions. The plan has been subsequently discussed with the International Division and support sought.

#### European Division

The European Division are pleased to announce a joint webinar in January 2023, in partnership with the European Union of Medical Specialists (UEMS) Psychiatry Section. The webinar will explore the **Effects of COVID-19 on patients with Severe Mental Illness**, with focus on the European patient experience.

The webinar will be chaired by College President Dr Adrian James and will feature excellent speakers. This includes Prof Norman Sartorius speaking on the future of psychiatry in Europe after COVID-19, Dr Marisa Casanova Dias and Dr Livia De Picker's speaking on their Lancet publication 'Severe mental illness and European COVID-19 vaccination strategies', with further speakers to be confirmed.

The webinar will take place via Zoom on **Thursday, 26 January 2023 at 12 noon (CET)** – so [please save the date](#). If you are interested in attending the webinar, please email [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) and we will send you booking details and further information shortly.



## International Division updates

### Updates from the RCPsych International Divisions

#### African Division

Dr Catherine Mutisya, Chair

We applaud the outgoing Executive Committee for the outstanding contribution to the African division through the challenging period of the Covid 19 Pandemic uncertainties. Congratulations to the outgoing Chair Prof Petrus De Vries for RCPsych Psychiatric Global Health Contributor of the Year Award!

The Division takes this opportunity to introduce the co-opted Vice chair Dr Yvonne Treffurth and Finance officer Dr Olufisayo Adesokun.

In collaboration with the RCPsych, the Division is working towards increasing engagement with members. We envisage greater training opportunities for subspecialties in the continent and to replicate the success of the ongoing Ghana subspecialty training project. The African Division together with the Colleges International Affairs Team have commenced stakeholder meetings with the Kenya Psychiatric Association to develop a Collaboration project for subspecialty training. The Association of Psychiatrists in Nigeria (APN) held its Annual General and Scientific Conference in November and the Division plans to discuss collaborative engagement with the association.

We encourage our members to access the Colleges free online webinars, Journals and Newsletters as well as Specialty Conferences and the RCPsych IC. In January 2023 we will be launching a Mentorship Network for the Division. We also plan to support the early career psychiatrists and trainees.



Dr Yvonne Treffurth  
African Division, Co-opted  
Vice-Chair

#### African Division

Dr Yvonne Treffurth, Vice-Chair

I am honoured to be appointed Interim Vice-Chair, and I thank Dr Catherine Mutisya for her warm welcome. Before relocating to Morocco in September 2021, I worked as a consultant child and adolescent psychiatrist in London prior to moving to Hong Kong in 2019. Currently, I am a visiting consultant at Ibn Rochd University Hospital in Casablanca. During my career, I have worked in public, private and academic settings, and have led and contributed to service development, teaching, quality improvement and innovation in CAMH services. In addition to my medical training, I hold an MD in basic sciences, an MA in philosophy and ethics of mental health, and a qualification as a child psychotherapist.

My immediate priorities are engaging with members of the division and supporting Dr Mutisya in her role as chair. To all members of the African Division - I would like to hear from you about your thoughts and ideas for events and activities of the division. Please email me at [yvonne.treffurth@gmail.com](mailto:yvonne.treffurth@gmail.com).

Save the date - we are planning to hold an informal online meeting on **24th January 2023**, further details will be sent to members. We are looking forward to seeing you then!





## Featured Project

### Ghana Future International Workforce Programme

#### The Ghana subspecialty project-my reflection

Dr Ruth Charlotte Sackey

In 2021, during a diadactic interaction between some fellows of the Royal College of Psychiatry (RCPsych) and the Ghana College of Physicians and Surgeons (GCPS), a budding idea to develop a subspecialty modular program for Ghanaian Psychiatry residents emerged. Thus, the Ghana subspecialty project was birthed to provide subspecialty exposure to 50 psychiatric residents in Old Age, Forensic, Addiction and Child and Adolescent Psychiatry (CAP).

When the training schedule and registration links were shared in our emails, I was ecstatic; for a moment I thought I was now a member of the RCPsych. Though that was wishful thinking, there is no doubt the program has been beneficial by far, including providing a wide access to study resources and priceless interactions with experienced facilitators.

The introductory modules provided an adequate overview of the subspecialties and reinforced my interest in CAMHS. Coincidentally the CAMHS module was the first slot. I looked forward with eagerness to Thursdays for our interactive sessions with the facilitators. The pre-recorded lectures offered me opportunity to listen over and over, grab all the key points and allowed me enough time to formulate my questions. Though I have had some external training in CAMHS, I added on a lot to my knowledge. I got answers to deal with challenging cases I had encountered in my practice through the interactive discussions. Prospectively, I can apply evidence-based approaches learnt to my practice, especially in children with learning difficulties and autism.

Another rewarding side of the CAMHS module for me was learning about some of the challenges encountered even in developed settings and realizing that the approach to treatment was not any different from ours. I also gained insight into general issues faced in CAMH worldwide and those limited to low-resource settings like Ghana. I realized we can maximize our resources and potentials to overcome our limitations.

We are optimistic that this project will serve as the stepping-stone to a formalized subspecialty training program in Ghana. My colleagues and I are indebted to the Royal College and the GCPS for their immense contribution towards making this a reality.



Dr Ruth Charlotte Sackey

Member of Ghana College of Physicians and Surgeons, Faculty of Psychiatry



## Introducing Vice-President for CME, UEMS Psychiatry Section Dr Rachael Cullivan Elliott

### Report from the UEMS Psychiatry Section October Meeting held in Brussels

The Psychiatry Section of the UEMS (Union Européenne Des Médecins Spécialistes) is primarily concerned with the promotion of the highest standard of care for patients through excellence in training. The importance of lifelong learning and the need to maintain, develop and enlarge medical knowledge and skills throughout the entire career of the psychiatrist makes the Continuous Medical Education (CME) aspect of the Section's work an important focus. The experience of the COVID-19 pandemic reinforced this further as we had to rapidly adapt to both an urgent need to acquire extensive amounts of new knowledge whilst developing new and safer ways of acquiring it.

I am honoured and delighted therefore to be taking over as Vice President for CME following the election of the former Vice Chair, Dr Marisa Casanova Dias, to the position of President of the Section of Psychiatry. An important aspect of my role will be to continue to review educational events that have been submitted to EACCME (European Accreditation Council for CME) and also to update and maintain on our website a record of the current position of CME requirements in member states. We had an excellent plenary discussion on ICD -11 at the meeting led by Professor Geoffrey Reed from the WHO – a reminder of the need for standard collection and reporting of data.

The Section maintained its many other activities throughout the pandemic and has contributed to European Policy through collaboration with relevant bodies including commentary on the specific implications of COVID-19 for those with severe mental illness ([European Psychiatry: the journal of the Association of European Psychiatrists-ISSN 0924-9338 -65:1\(2002\) p.1-10.](#)) We plan to present our position paper on reducing coercive practices in psychiatry at the EPA Congress in 2023 and members of the Section are actively engaged with the WHO European Mental Health Coalition. Work on the development of a European Board Exam in Psychiatry continues with the EPA and EFPT and [our website](#) has been updated and provides an excellent resource for all national associations.



Dr Rachael Cullivan Elliott  
Vice President for CME,  
UEMS Psychiatry Section

## 'Friends of Divisions' membership feature

### New Membership Feature – become a Friend of Divisions, Devolved Nations and International Divisions

College members belong to a Division, a Devolved Nation or an International Division based on where they live and/or work. Members can only belong to one Division, Devolved Nation or International Division, but it is now possible to become affiliated with other regions and nations by joining them as a Friend.

You may select multiple Division, Devolved Nations and International Divisions via your [online membership account](#). As a Friend you will receive updates on their activities and events and receive relevant newsletters.



# RCPsych International Congress 2022

## International Division poster bursary prize winners

### European Division

Sean Warwicker

It was a privilege for me to be able to present my audit at this year's International Congress. I'm in my third year of training, and I'm sure I was one of many trainees attending an international conference in-person for the first time.

Our audit looked at how resuscitation-status decision-making differs between psychiatrists and geriatricians. COVID-19 placed a greater emphasis on careful clinical judgment in this regard due to the intrinsic health risks to both patients and caregivers. We found that psychiatrists have a much higher threshold for designating a patient as being not fit for CPR. We considered that this may have been due to the perception that such a decision entails a higher standard of care, whereas this might not be the case for every patient when establishing a dignified end-of-life care package.

Combining medicine and psychiatry is an area of great personal interest, so I was thrilled that the College provided me with the opportunity to travel from Malta and share my work. The Congress was a terrifically well-organized and rewarding experience, and I can't wait to return.



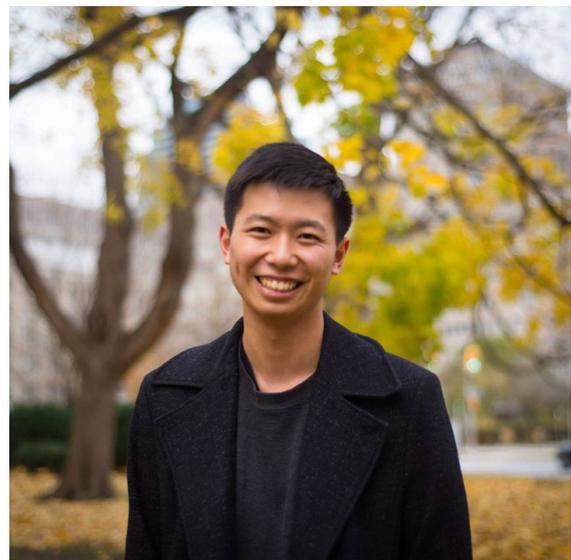
Sean Warwicker, European Division IC poster bursary prize winner

### Pan-American Division

Jeffrey Wang

Apparently making the Royal College of Psychiatry's International Congress the first conference you attend and present my research sets the bar high.

I thoroughly enjoyed the opportunity to meet psychiatrists and trainees from the UK as well as around the world in a very globally connected conference. In doing so, I gained a unique exposure to how mental health systems are structured and function in different countries. As a medical student based in Canada looking to train in psychiatry, that exposure is not often had, especially early on. However, through learning how other mental health systems operate and how other psychiatrists engage with their profession, I can reflect on good practices and new ideas to bring back home. This year's Congress was certainly a highlight and whets the appetite for more.



Jeffrey Wang, Pan-American Division IC poster bursary prize winner





# International Division elections

## International Division Elections 2023 – nominations open

If you're interested in joining a dynamic group of people and working closely with RCPsych Officers, Faculty representatives and the international team to advance global projects, participate in international development initiatives as well as raise the profile of your region - please consider putting yourself forward for one of the below vacancies. You can find further information, including job descriptions, in the [Elections section of the RCPsych website](#).

African Division	European Division	Middle Eastern Division	South Asian Division	Western Pacific Division
<ul style="list-style-type: none"> <li>• Chair</li> <li>• Vice-Chair</li> <li>• Financial Officer</li> </ul>	<ul style="list-style-type: none"> <li>• Vice-Chair</li> </ul>	<ul style="list-style-type: none"> <li>• Financial Officer</li> </ul>	<ul style="list-style-type: none"> <li>• Vice-Chair</li> <li>• Financial Officer</li> </ul>	<ul style="list-style-type: none"> <li>• Vice-Chair</li> <li>• Financial Officer</li> </ul>

Nominations have never been easier, with the [RCPsych's online platform](#). Please complete the forms online. The deadline for nominations is noon (GMT) on 27 January 2023. Results will be declared in April 2023, with appointments beginning at the 2023 AGM in July.

# BJPsych International journal

New vacancy! BJPsych International is looking for a Digital Content Editor. The closing date is 31 December 2022. Find out more: [BJPsych International Digital Content Editor \(rcpsych.ac.uk\)](#)

[The latest issue of BJPsych International](#) highlights three papers exploring the adverse effects on mental health of climate-related loss of biodiversity. Cianconi and colleagues examine what is currently known about the impact of biodiversity on well-being, risk factors for mental disorders, and psychopathology. Atwoli and colleagues look at the impact of climate change on African cultural heritage markers, while Pye and colleagues summarise the numerous physical and mental health

The November edition of [Muses – the arts blog from BJPsych International](#) features 'Medusa' – artwork by Sarah Kogan.

The journal welcomes contributions from all over the world, particularly LMICs – check out [why you should consider submitting to BJPsych International](#).

All the journal articles and [podcasts and videos](#) are entirely open access and free to access.





## Events

Upcoming events you may be interested in:

### Recovery from mental illness: challenges and solutions from across the globe - WASP/RCPsych World Congress

**Date:** 16-18 January 2023

**Description:** In-person, London / Live Stream

The College will host the Joint World Congress of the RCPsych Rehabilitation and Social Psychiatry Faculty and the World Association of Social Psychiatry (WASP). The scientific programme that will explore a range of social factors in mental health, recovery and rehabilitation, amplify lived experience, equality and diversity, tackling stigma and discrimination, and advances in care models and interventions.

[Find out more >](#)

### International Medical Graduates' Conference 2023: Embracing and Empowering Together

**Date:** 10 February 2023

**Description:** Online webinar via Zoom.

This conference is an opportunity for IMGs and their trainers to share good practice and explore and celebrate diversity in the psychiatric workforce. The conference will involve a wide range of relevant topics including the RCPsych guide to living and working in the UK, GMC referrals, the new psychiatry curriculum, audit and quality improvement and an introduction to the MRCPsych exams.

[Find out more >](#)

## Keep in contact



## Submissions for spring 2023 issue

Please contact Sarah Eldridge at [sarah.eldridge@rcpsych.ac.uk](mailto:sarah.eldridge@rcpsych.ac.uk) with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the spring 2023 edition 27 February 2023.

*The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.*

*Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.*

*Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists.*