



RCPsych International

The International eNewsletter

Welcome



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Dear member

None of us could have predicted the way the first quarter of 2022 unfolded. We were all ready to move past a difficult 2021, stippled with grief and anxiety. It seems our resilience will continue to be tested as several global emergencies emerge and others continue.

The events unfolding in Ukraine have shocked us all as we watch unfiltered imagery and videos through social media of shelled buildings and young people gearing up for war. It is important to note that many are in the privileged position to feel proximity to conflict for the first time in their lives, but for others the nightmare of military violence and displacement is ongoing reality. Consequently, it is vital that we practice compassion and share learning, so our patients have the best chance of recovery and prospects for a balanced life. I'd like to call your attention to a collection of useful [resources](#) on the RCPsych website, to help in relation to working within crisis situations.

For many of us, the new year has brought welcome opportunities for more face to face contact and wider travel. This year's International Congress is taking place in-person in Edinburgh, Scotland from 20-23 June. Last year's virtual Congress was a huge success, but I am sure many members, myself included, are delighted to have the chance to interact with colleagues from around the globe in person again. I very much look forward to seeing some of you there, including at the International Breakfast Reception, which you can read more about on page 7. Please see our [website for more information about Congress](#), including registration details.

We are very pleased to introduce College Treasurer Prof John Crichton in this edition, who took post in summer 2021. John is a true internationalist and huge proponent for overseas engagement. Please see page 2 to read about his work and hopes for international development. In this edition, you'll also be introduced to our International European Division Chair Dr Angela Carballado Aenlle. You can read about the Division's work and future plans on page 3. There are further updates from other International Divisions, which will now be a feature in every edition of the newsletter.

In this issue, you will find updates on some of our current international projects and work, including our collaboration with the Ghana College of Physicians and Surgeons to deliver subspecialty training in the region. We also feature a review of the APAA conference in Dubai that I spoke at earlier in the year, along with RCPsych colleagues, and our visit to the Al-Amal Psychiatric Hospital in Dubai.

You can access the latest excellent issue of RCPsych Insight magazine on page 2 and also [via the College website](#).

You will find more news and updates as you read through the newsletter, including the launch of the [RCPsych Certified Courses](#) this month, which are a fantastic addition to the College's e-learning resources and available globally.

Thank you to all those who contributed to this newsletter. Please email [Sarah Eldridge](#) if you have any upcoming events, news or activities that you'd like to share.

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



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



College Officers

A warm welcome from your Treasurer, Professor John Crichton

The one thing I miss having changed roles from Chair of the College in Scotland to Treasurer of the College, is putting together a regular blog; I'm delighted to contribute to this Newsletter accordingly, on a topic close to my heart. Scotland has three medical Royal Colleges – the oldest, the Royal College of Surgeons of Edinburgh, was formed in 1505 and was in 1870 the stage for a pivotal moment in the fight for women to train as doctors. Our home in Scotland is a small number of rooms at the Royal College of Physicians of Edinburgh, if you are lucky enough to attend the International Congress in June, the RCPsychScot staff would be delighted to welcome you to the member's lounge there. If you go onto any of the Scottish College websites they will proudly proclaim they are international in focus. By necessity, for them to thrive from a small country they have to look to a wider network of support from doctors around the world. They offer a rich variety of international training and range of qualifications and grades of membership. And that is my vision for RCPsych.

But why should the College bother? The size of the College in England alone is sufficient to maintain its core activities. Yet international expansion and engagement is so much more than simply creating economies of scale. It's about mutual learning and, to quote Scotland's poet Robert Burns "to see ourselves as others see us". My saddest moment in my time at the College was the dissociation of the College in the Republic of Ireland. There were very good reasons for that change, but lost in the

discussion was the benefit to UK psychiatry by that close association. We still have many members in Ireland – if international members give their confidence to the College in their membership then the College must positively respond. I am looking forward to the Chairs of the International Divisions joining College Council – no longer a "UK" Council but one with an international identity.

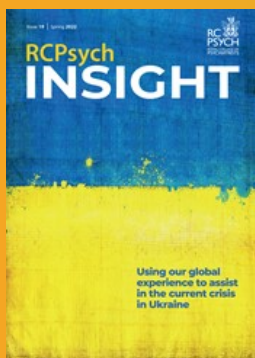
With tragic events in Ukraine, I am reminded of Albert Einstein's correspondence with Sigmund Freud on the topic of peace. Freud commented, "Brute force is overcome by union; the allied might of scattered units makes good its right against the isolated giant." In a world where disunity leads to chaos it is good to reach out across the nations.

With half of newly registered UK doctors coming from round the world, it is time for us to recognise that we are international as a College and must engage internationally to benefit our patients near and far.



Professor John Crichton,
Treasurer, RCPsych

RCPsych Insight magazine



The latest issue of Insight magazine is now available (accessible via the cover image to the left). It features many fantastic articles, including the following:

- How we are working with government to reshape mental health services as we look towards a post-Covid world
- Results from our first ever LGBTQ+ survey
- Why tackling the gender pay gap in psychiatry matters to the profession, patients and society as a whole, and our call for action
- Exploring the hidden workforce of physicians with complex caring responsibilities



International Divisions

Featuring Dr Angela Carballado Aenlle

European Division

I am most honoured to have become the Chair of the European International Division of the Royal College of Psychiatrists, I thank my predecessor Dr Michael Best and our Financial Officer Dr Cian Denihan for their support and help during my previous time as Vice Chair of the Division. I am a Spanish national and a medical graduate of the University of Santiago de Compostela. I completed my subsequent basic and higher specialist training in psychiatry in Ireland. Therefore, I have a strong understanding of the international dynamics at play in medical/psychiatric collegiate relationships.

I am a Consultant in General Adult Psychiatry and Intellectual Disability Psychiatry, Clinical Senior Lecturer Trinity College Dublin, and Honorary Senior Lecturer Royal College of Surgeons Ireland. I continue my strong involvement in research and medical education, both as a tutor and medical student examiner. I hold a Medical Doctorate by Trinity College Dublin and I am a Fellow of the Royal College of Psychiatrists. I have been a member of the editorial board of high impact scientific journals including BJPsych Advances and Journal of the Royal College of Psychiatrists.

In terms of my European International Division role, I took the lead in the organisation of the first conference of the Division in several years which was held in Dublin in

March 2018, and a successful and well attended event. The line-up included well-recognised national and international speakers, including Prof. Norman Sartorius.

It is vitally important that professional psychiatric international engagement and collaboration are fostered. Working together with mutual respect and synergy makes us all stronger and better than the sum of the individual parts. The Covid-19 pandemic has been a true and dreadful impediment to international professional, intellectual exchange and direct interpersonal interaction, as well as a huge medical challenge, that has been somewhat overcome through public health measures and professional interactive communication strategy innovation.

It is the aim and commitment of the European International Division to further strengthen its presence within the European psychiatric context by leading and organising educational events and collaborating with relevant agencies of the psychiatric and mental health field.



Dr Angela Carballado Aenlle,
European International Division Chair

**Invitations for the RCPsych Members Reception at the European Psychiatric Association (EPA) 2022 Congress in Budapest, will be published shortly.*

Western Pacific Division

The RCPsych Western Pacific Division are delighted to announce the Division's networking reception at the Royal Australian & New Zealand College of Psychiatrists Congress in Sydney, on Tuesday 17 May 2022 from 17.30-18.30.

The reception will provide a welcome opportunity for RCPsych representatives and colleagues from across the globe to connect in person. The RCPsych team, including the Western Pacific Division Chair, RCPsych President and CEO, very much look forward to welcoming guests. The reception will be held in Sydney at the International Convention Centre, same as the congress, with light

refreshments available. Further information will be shared shortly. Please contact [Sarah Eldridge](#) to express your interest in attending the reception.





International Divisions

Pan American Division

The RCPsych Pan American Division are very pleased to announce the Division's networking reception during the American Psychiatric Association's Annual Meeting, on Saturday 21 May 2022 from 19.00-20.00.

The RCPsych team attending the reception will include the Pan American Division Chair, RCPsych President, Dean, Registrar, Treasurer and CEO. The RCPsych team are very much looking forward to welcoming guests from across the globe, face to face.

The venue in New Orleans will be the Hilton New Orleans Riverside, with room information to be confirmed shortly, light refreshments will be available. Please contact [Sarah Eldridge](#) to express your interest in attending the reception.

Middle Eastern Division

The RCPsych Middle Eastern Division are delighted to be collaborating with Sidra Medicine and Hamad Medical Corporation to present the World Maternal Mental Health Day Conference, a hybrid event taking place virtually and face-to-face in Doha, Qatar, on 11 May, 9:00-14:00 (AST).

The theme of the day will be 'Maternal Mental Health Inequalities; the Importance of Service Development and Access', inspired by the disparities that came to light during the COVID-19 pandemic and the need for services to develop alongside complex and evolving patient needs. Mental health professionals are invited to participate and contribute to discussions on training needs, gender sensitive service provisions, public health and developments specific to the region.

For further information and registration details, please contact [Sarah Eldridge](#).

RCPsych Awards 2022

The RCPsych awards are now open for nominations. The RCPsych Awards mark the highest level of achievement in psychiatry.

The closing date for applications is midnight on 29 April 2022. We'll be announcing the shortlists in August and presenting the winners at the RCPsych Awards ceremony on Wednesday 9 November 2022.

This year these include an international prize "Psychiatric Global Health Contributor of the Year". Please do consider nominating a fellow Member for this prestigious award.

Please see the [RCPsych Awards page of our website](#) for further details.



Dr Adrian James, RCPsych President



Featured International Project

Ghana subspecialty training project

The College is working in partnership with the Ghana College of Physicians and Surgeons (GCPS) to deliver subspecialty training to psychiatry trainees in the region. We were pleased to successfully secure a grant from the Tropical Health & Education Trust (THET) last year to support this volunteer project.

The faculties of Addiction, CAHMS, Forensic and Old Age psychiatry provided highly skilled volunteers who are creating training modules in these subspecialties, while working closely with colleagues at the GCPS. As part of the project, 50 trainees in Ghana will be registered as RCPsych Pre-Membership Psychiatric Trainees for a year and enjoy the many benefits this membership includes. The training modules will be delivered as live webinars, but the recordings will also be available.

Subspecialty training has been identified as a key area of development desired by trainees in the region, and in many other regions globally. The College are pleased to be part of this collaboration and we look forward to updating you on the delivery of the training in the coming months.

RCPsych Certified Courses

This month we have launched bookings for the first of our new RCPsych Certificated Courses. These courses are on specific topics in psychiatry and other aspects of mental health and well-being. Each 45-hour course will be open to psychiatrists from all specialties, other doctors and a range of multi-disciplinary professionals. On successful completion of the course, candidates will be awarded the Royal College of Psychiatrists' Certificate on the topic.

A combination of eLearning and taught learning, these courses are tailored to the needs of individual practitioners and their employing organisations across the world. The courses are aimed at upskilling the mental health workforce and addressing some of the gaps between evidence and practice in current service provision.

The first of these courses will be in Autism, Developmental Disorders and the Criminal Justice System.

You can read more about the [RCPsych Certified Courses on the College website](#).





Featured event

Advances in Psychiatry Across Ages (APAA), Dubai

The Advances in Psychiatry Across Ages (APAA) conference took place in Dubai, UAE, on 14 - 15 January 2022. The event was organised by the American Center for Psychiatry and Neurology, a medical faculty which provides medical and health education services. There were two full days of seminars delivered by esteemed psychiatrists, with topics ranging from managing severe and complex psychosis, to the evolution of Integrated Psychiatry in UAE.

The College was represented by Dr Mani Santhanakrishnan, RCPsych Old Age Faculty Chair, Prof Mohammed Al-Uzri, Presidential Lead for International Affairs and Agnes Raboczki, International Liaison Manager. Dr Santhanakrishnan spoke on raising awareness of delirium within healthcare and Prof Al-Uzri spoke on psychiatric services and the pandemic and how that will effect the future of psychiatry. Ms Raboczki spoke on the College and its many resources that are available to members overseas and early career psychiatrists in preparation for their MRCPsych.

There was a good attendance from Gulf trainees and the RCPsych team received many questions around specialty training and subspecialty exposure, with many trainees planning to take the exam and hoping to gain experience in the NHS.



Prof Mohammed Al-Uzri speaking at the APAA

Al Amal Psychiatric Hospital visit, Dubai

Professor Mohammed Al-Uzri had the opportunity to visit Maudsley Health (MH) in Dubai, United Arab Emirates (UAE). Since 2018 Maudsley Health has been supporting the development and managing service delivery at Al Amal Psychiatric Hospital. The hospital is a federal government mental health facility run under the aegis of Emirates Health Services Establishment (EHSE), UAE.

He met with Dr Yasir Abbasi (Head of Addiction at MH), Dr Mohamed Maksoud (Clinical Director at MH) and Jo Fletcher (Managing Director at MH) and discussed potential opportunities for collaboration. Al Amal Psychiatric Hospital is a tertiary care mental health hospital which caters for patients from Dubai and the Northern Emirates. It is a 190 bedded hospital which provides both outpatient and inpatient care and has led the way in innovatively delivering mental health care in the middle east region.

Al Amal Psychiatric Hospital delivers a high standard of quality general adult care and has specialised clinic academic groups (CAGs) for Addiction, Child and Adolescent Mental Health (CAMHS), Forensic, Intellectual Disability

and Older Adults. The hospital led the way in delivering mental health care during the COVID 19 pandemic and introduced e-clinics and strict measures and controls to contain the pandemic successfully, whilst simultaneously supporting the wellbeing of staff under the guidance of the UAE government.

This collaboration between Al Amal Hospital and Maudsley Health has led to a number of international accreditations and recognition for the hospital, including Joint Commission International Accreditation (JCIA) in 2019, ISO 45001 in 2021 and ISO 45003 in 2021 (being the world's first hospital to achieve this).

They discussed collaboration with the Royal College of Psychiatrist around research and training with possible further discussions about the [Medical Training Initiative \(MTI\)](#) in the United Kingdom.

*Author: Dr Yasir Abbasi, FRCPsych
Head of Addiction Department, Maudsley Health at Al Amal Psychiatric Hospital, Dubai, UAE*



IC22 International Breakfast Reception

We are delighted to invite international members to the International Breakfast Reception at the International Congress this year in Edinburgh, on 21 June, 7.30-8.30 am (BST). Prof Al-Uzri and the RCPsych International Team will be greeting members at this special event. Prof Al-Uzri will discuss the many global collaborations and developments achieved over the last two years, in line with our International Strategy.



ROYAL COLLEGE OF PSYCHIATRISTS
**International
Congress 2022**
Edinburgh 20-23 June

Please contact [Sarah Eldridge](#) to express your interest in attending the reception.

BJPsych International Journal

Providing psychiatric care in poverty is a global challenge. In the [February issue of BJPsych International](#) Jude Mary Cénat reports on the situation in Haiti and gives valuable advice for policy makers on how to provide community-based, cost-effective care.

Check out the latest articles released [first view ahead of print](#), in Global Echoes; psychiatry trainee Lindsay Solera-Deuchar reflects on her time with Médecins Sans Frontières, providing mental health and psychosocial support to asylum seekers in Greece. Ruta Karaliuniene and colleagues describe various initiatives to support healthcare workers across the world during the Covid-19 pandemic.

Sachin Shah and Hamilton Morrin talk to Professor Balan Rathakrishnan in the latest podcast: [Gambling in Malaysia](#)

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



RCPsych Fellowship

We award Fellowship as a mark of distinction and recognition of contributions to psychiatry. You're eligible if you've been a Member for 10 continuous years or more and can demonstrate significant contributions to the core purposes of the College:

- setting standards and promoting excellence in mental health care
- leading, representing and supporting psychiatrists
- working with patients, carers and their organisations.

For information on how to apply visit the [Fellowship section of our website](#).



Events

Upcoming events you may be interested in:

RCPsych International Congress 2022

Date: 20 –23 June 2022
Edinburgh, Scotland UK

Description: The International Congress is the flagship event of the Royal College of Psychiatrists, attracting thousands of psychiatrists annually from all around the globe to hear the very best that psychiatry has to offer.

Registration for Congress is now open.

[Find out more >](#)

RCPsych Certificated Course: Autism, Developmental Disorders and the Criminal Justice System

Date: 16 November 2022
Online webinar (eLearning modules to be completed ahead of webinar)

Description: This introductory course will provide an introduction to some of the key topics in this area. It will be of interest to adult, child, forensic and learning disability psychiatrists, multi-disciplinary health and social care teams and criminal justice professionals across the world.

[Find out more >](#)

Keep in contact



Submissions for summer 2022 issue

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

The deadline for submissions for the summer 2022 edition is 22 May 2022.

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