



RCPsych International

The International eNewsletter

Welcome



In this issue:

Welcome	1
College Officers introductions	2
International Division updates	3
Insight Magazine	3
International Division updates	4
International Division updates	5
International Division updates	6
Featured blog	6
BJPsych International	7
Events & contacts	8

Dear colleagues

I hope this newsletter finds you in good health and high spirits. I'd like to take a moment to acknowledge the challenges that our colleagues in Sudan, Turkey, Northwest Syria, Afghanistan, Pakistan, and Ukraine have been facing. Despite the turmoil, I am constantly inspired by the resilience and unwavering spirit of my colleagues. My thoughts go out to all those affected, hoping for their safety, strength, and recovery. I'd like to take this opportunity to remind you of the [resources available on the College website on assisting with humanitarian emergencies](#), please do use and share these as needed.

As you'll be aware, our President Dr Adrian James demits office on 11 July. Adrian began his term as President in the summer of 2020, shortly after the outbreak of the Covid-19 pandemic. Despite the immense challenges during this period, he has achieved exceptional contributions, such as advocating for increased funding for mental health services struggling to meet patient needs post-Covid. He also advocated against the Illegal Migration Bill, which poses devastating consequences for asylum seekers coming to the UK. In addition to urging the UK government to reconsider its cuts to foreign aid, which he said will have a knock-on effect on mental health for patients in lower- and middle-income countries.

I extend my deepest gratitude to Dr James for his unwavering support and dedication to global initiatives and for very generously donating the remaining President's Honorary Fund to international work. His invaluable contributions and guidance have been instrumental in making a positive impact on the lives of patients worldwide.

I'm sure you will join me in wishing our

President-elect, Dr Lade Smith CBE, a very warm welcome. Lade brings a wealth of excellence and expertise to the role and I'm thrilled to be continuing to lead the International Strategy under her guidance. Please see page two for Lade's introduction, where she outlines her vision and plans for her three-year term.

The [RCPsych International Congress](#) takes place from 10 – 13 July in Liverpool, England. Our flagship event always provides a plethora of opportunities to learn and develop and to network with colleagues from around the world. It's fantastic that the Chairs of all six International Divisions are attending Congress this year and I'm looking forward to fruitful discussions during the International Division meetings as well as the International Strategy Breakfast taking place Wednesday 12 July from 7.30am BST.

As always, you will find updates from our International Divisions, and reviews from across the world, including the 9th Qatar International Mental Health Conference in Doha that I attended alongside our Registrar Trudi.

Featured on page 3, this edition of Insight magazine has fantastic articles as usual, including about the College's Act Against Racism guidance and the Diaspora Groups Committee.

Please contact sarah.eldridge@rcpsych.ac.uk if you have any events or news that we can feature in the next edition, published in September.

I look forward to seeing those of you attending Congress in Liverpool next month.

Kind regards

Professor Mohammed Al-Uzri
 Presidential Lead for Global Mental Health Strategy



Professor Mohammed Al-Uzri



College Officers

A warm welcome from your President-elect, Dr Lade Smith CBE

Dear Colleagues,

My name is Dr Lade Smith. In January 2023, I was honoured and humbled to be elected as the 18th President of the Royal College of Psychiatrists. I take up post on 11th July 2023 and I look forward to taking up the role with great enthusiasm, but also a deep sense of responsibility. Across the world there is recognition that mental health problems stop children and young people reaching their potential; interfere with adults having a good quality of life; shorten lives and even interfere with the productivity of a country. Now, more than ever, psychiatrists must lead the way in supporting people with mental illness to get the best mental health care they can, no matter where they are or what background they come from. I am taking on this role to serve as the voice of psychiatry and lead our profession into a future of progress and excellence.

I started training in psychiatry at the Maudsley Hospital in 1992 and I am now a Consultant Psychiatrist at the South London and Maudsley NHS Foundation Trust and a visiting academic at the Institute of Psychiatry, Psychology and Neuroscience, King's College London. Additionally, I have the privilege of serving as the Clinical and Strategic Director at the College's National Collaborating Centre for Mental Health (NCCMH), shaping mental health policy both nationally and internationally. I am also Joint RCPsych Presidential Lead for Race and Equality and have a special interest in mental health inequality, in particular how social factors drive mental ill-health and shape recovery from mental illness. My clinical and research experience over the years means that I am fully cognisant of the challenges and opportunities that lie before us.

I would like to express my gratitude for the incredible support and trust you have shown by electing me to this esteemed position. The record-breaking turnout in the College Presidential election reflects the collective passion and dedication we share for advancing the field of psychiatry.

More than anything, I'd like to thank President Adrian James for his exceptional leadership over the past three years, his guidance and vision have inspired us all. In addition, I'd like to thank Professor Mohammed Al-Uzri for leading on the College's International Strategy. His unwavering dedication has strengthened our global presence and opened doors to new opportunities.

One of my core beliefs is that the strength of our profession lies in the collaboration and engagement of

psychiatrists worldwide. Together we have the power to influence the quality, training, delivery and resourcing of mental health care throughout the world. I recognise the immense value that international members bring to the College, enriching our perspectives and enabling us to learn from diverse experiences and approaches to mental health care. I am committed to further nurturing and expanding our international connections, fostering knowledge exchange, and creating a global community that promotes excellence in psychiatry.

During my presidency, I will focus on three key areas: nurturing and supporting psychiatrists, addressing the treatment gap, and championing fairness for all. To do this, we must raise the profile of psychiatry. It is essential that we provide a supportive environment for psychiatrists, ensuring that we can retain and strengthen our workforce. Additionally, we must fight for the necessary resources to deliver therapeutic care and bridge the treatment gap that exists in many parts of the world. Finally, we must address inequality, both within our profession and in the care we provide to our patients.

I look forward to collaborating with you all, harnessing our collective expertise, and working towards a brighter future for psychiatry. Together, we can overcome challenges, celebrate successes, and create lasting change that benefits patients and practitioners alike.

Thank you for your gift of support.

Warm regards

Dr Lade Smith CBE
President-elect,
RCPsych



Dr Lade Smith



International Divisions

Updates from RCPsych International Divisions

Pan-American Division

Prof Ken Kaufman, Chair

A major spring event for the Pan American Division is the American Psychiatric Association Annual Meeting (May, San Francisco, 2023) with the RCPsych-APA reception. Regrettably, this reception did not occur this year due to logistics; however, the College has agreed to hold a reception for our division at the Canadian Psychiatric Association Annual Meeting (October, Vancouver, 2023). Networking still occurred, including discussing with leadership the potential for non-UK student associates which would impact all international divisions.

At the APA, the Pan American Division presented one session entitled "Athl-Ethics: A Sprint of Ethical Considerations in Clinical Care, Research, and Publications."

Session summary – Ethical themes are central to appropriate clinical care, research, and publication. Ethical violations negatively affect the integrity of each. Each speaker addressed ethical concepts in these domains respectively with sufficient time following each presentation and at the end of the session for an interactive discussion. These themes are very pertinent to the College and College values – fortunately, President-elect Dr. Lade Smith CBE was in attendance. Further one delegate, a former athlete, shared critical issues concerning sports psychiatry.

Professor Kenneth Kaufman presented "Ethical Considerations in Sports Psychiatry: Patient-Athletes with Bipolar Disorder and Comorbidities" When treating complex

patient-athletes, the sports psychiatrist needs to be cognizant of ethical themes [the World Anti-Doping Code with Prohibited List] while ensuring both the highest level of clinical care and the patient's ability to participate in sports. These issues are frequently not adequately addressed with many patient-athletes treated by consultants having limited knowledge of the Code, the Prohibited List, and Therapeutic Use Exemptions.

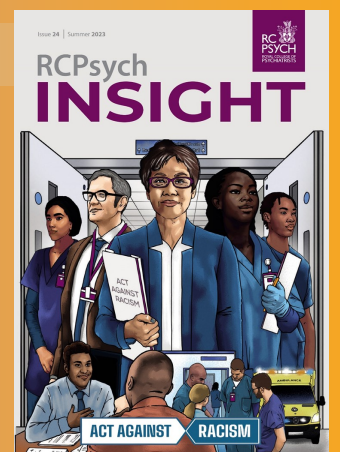
Professor Thomas Schulze presented "Ethical Considerations in Genomic Research." The significance and complexity of genomic research cannot be overstated. Genomic research can lead to a better understanding of disease pathology, treatments, and long-term outcomes. Yet there are limitations to findings and, when performing such research, ethical and legal considerations are important.

Professor Kamaldeep Bhui CBE presented "Ethical Considerations in Publication." Fundamental to the dissemination of scholarly work is publication with scholarly integrity requiring both research ethics and publication ethics. Publication ethics begins with the efforts of the authors. Though standard polices exist for publication ethics, editors, editorial boards, and publishers too frequently note that ethical polices are violated which may even result in article retraction. A key theme addressed during this session and the ensuing discussion is the need for editorial independence to ensure publication ethics. This was endorsed by all three speakers who are members of the BJPsych and BJPsych Open editorial boards (Professor Bhui, EIC of BJPsych; Professor Schulze, Deputy Editor, BJPsych Open; Professor Kaufman, EIC, BJPsych Open).

RCPsych Insight magazine

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

- A proposal to extend voting rights to College Affiliates is being put to the vote at this year's AGM
- Steps being taken by the College to put the biopsychosocial model of mental illness front and centre of psychiatric training and practice
- An ambitious campaign to help mental healthcare employer organisations across the UK to tackle racism
- Shining a light on the work of the Diaspora Groups Committee





International Divisions

Updates from RCPsych International Divisions

European Division

Dr Julian Beezhold, Secretary General,
European Psychiatric Association

The 31st European Congress of Psychiatry with a theme of "Social Cohesion: A Common Goal for Psychiatry" took place from 25-28 March 2023 at the Paris Congress Palace. There was something for all the 4000 participants from over 70 countries, with sessions on the latest scientific advances, education and organisational activities.

Many College members attended and contributed as delegates, speakers and poster presenters with Great Yarmouth-based College member Dr Dawn Collins winning one of ten poster prizes.

Much news coverage was generated, including by papers on body odour therapy easing anxiety, premature aging associated with mental illness, and the decline in suicide rates across Europe.

The European Psychiatric Association (EPA) launched the Congress with the European Forum focussing on psychiatry in Times of Emergencies. Speakers included Prof Natalya Maruta from Ukraine on the war, Prof Simavi Vahip from Turkey on the earthquake and EPA (past) President Peter Falkai on the COVID pandemic.

Speakers from the European Commission, the WHO, the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe), the European Federation of Associations of Families (EUFAMI), the European Union Directorate-General for Health and Safety (DG Sante) and the Organisation for Economic Cooperation and Development (OECD) and the EPA itself contributed to an interactive discussion with worldwide audience of thousands online and in-person.



Dr Julian Beezhold, EPA Secretary General and College Fellow, Chairing the 2023 EPA European Forum

The EPA Council of National Associations with 44 member associations met with the Royal College represented by Prof Mohammed Al-Uzri on behalf of the President. The RCPsych continues to play a leading role in many of the projects and initiatives of this group.

The EPA, led by President Geert Dom, welcomes you all to the 32nd European Congress of Psychiatry, 6 - 9 April 2024, in Budapest; and looks forward to continuing to build on the strong collaboration with the Royal College of Psychiatrists.

South Asian Division

Dr Manoj Kumar, Chair

The two developments which have given a fillip to the activities of the South Asian Division have been the formation of an Advisory Committee and the elections to the posts of Vice-Chair and the Finance Officer, both of whom have become active as members of the advisory committee even before they officially start their terms. The group has been enthused by the success of the webinar on MRCPsych examinations which was well attended and produced positive feedback.

As we plan the activities for the coming months, the consensus is that we should focus on the provision of actual training for the MRCPsych examinations after discussions with the College. There seems to be a lot of interest in the College examinations amongst many young doctors in India and there are several centres already offering two-year training programmes. However, it is unclear as far as the quality of training is concerned. The group felt that from amongst the membership as well from the outside, expertise could be brought in to provide good quality training. The possibility of receiving 'Training of Trainers' courses from the College also needs to be explored.

While the above plans would help many future Members of the College, it is less clear as to what can be done for the existing Members and Fellows of the Division. In the post-pandemic era, there is a plethora of webinars on varied topics and while we could add to it, we need to think of where gaps exist. Following the success of the last webinar, we plan to identify topics of interest and plan. An in-person meeting would have been ideal with online attendance from other countries but the financial cost involved is a big deterrent. An option is to plan such an event alongside the National Annual Conference of the Indian Psychiatric Society in India and again is something to be discussed with the College.



International Divisions

Updates from RCPsych International Divisions

Middle Eastern Division

Dr Ovais Wadoo, Chair

The 9th Qatar International Mental Health Conference in Doha was a remarkable event that brought together experts, professionals, and individuals passionate about mental health. Spanning over two days, the conference proved to be an invaluable platform for sharing knowledge, exchanging ideas, and raising awareness about mental health issues in the region and beyond.

The conference was organised by the Hamad Medical Corporation, in partnership with the RCPsych, and featured Dr Trudi Seneviratne, Registrar, as the opening keynote speaker. Trudi spoke on the vital role Mother and Baby Units (MBUs) play in providing specialised care for patients who are also mothers. These units are dedicated facilities where women can receive treatment for their mental health conditions while staying with their infants. The importance of MBUs stems from their unique ability to address the complex needs of both the mother and the baby, ensuring their well-being and promoting healthy parent-child bonding.



Dr Trudi Seneviratne speaking at the conference

On the second day, Professor Mohammed Al-Uzri gave a keynote on Global Mental Health and emphasised the power mental health organisations, such as the RCPsych, have to affect policies, systems, and practices, leading to improved mental health outcomes for some of the world's most vulnerable. He concluded that by investing in research and effective policymaking we can address the global burden of mental health conditions, reduce suffering, and enhance the overall well-being of individuals and

The RCPsych delegation had the opportunity to host a Members Reception with 25 Members and Fellows in attendance. The issues discussed pertained to increased international submissions for the RCPsych Congress, the availability of CASC examination outside of the UK and access to member benefits.



Prof Mohammed Al-Uzri speaking at the conference

In conclusion, the 9th Qatar Mental Health Conference was an exceptional event that left a lasting impact on its participants. Through its comprehensive program, expert speakers, interactive sessions, and cultural sensitivity, the conference succeeded in advancing the conversation around mental health and promoting collaboration in the field of psychiatry.



Dr Ovais Wadoo speaking at the conference



International Divisions

Updates from RCPsych International Divisions

Western Pacific Division

Prof Steve Kisely, Chair

The Annual Congress of the Royal Australian and New Zealand College of Psychiatrists was held in Perth this year. It attracted close to 1,800 delegates, and over 450 delegates online, one of the biggest to date.

In the words of the outgoing College President, Vinay Lakra, the theme, new horizons connected futures, sparked curiosity, challenged assumptions and fed delegates' imaginations about how to achieve a truly connected mental healthcare system. Topics covered included ADHD, intellectual disability, psychedelic-assisted therapy, children's mental health, psychiatric workforce diversity, and cultural safety within care.

The West Pacific Division had a get together on Tuesday evening that was attended by about 15 members and fellows of the UK college. This allowed networking and the raising of specific issues mainly around the comparability pathway for UK-trained psychiatrists entering Australian or New Zealand clinical practice.



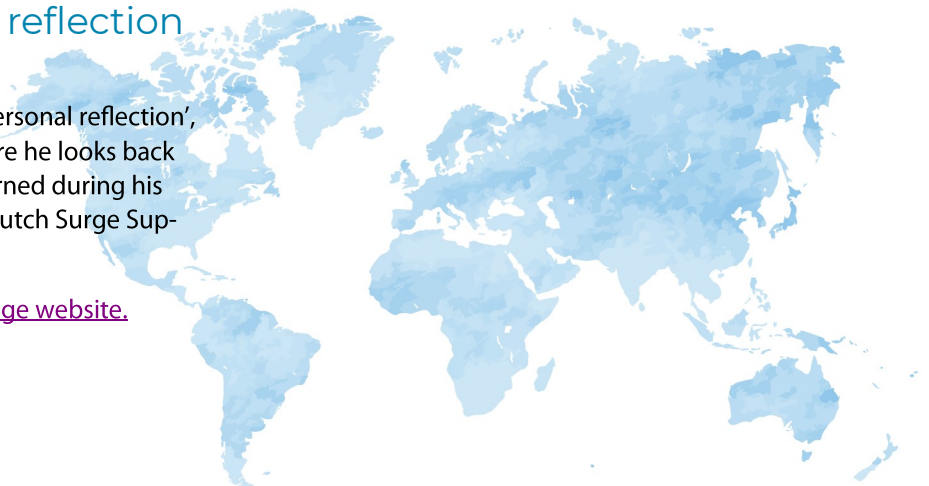
Members at the Western Pacific Division reception, during the Royal Australian and New Zealand College of Psychiatrists in Perth

Featured Blog

Afghanistan: A personal reflection

Dr Peter Hughes blog 'Afghanistan: A personal reflection', is featured on the College website, where he looks back on progress, challenges and lessons learned during his work with Action Against Hunger and Dutch Surge Support (DSS).

You can access [Peter's blog on the College website](#).





BJPsych International journal

Read the [latest issue](#) and the May edition of Muses – the arts blog: [Cover Artwork: Head in 4 Parts – Cambridge Core Blog](#).

BJPsych International would like to invite contributors with an interest in, and experience of Personality Disorders to submit Special Papers to the journal. [Details here](#).

NEW online collection – Global Echoes. Visit the [journal's updated collections page](#).



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

Why submit an article to the journal?

- The journal is entirely open access, no fees for authors.
- Indexed in DOAJ, PubMed and Scopus.
- Distributed to over 18,000 members of The Royal College of Psychiatrists.
- Digital content to support authors.
- What type of article?
- Brief, informative and easy to digest articles - 1500 words - on current policy and practice in psychiatry from a global perspective. Priority to LMICs.
- Submissions describing ways of working more effectively and efficiently in straitened circumstances.
- Suggestions for improvements in the delivery of mental healthcare that are relatively easy to implement and could be adopted widely, at minimal cost.
- All content is peer reviewed

New vacancy! The College is seeking to appoint a new Editor-in-Chief for [BJPsych International](#) as David Skuse approaches the end of his second term in the role.

Applications are invited from College Members who feel they have the drive and vision to continue his work and ensure this important journal's continued growth and development.

This vacancy can be found under '[Posts for Members](#)' on the [College website](#).

The deadline for applications is **31 July 2023**.

BJPsych International

RC PSYCH
ROYAL COLLEGE OF PSYCHIATRISTS

VACANCY:

Editor-in-Chief,
BJPsych International

Application deadline is 31 July 2023

FIND OUT MORE



Events

Upcoming events you may be interested in:

Overview of Dementia - CPD Update

Date: 15 September from 9.00-17.00 BST or watch on demand.

Description: Online via EventsAir. This event aims to dispel the confusion underlying the diagnosis and management of dementia and describes how psychiatrists can recognise the condition and work to achieve successful outcomes. It seeks to equip psychiatrists to be better able respond to the needs of people with dementia by successfully combining pharmacological treatments with adequate support for people living with dementia and their carers.

[Find out more >](#)

CESR in Psychiatry Training September 2023

Date: 25 September from 9.30 - 15.30 BST

Description: Online via Zoom, live attendance only.

Certificate of Eligibility for Specialist registration (CESR) in psychiatry: For applicants and those who want to support them. The course instructor is Dr Nandini Chakraborty.

[Find out more >](#)

Keep in contact



Submissions for autumn 2023 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 autumn edition is 21 August 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