



RCPsych International

The International eNewsletter

Welcome



In this issue:

Welcome	1
College Officers	2
World Mental Health Day	3
International Divisions	4
International Division elections	5
RCPsych LGBTQ+ survey	5
Medical Training Initiative	6
BJPsych International	6
Events	7

Dear member

As we approach the last week of 2021, I am sure many of us are reflecting on a year of challenges. Mental health and psychiatry have been at the forefront of fighting this pandemic and consequently many of us have been pushed to our limits. However, this has also been a year of collaboration and learning. Not only have we embraced new ways of communicating, but we've also made massive strides in online engagement from remote volunteering, to online CASC examinations, treating patients virtually, and enjoying a 100% digital International Congress. I am proud of our resilience and adaptability as doctors and cannot wait to see how this learning will serve us in 2022.

Though the uncertainty of pandemic continues, the end of the year allows us to recognise and celebrate our successes and achievements. I was delighted to have the opportunity to connect with College representatives and stakeholders from across the globe, during our Congress roundtable discussions. These meetings further strengthened the relationship between the College and its international members and identified rich areas of collaboration. Our 2022 International Congress is planned as a face to face event in Scotland from 20-23 June; I sincerely hope that I will see some of you there. You can read more about Congress on our website, including [how to register your place](#) and [how to submit a poster presentation abstract](#).

During the summer, we bid farewell to two College Officers and four Division Chairs, and had the opportunity to thank them for their incredible achievements. We also

welcomed new Officers and Chairs to their posts, including our Dean, Professor Subodh Dave, who has shared some of his thoughts on international membership below.

The College was honoured to be invited to the Pakistan High Commission in London to attend their World Mental Health Day celebrations in October, which I attended, along with our Registrar Dr Trudi Seneviratne and other colleagues. Please see page 3 for a summary of the events.

In this edition, you'll be introduced to a further two International Division Chairs; Professor Stephen Kisely and Dr Manoj Kumar. You can read about their work and future plans on page 4. Further note, that nominations for [International Division vacancies](#) are now open. Please see page 5 and our website for further information.

We have welcomed 21 exceptional international psychiatrists to the UK through our [Medical Training Initiative \(MTI\) Scheme](#), who have shown extraordinary resilience and commitment to their training by joining the scheme this year. Please see page 6 for an MTI update.

The latest issue of RCPsych Insight magazine, accessible on page 2 and [the College website](#), includes many excellent articles.

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

I wish you and your families a happy and healthy 2022.

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 Dean, Professor Subodh Dave

“Knowing is not enough; we must apply. Willing is not enough; we must do” Johann Wolfgang von Goethe – German Philosopher (1749-1832)

One key lesson that I learned early on in my career was that our science is only as good, as it can improve patient outcomes and experiences. And this quote from Goethe has shaped my vision, as your Dean. The delivery of our science faces big challenges- our patients with severe mental illness on average die 20 years younger. The impact of adverse child experiences leads to adverse outcomes both for mental health as well as physical health. The impact of ethnic inequalities and poverty inequalities is well documented globally. While our training is geared towards improving the doctor patient interaction, we are less successful at improving our impact on the communities that we work in and where our patients come from.

Our training and practice face further challenges. We know that globally we are facing issues with recruitment, retention and burnout. Stress and mental illness are rising amongst our colleagues. For many, including international medical graduates, SAS grade doctors and some less than full time trainees- their career trajectory is not what they intended it to be. Yet, we know that a positive training experience and finding personal meaning in work helps address such burnout and stress.

This has become even more important in the post-pandemic phase. Our College has risen well to the challenge of COVID19. The rapidity with which we introduced digital exams and a very large and comprehensive programme of online training is truly commendable. These digital advances both in the clinical and training arena offer significant potential advantages; democratising learning, reducing geographical inequalities, improving

sustainability to name a few. However, we also need to bear in mind the risks of digital exclusion and digital poverty.

Consequently, my priorities are squarely aimed at improving the links between education and clinical practice.

Key Priorities:

1. Address health inequalities
2. Make training personally meaningful/flexible
3. Strengthen our Identity as Psychiatrists (watch out for ‘Dean’s Grand Rounds’ free webinars, starting in 2022)
4. Improve well-being

It has been just over five months that I have been your Dean. I am really enjoying my role- and one of the best



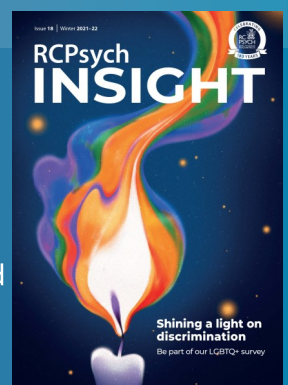
Professor Subodh Dave
Dean, RCPsych

perks of this job is the opportunity to interact more with our international members, who are a highly valued and significant part of the College membership. I hope it will be possible to see many of you in person at the [International Congress in Edinburgh in 2022](#) and do feel free to drop me a line at dean@rcpsych.ac.uk or on [@subodhdave1](#)

RCPsych Insight magazine

The Winter 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:

- Why you should take part in RCPsych’s LGBTQ+ survey, regardless of how you identify
- Dr Jacob Krzanowski talks about his experiences representing RCPsych at COP26 – and how psychiatrists can help tackle climate change
- How a College collaboration is raising awareness of diagnosing and treating adult ADHD in India and other parts of South Asia





World Mental Health Day

A review of WMHD events at the Pakistan High Commission

The Royal College of Psychiatrists in collaboration with the Pakistan High Commission London, marked the World Mental Health Day by organising a seminar on 10 October 2021. The event was facilitated and organised by Dr Shahid Latif, Consultant Psychiatrist and Chair of the RCPsych Trent Division.

The College was represented by Prof Mohammed Al-Uzri, RCPsych Presidential Lead for the International Affairs, Dr Trudi Seneviratne, RCPsych Registrar, Elen Cook Head of RCPsych International, Devolved Nations and Divisions and Agnes Raboczki, RCPsych International Liaison Manager.

H.E High Commissioner Moazzam Ahmad Khan and Deputy High Commissioner Faisal Aziz hosted the event at the High Commission in Knightsbridge. The seminar was very well attended mostly by individuals, charities, organisations and social enterprises from the Pakistani diaspora. Notable British Pakistani psychiatrists and doctors participated in the event as well. The event was also supported by a number of NHS Trusts.

The High Commissioner, Prof Al-Uzri and Dr Seneviratne were the keynote speakers.

Prof Al-Uzri and Dr Seneviratne as well as mental health experts spoke on the subject in detail and shared useful information with the participants. They emphasized the importance of talking about mental health issues, breaking social taboos around mental health and getting professional help in a timely manner. They said that the Covid-19 Pandemic had adversely impacted people's mental health and hence the issue needed greater attention and resources.

Prof Al-Uzri highlighted the [College's international strategy](#) and the importance of the liaison between the College and other organisations internationally, with a specific role on education and training.

Dr Seneviratne spoke about the importance of working with diaspora groups and organisations in partnerships in order to get a better understanding of the ground realities particularly within the ethnic groups within the UK.

She felt that this event was an ideal platform to foster links and network with the organisations who are involved in proactive work within the UK.

In his address, the High Commissioner pointed out lack of access to mental health services in developing countries as well as stigma in accessing the scant services available in hospitals. He emphasised the need to positively approach the mental health debate. In addition, he stressed the need for increased investment to provide equitable mental health care for all.

The High Commissioner also apprised the participants of several initiatives taken by the Government of Pakistan such as Sehat Sahulat Program giving health cover to millions of households in Pakistan.

Dr Shahid Latif moderated the Seminar. He highlighted the importance of the interface between culture and mental health and how important it is to share cultural intelligence around mental health presentations. He also discussed the bio-psycho-social model being effective, but may cater more for Western psychiatry. He stressed the importance of bio-psycho-social-cultural approach towards understanding aetiological factors around mental health, which could then also be utilised in formulating more meaningful management plans.

The event was covered by the Pakistani print and electronic media.



(L to R) Dr Mateen Durrani, Prof Mohammed Al-Uzri, Dr Trudi Seneviratne, H.E Moazzam Ahmad Khan, Dr Shahid Latif, Dr Fabida Aria, Elen Cook & Agnes Raboczki.



International Divisions

Featuring Dr Manoj Kumar & Professor Stephen Kisely

South Asian Division

I thank all the members of the South Asian Division for re-posing faith in me at the elections held late last year for the post of Division Chair. We are one of the smaller Divisions comprising about 9% of the College's international membership, two-thirds of whom are in India, but some of the most active and ambitious members in the RCPsych.

For people who don't know me, I live and work in Kerala, India as the Founder-Director of a mental health charity called MHAT. We have been active in the field of community mental healthcare for the poor and needy across many districts of Kerala. Prior to this I was in the UK for about 15 years, most of which was in Leeds, West Yorkshire.

The team, helmed by my predecessor Dr Sandeep Deshpande, has done an excellent job and I step into this post with some trepidation. I hope to continue to receive support from the members of this division, and will be guided by your wishes and suggestions whilst trying to do justice to the strategic objectives defined in the [International Strategy](#). One of the first tasks that I have performed in my new role was to support Fellowships applications. While the deadline for this year has passed, I hope more colleagues will apply in the years to come. The first of a series of international workshops, has been conducted in October, in association with CANDDID, on Adults with ADHD, and I am hopeful of more to follow. For the immediate future, our activities will be on delivering online education and training, as some of the international objectives which involve travel will have to take a back seat while we wait for the effects of the pandemic to subside.



Dr Manoj Kumar
Chair, South Asian
Division

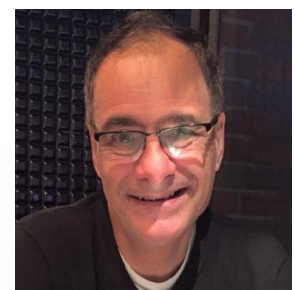


Western Pacific Division

The Western Pacific Division covers both the largest geographical area of any International Division and the largest number of members. Although it covers countries as disparate as Japan, Korea Thailand Australia, New Zealand and the Pacific Islands, in reality most members live in Hong Kong, Singapore, Australia and New Zealand. This is reflected in the office bearers who, unfortunately, have historically been restricted to the latter two countries.

Activities have rather been curtailed with recent border closures, so it has not been possible to hold dedicated meetings. Nevertheless, the Division has maintained a presence at the Annual Congress of the Royal Australian and New Zealand College of Psychiatrists through symposia, as well as a regular get-together. This has often been attended by the RCPsych President and Chief so giving members the opportunity to raise relevant issues. A particular area of advocacy is the streamlining of mutual recognition of training in the UK, Australia and New Zealand. As borders re-open another priority is engagement with other countries from other parts of the West Pacific.

In the area of advocacy, two of the Division's office-bearers contributed to a comparison of the use of mechanical restraint in four Pacific Rim countries (Australia, New Zealand, Japan and the United States). This demonstrated large variations that could not solely be explained by differences in clinical or health service characteristics.



Professor Stephen Kisely
Chair, Western Pacific
Division



International Division elections

International Division Elections 2022 – 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.

<i>African Division</i>	<i>European Division</i>	<i>Pan-American Division</i>	<i>South Asian Division</i>	<i>Western-Pacific Division</i>
Chair	Vice Chair	Vice Chair Financial Officer	Vice Chair Financial Officer	Chair Vice Chair Financial Officer

Nominations have never been easier, with the [RCPsych's new online platform](#). Please complete the forms online. The deadline for nominations is 24 January 2022. Results will be declared in April 2022, with appointments beginning at the 2022 AGM in June.

Email agnes.raboczki@rcpsych.ac.uk if you have any questions.

RCPsych LGBTQ+ survey

The RCPsych is launching its first ever LGBTQ+ survey on 15 December – this will remain open until 31 January.

The survey aims to capture experiences of LGBTQ+ psychiatrists in the workplace – and we are looking for feedback from all members regardless of whether they identify as LGBTQ+ or not so we can build up a comprehensive picture of what is going on.

The survey will help the RCPsych to understand whether LGBTQ+ psychiatrists have experienced discrimination, bullying or harassment in the workplace, if so from whom and how this was dealt with.

We will use what we learn to highlight the experience of LGBTQ+ psychiatrists and, where necessary, call on employers to do more to promote equality, diversity and inclusion for people who are LGBTQ+ and to safeguard their rights.

Market research company, Research by Design (RbD), will carry out the survey on our behalf and all responses will be anonymous. Look out for the email with your personal link to respond.

The survey will take around 15 minutes to complete. Thank you in advance for taking part in this important survey.

If you have any questions or would like more information please email: ruth.adams@rcpsych.ac.uk



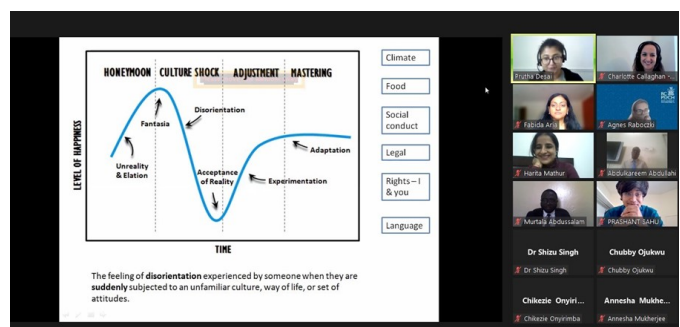
Medical Training Initiative

An update from our MTI coordinator Charlotte Callaghan

In October, 17 Medical Training Initiative (MTI) doctors attended an online induction event hosted by RCPsych. The online format of the event meant that all MTI doctors could attend, whether they had arrived in the UK or were still living and working in their home country. The doctors received a warm welcome from Prof Subodh Dave, RCPsych Dean, who also gave some reflections on his experiences as an International Medical Graduate. The doctors also received talks from RCPsych staff, Dr Fabida Aria, Dr Shevonne Matheiken and an MTI alumnus, Dr Prutha Desai. The event was well received and provided an opportunity for the 2021 cohort of MTI doctors to meet for the first time.

Despite numerous challenges caused by the pandemic, many of the 2021 cohort of MTI doctors are now in the UK and working in their MTI placements. We are hopeful that the remainder of the cohort will be able to join them over the next few months.

Applications for doctors to start placements in August 2022 are now open and will close on Monday 17 January 2022. Interested doctors should visit our [website for further information about how to apply](#) and can email mti@rcpsych.ac.uk with any questions.



RCPsych MTI Induction 2021

BJPsych International

Prof David Skuse, the Editor of BJPsych International, explains why you should consider publishing in the journal – you can read his editorial and watch the video [online via this page on Cambridge Core](#).

[The latest issue of BJPsych International](#) highlights concerns about mental health in Bangladesh and Pakistan, as well as challenges faced by maternal mental health services in Sri Lanka. The authors discuss the concerns and challenges raised in their articles in a series of [podcasts, freely available here](#).

[Prof Uriel Halbreich discusses stressors and mental health in Bangladesh](#)

[Dr Romesa Qaiser Khan discusses “Pakistan’s legal failure to account for mental illness”](#)

[Maternal mental healthcare in Sri Lanka with Dr Aruni Hapangama and Prof Lalith Kuruppuarachchi](#)

Listen to the journal's recent podcasts freely available [here](#).





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, and also submissions for poster presentation abstracts, are now open.

[Find out more >](#)

Stronger Together: International Medical Graduates' Conference 2022

Date: 28 January 2022, 9.30-17.00 GMT
Online event via Zoom

Description: The IMG Conference is about supporting IMGs with specific issues that surround their circumstances, from the high level of GMC referrals, to routes to UK registration and a myth-busting Q&A with CASC panel members.

The event is free of charge, registration is now open.

[Find out more >](#)

Keep in contact



Submissions for Spring 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 Spring 2022 edition is Monday 28 February 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