Dear Colleagues

As we approach the end of 2018 it's a great time to reflect on the highlights of the year for our Division.

First we would like to congratulate the colleagues who were elected Fellows of the College in 2018. It is wonderful to see our members recognised for their work in promoting excellence in clinical care and research.

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<th>FORENAMES</th>
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<td>Dr</td>
<td>Olubunmi Alaba</td>
<td>Awoniyi</td>
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<td>Prof.</td>
<td>Arcadio Rafael</td>
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<td>Dr</td>
<td>Sanjiv Kumar</td>
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<td>Dr</td>
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<td>Dr</td>
<td>Pallavi</td>
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<td>Dr</td>
<td>Mysore Sadasiviah</td>
<td>Renuka Prasad</td>
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<td>Dr</td>
<td>Amresh Kumar</td>
<td>Shrivastava</td>
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<td>Dr</td>
<td>Argyrios K</td>
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Second, the College is committed to increase the participation of the international divisions in its activities including access to key educational events. Here we note the President’s Lectures, a series of invited lectures that take place a few times a year at the RCPsych. The latest presidential lecture is now available on the RCPsych YouTube channel. The speaker is by Dr. Derek Tracy, Consultant Psychiatrist and Clinical Director at Oxleas NHS Foundation Trust, London.

We thank Dr. Nigel Bark, A. Einstein College of Medicine, New York, President of the West Hudson District Branch of the American Psychiatric Association and past chair of our Division, for his suggestions for our book club (details below) and his inspiring and positive message which provides a fitting end to this newsletter: “I recommend two wonderful, important books: “Factfulness” and “Enlightenment now: the case for reason, science, humanism and progress”. These two books demonstrate with endless facts and figures that despite what we read in the paper every day everything has got better: If one looks beyond the headlines at the actual state of the world and the progress that has been made we should be elated not depressed!”

With best wishes for the Holidays and a happy New Year

Sophia Frangou    Kenneth Kaufman    Allan Tasman
This and That

✨ Job Board ✨

The Job Board can be accessed at http://jobs.rcpsych.ac.uk/home/index.cfm?site_id=16082. The site accepts job postings from employers and allows job seekers to search for jobs and create personalized alerts based on their interests. Please note that the postings are international (not just UK) and include clinical and academic posts at all levels of seniority.

✨ Medical Training Initiative ✨

The Medical Training Initiative (MTI) is designed to enable a small number of International Medical and Dental Graduates to enter the UK to experience training in the NHS for up to two years before returning to their home country. For more details including how to apply please visit the College’s website at https://www.rcpsych.ac.uk/workinpsychiatry/internationalaffairsunit/medicaltraininginitiative.aspx

✨ RCPsych PanAm Book club ✨

The book club features books (recommended by our members). The topic has to be relevant to psychiatry and neuroscience from either a scientific, literary or societal perspective. Self-nominations by authors who are college members are welcome. Please provide a brief comment for each recommendation but this is optional. Any ideas? Please send them in at panamicandivision@rcpsych.ac.uk! NB: Inclusion of a book in the PanAm Book Club does not imply endorsement or promotion by the RCPsych.

Book of the Month

Factfulness: Ten Reasons We’re Wrong About the World – and Why Things are better than you think
By Hans Rosling, Anna Rosling Rönnlund, Ola Rosling (Flatiron Books, 2018)

Enlightenment now: the case for reason, science, humanism and progress
By Steven Pinker (Viking, 2018)

Previously featured
Bad Blood: Secrets and Lies in a Silicon Valley Startup
By John Carreyrou (Knopf, 2018)

Computational Psychiatry: New Perspectives on Mental Illness

What is Real?
By Adam Becker (Basic Books 2018)

Advice for a Young Investigator

The Knife Went In: A Prison-Doctor on Britain’s Dark Side
By Theodore Dalrymple (Gibson Square Books Ltd, Revised edition 2018)
Maps of Meaning: The Architecture of Belief  
*By Jordan Peterson (Routledge; 1st edition March 1999)*

This is the updated edition of the world-leading and essential reference book for the prescribing of drugs for patients with mental health disorders.

Neuroexistentialism  
*By Gregg Caruso and Owen Flanagan (Oxford University Press, 2018)*

Soul Made Flesh: The Discovery of the Brain--and How it Changed the World  
*By Carl Zimmer (Atria Books; Reprint edition, 2005)*

Dreamland: The True Tale of America's Opiate Epidemic  
*By Sam Quinones (Bloomsbury Press; Reprint edition 2016)*

Behave: The Biology of Humans at Our Best and Worst  
*By Robert M. Sapolsky (Penguin Press, 2017)*

Against empathy: A case for rational compassion  
*By Paul Bloom (HarperCollins, 2016)*

The Unity-Based Family: An Empirical Study of Healthy Marriage, Family, and Parenting  
*By HB Danesh and Azin Nasseri (Cambridge Scholars Publishing, 2017)*

Brain Apps: Hacking Neuroscience To Get There  
*RG Best and JM Best (Booklocker.com, 2017)*

The Grey Zone: A Neuroscientist Explores Border Between Life And Death  
*By Adrian Owen (Scribner, 2017)*

When Breath Becomes Air  
*By Paul Kalanithi (Random House, 2016)*

Brainwashed: The Seductive Appeal of Mindless Neuroscience  
*By Sally Satel, Scott O. Lilienfeld (Basic Books, 2015)*

The Ministry of Utmost Happiness  
*By Arundhati Roy (Knopf, 2017)*  
For all of you who love India and “The God of Small Things”

The Mask of Sanity  
*By Jacob Appel (Permanent Press, 2017)*

Introduction to Syndemics: A Critical Systems Approach to Public and Community Health  
*By Merrill Singer (Jossey-Bass, 2009)*

Head in the Cloud: Why Knowing Things Still Matters When Facts Are So Easy to Look Up  
*By William Poundstone (Little, Brown and Company, 2016)*

Walking the Medicine Wheel: Healing Trauma & PTSD  
*By David Kopacz and Joseph Rael (Beautiful Painted Arrow)*  
*Millichap Books/Pointer Oak, 2016*
Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine  

The Emotional Life of Your Brain  
By Richard J. Davidson, Sharon Begley  
Avery; Reprint edition (December 24, 2012)

Journeys into the Bright World  
by Marcia Moore and Howard Alltounian (Para Research, 1978)  

The Doors of Perception  
By Aldous Huxley (Harper Perennial Modern Classics 2009)

The Age of Wonder: The Romantic Generation and the Discovery of the Beauty and Terror of Science  
by Richard Holmes (HarperCollins, 2008)

Marijuana: The Unbiased Truth about the World's Most Popular Weed  
By Kevin Phill (Hazelden 2015)

Algorithms to Live By: The Computer Science of Human Decisions  
By Brian Christian and Tom Griffiths (Henry Holt and Co 2016)

Why You Love Music: From Mozart to Metallica--The Emotional Power of Beautiful Sounds  
By John Powell (Little, Brown and Company 2016)

Introductory Textbook of Psychiatry, Sixth Edition  
By Donald W. Black and Nancy C. Andreasen (APA 2014)  
(Comment by Sophia Frangou: A good textbook for residents and students updated to reflect changes in the DSM5)

Sacred Pathways: The Brain's role in Religious and Mystic Experiences  
By Todd Murphy; Foreword by His Holiness The Dalai Lama and A. Persinger; 2015

NeuroTribes: The Legacy of Autism and the Future of Neurodiversity  
By Steve Silberman (Penguin 2015); Winner of the 2015 Samuel Johnson Prize for non-fiction

The Digital Doctor: Hope, Hype, and Harm at the Dawn of Medicine's Computer Age  

The Well-Tuned Brain: Neuroscience and the Life Well Lived  
By Peter Whybrow (WW Norton & Company 2015)

The Heart and the Bottle  
By Oliver Jeffers (HarperCollins Publishers 2015)  
(Comment by Sophia Frangou: An unbelievably tender book that helps children understand death and loss; it is also available as an animated film read by Helena Bonham-Carter: https://itunes.apple.com/gb/app/heart-bottle-for-ipad/id407795360?mt=8)

Gratitude
By Oliver Sachs (Knopf 2015)

A Passion for Science: Stories of Discovery and Invention
By Suw Charman-Anderson (Editor) (Kindle ebook 2015)

Furiously Happy: A Funny Book About Horrible Things
By Jenny Lawson (Flatiron Books 2015)

Brain Renaissance: From Vesalius to Modern Neuroscience
By Marco Catani and Stefano Sandrone (Oxford University Press, 2015)

Shrinks: The Untold Story of Psychiatry
By Jeffrey A. Lieberman and Ogi Ogas (Little, Brown and Company, 2015)

The Future of the Brain: Essays by the World’s Leading Neuroscientists
By Gary Marcus and Jeremy Freeman (Princeton University Press, 2014)

Drugs, Without the Hot Air
By David Nutt (UIT Cambridge, 2012)