Dear Colleagues
I hope you had a lovely time over the holidays and you are now ready to take
on the New Year.

We dedicate this newsletter to the contribution of women psychiatrists to the
College and to psychiatry as a field. In 2018, the College honoured Dame
Fiona Caldicott, with a lifetime achievement award. Dame Caldicott was the
first woman to become Dean and President of the College. She was Principal
of Somerville College, Oxford, and served as chairman of Oxford University
Hospitals NHS Foundation Trust, and of the Academy of Medical Royal
Colleges. She also chaired the Caldicott Committee into the protection and
use of patient information and became the first National Data Guardian for
Health and Care.

The New Year’s Honours List featured three psychiatrists, all women who
were chosen for their contribution to rehabilitation (Dr. Sridevi Kalidindi
CBE), perinatal psychiatry (Dr. Gertrude Seneviratne OBE) and behavioural
addiction (Dr. Henrietta Bowden-Jones OBE). More information is available
here.

The College’s Women and Mental Health Special Interest Group has a dual
role in advocating for mental health services for women and in promoting
women psychiatrists’ career development within management and
academia. We also note two influential books written by members of the
College. The Female Mind: Users’ Guide, co-authored by Professor Kathryn
Able and Dr. Rosalind Ramsay, discusses how women experience illness, treatment, and recovery, and how this information could be used to improve healthcare services. Women in Academic
Psychiatry: A Mind to Succeed, edited and authored by Professor Sophia Frangou, comprises two
parts. The first consists of sixteen first-person narratives from some of the most eminent women in
psychiatry about their lives, challenges and pathways to success. The second part analyses the
themes brought to light in the narratives and discusses strategies for success. Both books are
relevant to men and women with an interest in understanding the female perspective in mental
health and in the workplace.

We also wish to congratulate the following colleagues for their appointment as Fellows:

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<th>Dr</th>
<th>Zubin Minoo</th>
<th>Bhagwagar</th>
<th>USA</th>
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<td>Dr</td>
<td>Amlan Kusum</td>
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<td>Canada</td>
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Looking forward to your comments and thoughts! Email us at panamericandivision@rcpsych.ac.uk

Sophia Frangou   Kenneth Kaufman   Allan Tasman

This and That

总统演讲者
请检查这个由总统学院邀请的著名演讲者的系列演讲。请访问这个链接 https://www.rcpsych.ac.uk/members/president's-lectures 以了解即将到来的讲座并观看之前的讲座在 RCPsych YouTube 频道。

工作板
工作板可以访问 http://jobs.rcpsych.ac.uk/home/index.cfm?site_id=16082 该网站接受雇主的职位发布，并允许求职者搜索职位并根据其兴趣创建个性化的警报。请注意，职位发布是国际性的（不仅仅限于英国）并且包括临床和学术职位在所有级别的高级职位。

医学培训计划
医学培训计划 (MTI) 设计用于使少数国际医学和牙科毕业生进入英国，在 NHS 进行为期两年的培训，之后返回其祖国。

RCPsych 北美书友会
该书友会由我们成员推荐的书籍组成。该主题必须与精神病学和神经科学有关，从科学、文学或社会视角。自我提名作者也是学院成员的欢迎。请为每个推荐提供简短评论，但这是可选的。任何想法？请发送到 panamericandivision@rcpsych.ac.uk！请注意，RCPsych 北美书友会的任何书籍的入选并不意味着其对该 RCPsych 的支持或推广。

本月图书
《神经科学家失去了她的大脑：疯狂和康复的回忆录》
Barbara K. Lipska（Bantam Press, 2018）

之前推荐
《事实：我们为什么错了——以及为什么事情比你想象的要好》
By Hans Rosling, Anna Rosling Rönnlund, Ola Rosling（Flatiron Books, 2018）

《启蒙时代：为科学、人性和社会进步的案例》
Steven Pinker（Viking, 2018）

《坏血：硅谷初创公司的秘密和谎言》
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 word-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

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

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)