



Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

First Quarter 2017

Message from Section board

Dear colleagues and friends:

We are pleased to publish this 4th Newsletter which includes several contributions from colleagues around the world, and includes opportunities available to psychiatric trainees and early career psychiatrists which we encourage you to apply for.

In this edition we promote the 25th EFPT Forum in Istanbul, that for the second time is accepting individual observers from outside Europe at the Forum. We are also advertising a new initiative, the EFPT Porto Research Award, which is a prize to distinguish research done by psychiatric trainees in Europe.

Another event we highly recommend early career psychiatrists across the world to attend is the upcoming World Congress of Psychiatry in Berlin, and we hope you have applied for the Young Fellowship Programme.

We look forward to more opportunities as such for early psychiatrists worldwide.

WPA ECP board: Hussien El Kholy, Felipe Picon, Florian Riese, Mariana Pinto da Costa, Takashi Nakamae, Prashanth Puspanathan

News from collaborating associations

Hope for the Future of Psychiatry: Join us at the 25th EFPT Forum!

The **25th EFPT Forum** will take place in **Istanbul, Turkey, on June 30th-July 4th**, hosted by the **Trainee Committee of Psychiatric Association of Turkey**. With this Forum, we aim to link those who create "**Hope for the Future of Psychiatry**". The Local Organizing Committee has been working on a brilliant scientific and social program, including recent updates from countries regarding psychiatric services and training, a half-day special program for child and adolescent psychiatry, discussions on how psychiatry is reacting to recent changes in the world, sessions on mentorship, publications, review processes in psychiatry, art therapy workshops, and more!

"Crossing the Bridge": We are inviting young researchers to submit their abstracts for junior scientist oral presentation sessions. Sessions will take place on the Scientific Day of the 25th EFPT Forum, July 3rd. Between lab and bedside, between biological and social aspects of psychiatry, between theory and practice, between East and West – are you up for crossing these bridges? Then you can submit your abstract between **May 10-30th**.

We hope that EFPT's experience in establishing national trainee associations, conducting multinational research and representing trainees in training related discussions will serve as a guide for our colleagues from beyond Europe. Therefore, again this year **individual observers** from other countries are also invited to submit their registrations - we will be learning from each other and celebrating the silver anniversary of our joint efforts towards better training in psychiatry!

You can submit your registration online, starting from **May 1st**, please check our website efpt.eu/istanbul2017 for notifications and contact us from efptistanbul2017@gmail.com if you have any questions.



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EFPT Porto Research Award

The EFPT Porto Research Award is a new annual award, which aims to encourage psychiatric trainees to conduct research, contributing to the engagement of psychiatric trainees throughout Europe in the EFPT. This award is starting this year from a donation from the Local Organizing Committee of the 23th EFPT Porto Forum (supported by the Portuguese National Trainees Associations: APIP and ANIPIA).

The winner of the EFPT Porto Research Award receives €1000 and the award is open to psychiatric trainees working and doing research projects in WHO Europe Zone countries. A jury, composed by five members, evaluates each application. The jury consists of the EFPT President and four senior, outstanding, expert researchers. The award recognizes a research work of high quality in any of the areas of Adult Psychiatry, Child Psychiatry, Forensic Psychiatry or Social Psychiatry. This year's winner will present the winning scientific work at the EFPT Forum in Istanbul.

The second edition will follow and the prize will again be up for grabs by an exceptional aspiring psychiatric trainee. If you are a psychiatric trainee based in the WHO Europe region, who is doing research, this is a fantastic opportunity for your work to be recognized through a prestigious international award.

For more information about how to apply, please visit the EFPT website <http://efpt.eu/about/awards/porto-research-award/>.

The application window will open later this year, so follow @EFPTtrainees on Twitter and subscribe to the EFPT Newsletter <http://efpt.us8.list-manage1.com/subscribe?u=b2d6cac075ec1df8041350422&id=efef97347b> for the most up to date news about applying. Good luck!



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Past events

Early Career Psychiatrists Section's activities in the WPA International Congress, Cape Town, 18-22 Nov, 2017



The ECPs sections continues to be actively involved in WPA events with its participation in the latest WPA International Congress that took place in Cape Town.

The section's activities included a section symposium titled "Tobacco Dependence Treatment in Schizophrenia", and two intersectional symposia in collaboration with the WPA section on Forensic Psychiatry and the WPA section on Religion, Spirituality and Psychiatry, titled "Training the Next Generation of Forensic Psychiatrists" and "Religion and Spirituality in Training of ECPs".

A parallel track was created for ECPs allowing them to meet eminent psychiatry figures who shared their experiences in a nice atmosphere. The Early Career Lounge Activities were successful due to the efforts and coordination of Dr. Ian Westmore, Dr. Tando Melapi and Dr. Kim Laxton. The WPA ECPs section chair, Hussien Elkholy, was the guest speaker in a special Early Career Networking Evening that took place in the lounge.

Moreover, the result of the fruitful collaboration between the ECPs section and the section on Education in Psychiatry was presented by Prof. Renato Alarcon during the WPA sections officers meeting. The two sections were assigned to develop a document on psychiatric education for the medical. A committee was formed under supervision of Prof. Allan Tasman, chair of the section on Education in Psychiatry, to work on the topic. The committee was co-chaired by Prof. Renato D. Alarcón, Prof. Pichet Udomratn and Dr. Hussien Elkholy. The first draft of the document was presented in the meeting and will be sent to the WPA EC.



Hussien Elkholy, Chair WPA ECPs section



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AMERICAN PSYCHIATRIC ASSOCIATION: PREPARING RESIDENTS AND TRAINEES FOR EARLY CAREER



Dyani Loo, M.D.

During the symposium “Global Psychiatry: Current Challenges and Opportunities”, at the 2016 WPA International Congress in Cape Town, South Africa, Dr. Dyani Loo, a psychiatric trainee at the University of New Mexico presented on the challenges and successes of providing mental health access to refugee, asylum-seeking, and migrant communities. Such communities carry increased risk of mental health problems due to increased stressors such as migratory and pre-migratory trauma compounded by post-migratory issues of limited access to care. As U.S. community programs and public health systems continue to adapt to the influx of immigrants, continued monitoring of the needs, barriers, and current practices is required to generate novel solutions.



As the American Psychiatric Association (APA) is composed of a diverse community of psychiatrists, it is dedicated to supporting its diverse membership and the diverse communities they serve. APA recognizes that as residents and trainees transition into their early career, few have formal training in leadership, teaching, or organizational issues. With support from the APA Resident and ECP Committees, the 2017 APA Annual Meeting, 20-24 May, in San Diego, California, will feature a new leadership track for trainees aimed at training and guiding participants to become future leaders in psychiatry. Sessions are open to all residents, trainees, and early career psychiatrists, and may be especially helpful for those transitioning into leadership positions.



Resident/ECP Training, APA Annual Meeting

They include topics on teaching compassion through self-compassion, financial wellness, dealing with patient suicide, and managing interpersonal dynamics. The sessions also serve as opportunities to practice personal leadership in teams and groups, learning how to build consensus, while networking with colleagues and leaders in psychiatry.



International Welcome, APA Annual Meeting

For more information on the “Resident and ECP Leadership Track”, go to annualmeeting.psychiatry.org. For information and opportunities for international trainees and early career psychiatrists, including access to free online learning for APA members, go to psychiatry.org/internationaltrainees and psychiatry.org/internationalpsychiatry.



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Message from WPA ECPs section members

Dear colleagues,

It has been such a great experience being in the Latin American Congress of Psychiatry (Apal 2016), my very first International conference and where I was speaking about mental health in university students. I had the honour to share a gala dinner with Doctor Helen Herman, President elect of WPA and Professor Edgar Belfort secretary of Education WPA. Let's work together to improve mental health among our people in each of our Countries.



Greetings,

Miguel Antonio Salas MD Psychiatry Trainee, Buenos Aires, Argentina.
Member of the early career psychiatrist section- WPA.

Early Career Psychiatrists Section in Brazil (Núcleo de Psiquiatras em Formação – NPF)

Welcome reception of the new residents in Porto Alegre, RS, Brazil
<http://aprs.org.br/residentes-recepcao-aprs-2017/>

Last April 12th, the traditional annual welcome reception to the new Psychiatry residents of the state of Rio Grande do Sul (southernmost state of Brazil) took place in Porto Alegre, Brazil, organized by the Early Career Psychiatrists Section (Núcleo de Psiquiatras em Formação – NPF) of the Psychiatric Association of Rio Grande do Sul - Brazil. The event was comprised by three presentations: Dr. Felipe Picon talked about the history our ECP section; Dr. Flavio Shansis, current president of our association, talked about the importance of the Section for building the professional identity of the early career psychiatrists and Dr. André Luiz Schuh Teixeira da Rosa, the current ECP section chair, talked about the upcoming activities organized by the Section. All new residents were invited to take part in the Section as well as the Early Career Psychiatrists section of WPA.



Mariana Paim Santos

Vice Chair of the Early Career Psychiatrists Section of the
Psychiatric Association of Rio Grande do Sul – Brazil

<https://www.facebook.com/Núcleo-de-Psiquiatras-em-Formação-da-APRS-1666674113565623/>



Early Career Psychiatrists Section World Psychiatric Association

Upcoming events

World Congress of Psychiatry - Berlin

WPA WORLD CONGRESS OF PSYCHIATRY
8–12 October 2017
Berlin, Germany

This year's congress highlight will be held from **8 to 12 October 2017** in the **Messe Berlin, Germany**, and will be jointly hosted by the World Psychiatric Association (WPA) and the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN). Meet renowned experts from the whole world and discuss the latest trends in the prevention, diagnosis and treatment of mental illnesses.

The WPA WORLD CONGRESS OF PSYCHIATRY is one of the most important scientific congresses.

Where does the field of psychiatry and psychotherapy stand today? What demands are being made of the field? What can it do? And what impulses can be expected from medical research? Under the overall theme "Psychiatry of the 21st Century: Context, Controversies and Commitment" international experts from science, politics and society will deal with these complex issues and examine them from various perspectives. Several workshops, symposia, meet-the-expert sessions, lectures and discussion forums have been specially tailored for young professionals.

Register now for the WCP 2017!

Not a member yet!

Becoming a member is easy, to apply for membership, just send your short CV and a letter explaining why you want to join the section to the Secretary of the section (Dr. Felipe Picon: felipepicon@gmail.com) and a copy to wpa.ecp.section@gmail.com . The board will then review the request and decide.

You will also be requested to fill in a preliminary registration [form](#) on our page on the WPA website.

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WPA World Psychiatric Association

www.wpaberlin2017.com

WPA XVII WORLD CONGRESS OF PSYCHIATRY BERLIN 2017

8–12 October 2017 | Messe Berlin | Germany

Psychiatry of the 21st Century:
Context, Controversies and Commitment

Hosted by
 DGPPN