



Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

July 2016

Message from Section board

Dear colleagues and friends,

We are pleased to publish this 3rd Newsletter which includes reports from WPA ECPs section members and collaborating associations. We hope this newsletter serves to help facilitate valuable information exchange between ECPs and to grow this into face-to-face activities in the near future. We would like to invite you to attend the upcoming 2nd WPA Conference of Early Career Psychiatrists in Athens, Greece, held on 20-23 Oct, 2016. It promises to be an excellent opportunity for early career psychiatrists to network, learn from and get to know each other.

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

Section Activities

Collaboration with section on education on TEACHING AND LEARNING OF PSYCHIATRY FOR MEDICAL STUDENTS

The WPA section on education has always been striving to improve psychiatric education and training efforts among medical students, psychiatric trainees and early career psychiatrists (ECPs). Recently, the WPA ECPs section has been invited to collaborate with the section on education in a project focusing on psychiatric education of medical students. During the International Congress of the Royal College of Psychiatrists, 2016 in the UK a meeting was held to officially start this collaboration. Prof. Tasman, chair of the section on education, instructed the formation of a committee on the topic. The committee will start working soon to propose curricular upgrades and recommendation on clinical clerkships.





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News from collaborating associations

European Federation of Psychiatric Trainees (EFPT)
www.efpt.eu/



Since its inception, EFPT has been advocating for the improvement of psychiatry training across Europe and beyond. Trainees from each member country, by joining their respective National Trainee Association (NTA), can become part of EFPT and contribute to the Federation's goal of shaping the future of psychiatry.

Worried that you don't have a NTA in your country yet? Then EFPT's experience in establishing one can be of help to you! Or perhaps you wish to take part in international trainee-led research? Then consider taking a closer look at the EFPT Working Groups!

And there is more: You can join the annual Forum and represent your country.



This was recently done by over 100 trainees at the latest EFPT Forum which took place between July 2 and 6 in Antwerp, Belgium. As always, the Forum provided an excellent framework for the forging of new friendships, for

learning, for being inspired by best practices in other countries, and for a creative atmosphere which resulted in many new working group projects. With a clear emphasis on the positive aspects of psychiatry at this year's Forum, EFPT continues to uphold its mission to promote excellence in psychiatry at every opportunity. The 2016 EFPT Award for Excellence is a prime example of the impact trainees can have. It was awarded to the Mental Health Run, an initiative by Swedish trainees to raise funds for research in psychiatry, while also raising awareness and promoting inclusivity.

This year's Forum also provided direct training opportunities, with child and adolescent psychiatry trainees benefiting from the third EFPT-UEMS CAP training day. Trainees were invited to present their own research and improve their scientific communication skills at the "Mind the Gap" International Research in Psychiatry day. Finally, the first EFPT Alumni Evening was a way of thanking and reaching out to the many former EFPT delegates who have actively contributed to our work.



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After another fruitful Forum, the next destination for EFPT trainees to meet for the silver anniversary of the Federation will be Istanbul. The 25th European Forum of Psychiatric



Trainees, organized by the Trainee Committee of The Psychiatric Association of Turkey, will take place in this timeless and contemporary city between 30 June - 4 July 2017. As young psychiatrists dedicated to taking care of the lives and well-being of others, we have the potential to bring hope while shaping the future of psychiatry and our societies. Therefore, the theme of 25th EFPT Forum will be “Hope for the Future of Psychiatry”.

For more information, please visit our website, subscribe to our newsletter, and follow our social media accounts. Of course, you are more than welcome to join us for the next EFPT Forum!
Ekin Sönmez – EFPT President, Livia De Picker – EFPT Past President



Japan Young Psychiatrists Organization (JYPO) www.jypo.org/en/

The Japan Young Psychiatrists Organization (JYPO) held an international symposium at the annual meeting of the Japan Society of Psychiatry and Neurology (JSPN). The 112th JSPN Annual meeting was held in Chiba from the 2nd-4th of June. Twelve international psychiatrists were invited to take part in the symposium and also take part in a hospital tour.



A particularly significant session was one chaired by experts in the field on “Women’s Mental Health”. We shared our country’s experiences with issues such as HIV/AIDS, violence, and its lifestyle effects. Equally, we had a heated debate about life from a woman’s perspective, particularly mental illness related with motherhood

issues. In Japan, many women give up their career after having a baby but in other countries many women play an important role in their companies, raising discussions around the modern day interpretations of the ‘good-enough mother’.



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A “Case Vignette” session, as part of the Fellowship Award was run to allow knowledge sharing with early-career psychiatrists from all over the world discussing a case. During this “Case Vignette” session, speakers presented the diagnose and treatment protocols for a case of “Taijin kyofusho”, a Japanese culture-bound syndrome, representing “a fear of interpersonal relations”. In total, seven young psychiatrists, including Florian Riese who is a co-chair of the WPA ECP section, made a presentation. We were honored to have Prof. Mikiko Kubota, a specialist of Morita therapy as a speaker. Although “Taijin kyofusho” was not familiar to foreign attendees, through the active discussion, it appeared that a comprehension of this abstract syndrome was achieved.



Fellowship awardees and JYPO members visited Tokyo Women’s Medical University Hospital and Institute of Women’s Health on June 4th. Dr. Hidehiro Oshibuchi and Prof. Toshiko Kamo kindly introduced the clinical practices and the research studies of the institutes followed by a



hospital field trip and a discussion period sharing the differences and the similarities of psychiatric emergency system, forced hospitalization, and women’s life course in each country. We, as the JYPO aim to enhance networks between world psychiatrists and Japanese psychiatrists. If you are interested in the JSPN annual meeting or JYPO please contact us.

Toshitaka Ii – JYPO President

Yuki Ebuchi, Hidekazu Katoh, Yuka Kudo, Yukako Nakagami, Kouta Suzuki



The Royal
Australian &
New Zealand
College of
Psychiatrists

RANZCP Section of Early Career Psychiatrists
<https://www.ranzcp.org/Membership/Faculties-sections/Early-Career-Psychiatrists.aspx>

Hello from Down Under! We are pleased to be part of this international network of ECPs. The Royal Australian New Zealand College of Psychiatrists Section of ECP was established in 2011 to support Fellows who are in their first five years of Fellowship. The Section of ECP Committee has had a busy year, so here is an update.



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The Committee organised a number of events for the annual International RANZCP Congress held in Hong Kong this year. The well-attended Pre-Congress workshop focused on leadership and management skills where Service Directors from Australia and Hong Kong facilitated a number of practical vignettes. This was followed by the Section of ECP symposium which included the popular senior psychiatrist panel (Prof Peter Tyrer, Prof Philip Boyce, Dr Maura Kenny), discussing "The most important things I have learnt in psychiatry"; a talk by Dr Richard Newton, Medical Director at Austin Health on managing critical incidents and the "Root Cause Analysis" process; and also a presentation by Dr Samantha Loi, winner of the early career research award. Our Section collaborated with the Section for Training in a symposium highlighting updates to the RANZCP Advanced Training curriculum, and also developed a symposium comparing psychiatry training programs in HK, China and Aus/NZ.



It was also great to meet Dr Mariana Pinto da Costa, EFPT Past President and board member of the WPA ECP Section at Congress. She was invited by the Overseas Trained Psychiatrists Committee to present on "A global outlook on the international migration of psychiatrists" with Dr Ettore Guaia and Prof Carlos Zubaran.



To finish off an enriching Congress, we all enjoyed the joint Section dinner with senior psychiatrists from the Section of Leadership and Management.

The Section has also had a productive year holding local ECP events over wine tasting and brunch in states across Australia and NZ. These are a forum for experienced psychiatrists to speak to some of the challenges for ECPs and also give practical advice on areas such as research, career development and establishing a private practice. The Section has also played an important part in the standard setting and marking of assessments for the RANZCP Examinations.

We look forward to meeting you at WPA events around the world, and we warmly extend an invitation for you to join us in Adelaide for Congress 2017!

Dr Paul Fung
Chair, RANZCP Section of Early Career Psychiatrists



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Royal College of Psychiatrists - Psychiatric Trainees' Committee
www.rcpsych.ac.uk/traininpsychiatry/trainees/ptc.aspx

The UK's Royal College of Psychiatrists recently hosted its annual International Congress at the ExCel Arena in London's Docklands (27th-30th June 2016). As the Psychiatric Trainees' Committee, we are involved with devising the programme to ensure there is plenty of trainee focus. This year was no different, and in fact we had record numbers of trainees attend the Congress.

As has been offered at recent Congresses, there was a 'Trainees' Lounge' area especially set aside for trainees to relax with their peers, and this was the location for a number of events including 'Meet the Dean' and 'Meet the Chief Examiner' where trainees had the opportunity to put questions to the senior members of the College in terms of education, training and exams.

On the Tuesday evening, there was a 'Trainees' BBQ' held at the Aloft Hotel next to the arena. This was well attended and allowed for trainees to meet their peers in a relaxed environment. The Congress offered plenty of opportunity for trainees to showcase their own work by way of interactive poster displays, and there were workshops from our Canadian Psychiatric Trainee colleagues, a session on our trainee focused on-line learning (TrOn) and a novel session on the use of social media within psychiatry.

As an extra event, supported by our College, we initiated our "Supported & Valued" work with a focus group on the Wednesday evening. There has been much disquiet amongst junior doctors in England recently, extending much further than just issues about the junior doctor contract. Therefore, the Psychiatric Trainees' Committee has set up a review looking into those aspects of training and morale that ought to be improved for the benefit of trainees which will be going nationwide in coming months.

The Congress is a fantastic opportunity to see the best of psychiatry, but also to network with peers and showcase your own work. We hope to see you in Edinburgh 2017!

Matt Tovey, Chair, Psychiatric Trainees' Committee (2015-16)
@RCPsychTrainees / @drmtovey
Ptcsupport@rcpsych.ac.uk

Meetings reports

"Leadership for Young Psychiatrists" a Pre-Workshop in the International Congress of the Asian Federation of Psychiatric Association (Colombo, Sri Lanka); May 27, 2016

The AFPA (Asian Federation of Psychiatric Association) International Congress, held in Colombo, Sri Lanka, hosted Pre-Congress Workshop on leadership for Young Psychiatrists. Prof. Norman Sartorius, President of Association for the Improvement of Mental Health Programmes, conducted the course and started with the lecture: Selection of topics for research. Attendees,



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half from Sri Lanka and half from other Asian countries such as Australia, India, Myanmar, Taiwan, Malaysia and Japan, were divided into small groups and discussed the future of collaborative international research. Attendees were able to have an in-depth understanding about not only conducting research but also cultural deference, psychiatric systems, and socioeconomic backgrounds in each country.

In addition, Associate Professor Mohan Isaac, University of Western Australia, gave a lecture on writing a curriculum vitae. Five JYPO (Japan Young Psychiatrists Organization) members attended this workshop and contributed to enhance the small group work and multi-cultural communication.

To continue the global connection, CADP (Course for Academic Development of Psychiatrists) will be held next on 17-19 February 2017 and is the next step in maintaining the activity of the Asian Psychiatric Network.



Yuki Ebuchi,
board
member of
JYPO

Upcoming events

2nd World Congress of Early Career Psychiatrists, Athens, Greece, 20-23 Oct 2016

The 2nd World Congress of Early Career Psychiatrists – “Bridging science and culture” -, will take place in Athens, Greece, on 20-23 October 2016. The congress is organized by the WPA – ECP section, and has the support of the EPA – ECP committee, the Young Psychiatrists’ Network (YPN), and the ECP section of the Hellenic Psychiatric Association, while many ECP and other associations will be co-organizers and collaborators.

The 1st Congress was held in Cairo, Egypt, from 9-11 January 2013, with the theme “Towards Professionalism in Psychiatry”, and was organized by the Early Career Psychiatrists section of the Egyptian Psychiatric Association. The scientific program of the 2nd World Congress of Early Career Psychiatrists is formed by proposals of ECPs from all continents of the world and will feature workshops, symposia, oral and poster presentations, and quizzes, while the aim of the Congress is to facilitate the sharing of knowledge and experiences between early career psychiatrists from all over the world, as well as to establish new networks and beautiful friendships.

2nd
World Congress
of Early Career
Psychiatrists
Bridging Science and Culture
Organized by WPA - ECP section, EPA - ECP council,
and Young Psychiatrists' Network
Athens, Greece
20 - 23 October 2016
Call for Symposia and Workshops: Submission deadline 1st June 2016
Call for Oral/Poster Presentations: Submission deadline 1st August 2016
Detailed info soon at www.ypsnet.org,
mail: worlddecpc@gmail.com
Young
Psychiatrists
Network
f /ypsnet #ypsnet



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We believe that it will be a fruitful and fulfilling experience for all psychiatrists and psychiatric trainees that will have the opportunity to attend the proceedings.

Looking forward to welcoming you in Greece, Raphael Psaras, Congress President

World Psychiatric Association International Congress, Cape Town, South Africa, 18-22 Nov 2016

Early Career Psychiatrists' agenda at the WPA International Congress, Cape Town 2016 UPDATE FROM THE SOUTH AFRICAN ECP LEADERSHIP, SOUTH AFRICAN SOCIETY OF PSYCHIATRISTS YOUNG PSYCHIATRISTS SPECIAL INTEREST GROUP

The local organising committee of the WPA International congress 2016 has gone out of its way to make sure that ECPs feature strongly and deliberately during the five day international congress. It is also notable that the current president of the host country's (South African) Society of Psychiatrist (SASOP) was instrumental years ago in establishing and organising young psychiatrists (as ECPs are referred to in RSA). The SASOP ECPs formed an organising committee that has been working together in developing a program targeted at ECP's from various part of the world that will be in attendance at the congress. The following events are finalised and in the program:

1. Early Career Psychiatrists' networking evening. Saturday 19 November 2016. 19H00-21:30. This will be perfect timing for ECPs from all over the world to meet, greet and mingle. The program will be informal. An opportunity will be afforded to various people to introduce interesting/topical activities that are happening in their countries/societies as well.
2. Symposium 1: Funding & Financing Mental Health Care and Education. Date and time to be confirmed with the publishing of the final program. Confirmed speakers are Prof. Bonga Chiliza, Dr. Rob Allen (both from RSA), Prof. Lukoye Atwoli (Kenya) and Prof. Michelle Riba (USA; Past President: APA)
3. Symposium 2: Leadership and mentorship. Date and time to be confirmed with the publishing of the final program. Confirmed speakers are Prof. Simon Wessely (UK), Prof. Zukiswa Zingela (RSA) and Prof. Maria Oquendo (Current APA President).
4. ECP lounge. This will be an industry sponsored area that will be specifically cater for ECP's to congregate during breaks (tea and lunch). Activities in number 5 below will also take place in this area.
5. Meet the expert sessions. These will be held at the ECP lounge during lunch breaks. ECP's can bring and enjoy their lunch at this space while an expert (mostly main speakers at the congress) will be presenting and discussing a chosen topic of the day. The speakers and topics shall be communicated to attendants as the time gets closer.

We are looking forward to meeting at least some, if not most, of you at the congress in Cape Town in November. Remember congress registration and details are available at www.wpacapetown2016.org.za. For further information regarding ECP events, feel free to contact me at tasmelapi@gmail.com or facebook: Tando Sivile Melapi.

Dr. Tando AS Melapi, National Chairperson; SASOP Young Psychiatrists Special Interest Group 2014-2016
Member: SASOP Young Psychiatrists WPA Int. Congress organising committee.
Facebook: WPAcapeTown2016 #WPA2016