



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

Second issue 2022

Message from Section Chair

Dear colleagues and friends:

We are pleased to share with you this Newsletter, after a fantastic World Congress of Psychiatry in Bangkok.

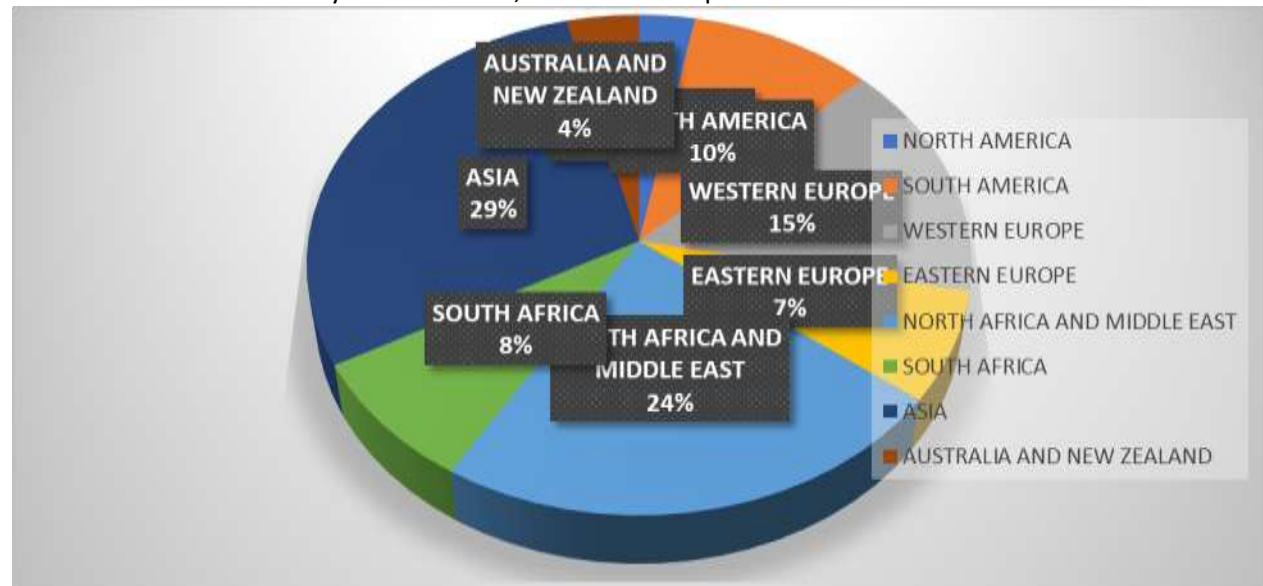
The year of 2022 has been a time to develop and strengthen collaborations, to start meeting again in person, supporting one another, and to look forward to peace.

We will be having exciting activities in collaboration with other associations, such as the British Journal of Psychiatry and the International Society of Addiction Medicine; the second round of the WPA Exchange Programme, and much more. So watch this space!

On behalf of the WPA ECP board: Mariana Pinto da Costa, Section Chair

Section Update

The ECP section has already 337 members, from different parts of the world.



ONE CONGRESS IN BANGKOK

Ana Pedro Sousa e Costa; Unidade Local de Saúde do Baixo Alentejo, Portugal
anapedrocosta92@gmail.com

To be honest, WCP 2022 was the second world congress of psychiatry I attended. However, because of



Early Career Psychiatrists Section

World Psychiatric Association

the global pandemic, this was the first one I was able to attend in person, and that made all the difference.

As an early Portuguese psychiatry resident, participating in an event of this magnitude, in such a distant country, was both promising and intimidating. Thailand is a huge country, with its own traditions, and located more than 10,000km from home... But my adventurous mind not only took me to the congress but also, a few days earlier, to discover the most beautiful beaches and landscapes on the edge of the Indian Ocean. An experience I will never forget!

Regarding the congress itself, I cannot fail to mention, first of all, the privilege it was to be able to personally meet such important people in psychiatry, and to be able to learn from them what is most up-to-date in the scientific community. In addition, the opportunity to meet colleagues from other countries, share experiences, and even get to know other realities, brought new breath, and resumed the long-awaited human connection after these two years of isolation. I was surprised to find that Portugal was the second country with the most people to attend, right after Thailand - the hosting



country. This means that my Portuguese colleagues are interested in participating, as I am, in events like this, to update their knowledge and become better professionals. I was even more proud because I know it is difficult to participate, due to the economics and availability involved. I was pleased to see that a large part of the posters and oral communications were also made by Portuguese, which in this way prove that in our small country

there are quality work that could reach the entire world. Like them, I was also able to present the culmination of a work carried out in my first year of residence – *“Cognitive decline in COVID-19 patients”*. This work was developed by a great team, which I can proudly call “my team”. It was with immense satisfaction and a sense of accomplishment that I saw our work exposed.



Early Career Psychiatrists Section World Psychiatric Association



I cannot finish without addressing this year's congress theme – *“The need for empathy and action”*. I heard a colleague at the congress say that “The need for empathy and action is sometimes what during residency leads us to exhaustion and burnout”. And I found myself realizing that many of us, while we're there, couldn't stop thinking about our patients, about the work we had to do, whether through a message, an email, a thought... The presentation about *“Burnout”* was the one that impressed me the most, not only because of the content but also because I realized how everyone in that room felt identified. It is essential to act and seek solutions to this problem. We can't help other if we're not okay. It is okay no to be okay, even if we are doctors, even if we are psychiatrists.

FROM EVEREST TO BANGKOK: THE PEAKS TO REMEMBER WCP 2022

By Dipesh Bhattarai (Department of psychiatry and mental health, Pokhara Academy of Health Sciences, Pokhara, Nepal), Bikram Kafle (Department of psychiatry, Devdaha Medical College, Butwal, Nepal), Dr



Saraswoti Dhungana (Department of Psychiatry, Tribhuvan University Teaching Hospital, Kathmandu, Nepal)

dipeshbhattarai1992@gmail.com

Pic: Nepalese ECPs along with President of Psychiatrists' Association of Nepal at WCP 2022

Attending the WCP 2022 congress was an immense opportunity for Nepalese early career psychiatrists. Being held not so far away, it was convenient for us to attend this year's WCP.



Early Career Psychiatrists Section

World Psychiatric Association

Traveling to Bangkok and meeting the distinguished personalities, researchers, and trainees from all over the world was a once-in-a-lifetime event. Some of our ECPs who were attending for the first time had no words to describe how they felt meeting the professionals. The scientific sessions, particularly the parallel sessions, kept us so occupied that we risked missing out on something interesting. We were encouraged to pursue similar prospects in the future after thoroughly enjoying the symposium and discussion. The quiz session was jam-packed with fun, thoughtfulness, and excitement, and some of us even got the chance to win prizes. Nepalese ECPs excelled in the three-minute presentation competition, taking home medals.

The Bangkok city tour and the ECP dinner gatherings were both quite entertaining. The coffee and the blueberry cheese pastries kept us going throughout the event. Overall, we found our expectations were exceeded and have begun to look forward to seeing you all in Vienna next year.

CONNECTING EMPATHY AND ACTION: EARLY CAREER PSYCHIATRISTS AT WCP 2022

By Dr Christopher Lemon; NorthWestern Mental Health, Melbourne, Australia

christopher.lemon@mh.org.au

In *The Life You Can Save* (2009), philosopher Peter Singer outlines the ‘pond illustration’, a thought experiment about a person on their way to work who walks past a child drowning in a pond. Singer goes on to argue we have the same moral obligation to help the child drowning in front of us as we do the people suffering thousands of kilometres away. The distance between us has no moral significance. I wondered about this thought experiment throughout my time at WCP 2022.

WCP 2022 was the first in-person conference I attended since the beginning of COVID-19. Throughout the pandemic, I empathised with others elsewhere suffering the enduring and immensely diverse repercussions of the virus, particularly those affected by and working with mental illness. Like the common responses to Singer’s thought experiment, when reading about communities where stigma towards illness remains high and but resourcing is low, I thought to myself, “I wouldn’t walk past a person suffering like that. I would stop to help.” Yet until WCP 2022, my actions were only ever about the ponds in my backyard.

During the Congress, I expected to learn about differences. However, I was more often focused on



Early Career Psychiatrists Section

World Psychiatric Association

similarities. In the Presidential Symposium on burnout, after hearing about the international data on the challenges facing health care staff and carers of people with mental illness, I asked the question, “If a doctor calls in sick, who takes up the shift?” After the session, many early career psychiatrists (ECPs) shared how well they knew the false tension between supporting the mental health of their colleagues and ensuring staffing on the wards. Similarly, Professor Mario Maj’s presentation about the intersection of physical and mental illness ignited near-universal frustration in the room about people with mental illness receiving little to no physical health care despite well-documented appalling outcomes in comparison to other populations. Dr Shevonne Matheiken’s winning 3-minute presentation about being in the passenger seat of the race car ride of those with neurodiversity resonated strongly with many about how we so often focus on *doing to* when our patients desperately need us to just *be with*.

In Singer’s thought experiment, one is positioned to empathise with the suffering of others who are afar. This is the experience of learning about the world. But Singer’s dissolution of the moral meaning of physical separation makes us necessarily connected to one another. This connection is what compels us to move beyond empathy and into action. This was the purpose of WCP 2022 – not just to empathise, but to become globally connected and to act.

WPA senior leaders made it clear that ECPs play a critical role in advancing the profession of psychiatry. An essential part of this is contributing to the expansion of the Section of Early Career Psychiatrists. Having had time to reflect on your experiences, I urge other attendees to cement the connections made during your time in Bangkok. Through these connections, the potential value of our work extends far beyond the ponds in our own backyards.

WPA ECP QUIZ

Back on track, with a hybrid pack of INTERACTIVE WPA QUIZZES

Mai Abdeen (1), Juan Soler-Vidal (2), Roxana Denise Moran Arteaga (3), Chandrima Naskar (4), Harkishan Mamtani (5), Camille Noël (6) (7), Avinash Shekhar (8), Lamia Jouini (9), Sami Ouanes (10)

(1) Okasha Institute of Psychiatry, Ain Shams University, Cairo, Egypt.

(2) Fidmag Research Foundation, Barcelona, Spain.

(3) Salvadorean Psychiatric Association, San Salvador, El Salvador.

(4) Post Graduate Institute of Medical Education and Research, Chandigarh, India.



Early Career Psychiatrists Section

World Psychiatric Association

- (5) National Institute of Mental Health and Neurosciences, Bengaluru, India.
- (6) Department of Child Psychiatry, Centre Hospitalier Universitaire Saint-Pierre, Université Libre de Bruxelles, Brussels, Belgium.
- (7) Child & Adolescent Psychiatry Hospital La Petite Maison, Chastre, Belgium.
- (8) Father Muller Medical College, Mangalore, India.
- (9) Center of Competencies in Psychiatry and Psychotherapy of Wallis Hospital, Sion, Switzerland.
- (10) Department of Psychiatry, Hamad Medical Corporation, Doha, Qatar.

In Bangkok, Thailand, and for the third time during the World Congress of Psychiatry, innovative quiz sessions have shown that you can have fun and learn at the same time. We believe this year's event was even more challenging than previous years, given the hybrid nature of the event (i.e., participants had the option to join the sessions onsite or online). Fortunately, the quiz sessions went so well, thanks to the skilled IT team's efforts, as well as thanks to meticulous, "almost obsessive" team preparation.

"The quizzes were a blast! The "narrativity" was stunning: it was a story in itself, from the beginning to the end, with its suspense".

Camille, Belgium

"The questions were well framed, with quite useful take-home points after the disclosure of the answers!"

Harkishan, India



There were two sessions: each included two quizzes, with one of them being a case study. This is how we aimed to tackle both the theoretical and the clinical sides of psychiatric knowledge. All four parts were related to the congress theme "The need for empathy and action".



Early Career Psychiatrists Section

World Psychiatric Association



"What was special about the experience was that, unlike unrelated trivia-based questions, as is usual in most quizzes, the WPA quiz was more of an interactive discussion session on unusual and relatively less ventured topics."

Chandrima, India

"My team 'The Crankies' was the winning team of the second Quiz, the experience was awesome, we worked as a team, laughed, discussed the answers and responded as fast as we could! The last moments of the quiz were full of emotions!"

Denise, El Salvador

Involving Early career psychiatrists in the preparation and presentation of the quiz sessions also provided the opportunity to young psychiatrists (ECP) from different countries to contribute to such a prestigious event, with hands-on application of presentation skills.

Participants had the choice to join the quiz as teams or individuals. Hence, the idea was not only to put on a good show and transfer valuable knowledge, but also to provide participants from all over the world with an opportunity to interact and share knowledge. In our vision, young psychiatrists can do so much more together.

"It gave me the opportunity to collaborate with local Thai and Irani Colleagues and get to know other colleagues around the world, while we learned and had fun."

Denise, El Salvador

"I had apprehensions participating in the quiz, but then I made my way to the table named 'Jungian Shadows' where I met an amazing team comprising of psychiatrists from India, Pakistan and Malaysia."

"It was a great experience that now has me eagerly awaiting my opportunity to attend the next quiz in the conference in Vienna."

Avinash, India

A huge thanks to WPA and the ECP boards for their attempt to enhance knowledge dissemination and congratulations to the ECP quiz winners. We look forward to seeing you in Vienna.

Quizzinkly Yours: The Quiz team



Early Career Psychiatrists Section

World Psychiatric Association

EXPRESSING A “KHOB-KHUB-KRUB” OR GRATITUDE TO WCP 2022

By Chanatip Tongyonk, M.D.; Psychiatrist, Prasrimahabho Psychiatric Hospital, Thailand. Member, Thai Medical Council and Royal College of Psychiatrists of Thailand

There is no plausible way to sugarcoat the loss we all have experienced in the pandemic. But as every cloud has a silver lining, this past couple of years have taught us through days of being chained to a screen and attending countless hours of Zoom meetings, that no form of technology could ever replace the warmth and the bliss which in-person human interaction has to offer.

WCP 2022, to me, was like the initial response we, psychiatrists, wish to see after we prescribed antidepressants to our patients (a sign that better days are coming). What excited me most, apart from sharing the experience, the knowledge, and the perspectives with other psychiatrists and psychiatrists-in-training from every single corner across the globe, was that I got to share with the world the culture and the hospitality Thai people have to offer.

Moreover, it was to my greatest pleasure that we have been granted with such an honorable prize of the fellowship award. Through this congress, we lived the once-in-a-lifetime opportunity of attending a multitude of sessions conducted by the world leaders in the specific fields. This kind of experience was unarguably capable of igniting something different and aspiring in each and every one of us.

In returning the favor WPA did for us, we, as a part of the international community, promise that we would try our best to improve the care that we provide for our patients, to improve the efforts that we put on the cutting-edge research, and to improve the educations that we provide for our juniors, for the better and the brighter tomorrow of psychiatry!

ctongyonk@gmail.com

An adolescent with A Psychotic Episode in Systemic Lupus Erythematosus

Frilya Rachma Putri

E-mail address: frilya.putri@gmail.com,

frilya.yudi@ub.ac.id



It's an honor to present this difficult case at the 22nd WPA World Congress of Psychiatry in Bangkok. I had the opportunity to share clinical experiences with colleagues from all over the world at this prestigious event. As a psychiatrist who is interested in education and research, this provided me the opportunity to improve my ability to create and deliver effective



Early Career Psychiatrists Section

World Psychiatric Association

presentation. The audiences in the scientific session were supportive and enthusiastic. The feedback from the faculty members also enriched our insight into the case.

Introduction

Systemic Lupus Erythematosus (SLE) is an autoimmune disorder that affects any organ system, including neurological and psychiatric manifestations. Literature shows NPSLE can present before or around the diagnosis of SLE in 28-42% of cases. We report a case of an adolescent who presented with a psychotic episode and was diagnosed with SLE.

Case Presentation

A 16-year-old female, senior high school student with a chief complaint of feeling restless for the last 6 days before admission. The psychosocial stressor was sexual harassment and extortion from her friends. Two days after a stressful event, the patient had visual and auditory hallucinations. The patient often talked alone and had difficulty communicating and interacting with others. She was unable to follow the learning process at school. The patient had a history of abnormal movements and she showed clinical features of neuropsychiatric SLE (NPSLE). She was hospitalized for indications of restlessness. There was no previous psychiatric disorder. The patient was diagnosed with AIHA 2 years ago. She got AIHA treatment for 1 year. She did not control regularly because there were no complaints.

Significant clinical findings

Antinuclear antibodies (ANA) test profile ratio: 7,4, indicated positive. No abnormalities were found in MRI and EEG.). The total score of MEX-SLEDAI (*The Mexican Version of Systemic Lupus Erythematosus Activity Index*): 10, indicated a flare SLE.

Diagnosis

Systemic lupus erythematosus complicated with neuropsychiatric systemic lupus erythematosus (NPSLE).

Treatment

The systemic treatment included oral Methylprednisolone, Hydroxychloroquine, Pyridoxine, and Citicoline. The psychiatric treatment was Aripiprazole at a dose of 5 mg on the first day and then increased to 10 mg. After a 1-





Early Career Psychiatrists Section

World Psychiatric Association

month treatment, the MEX-SLEDAI score was corrected and the patient had no further psychiatric disorder.

Discussion

In this case, there was a possibility that the SLE flare was triggered by a psychosocial stressor. The previous theory stated that psychosocial stress contributed to the appearance of recurrence of SLE. Ongoing physical and mental health problems are common in children and adolescents, which can have impacts on their health-related quality of life. They are at even greater risk of poorer quality of life than would be expected & worsen the prognosis of the disease. A multidisciplinary effort involving rheumatologists, neurologists, and psychologists should be involved in both diagnosing and treating NPSLE in a clinical setting.

Digital psychological intervention for Ukraine

By Sofiia Lahutina^{1,2,4} Iryna Frankova^{3,4}

¹ Technical University of Munich, Department of Sport and Health Sciences, Chronobiology and Health, Institute for Advanced Study, Munich, Germany

² Universitätsmedizin Berlin Klinik für Psychiatrie und Psychotherapie, Berlin, Germany

³ Vrije University Amsterdam, Department of Clinical, Neuro- and Developmental University, Amsterdam, the Netherlands

⁴ Bogomolets National Medical University, Department of Medical Psychology, Psychosomatic Medicine and Psychotherapy, Kyiv, Ukraine

Corresponding author: Sofiia Lahutina: sofiia.lahutina@tum.de

The current war in Ukraine requires psychological support to be delivered to large numbers of people and to be maintained for as long as needed, highlighting the value of digital formats. On the [second day of the war](#), a Telegram-based self-guided text-based conversational agent (chatbot) called “[Friend](#)” was activated for Ukraine. Chatbots present information in the form of a dialogue and imitate a conversation with a person using short messages. “Friend” contains doable evidence based recommendations on how to cope with ongoing war and forced displacement stress. Chatbot makes use of different scripts for specific environments, for example, considering whether the user is in a life-threatening or safe



Early Career Psychiatrists Section

World Psychiatric Association

environment ([Frankova, 2022](#)).

When creating the chatbot, we tried to take into account the criteria that Bakker et al., developed for mental health tools (Bakker et al., 2016). Chatbot script was developed by early career scientists (SL and IF) in Ukrainian, English version is also available. Several content-area experts in psychosocial interventions after exposure to acute stress and in complex emergencies from Israel, the Netherlands and UK assessed the content for content validity, relevance, accuracy and comprehensiveness. This digital tool was piloted with a group of end users for feedback on comprehension, clarity and readability prior to full-scale administration.

Right after activation “Friend” provides comprehensive recommendations based on WHO Psychological First Aid, followed by complaints oriented evidence-based techniques: based on Mindfulness, Stress Reduction Program, Trauma-focused Cognitive Behavior Therapy, Dialectical Behavioral Therapy, Stress Inoculation Training, etc.. Specific content related to sleep was made under the fellowship of SL in Munich Technical University. Afterwards users are invited to subscribe for free daily support messages called to enhance resilience “Text for Hope 4 Ukraine” for 90 days.

The chatbot received support from the Ukrainian Ministry of Veteran Affairs, Ministry of Health, Ministry of Science and Education, National Security Service of Ukraine; it has been promoted through communication channels of the above-mentioned organisations. Since it became available, it has already reached over 60,000 users. The chatbot has become part of one of the largest humanitarian projects [“SOLOMIYA”](#) launched by Charité Universitätsmedizin Berlin, Germany.

After scientific confirmation of its effectiveness, the chatbot claims to be introduced into the mental health care system as a low-intensity psychosocial intervention that can be easily scaled up during complex emergencies.



Early Career Psychiatrists Section

World Psychiatric Association

IS THERE ANY NEWS IN AUGUST, THIS YEAR? A CALL FOR A WORLDWIDE COLLABORATION ON AN IMPORTANT TOPIC

By WPA International Neuromodulation Interest Group

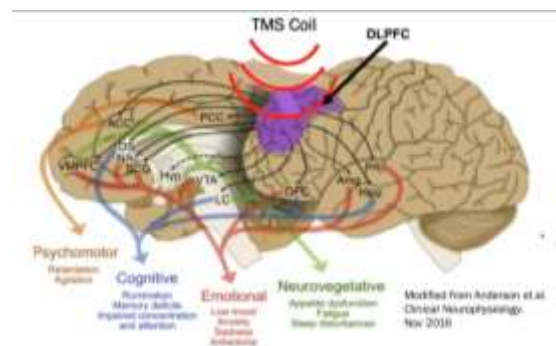
Umberto Eco's quip "There is no news in August" has not really been confirmed as much as it has been falsified this summer. First of all, the World Congress of Psychiatry of World Psychiatric Association (WPA) has finally taken place in Bangkok in August 2022 after being postponed for two years due to covid. It was a hybrid congress that allowed more colleagues that had not been able to travel to attend it and it also gave the opportunity to the fortunate ones, who were there, to finally meet again in person and to interact.



I was privileged to be invited to the important WPA section's meeting, where some of the most important decisions regarding WPA and psychiatry worldwide are made. WPA's 66 scientific sections should cover practically every aspect of psychiatry. Each section brings together psychiatrists from across the world with specialist

knowledge or interest in the relevant discipline, group or practice area, ensuring diverse views to any research or other scientific work undertaken. However, there is not yet any section dedicated to Neuromodulation which is becoming a major branch of clinical practise and research Psychiatry.

Neuromodulation is an alteration of neuronal activity via the application of a direct physical stimulus to the brain, such as an electric current (ECT, DBS, tDCS), a magnetic field (TMS) or indirect stimulation of the brain via stimulation of cranial nerves (VNS and eTNS).





Early Career Psychiatrists Section

World Psychiatric Association

Extensive research has found ElectroConvulsive Therapy (ECT) to be highly effective for the relief of major depression and other mental health disorders. Transcranial Magnetic Stimulation (TMS) is a non-invasive method of brain stimulation that is receiving increasingly more attention for new clinical applications. Through electromagnetic induction cortical activity can be modulated and therapeutic effects can be achieved in a variety of psychiatric and neurological conditions.

Our proposal idea is that existing WPA sections will collaborate on this important topic of neuromodulation and maybe an existing section can be reorganised to address the new needs in the near future. The next WPA thematic congress, that will take place in Malta in November 2022, on intersectional collaboration is about new horizons in psychiatric practice: creative ideas and innovative interventions. Therefore, we would like to call all colleagues who are interested in Neuromodulation to email their ideas to neuromodulation.wpa@gmail.com . Our goal is to produce symposia, publications and educational programs about Neuromodulation.

To address the need further for constant communication between colleagues with an interest in neuromodulation, we created a WhatsApp group that you can easily join by pressing this link <https://chat.whatsapp.com/DYQWbGJrteoBbPzCJFhpéf> .Through the creation and use of several social media platforms, we hope to manage to exchange ideas faster and to more efficiently process extraordinary work.

On behalf of the WPA International Neuromodulation Interest Group,
Dr Theodoros Koutsomitros, Director & Founder of Greek rTMS clinic - Medical Psychotherapeutic Centre (IΨK), Greece. PhD Researcher at Maastricht University, the Netherlands

THE WORLD CONGRESS OF PSYCHIATRY (WCP) 2022: A UNIQUE AND INSPIRING EXPERIENCES OF A PSYCHIATRY TRAINEE.

By Dr. Yesiru Adeyemi Kareem; Department of Mental Health; Federal Neuropsychiatric Hospital, Maiduguri.

Member, Association of Psychiatrists in Nigeria. dryakareem@fnphmaiduguri.gov.ng



Early Career Psychiatrists Section

World Psychiatric Association



As a trainee Early-career Psychiatrist (ECP), it is a rare pleasure for me to attend my first global gathering of Psychiatrists. I was first exposed to ECP through a mentor, Dr Umar Baba Musami, and I have always aspired to be a member. Fortunately, that chance presented itself when my request was accepted by Dr Mariana Pinto da Costa and Dr Mariana Paim Santos to join the group for the ECP section of the World Psychiatrists Association (WPA). This section aims to "promote the role of ECP in psychiatry as a whole, address their shared needs, and strengthen their role in the WPA."

The 22nd WPA World Congress of Psychiatry in Bangkok, 2022, witnessed over 2500 participants from 103 different countries, with 10 coming from my country, Nigeria - the highest in Sub-sahara Africa. It allowed listening live to and asking questions from erudite scholars we only got to read about in books such as Prof. Norman Sartorius and Prof. Graham Thornicroft. From them, I got access to the latest data on mental health in Nigeria.

I eagerly anticipated attending the extraordinary meeting of psychiatry in the World when my abstract was accepted. My centre supervisor, Dr Placidus Nwakuba Oguilili, whom I participated with, ensured I benefited maximally. Interestingly, the Kenes International Organization expertly created the virtual platform to be user-friendly and simple, making online attendance not all that unlike the physical. It offered a networking platform where I interacted with other attendees, took virtual tours, viewed art exhibits, and kept up with news about it on social media. The video library, e-poster gallery, and interactive mobile app (WCP 2022) were all enjoyable and gave me the knowledge I needed while the meetings were live streamed.

Thanks to Dr Mariana, the Secretary of the WPA ECP section, who added me to the Whatsapp group of ECPs attending the WCP in Thailand, Bangkok. The blog not only kept us informed of the events beforehand, but we also got to experience the sights and sounds from Bangkok; and still benefits me with more networking till date. I knew I would have a once-in-a-lifetime experience when the WPA President, Prof. Afzal Javed, declared the Congress open on the first day when the various events were rolled out succinctly.



Early Career Psychiatrists Section

World Psychiatric Association

There were several sessions, including presidential/plenary sessions, panel discussions, state-of-the-art symposia, quizzes, and others. In the WPA 3 Minutes competition, along with other competitors, I presented an E-poster on Residency training. The choice of which session to attend was tasking, given the variety of high-yield programmes available. I prioritised the sessions relevant to psychogeriatrics and liaison psychiatry, ECP, research and mentoring, medical education and training, and collaborative networking. Training at Maiduguri, North Eastern Nigeria - the epicentre of insurgency in the country, I included the sessions on psychotrauma in my schedule, making it easy to meet up with the maximum

number of 23 *Continuing Medical Education* (CME) Units.



I was thrilled to be a part of the WPA Exchange Programme session where Tunisia, Iran, and the UK's experiences were discussed, with Nigerians among the beneficiaries. This session established partnerships, with contacts exchanged, while connections were made. I was ecstatic watching Prof Sartorius eulogise Nigeria's Thomas Adeoye Lambo in a session on empathy, where he

briefed us on how his empathy brought more interest into Psychiatry.

Though the virtual experience was almost similar to being there physically, it was not without a challenge. The Indochina/Bangkok time was GMT+7, six hours ahead of my country's (GMT+1). This time difference required me to be awake by 2:00 am to participate in the events.

Without thanking the Management of my great Institution governed by Prof. Ibrahim Abdu Wakawa for the sponsorship, my Head of Department, Dr Anthony Ali Mshelia for the guidance, other teachers, and the Association of Psychiatrists in Nigeria (APN), a WPA member group, under the leadership of Prof. Taiwo James Obindo, for the moral support to the ECP of APN, this experience would be incomplete. To all, I doff my hat.

Want to submit an article

Email the editor: wpa.ecp.section@gmail.com