**Section Newsletter**  
**Fourth quarter, 2016**

**Message from Section board**

Dear colleagues and friends,

Once again it is a pleasure to present to you our Section Newsletter. This fourth edition brings news of recent events organized by Early Career Psychiatrists of our Section around the world, and also calls attention to some upcoming events. The news regarding the 2nd World Congress of Early Career Psychiatrists “Bridging science and culture” recently held in Greece will be covered in a special issue, soon to be published.

Thank you all for your collaboration, and Happy New Year 2017.

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

**News from collaborating associations**

Dear colleagues of ECP Section,

The Núcleo de Psiquiatras em Formação (NPF) of Associação de Psiquiatria do Rio Grande do Sul (APRS) is likely the oldest Early Career Psychiatrist Council of the world. Founded in 1988 in Rio Grande do Sul, the southernmost state of Brazil, it was conceived during the redemocratization of the country. People were keen to gather and exchange experiences, and in this historical context the NPF was created.

Dr. Dinarte Ballester, Dr. Miriam Teitelbaum, Dr. Lisieux Telles and Dr. Mário Juruena were the first psychiatry residents responsible for its foundation. It was soon turned into a permanent section within APRS, and to this day the NPF still gathers residents from different teaching institutions from all parts of the state. The diversity of educational backgrounds comprises the essence of our group. Pictured below the current board of NPF (Dr. Alex Vicente Spadini, Dr. Mariana Paim Santos, and Dr. André Luiz Schuh).

The group’s aim is to organize local activities that will enhance the scientific knowledge of psychiatrists in training, and put them in contact with more experienced professionals. In the first semester of 2016 NPF hosted various events, such as a lecture about the changes in DSM-5 by Dr. Lucas Spanemberg; a debate on STAR*D (Sequenced Treatment Alternatives to Relive Depression) by Dr. Giovanni Salum; and a debate on comparative efficacy and acceptability of 12 new-generation antidepressants (multiple-treatments meta-analysis by Cipriani et al), by Dr. Lúcio Cardon.

In June 2016, we were honored to receive Dr. André Joubert from South Africa to review two clinical cases presented by our residents. In July, a symposium was held in the countryside of Rio Grande do Sul and there, representing NPF, we spoke...
to medical graduating students interested in Psychiatry and those already in training about our activities. We invited them to form local groups with countryside residents, and the NPF made a commitment to broadcasting online its future activities to reach people from outside the capital. In August 2016, NPF organized its first Psychiatric Neuroimaging Introduction Course of APRS, which will be the first activity to include online attendance for people from other cities and states in Brazil. Our next goal is to organize events and share experiences with Early Career Psychiatrists from other countries using webinar tools.

It is a great pleasure to be part of ECP Section and network with colleagues around the globe. In October, I represented NPF in the 2nd World ECP Section Congress in Athens, and enjoyed meeting our fellow psychiatrists from other countries.

Contact us at our Facebook Page: Núcleo de Psiquiatras em Formação da APRS, or e-mail: npf.aprs@gmail.com

Mariana Paim Santos
Chairwoman of the Early Career Psychiatrist Council
of Associação de Psiquiatria do Rio Grande do Sul – www.aprs.org.br

Trainee Committee of Psychiatric Association of Turkey
www.psikiyatri.org.tr/eng/

Trainee Committee of Psychiatric Association of Turkey (TCPAT), which formerly functioned as a Working Group, was founded in 2013. Since then, more than 150 trainees from different training institutions joined TCPAT to collaborate, to learn from each other and to pursue for the harmonization and improvement of training conditions.

Last year has been a very productive one for TCPAT with year-long active communication among members, the organization of the First National Trainee Meeting and the production of a publication. For the National Meeting, trainees from different cities have spent one weekend in March 2016 together. A full program including presentations, small group discussions, roleplays, intervision meetings, talks from senior professors and more was completely organized by trainees.

In May 2016, an introductory guidebook on psychiatric training, by trainees, for trainees was published. This guidebook is intended especially to help out the newcomers, the junior trainees in psychiatry, to provide some clues regarding the essential skills: preparing a presentation, preparing a poster, occupational rights, joining professional societies and more. The Trainee Committee is thankful to the Psychiatric Association of Turkey for their unconditional support for both the organization of the meeting and the publication of the guidebook.
Last, but not the least, TCPAT has already started the preparations for an even bigger meeting: We invite you to join the 25th European Forum of Psychiatric Trainees in Istanbul next year!

Contact us from: asistanhekimkomitesi@gmail.com

Dr Ekin Sönmez
On behalf of the Trainee Committee of Psychiatric Association of Turkey

Psiquiatras en Formación (PEF): an Argentinian Initiative for Young Psychiatrists
psiquiatrasenformacion.blogspot.com.ar/
apsa.org.ar/

Psiquiatras en Formación (PEF) is a group of young psychiatrists from Argentina created in 2010 in the heart of the Asociación de Psiquiatras Argentinos (APSA, Association of Argentinian Psychiatrists) to promote the exchange of knowledge and experiences among colleagues throughout the country, and to establish collaborative and academic relationships with professionals from other Latin-American countries. Its main goal is to provide a setting for creative and innovative ideas from all over the country to become collective endeavours and initiatives that benefit hundreds of colleagues.

Young psychiatrists in Argentina frequently find themselves working, studying and thinking in isolation, facing simple questions that are in fact very complex and often left unanswered: what to study, who to supervise with, how to become a psychiatrist, who to ask, what to read, what course to take, how to further develop our careers, among many others.
PEF has become over the last few years a diverse and ever-growing group of psychiatrists from Buenos Aires, La Plata, Rosario, Tucumán, Córdoba, Neuquén, Mendoza, and many other cities in Argentina working together. PEF is a federal, self-funded initiative, and its activities are open and free of charge. In PEF, everyone’s voice can be heard and turned into an activity that benefits the group and that is available to anyone willing to be a part of it, whether in person or online. Young psychiatrists often need to be supported and encouraged, and their struggles and efforts have echoed through different generations of psychiatrists who have selflessly offered to share their expertise with the group.

Nowadays there are several study groups meeting weekly, and many courses and investigation projects taking place. If someone is interested in epistemology, semiology, psychotherapy, psychoanalysis, pharmacology, investigation, clinical discussions, or has a new and original question to ask, there is an activity to either become a part of, or to create and share with others. Once a year early-career psychiatrists from all over the country gather for two days to discuss differences and similarities in their careers, current agenda and future projects.

In PEF there is no rigid hierarchical structure, allowing for every member to take the amount of responsibility and involvement they want in each project. Its main principle is that we are responsible for - and entitled to choose freely- the course we take in our careers. PEF is a group of colleagues working and studying side by side turning to one another to find the right answers. The group works, studies, grows and becomes the expert. A model initiative in the region, PEF is no more -and no less- than the result of the collective effort of the minds of a generation pushing towards the advancement of Argentinian Psychiatry.

Dr. Diana Milena Berrío

**Conferences and activities reports**

**Report on Early Career Psychiatrists’ activities at the WPA International Congress, Cape Town 2016**

SOUTH AFRICAN SOCIETY OF PSYCHIATRISTS (SASOP)

ECP SPECIAL INTEREST GROUP

The WPA International congress 2016 took place in Cape Town from 18th to 22nd November 2016, with a strong and deliberate feature of ECP program. SASOP ECPs formed an organising committee that worked together from about a year in developing a program targeted at ECP’s from various part of the world that were expected to attend the congress. The following events were major highlights:

1. **EARLY CAREER PSYCHIATRISTS’ NETWORKING EVENING**

This event took place on Saturday the 19th. This was a perfect timing for ECPs from all over the world to meet, greet and mingle. The program was informal and ECPs played games that focused on getting them to mingle and learn about each other’s lives and countries. Fun, funny and entertaining. At the end of the event, many ECPs headed into town and experienced nightlife of the city.
2. SYMPOSIA
1: Funding & Financing Mental Health Care and Education.
Prof. Bonga Chilies (RSA) started off this symposium with highlighting difficulties in funding further education/degrees/research in psychiatry. In addition, he also highlighted avenues that are available to assess such funding, including some practical and very useful advice in how to go about applying for funding. His talk was followed by Prof Lukoye Atwoli of Kenya. Prof Awtoli highlighted funding (or lack thereof) of psychiatric services in Africa, highlighting some of the challenges that African states are faced with in trying to allocate funds for mental health services. In addition, different proposals for advancing the course of mental health services were explored. Prof Michelle Riba (USA; APA past president) shared some thought provoking insights into the “Obama care” and how it applies to psychiatric care, including future prospects and uncertainties around this health care funding model. Dr. Rob Allen (RSA) was the last speaker and shared his ideas on the proposed national health insurance (NHI) in RSA and what it promises to deliver for psychiatric health care. Interestingly, Dr Allen spent much of his time talking about the importance of the role that health care practitioners in developing policies, together with some pitfalls in engaging with politicians and health policymakers.

2: Leadership and mentorship.
Dr Ian Westmore (RSA; SASOP past president and current head: SASOP mentorship division) started off this symposium with presentation on mentorship and its need for ECPs in SASOP. He also shared his thoughts on the different challenges that ECPs face in RSA and how mentorship might assist ECPs as they establish themselves in various areas within the profession. Prof. Zukiswa Zingela (RSA) presented on leadership roles and required skills for a psychiatrist in various areas they might find themselves working in. Prof. Maria Oquendo (USA; current APA President) ended the symposium with sharing some ideas and experiences from her career that has been highlighted by numerous leadership roles that she has held.

3. ECP LOUNGE
The ECP lounge was a very interesting place of attraction, interaction and socializing for ECPs. Every tea time and lunch time, the lounge was abuzz with activities. Learning and socializing took place in a very friendly, informal and relaxed manner.

Meet the expert sessions. There were three of these sessions and were held during lunchtime. Prof. Patel, Prof Hill and Prof Lindenberg shared ideas and expert knowledge in their various fields. More importantly, they shared insights in their journeys and lives as psychiatrists in different areas of their expertise, including practical advises on how to succeed in spite of many challenges that they have faced.

Lessons from my career. These were brief discussions held over two minute tea breaks. Speakers shared some of important lessons that they learned from their careers and a short time was allocated for questions.

This was the very first time that South African ECP has done anything like this. We had time to interact and export possible future collaborations in research and ECP society’s leadership with other countries.
More specifically, there was a huge interest from ECPs from other African countries to develop similar societies in their countries. Having WPA ECP section chair, Dr Hussien Elkholy, at the congress and him also being from an African country was a great advantage. His experience in ECP leadership will be of great benefit moving forward. We hope to further this interest and bring it to fruition very soon. In addition, we hope to replicate these ECP-focused activities at the 2017 Kenyan and African meetings coming up on March/April 2017 and also at our Biological congress in September 2017, Cape Town.

Dr. Tando AS Melapi  
National Chairperson; SASOP ECP Special Interest Group 2016-2018  
tasmelapi@gmail.com or facebook: Tando Sivile Melapi.

Summer school for high school students on mental health  
Every year, students from high school in Portugal can participate in a summer school, “University Junior” that consists of one week of projects in a few particular areas, which they choose based on their personal interests. With the motto of a Portuguese dictum “of doctor and crazy, we all have a little”, this year we have offered a school dedicated to mental health, at the Institute of Biomedical Sciences Abel Salazar (ICBAS) at the University of Porto.

In today’s society we all seem to have to fit a pattern, and come across with aspects that make the saying contemporary. We all allow ourselves to think we are doctors! Everyone, at some point, has already used medications on its own or by indication of someone close, not authorized by or without prior medical assessment. Regarding insanity, as several prominent writers said, it is far from being an anomaly, it is inseparable from mankind, and it is even part of the normal human condition.

This project was created with the intention of getting the attention of students, that are about to enter their early adulthood, and that may aim to pursue a medical degree, to promote their thinking, perception and emotions about mental health. During this week, students were introduced to this matter by Dr Mariana Pinto da Costa, who presented the conscientious and biological approaches of psychiatry. Afterwards, students attended a ceramics atelier at the Arts Museum, “Museu Nacional Soares dos Reis” by the patients of the Psychiatric Hospital Magalhães Lemos themselves. Here, students were able to directly relate to and get acquainted with these patients. They had the opportunity to learn about monitoring, treatment and recovery, outside health institutions, and how arts may shed light on those who are suffering of a serious problem. Students were also able to experience the daily routine of another Psychiatric Hospital, Conde Ferreira, visualizing a documentary “Stop me suddenly the thought” directed by Jorge Pelicano. Through arts, people with schizophrenia were representing characters for a theater play, and this dramatic work portrayed how
the limbus between lucidity and madness can be narrow. Mental health ethical issues were addressed with the precious collaboration of Professor Rui Nunes, keeping in mind that mental health is an indivisible part of health, cultivating a more profound comprehension about themselves and those around them.

Prof. Rosália Sá
Lab. of Cell Biology, Dept. of Microscopy; Biology and Genetics of Reproduction, Unit for Multidisciplinary Research in Biomedicine (UMIB); Institute of Biomedical Sciences Abel Salazar, University of Porto (ICBAS/UP)
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Upcoming events

WISH YOU ALL A HAPPY NEW YEAR
2017

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
The Course for Academic Development of Psychiatrists (CADP) was founded by Professor Norman Sartorius, a former president of the WPA, and was introduced in Japan in 2002 by Professor Mitsumoto Sato, a former president of the JSPN. Its aim is to inculcate professional, academic and leadership skills in young psychiatrists through fulfilling programmes. The course was held annually and further supported by the JYPO. Each participant performs several roles such as that of a presenter, chairperson, and report writer. The participants all stay in the same hotel and share meals; this greatly contributes to the bonding between them and us and stimulates communication.

We have various effective programmes to stimulate all the participants. There are several lectures by famous leading authorities in the world, including Prof. Sartorius. The participants are required to give oral presentations or poster presentations and can take in-depth feedbacks of how to improve the presentations from how to use a pointer to how to clarify the main message. Then, the Small Group Work (SGW) is one of the most exciting programmes. All participants are divided into small groups and discuss a certain theme through three days. The theme is different every year like treatment gap, postgraduate training, disaster psychiatry or how to make a proposal in order to diminish suicide.

The 16th CADP will take place in Chiba, Japan, from February 17th 2017 to February 19th 2017. We hope that many young psychiatrists from overseas will participate in the CADP. It will enable further development of the collaboration and friendship between the participants and JYPO. We believe that the CADP will provide the participants with knowledge and crucial skills, which are essential to become a good clinician, researcher, leader, and life-long learner through the three-day program and communication among each other. We are looking forward to meeting you.

Toru Horinouchi – 16th CADP President

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**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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