# Early Career Psychiatrists Section
## World Psychiatric Association

<table>
<thead>
<tr>
<th>Section Newsletter</th>
<th>3rd quarter, 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Message from Section Committee</strong></td>
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<tr>
<td>Dear colleagues and friends,</td>
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<td>This is the final newsletter produced by the current section committee. It was a real pleasure for all of us to work in this section and we do hope we have made a difference.</td>
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<td>Section Committee members: Hussien Elkholy, Florian Riese, Felipe Picon, Mariana Pinto da Costa, Takashi Nakamae, Prashanth Puspanathan</td>
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<td><strong>Message from the current chair</strong></td>
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<td>Dear colleagues,</td>
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<td>With the approach of the end of my mandate, I wanted to share some thoughts with you.</td>
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<td>I was fortunate enough to be involved in the Early Career Psychiatrists' activities for years, both on national and international levels. I believe that such an experience has been very enlightening and hope that younger generations could have the same chance to learn and develop. This was the main reason for establishing an autonomous entity for ECPs in the WPA. The idea of having our own section seemed impossible but we decided to pursue it. I am grateful to all our section committee members who believed in the idea and worked hard to make it come true. I am also grateful to each of our section members who supported us.</td>
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<td>We tried our best to make this section active and well recognized in the WPA and our newsletters kept everyone aware of what ECPs are capable of. Moreover, I am proud that the section was successful in organizing the 2nd ECPs congress in Athens, 2016, which was hosted by the Young Psychiatrists Network (with all the due thanks and appreciation for their efforts) and in collaboration with different ECPs associations around the world.</td>
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<td>I want to express my gratitude to Florian, Felipe, Mariana, Takashi and Prashanth for being the best team anyone could ever have. In several occasions, the section work was too much and they had to invest so much effort and time, which sometimes conflicted with the time dedicated to their personal career development. Without their continuous work, we would not have achieved what we had.</td>
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<td>I sincerely hope that I, as a person and section chair, and we, as section committee, were up to your expectations in the first section triennium and were able to establish a strong network of friends and colleagues who will keep working together for years and years to follow.</td>
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<td>Finally, I take pride in establishing this section and for having great colleagues who were pivotal in establishing and maintaining the section's continuity. I really hope that the following generations will make sure that section will continue to prosper and grow with more members and more training and research activities to follow. To the following Section Committees, I wish you the best of luck and sincerely hope that you will do better. We consider this section as our heritage. It is our gift to generations to come and hope</td>
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they will cherish it as we did.

Hussien Elkholy
Section Chair 2015-2017

Message from the new chair

It is with great pleasure that we announce the newly elected board of the Early Career Psychiatrists Section of the World Psychiatry Association that will take over after Berlin.

The board has been extended, having now 8 members, each representing a region of the world (Western Europe, Eastern Europe, North Africa and Middle East, Asia, South Africa, North America, South America and Australia and New Zealand).

We thank all candidates that stood for whatever position and thank all members that voted.

Looking forward to a fruitful triennium.

Mariana Pinto da Costa
Section Chair (2017-2020)

News and activities

**ECP Session on the 5th Congress of Asian College of Neuropsychopharmacology**

*Nusa Dua-Bali, April 28, 2017*

This ECP meeting was conducted in accordance with the 5th Congress of AsCNP 2017 at the Bali International Convention Center, Nusa Dua - Bali, Indonesia. This activity was attended by around 50 ECP participants from various countries such as Japan, Korea, Taiwan, Malaysia, Thailand, Singapore, India, Egypt and Indonesia. The meeting was initiated by the Indonesian ECP organization and aimed to connect ECPs involved in the AsCNP congress, understanding each other’s challenges and sharing strategies in facing those challenges and obtaining information about opportunities to improve competency and experience among ECP members through fellowship programs or travel awards.
This session, chaired by Dr. Fransiska Kaligis from Indonesia, invited three speakers; Dr. Masuo Tanaka from Japanese Young Psychiatrist Organization; Dr. Azimatul Kharimah from Indonesia-ECP organization; and Dr. Hussien Elkholy from WPA-ECP section, discussing ECP Career Development, its opportunities and challenges. During the discussion, challenges related to skills in writing scientific papers, coaching with senior colleagues were topics that came up from participants.

JYPO shared its annual activity of Course for Academic Development of Psychiatrist designed by Prof N. Sartorius and welcomes participants from other countries to join for improving professional and leadership skills, including presentation and writing scientific papers. This ECP activity has also strengthened the network of ECPs in Asia and other regions for friendship and future collaboration.

Fransiska Kaligis
External Relation Coordinator
Indonesian ECP Organization

The 13th International Congress of Ain Sham's Institute of Psychiatry was held from 3rd – 4th May 2017, in Historic city of Cairo, Egypt. It was attended by prominent psychiatrists from Egypt as well as special invitees from Europe and other countries. A preconference workshop was conducted on the 2nd of May with emphasis on topics relevant to young Psychiatrists and medical students. The theme of the conference was “Green Zone Psychiatry- from present to future”, compromised numerous relevant topics in field of Psychiatry with special focus on safe practice especially regarding the use different psychotropic medications.

Four international Early Career Psychiatrists (ECP) fellowships were awarded by the congress organizers to ECP from across the globe. ECPs that received fellowships and presented at this congress
were Sidharth Arya (India), Brihastami Sawitri (Indonesia) Yugesh Rai (Nepal) and Tando Melapi (South Africa). Topics presentations by these ECPs ranged from metabolic disorders among psychiatric patients, religious coping, leadership and professional development to migration related topics. There were contributions from local ECP’s as well with presentations on sexual medicine and domestic violence. The most rewarding point of the fellowship was the interaction between the ECPs and discussion on existing psychiatric practices in their home countries as well as building of networks for further collaborations.

Typical of Egyptian hospitality, the international guests were hosted very kindly by the local ECPs under the leadership and guidance of Dr. Hussien Elkholy. Entertainment included visits to the Nile, exposure to some night life of Cairo and a formal dinner on the closing night of the congress. International ECPs also had time to visit historical sights and acquaint themselves with Egyptian culture. Overall, this was a much rewarding experience and all ECP fellows would like to extend their gratitude to the organizers and recommend other ECPs around the world to participate in future meetings.

Moataz Ali, Sidharth Arya, Brihastami Sawitri, Yogesh Rai and Tando Melapi

Early Career Professionals working in Addiction Medicine have launched a global network

In June 2017, early career professionals from fifteen different countries met at the first World Health Organisation Forum on Alcohol, Drugs, and Addictive Behaviours. Although from different parts of the globe we all shared similar experiences while trying to pursue a career in Addiction Psychiatry/Medicine. In Geneva, under the leadership of Dr Dzmitry Krupchanka the WHO Forum saw the launch of an international Network of Early Career Professionals working in the area of Addiction Medicine (NECPAM).

This network aims to strengthen leadership, build capacity and empower early career professionals worldwide. We recognise the global burden of substance use and addictive behaviours. We also understand the unique challenges of working in this field. Through support for early career professionals and intersectoral collaboration it is our goal to impact future systems of prevention and treatment for disorders related to substance use and addictive behaviours.
The network was initiated with the support of the World Health Organization (WHO). As such NECPAM contributes to the WHO initiative on workforce development in Addiction Medicine. Collaboration with WHO is a priority for the network. We are however open for partnerships with any other parties that share our values and vision. We are grateful to have the support and guidance of the WHO, and particularly to Dr Vladimir Poznyak and Dr Shekhar Saxena.

Our young, driven and vibrant board would like to invite professionals from various disciplines working in the area of Addiction Medicine to join this network. This includes but is not limited to nurses, doctors, psychologists, social workers, public health advocates and researchers. For more information on membership please email us on contact@necpam.com

On behalf of the NECPAM board,
Dr Nirvana Morgan

Current board members:
Chair- Dr Dzmitry Krupchanka (Belarus)
Co-Chair- Dr Nirvana Morgan (South Africa)
Secretary General- Dr Hussien Elkholy (Egypt)

Regional Representatives:
Western Pacific Region- Dr Tomohiro Shirasaka (Japan)
Eastern Mediterranean Region- Dr Mohammed Aljneibi (UAE)
Europe- Dr Paolo Grandinetti (Italy)
South East Asia Region- Dr Sidharth Arya (India)

XIII Gaúcho Congress of Psychiatry, Bento Gonçalves, Brazil, 16th - 20th August 2017

From the 16th to 20th of August 2017, the XIII Gaúcho Congress of Psychiatry took place in Bento Gonçalves, a city of the southernmost state of Brazil known for its italian colonization and as a vitiviniculture center. In Portuguese, “Gaúcho” is the gentilic of inhabitants of the state of Rio Grande do Sul, which borders Argentina and Uruguay.
On August 17th, the ECP Section of the Rio Grande do Sul Psychiatric Association coordinated a roundtable entitled Psychiatry Without Borders, Trauma and Mental Disorders. The roundtable presented three lectures: The Refugee Issue and its Impact in Mental Health, Volunteering and Mental Health in Tanzania and Urban Violence and Trauma.

The first lecture was presented by video by Dr. Ekin Sönmez, past president of the European Federation of Psychiatric Trainees. She mentioned that Turkey is the country with the highest number of refugees in the world, around 3 million, most from Syria. Furthermore, she cited the high rates of depression and PTSD of refugees. We were very glad to have the participation of Dr. Ekin, having known her work myself from our personal contact during the 2nd ECP Congress that took place in Greece.

The second lecture was presented by a “Gaúcha” psychiatrist, Dr. Luciana Nerung, who volunteered in the Tanzanian countryside last year and spoke to us about her experience. In 2018, she will return to Tanzania to develop activities aimed at improving children’s cognitive and motor skills and avoiding school evasion in girls after menarche. The third lecture was also a local psychiatrist, Dr. Stefânia Teche, who spoke of her experience as a tutor in a trauma out-patient service of the Clinical Hospital of Porto Alegre, the state’s capital, which is linked to the state’s federal university. This ambulatory clinic receives patients with PTSD and Acute Stress Disorder. She cited urban violence in our country as one of the causes of trauma and therapeutic approaches like EMDR and CBT.

Mariana Paim Santos
Vice-chair of the ECP Section of the Psychiatric Association of Rio Grande do Sul, Brazil

Reports from future generations
As local medical students of the University of Stellenbosch (US) and University of Cape Town (UCT) we were honoured to have had the opportunity to attend the World Psychiatric Association (WPA) International Congress held for the very first time, in Cape Town, South Africa.

We were able to tap into the field of Psychiatry from a most unique vantage point. Joining the enlivened debate of global research in the ambit, and meeting colleagues with international perspective added colour to the outlines we shaped of psychiatry. For some of us, this was an opportunity to learn more about the speciality, and metaphorically explore the woods. For others, specifically interested in post-graduate studies in the subject, it provided the perfect backdrop to reframe their own ideas around future research and learn to network on a wider platform. There is no doubt, that at this formative stage in our learning, we were able to gain a deeper understanding of the dynamic and robust nature of Psychiatric disease processes, and policy influences.

Of particular relevance to our experience, were the Early Career Lounge interviews and sessions with great leaders in the field of psychiatry. We were able to glean from these discussions a sense of what it means to be a psychiatrist, the practicalities of creating a career in the field – and the lessons learned along the path to getting there. We found these unique sessions to be highly stimulating and enriching.

As a group of students of varying year groups, from second year up to final year, this allowed us each an opportunity to unleash our curiosity. We asked questions, found ourselves stringing pearls of wisdom together and realising that we too may one day find ourselves presenting papers and changing the way we think about
the mind, and our role as specialists in an ever-changing world.

Our particular appreciation must be extended to the President of the WPA, Prof Dinesh Bhugra, for his willingness to supply us with gems from his experiences as a Psychiatrist and within the speciality as a whole. Our gratitude must also extend to the organising committee, and specifically to Dr Ian Westmore, who kept us well informed and on track. The lessons learned from this opportunity will surely afford us the hope that we too can achieve our career dreams, and by seeing others change the field, we too shall discover our power to change the future.

Nabeela Kajee
MB ChB VI
(On behalf of medical students invited to attend the congress)

**Medical students and Psychiatry in Egypt**

Mental illnesses are just as brutal and debilitating as physical illnesses. It is just that the mind is more resilient, and hence tends to be slighted in a battle between the physical and the metaphysical, given how perishable the human body is, and how steadfast the mind could be. There should not be a distinction between the two, because an illness is an illness, and when something "hurts", people should seek medical attention, where-ever this something might be.

"Underestimated" was the first word said by Rawan K. (1st year), completing "people aren't aware of all the common diseases that require help"

Duha Y. (4th year) said: "It is really bad, all drugs and prescriptions but so little support programs and actual therapy is rare." Noor A. (3rd year) agreed with her and proceeded saying: "Therapy sessions are overpriced as if it's a luxury to seek support."

Yasmin A. (6th year) said "I believe we need more psychiatric contribution in different fields of medicine, two specialities mainly are in bad need of psychiatric aid: Geriatric medicine where people suffer majorly of depression and delusions before any organic disorder, and toxicology admitted patients "suicidal ones" instead of only receiving resuscitation. However, any patient with decompensated condition in fact should receive psychiatric treatment which is unfortunately underestimated." Mostafa S. (1st year) agreed and proceeded saying: "We need support groups"

Youssef M. (4th year) said: "Psychiatry is a must, but not socially acceptable , like it's not in our culture , we don't "know" psychological diseases". Sandra S. (5th year) proceeded: "We need psychiatric help as follow up for close family members of chronic, terminal and polytrauma patients, they do need support and we need to assess their capability of taking care of the patient. We should also check those getting married to make sure they are capable of raising healthy generations."
Mohammed D. (3rd year) said: "Most of our psychological problems originate from the culture that considers it shameful to seek psychological help. That's why most of the cases simply refrain from seeking treatment. Awareness campaigns should be made to spread awareness about common psychiatric diseases like depression."

Ahmed K. (5th year) said: "It’s business and obsolete knowledge" Mazen O. (2nd year) proceeded: "I would never choose psychiatry as a speciality, I prefer a speciality dealing with more physical and organic diseases."

Yara D. (recent graduate): "It's both underrated and unaffordable and not yet trust worthy. Apart from being a medical student, if I was going through issues I'd never consider psychiatric aid if nobody mentioned it. Most doctors aren't equipped by any means to transfer a patient to psychiatric consultation because they either belittle the condition or see it's in vain anyway since the patient won't accept it. Never to forget the rare percentage of supporting or understanding family members."

Maram Mahmoud
5th year Medical Student
Faculty of Medicine, Ain Shams University

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<th>Psychiatry – students’ perspective on a unique specialty</th>
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<td>The following does not carry the claim to be an exact account of all the Portuguese medicine’s students’ opinion but only the way we perceive it in a broad, general way.</td>
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Along with an increased knowledge and acceptance of mental disorders from society at large, Psychiatry has experienced a clear evolution and a better understanding from medical students. This paradigm shift might be due, at least in part, to the progress and advances neurosciences have had in the past decades and the deinstitutionalization of psychiatric care.

The global prejudice about psychiatry, very much present in the past, that enclosed as well the preconceived notion that choosing that specialty was at one’s risk and perils, is much less blatant today. Although, it still exists, as its roots are difficult to curtail.

Nowadays, psychiatry is regarded as a medical specialty at the same level as others. This trivialization may come from different places, albeit, in recent years, the increased difficulty of access to specialization for medical graduates has played an unequivocal role in it. We also witnessed the spread belief that in order to become a psychiatrist, one has to have a unique calling, not interchangeable with the vocation for other medical specialties. It also seems to be that students who aspire to be psychiatrists have a kinship for
doctor-patient relationship as well as a marked interest in the study of neurosciences.

In conclusion, we view the future of psychiatry positively and even though there is still work to be done to eliminate its stigma among medical students, we are genuinely optimistic.

Christian Alexandre Freire Lopes – 5th year medical student at Instituto de Ciências Biomédicas Abel Salazar, Universidade do Porto;

Diogo Alexandre Ferreira Pinto Barreto – 2nd year medical student at Instituto de Ciências Biomédicas Abel Salazar, Universidade do Porto.

Upcoming events

International Early Career Psychiatrists (ECPs) fellowship

The organizing committee of the 14th International Congress on Psychiatry of Ain Shams University Institute of Psychiatry has the pleasure to announce this year’s fellowship for international ECPs. The fellowship includes a waiver of congress registration and 3 nights of accommodation.

Eligibility criteria:

1. Less than 40 years old.
2. Less than 7 years of practice after specialization in psychiatry.
3. Having an accepted abstract in the congress.
4. Fluency in English proven by relevant document.
5. Not a winner of a previous fellowship.
6. A written consent of the co-authors of the abstract (if applicable).
7. All Applications will be judged based on scientific merit of the abstract by the congress scientific committee.
How to Apply:

1. Submit an abstract to the congress by sending it to the congress email (Please check call for abstracts section)
2. Accompany your abstract by the following documents:
   a. A letter of intent indicating your request to be considered for the fellowship and why you should be chosen
   b. Copy of your passport for age verification
   c. A recent short CV
   d. English fluency supporting document (for non-English speaking countries)

Deadline for applying is the midnight of 31 Dec 2017 (Cairo time). Winners will be informed by email by the end of January 2018.

Please visit the website for further information: CLICK

Dear Early Career Psychiatrists,

We have the pleasure of informing you about the upcoming WPA XVII WORLD CONGRESS OF PSYCHIATRY in Berlin, Germany which is being hosted by the WPA in cooperation with the DGPPN and will take place from 8 to 12 October.

Several sessions have been specially tailored for Early Career Psychiatrists.

Highlights include:

Carpe diem – ECP-Programme
The scientific programme is a class of its own: Graham Thornicroft (UK), Michael Meaney (Canada), Prabha Chandra (India), Ulrike Schmidt (UK) and Fabrizio Benedetti (Italy) will be on site and share their knowledge with you. Additionally you have the opportunity to network extensively during the Congress Speed Dating.

Course in psychiatric genetics – some places free of charge
This course chaired by Thomas G. Schulze (Germany) and Hussien Elkholy (Egypt) is meant to introduce the basic concepts, methods, current successes and challenges of the world of psychiatric genetics. For ECPs there are some places free of charge. Please send your application with your proof of residence via email to s.platikanova@dgppn.de.

Delecta noctem – Pub Crawl

Get in touch with like-minded people and enjoy a night out in Berlin – one of the most vibrant cities in Europe, whilst thirty of Berlin’s most famous landmarks are illuminated in a two-week Festival of Lights. Spend a relaxed evening on Tuesday and see Berlin from its best side – sounds like fun, doesn’t it?

We kindly invite you to spread the word about our WPA XVII WORLD CONGRESS OF PSYCHIATRY among your colleagues.

We are looking forward to seeing you and your colleagues in Berlin!

Kind regards
Isabelle Lork
Congress Coordination and Communication
WPA XVII WORLD CONGRESS OF PSYCHIATRY
www.wpaberlin2017.com

The 7th Mind-Body Interface (MBI) International Symposium, held at China Medical University, Taichung, Taiwan on Nov. 3 & 4, 2017. This year, the main theme is From Molecule to Mind: Bridging the Gap between Research and Practice in Mental Health. With the emerging and compelling evidence for nutrition as a crucial factor in the high prevalence and incidence of mental disorders, it is suggested that diet is as important to neuroscience as it is to other fields of medicine.

This year, the symposium is featured with a broad spectrum of research, including basic science and the biological processes and factors underlying the links between diet, nutrition and mental health, including immunology, metabolic processes and molecular science as well as the brain-gut-microbe axis. Furthermore, there will be a strong focus on neuroimaging, personalized medicine, lifestyle intervention, health promotion and disease management, and epidemiology and population studies in mental health for different age groups.
Please join us in Taichung, Taiwan for the 7th MBI International Symposium.
Conference Website: http://www.tsnpr.org.tw

Jane Pei-Chen Chang
Taiwanese Young Psychiatrists Organization

Join the 6th Young Psychiatrist Network meeting taking place this month in Prague!

The Young Psychiatrist Network (YPN) is a peer-led movement aimed at creation of a platform for the development of personal professional networks among specialists working in mental health. The network has been very successful so far in connecting people early in their career to empower in professional development, enrich in experience and promote cooperation in psychiatry and mental health.

The 6th YPN annual meeting is taking place this month (September 28th to 30th 2017) in Prague, the capital of the Czech Republic and one of the most beautiful cities in the heart of Europe. The conference is titled “The Art and Science of Mental Health” and aims to bring different perspectives towards psychiatry, mental illnesses, mental health treatment and services.

The meeting is organised in collaboration of YPN with National Institute of Mental Health (Klecany, Czech Republic); Psychiatric Hospital Bohnice (Prague, Czech Republic); Assosiation for the Improvement of Mental Health Programmes (Geneva, Switzerland); The Third Faculty of Medicine, Charles University (Prague, Czech Republic).

The programme includes key-note lectures from world-wide known experts in the field (Norman Sartorius, Cyril Höschl, Dan Chisholm, Alex Cohen, Julian Beezhold, Lucie Bankovská Motlová, Sara Evans-Lacko); a broad range of symposiums and workshops prepared by early career professionals; poster sessions; art exhibition and an intensive social programme.

On behalf of the organizing committee of the 6th YPN Meeting, we kindly invite you to join us for what is shaping up to be a joyful and invigorating meeting with international associates!
For additional information, please visit the event website: [http://ypnm2017.cz/](http://ypnm2017.cz/) or the FB event at: [https://www.facebook.com/events/773558222818160/](https://www.facebook.com/events/773558222818160/)

On behalf of the 6YPNM Organising Committee*

Yours sincerely,
Dr Dzmitry Krupchanka

6YPNM Organising Committee*
Local: Pavek Trančík, CZ  Dzmitri Krupchanka, Belarus  Petr Winkler, CZ  Rita Kocarova, CZ  Karolina Mlada, CZ  Marcela Sevcikova, CZ  Jan Hanka, CZ  Barbora Soulakova, CZ
International: Raphael Psaras, Thanos Kanellopoulos, Olga Kazakova, Nikos Kokras, Alexander Nawka, Amir Hosein Jalali, Ozge Kilic, Laura Orsolini, Guida da Ponte, Visnja Banjac, Bosnia, Tomasz GondekLo, Maja Krefft

Email: [info@ypnm2017.cz](mailto:info@ypnm2017.cz)

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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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