



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

Third Publication 2019

Message from Section Chair

Dear colleagues and friends:

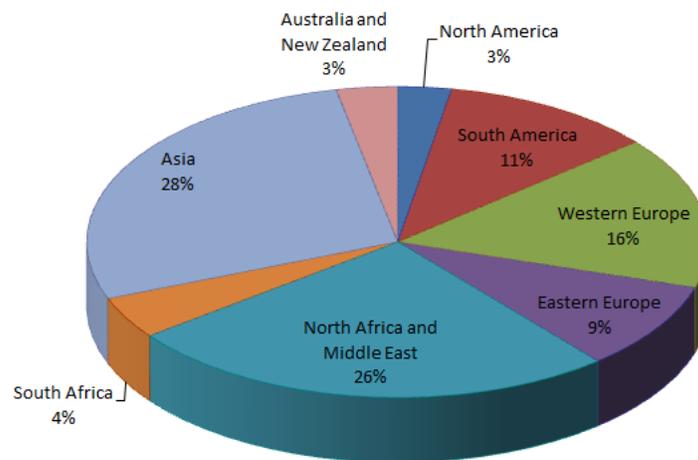
We are delighted to publish this Newsletter after the fantastic World Congress of Psychiatry that just took place this Summer in Portugal. We are very proud and pleased with the various contributions from numerous early career psychiatrists (ECPs) in the scientific sessions, original sessions, and also social events, making these August days unforgettable to many. Thanks to the support from WPA many ECPs from across the world were supported in their travel and accommodation to come to Lisbon.

We invite you to read this Newsletter with contributions from our section members and collaborating associations, which hopefully will support and inspire more members from across the world to join our Section.

We look forward to seeing many of you in Tunisia at the end of this year, as it will be a fantastic opportunity to recruit more colleagues to join our collaborative work.

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

Section Update



The ECP membership has grown with 254 members. We have currently 70 members from Asia, 65 from North Africa & Middle East, 40 from Western Europe, 28 from South America, 23 from Eastern Europe, 11 from South Africa, 7 from North America and 8 from Australia & New Zealand.



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WPA Lisbon

Innovative WPA 3 min competition : experience and views

The 19th WPA World Congress of Psychiatry, 2019 held at Lisbon, Portugal had a series of innovative sessions dedicated to encourage participation from early career psychiatrists. One such session was the WPA 3 minute presentation competition.

This interactive session involved presenting a topic in 3 minutes.

Why should one give a presentation at the WPA 3-minute competition?

You can

1. Push your boundaries with presentation skills;
2. Have a unique opportunity for real feedback from colleagues from all continents;
3. Share your passion, research, project, experience and area of interest in Psychiatry with fellow colleagues across the world.



There were a total of ten participants who mesmerised the audience with their brilliant talks. The audience voted for the three best presentations.

Here is what our three prize winners had to say

“I decided to present some preliminary results of my research that aims to understand what are the “Barriers and facilitators of the notification by General Practitioner Doctors of cases of Domestic Violence” that professionals may encounter in their clinical practice. Being a work in progress the feedback from the audience was of major importance to me, so I was pleasantly surprised by all the positive comments. They also allowed me to grasp the reality of other countries, the work that is being done and the different laws and protocols that guide clinicians when dealing with such a universal and prevalent problem like domestic violence. This exchange of knowledge was for me the greatest takeaway from this experience.” Diana Moreira, First Prize Winner



“Do you still believe 3 minutes does not suffice? Some of the most memorable talks of human kind lasted less than 3 minutes!

Do you have what it takes to explore your capabilities? Do you want to intrigue your colleagues from all corners of the world and discover opportunities and ideas for collaboration and further investigation? This is your chance. Do not miss out!

The biggest award for me this year was that by getting out of my comfort zone, I managed to share our [EFPT Psychotherapy Guidebook](#) story with you and find many colleagues that I will be privileged to work



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with and expand our project globally.” Theodoros Koutsomitros, Second Prize Winner

“Imagine you are in an elevator with someone you admire and would love to work with. You have three minutes with her/him till the elevator reaches the top floor to pitch your idea. What would you like to say? This is a very common scenario and most of us are dumbfounded. That is why we need this competition!

Even as I took the stage to present my idea, I experienced a mix of anxiety and excitement. I took this opportunity to share my passion for perinatal psychiatry. I attempted to invoke thoughts on the impact of prenatal stress on the foetal brain.

Pushing my boundaries by taking up this challenge, I learnt the most complex idea can be communicated in just 3 minutes with rehearsal, in depth knowledge of the subject and of course the zeal to reach the audience.” Vandita Shanbhag, Third Prize Winner

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Southern Africa

DEMYSTIFYING GENDER INCONGRUENCE IN KENYA

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Recently, sexual orientation and gender identity have become points of discussion in many forums in Kenya. In the recent past, these were non-issues; as anything that was seen as sexually aberrant, was simply considered wrong and unlawful. After Audrey Mbugua, a transwoman and CEO of Transsexual Education Advocacy (TEA) in Kenya, won a motion to



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change her names in her academic certificates, it made the discussion on gender incongruence in Kenya a little louder. Unfortunately, from a mental health perspective, today, there are glaring misconceptions especially about what gender incongruence means and its etiology with many still considering it a mental disorder.

As a young psychiatrist, being part of evolutionary change has always been my vision and therefore one of my recent activities has been enlightening key members of the public on gender incongruence. These key members have included, ministry of health officials beginning at the county levels, medical officers, nurses, representatives from gender based violence organizations, deans of universities, members of the law society of Kenya and insurance companies.

In the two trainings that I was a key speaker on matters mental health and its relation to gender incongruence, I felt it was important to explain the diagnosis journey from transgender being considered a gender identity mental disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM) IV, modification of the term to gender dysphoria in the DSM V and Transsexualism in the International Classification of Diseases (ICD) 10 and finally gender incongruence in ICD 11 where it's no longer being considered a mental health disorder but a sexual health condition. This was important owing to the fact that there is evidence (biological, environmental and psychosocial) that it is not a mental disorder. Moreover, making it a sexual health condition the World Health Organization (WHO) anticipated that it will improve efforts into provision of better health care management policies for transgender persons. Overall this classification aims to reduce societal stigma that transgender persons face and in turn improve their health seeking behaviour. Another integral part of my presentation was on management of this sexual health condition and the gaps that are experienced in this country. More importantly what role mental health practitioners still had in the management.

Finally, I was involved in group discussions that included transgender members of the community. The main aim of these group discussions were to identify the challenges they faced. Stigma, exposure to and enduring physical abuse, psychosocial challenges like being homeless, and mental health challenges such as depression, and anxiety were major concerns for them. Lack of studies highlighting these challenges was a major driver for these group sessions. However, one key observation, was that majority of the individuals that attended the group sessions seemed to suffering from substance use disorders. My realisation was that studies on psychiatric comorbidities among transgender persons had not been published from Kenya. Therefore, currently, my focus is on filling this gap in research.



There are expected limitations such as identifying the participants' country wide, however, the anticipated findings and significance being better holistic management of the condition only makes the study more important and needed.



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LEADERSHIP AND PROFESSIONAL SKILLS TRAINING IN KENYA

By Dr Botho Pheto, Botswana; Email: bothopheto@gmail.com

With my heart rapidly pounding, palms sweating, combination of both excitement and nervousness, I slowly opened the communication that had just arrived. Everything around me seemed to temporarily pause...I had been selected! I just had just been selected to participate in the young psychiatrist leadership and professional skills training symposium in Eldoret, Kenya.

I would soon be leaving South Africa to join a group of young trainees and early career psychiatrists from all over Africa; Botswana, Cameroon, Tanzania, Kenya, Uganda and South Africa in Eldoret...the home of champions! What a humbling privilege!

The three days of intense training absolutely lived up to my expectations and beyond! I found myself mesmerized, challenged and inspired by the amazing faculty facilitating the training; phenomenal transformational leaders themselves doing great things in different areas of Psychiatry. The warm and unique way in which introductions were done on day one brought it home that the training had begun. One did not simply introduce themselves, rather you were given a short time to speak to your colleague, that you had literally just met, ask them questions; their interests, work and so forth then go on to introduce them to the larger group, they would in turn introduce you. With this, development of networking skills as well as sharpening the art of public communication had begun!

There were many topics covered and various challenging activities done over the days of training. From preparing slides and making presentations; reading and writing scientific papers, writing and pitching project proposals, chairing meetings, media interaction and advocacy. The exhilaration and pressure of trying to effectively present to, persuade and sell the vision of my group's proposal for our hypothetical project; in less than 5 minutes, to the panel of 'investors', was something completely out of my comfort zone. I learnt so much from the feedback thereafter.

There were numerous 'light bulb moments' for me throughout the entire training. One of the sessions I particularly enjoyed was Professional selfcare. As young trainees and psychiatrists we yearn so much to be agents of change, help our communities and contribute meaningfully; whilst doing this however we can easily neglect our own selfcare and risk burnout. Another groundbreaking session for me was 'Session with the elders', here we had the opportunity to engage in a relaxed conversational manner with established and legendary leaders in areas of academic, research and clinical psychiatry. The questions ranged from mentorship, selfcare to finances. The training for me served as somewhat of an awakening, my perspective broadened and my Leadership skills further groomed.

Following the completion of those three glorious days of training, the cherry on top was two days of further academic stimulation...the 5th African College of Neuropsychopharmacology Congress. Through this process I have gained friendships and a solid network of ECPs doing remarkable things in their countries. The future for African Psychiatry is truly very bright. I would encourage ECPs from all over the world partake in this wonderful opportunity.



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South America

MENTALIZARTE, AN INSTAGRAM ACCOUNT TO PROVIDE MENTAL HEALTH AWARENESS

Sol Durand-Arias and Carmen Guarner-Catalá



In Mexico, the diagnosis and treatment gap for mental health disorders is very wide, up to 10-14 years for depression and anxiety, respectively. This means that a lot of people live with depressive or anxiety symptoms – even a proper disorder - without knowing. This is due to many factors: lack of knowledge regarding what mental disorders are, where to seek care, fear of diagnosis and treatment and stigma, to mention a few.

Therefore, we found it necessary to normalize the conversation regarding mental health and mental disorders; inform that asking for help is not a sign of weakness but

rather the opposite; refute that mental disorders are synonyms for “madness” and to encourage the search for psychological and psychiatric treatment.

At the National Institute of Psychiatry in Mexico we are convinced that the construction of new ways of understanding and facing mental illness is based on the education of the population. Technological evolution has allowed immediate contact with sources of information, many of which do not convey the adequate message on mental disorders. This is why we created “Mentalizarte”, an instagram account with a campaign aimed at young people to provide assertive and scientific information about mental health, mental disorders and treatment options, presented in a kind, colloquial and innovative way.

Empirically we decided to make monthly campaigns with specific topics. We started in February 2019 with the publication about nine emotions. In March we chose depression, with two characters (a person and his dog) transiting through the symptoms. In April we were joined by Raku, a raccoon, with many anxiety disorders. May was dedicated to the recognition of violence and the many consequences it has on mental health. In June we talked about ADHD, emphasizing the gender differences. July was dedicated to substance abuse disorders. We have already assigned topics for the rest of this and the following year.

The current results are that, as of July 29 2019, we have 11,230 followers, of which almost two-thirds are women (71%). As mentioned earlier, our main objective is the young population and it is precisely there that we have more impact: more than half of the followers (53%) are between 25-34 years old, followed by 32% in the 18-24 age group.

Most of our followers are from Mexico (92%), the majority in Mexico City (39%), followed by Guadalajara (4%), Puebla (3%), Querétaro (3%) and Tijuana (2%). We are happy to announce that we have achieved some international reach in countries like the United States (2%), Guatemala (<1%), Switzerland (<1%) and South Korea (<1%).

We believe that in a short time we have achieved a positive impact on mental health education of young people. We deduce this by the number of followers, feedback with “likes” and comments, shared posts and “saved in collection”, messages of interest to replicate or publications and messages from people requesting support for the search of treatment.



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Our intention is to continue with this campaign, providing mental health education, reducing stigma and promoting help-seeking behavior to improve the quality of life of people with mental disorders and the general population.



Please, share us with your colleagues and help us talk more about mental health.

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Asia

INTRODUCTION OF THE YOUNG PSYCHIATRISTS SECTION IN THE IRANIAN PSYCHIATRIC ASSOCIATION

By Dr Atieh Golbon^{1*}, Dr Arezoo Samadi¹ *E-mail: atiehgolbon@yahoo.com

Two years ago, at the invitation of the board of directors of the Iranian Psychiatric Association (IPA), the Section of Young Psychiatrists held a meeting in Tehran after a relatively long period of inactivity, with the aim of resuming its tasks. New executive members of the section were elected to represent and pursue the scientific and professional demands of this large group of Iranian psychiatrists, who consist more than half of the nations' psychiatrists' population.

The section is set up to encourage the participation of young psychiatrists, i.e. psychiatrists who are not more than 40 years of age or who graduated less than 10 years ago, in the Association.

The section's goals, based on which members were elected, include:

1. To identify the demands and problems of the young psychiatrists and to investigate the available solutions;
2. To establish a closer communication between young psychiatrists and the board of directors of the IPA through direct communication and participation in joint meetings;
3. To identify the training needs of young psychiatrists, with an emphasis on clinical aspects of the profession, and to plan workshops based on these needs;
4. To improve the professional and societal status of psychiatry with the help of young psychiatrists;
5. To establish a constructive communication with young psychiatrists, and with international organizations, such as the World Psychiatry Association (WPA) and the Asian Federation of Psychiatry Association (AFPA).

In line with these aims, the section members have been involved in different activities, including



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holding regular section meetings, setting up a cyberspace for young psychiatrists' interactions, planning numerous meetings with board members of the IPA and several meetings with government officials responsible for national health issues, holding three symposia at the annual congresses of the IPA, designing training courses based on members' demands, introducing international courses for young Iranian psychiatrists, and collaborating with the WPA Early Career Psychiatrists Section. The section has various plans to expand these activities.

Young Psychiatrists Section, Iranian Psychiatric Association, Tehran, Iran

Eastern Europe

UPDATES FROM THE EARLY CAREER PSYCHIATRISTS COUNCIL OF THE RUSSIAN SOCIETY OF PSYCHIATRISTS

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The 14th School for Early Career Psychiatrists "Suzdal-2019" took place in Suzdal, Russia from 17 to 22 April 2019. Suzdal schools exist for 40 years as main event of the Early Career Psychiatrists Council of the Russian Society of Psychiatrists and in recent years held under the patronage of the WPA. The school's permanent rector is prof. P. Morozov (WPA Planning Standing Committee member). A unique feature of Suzdal schools is the opportunity for early career specialists in the field of mental health from all over the country to raise their professional level, make new contacts and exchange the results of their scientific research with well-known professors. The schools are held in one of the most beautiful cities of Russia with a rich history – Suzdal. Lectures, workshops, poster presentations, case studies, public interviews with renowned Russian and foreign scientists are held every two years from early morning until late evening. Suzdal-2019 was one of the schools with the largest number of participants, with more than 400 people and more than 50 lecturers taking part in it. Out of 150 abstracts, 22 winners were selected through a multistage selection process, who were reimbursed for all living and catering expenses. Lecturers at the school are leading national and international scientists. This year's guest lecturers were prof. S. Galderisi (Italy), prof. J. Korkeila (Finland; WPA representative in Zone 7 - Northern Europe), prof. J. van Hoof (Netherlands), prof. O. Skugarevsky (Belarus; WPA representative in Zone 10 - Eastern Europe).



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On June 13, 2019, a unique for the North-West of Russia School for Early Career Psychiatrists of St. Petersburg was held in St. Petersburg Psychiatric Hospital №1 named after P.P. Kashchenko, where young Russian scientists and doctors together with specialists from the countries of the East European presented the results of their research work on various problems of psychiatry, listened to lectures and together with well-known professors took part in the analysis of clinical cases. The St. Petersburg School for ECPs brings together psychiatrists from Russia and the countries of the East European and is a practical implementation of the policy of the Russian Society of Psychiatrists aimed at the integration of mental health professionals from the former Soviet Union. It should be noted that the organizers of the forum covered the costs of accommodation, meals and participation in the events of the School's speakers from other countries. Hot discussions, friendly atmosphere, new acquaintances, cultural events, contests, jazz concerts - all this invariably turns the conference into a real professional holiday.

WPA in partnership with The Russian Society of Psychiatrists invites you to save-the-date for WPA's Regional Congress in Saint Petersburg, Russia "Interdisciplinary understanding of co-morbidity in psychiatry: from science to integrated care" 5-7 May 2020. Whether you are a psychiatrist or other mental health professional, policy maker or service user, this is an event you won't want to miss! This time the congress is to be held in Saint-Petersburg - one of the most beautiful cities of Russia, the so-called Venice of the North, the city that was built by a constellation of talented architects from all over the world - at the most inspiring time on the eve of the white nights. Save the date now and begin preparing your abstract on a relevant topic of your choice. Submission dates will be announced soon.

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EUROPEAN FEDERATION OF PSYCHIATRIC TRAINEES (EFPT)

EUROPEAN FEDERATION OF PSYCHIATRIC TRAINEES: A MODEL TO CONNECT PSYCHIATRIC TRAINEES ACROSS THE WORLD

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2- Psychiatry trainee at UPC KULeuven, Belgium

3- Psychiatrist. Child and adolescent psychiatry fellow at New York University Langone Child Study Center, USA

4- Psychiatry trainee at Hospital Policlínico Arce - Instituto Salvadoreño del Seguro Social, El Salvador

5- Member of the European Federation of Psychiatric Trainees (EFPT) Maintaining and Establishing National Trainees' Associations (MENTA) Working Group

As postgraduate psychiatric training across the world got formally organized during the last decades, trainees in several countries started establishing National Trainees' Associations (NTAs) to represent their interests and improve their formation and working conditions. Adopting an international scope, trainees in the old continent further established in 1993 the European Federation of Psychiatric Trainees (EFPT), which has been growing to include NTAs of whole Europe.

But this was not enough: in the EFPT Maintaining and Establishing NTAs (MENTA) working group we envisioned the need to reach trainees worldwide and launched in 2018 the 'EFPT MENTA Overseas programme' to promote mutual inspiration and exchange, inviting non-European colleagues to the EFPT Annual Forum with partial financial support. Our ambitions have been greatly rewarded, as we here briefly report.



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In the 2nd edition, 5 psychiatric trainees from non-European countries were selected to participate at the 27th European Forum of Psychiatric Trainees between July 10-14th, 2019 in Prague (Czech Republic). They received a grant covering registration, accommodation and social activities. The programme included motivated colleagues from Brazil, El Salvador, Tunisia, Indonesia and Australia, which actively participated in the Forum presenting reports about the training programs in their countries, exchanged experience, knowledge and opinions with their European mates, and were involved in the EFPT working groups. Also, to everyone's delight they showed their artistic talents during the 'international night'!

Fernando Calderón from El Salvador reported: "Before we met, my colleagues and I were planning to create an NTA in our country, aiming to make psychiatric training centers in my country working together to reach academic and research improvements. Now I feel that the programme has given us the opportunity to expand our horizons and make our goals bigger." Brazil and Indonesia also got inspired from EFPT since an initial movement already started towards the establishment of NTAs in their countries. André Teixeira from Brazil said: "Coming to Prague allowed me to better understand the power that psychiatric trainees have when they 'connect'. I returned to Brazil determined to build a task force to give birth to a Brazilian Association of Psychiatric Trainees."

The success of the 'EFPT MENTA Overseas programme' and the motivation that the non-European delegates have shown in promoting the importance of NTAs in their home countries has inspired us to try to reach more trainees across the globe in hopes of supporting them in their efforts of building fruitful and sustainable national and international collaborations.

We are grateful for and proud of the opportunities created and friendships built thanks to the "EFPT MENTA overseas programme" and hope you feel inspired to join our mission! Thank you!



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3rd ECPs World Congress of Psychiatry

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Want to submit an article

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