



Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

Fourth quarter December 2017

Message from Section Chair

Dear colleagues and friends:

We are pleased to publish this 4th Newsletter of 2017, which follows the World Congress of Psychiatry in Berlin and marks the start of the term of our current Section's board. We invite you to read several interesting reports in this Newsletter from WPA ECPs section members and collaborating associations. We hope these readings serve to encourage the information exchange and foster collaboration between ECPs across the world. At this time of the year, we would like to wish you well in this holidays season and extend our best wishes for a successful 2018!

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



WPA World Congress report back

"SPEED DATING – DISCUSS YOUR OWN PROJECT AND GET USEFUL TIPS FOR YOUR CAREER"

Hironori Kuga MD, PhD (Board and Representative of North America, WPA ECPs section)

Nozomu Oya MD (Vice-president, NPO Japan Young Psychiatrists Organization)

In the WPA XVII WORLD CONGRESS OF PSYCHIATRY BERLIN 2017, Franziska Baessler and Jakob Kaminski organized a very unique session, "Speed dating – discuss your own project and get useful tips for your career," for early career psychiatrists,



researchers, mental health professionals and students. We are delighted to have participated in this session in which 10 young experts introduced themselves at the beginning of the session and presented their core areas. Afterwards we got seated at a table and were available for discussions on career-related topics face-to-face or in groups. Early career participants could go to one expert or another and discuss their project ideas, got useful career tips or asked general questions about psychiatry and psychotherapy. Every "date" took about 5–7 minutes, then the expert changed.



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Well-experienced young experts including Hussien Elkholy and Florian Riese (Past Chair and Co-Chair of the WPA ECPs section), and others delivered highly enriching talks to help early career participants develop their career for their future. The participants had a good chance to exchange knowledge and expertise during formal and informal meetings. Moreover, many participants went to dine together after this session to make more friendships and talk about further discussions.

We really enjoyed this session in which all of participants inspired us very much. We are grateful for all organizers, young experts, and early career participants in this session. We hope to run toward our next future of WPA ECPs with as many participants as possible!

How an ECP Association can contribute to the beginning of professional life?

Mariana Paim Santos, MD. Vice-chair of the Rio Grande do Sul, Brazil ECP Section. Secretary of the WPA ECP Section

At the latest WPA congress I presented on the topic “How an ECP Association can contribute to the beginning of professional life?” An ECP association can strengthen technical, ethical and social skills of its members.

Improving social skills in a group with diverse backgrounds, services and cultures also helps further developing empathy, putting ourselves in place of others and learning to respect differences. This improvement in empathy benefits future doctor-patient relationships, facilitating the development of bonds and adherence to treatments. Improving social intelligence, theory of psychologist Daniel Goleman, allows for developing the ability to understand, interact and positively influence other people. In Brazil’s psychiatric scene, a lot of professionals end up working only in private practice, which leads to social isolation. The association is important for us not only scientifically but also to develop further interpersonal relations and to exercise assertiveness, an important aspect of social skills.

An ECP association can enhance self-efficacy. This means feeling capable of a given ability, such as presenting a work, or coming into contact with certain professionals. Being in an ECP association allows for greater contact with experienced psychiatrists, making it easier to find a professional role model. I hope that through WPA ECP Section we can collaborate together and increase these abilities!



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Meet-the-expert at WPA 2017 with Norman Sartorius

By Jakob Kaminski



One of the highlights of the very successful early career track of the 17th WPA Congress in Berlin, was the “Meet the expert” session with Prof. Dr. Norman Sartorius. With my co-chair Mariana Pinto da Costa, we were delighted to introduce Prof. Sartorius. We concluded that specifically because of his dedication to early career psychiatrists, he really is one of the most influential and inspiring persons in

psychiatry. In this session he gave a very personal account on his career and gave some useful advice I would like to share. In a Q&A fashion Prof. Sartorius offered to answer all the questions our young colleagues had. The most important question seemed to be the one to the key to a successful career. Prof. Sartorius stated it is through networking, having inspiring and dedicated colleagues and last but not least not to forget having a good social life and having a supportive family. Finding that balance of course is a difficult task. However, it is crucial that experienced colleagues like Prof. Sartorius underline the importance of a good work-life balance. Concerning networking Prof. Sartorius encouraged us to collaborate and share our data in order to tackle research questions on a larger scale with higher impact. One very personal and interesting questions was the one by a young colleague on achievements of Prof. Sartorius, he is most proud of. He explained that his research on the worldwide prevalence of schizophrenia and his success in fighting the myth that schizophrenia is a “first-world” disorder, is one of the most important achievements for him. In line with that, Prof. Sartorius explained that the fight against stigma is a crucial part of his dedication and something he is very proud of. We are grateful to another very stimulating session with Prof. Sartorius and we are looking forward to many more inspiring encounters.

Update from editor and section secretary

ECP membership has grown from 107 to 141 members from September to November 2017; that is an additional 34 members. Figure 1 is a depiction of membership according to different regions. North Africa and Middle East, Western Europe and Asia are three regions with highest membership numbers; each region has 32 members. North America (3), Australia and New Zealand (4) and South Africa (5) have the lowest numbers of members in their regions.



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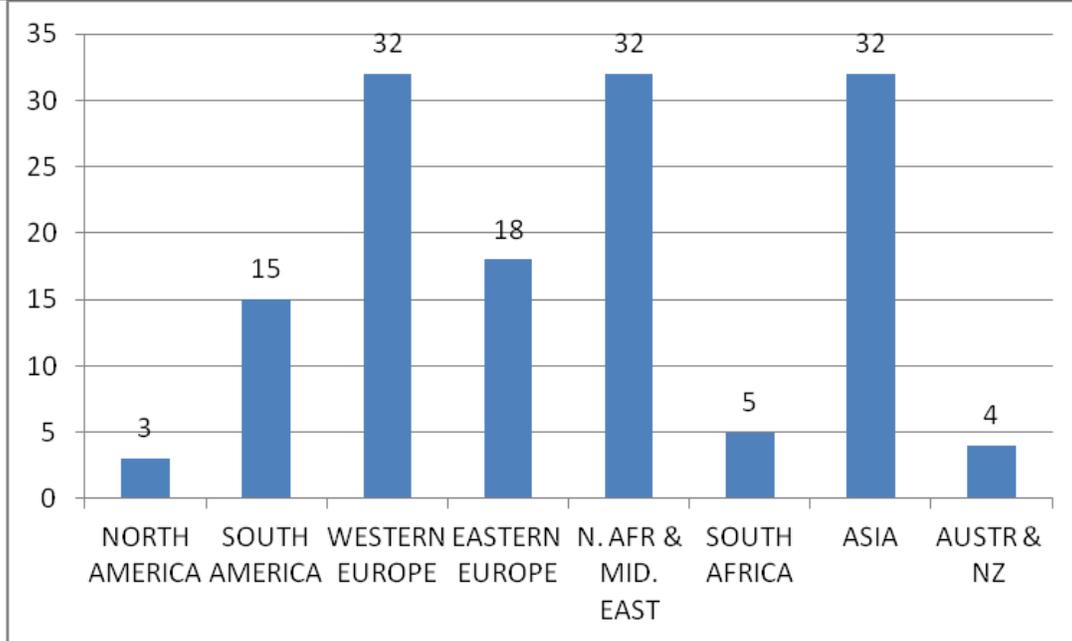


Figure 1: ECP section regional membership November 2017

This last quarter saw new membership growth into new five countries. These are Malaysia with two members and Ecuador, Colombia, Tunisia, Serbia and Belgium with one member each. We welcome these countries and congratulate regional board members for these new editions.

Figure 2 shows regional growth of members from September to November 2017. Only two regions (North American and Australia and New Zealand) did not have new members since September 2017. Eastern Europe and South Africa saw the least growth by numbers (two new members each) while North Africa (12), Western Europe (8) and Asia (7) saw the largest growth by numbers. South America grew by three members.

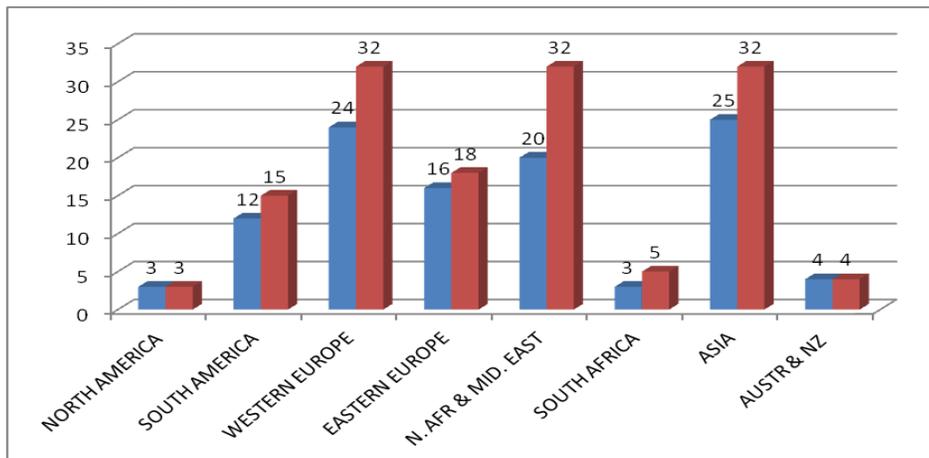


Figure 2: ECP Section membership growth per region: first column-September 2017; second column-November 2017



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Join the section

JOIN THE WPA ECP SECTION! DON'T MISS THIS OPPORTUNITY!

Irena Rojnic Palavra, Psychiatric Hospital Sv. Ivan, Zagreb, Croatia

Life is full of missed opportunities but here is why you shouldn't miss this one. It doesn't require much but can literally change your life!

The Early Career Psychiatrists (ECP) Section of the World Psychiatric Association aims to promote the role of ECPs in psychiatry, address their shared needs and strengthen their role in the WPA. According to the Terms of Reference, membership is for psychiatry trainees or psychiatrists that have completed their training in the last seven years.

The Board of the Section consists of eight members, according and respecting the general WPA arrangement of countries: Western Europe, Eastern Europe, North Africa and Middle East, South Africa, North America, South America, Asia, Australia and New Zealand.

Benefits of joining the Section include networking, international collaboration, expert and scientific activities, fellowship opportunities, gaining experience and having fun, among others.

If you are not a member of the Section yet, we encourage you to apply to it. Application details are available on the website http://www.wpanet.org/detail.php?section_id=11&content_id=1703

Contact us at wpa.ecp.section@gmail.com or contact your zonal representative (contacts also on the web). You can also follow us on facebook <https://www.facebook.com/wpaecpssection/> and twitter [@ecps_wpa](https://twitter.com/ecps_wpa)

Join us! Don't miss this opportunity!

Europe

EFPT: 25 YEARS OF INTERNATIONAL COLLABORATION

By Howard Ryland



The European Federation of Psychiatric Trainees (EFPT) was honoured to participate in a symposium at the recent World Congress of Psychiatry in Berlin entitled Psychiatry across borders: international collaboration between ECPs. This was an excellent opportunity to bring together Early Career Psychiatrists organisations from around the world to learn from each other.

EFPT's contribution was subtitled '25 years of international collaboration', as we recently celebrated our first quarter century, marked in style with our silver anniversary Forum in Istanbul. EFPT started back in the mists of the time...well the early 1990s in any case! At the

beginning, it was just sixteen trainees from nine countries. Over time it has grown to encompass 38 member organisations from 36 countries, spanning from Norway to Azerbaijan.

EFPT has four main goals, achieved through our principles of collaboration, democracy and fun: to



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explore the diversity and richness of the current training of psychiatrists in Europe; to support the development of national trainees' organisations in all European countries; to promote and represent internationally the views of the trainees in all branches of psychiatry; and to translate the discussions of trainees into action at a local level to improve training.

EFPT performs a huge range of exciting activities, which are delivered through the hard work and collaboration of trainees from many different countries. EFPT runs a very successful Exchange Programme, for European psychiatric trainees to visit one of fifteen participating countries for a sort term observership. If you want to know more, then visit the exchange website <http://efpt.eu/exchange/>. EFPT also conducts international, trainee-led research. A fantastic recent example is the 'Brain Drain' project that was recently published in European Psychiatry under the title 'To which countries do European psychiatric trainees want to move to and why?' We have a host of active surveys, looking at subjects as diverse as the use of involuntary treatment and the training that psychiatrists receive to treat immigrants.

Through our networks we are able to influence policy at a European level and ensure that the voice of trainees is heard loudly and clearly. We recently published our first joint statement with the WPA on supporting trainees who migrate, which can be accessed here <http://efpt.eu/about/statements/efpt-joint-statements/>. The highlight of the year is the annual Forum, which is an opportunity for the delegates from the member organisations to come together in the spirit of collaboration. The 2018 Forum will take place in Bristol in the UK from 21st to 25th July. If you are interested in attending, then please contact your National Trainee Association and keep an eye on the EFPT website for further updates. We are especially keen to hear from you if you are a trainee in one of the small number of countries in the WHO European Region who are not currently EFPT full members.

To keep updated about all EFPT action visit <http://efpt.eu/contact/> to subscribe to our mailing list and newsletter, follow us on social media and chat to us at the EFPT stand during the EPA Congress.

European Psychiatric Association Early Career Psychiatrists Committee (EPA ECPC): Ongoing activities and future perspectives

Katja Koelkebeck¹, Nikolina Jovanovic², Olga Kazakova³, Mariana Pinto da Costa^{2,4}

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The European Psychiatric Association (EPA) Early Career Psychiatrists Committee (ECPC) develops a variety of activities and projects aimed at improving the participation of Early Career Psychiatrists (ECPs) in the various sectorial activities of the EPA, such as the annual European Congress of Psychiatry, sections, scholarships and awards and aims at identifying the needs of ECPs in Europe. ECPs are defined as below the age of 40 and / or their work experience does not exceed five years from completion of professional training. Former European Federation of Psychiatric Trainees (EFPT) members established an informal network of European young psychiatrists within the framework of the EPA congress. In 2004, a dedicated scientific programme for ECPs was established during the EPA congress, named the Young Psychiatrists Programme. In 2007 a formal Young Psychiatrists Committee was appointed, which in 2009 officially became the EPA ECPC. During the EPA annual congress, the ECPC provides ECPs with a



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specific scientific programme, scholarships, travel grants and networking opportunities including a “Networking Event”, a lounge area and a booth. Thus, the EPA congress has attracted more than 1.300 ECPs in 2017, which is more than 30% of participants. The ECPC has four task forces dedicated to “Research”, “Publications”, “Professional Development” and “Meetings and Associations”. Our four major activities include: 1) the Gaining Experience Programme, announced once a year and launched in 2014. It offers up to six short observership placements of 2-8 weeks for newly qualified psychiatrists to help them enhance clinical, research and /or teaching skills, enabling them to become familiar with different mental health systems in Europe. The EPA covers the costs up to 850€. 2) The Book Challenge aims at creating a psychiatric reading list and thus invites ECPs to submit a list of their influential readings with an option to win a book voucher and EPA memberships. The programme will be launched soon. 3) The REACT study created in cooperation with the EFPT includes a questionnaire survey to be conducted with the aim to assess needs and opportunities, barriers and facilitators for research activities among ECPs across Europe. An action plan will be developed to foster research in the next generation of psychiatrists. 4) The ECP KIT (Keep in Touch) project consists of a template article about our mission and activities in English that has been translated in several languages by ECPs willing to collaborate. By this, the ECPC offers a chance to ECPs of getting an article published as a first author in a national journal.

In the future, the ECPC plans to strengthen the collaboration with other relevant bodies on training in psychiatry, further develop task forces and activate wider networks in order to continue to offer activities throughout the year, also trying to reach colleagues in lower and middle-income countries by creating specific activities. If you are interested, please visit our website (<http://www.europsy.net/early-career>) or write directly to the ECPC for more information or to subscribe to our mailing list (ecpc@europsy.net).

NEW COMMITTEE FOR YOUNG PSYCHIATRISTS IN TURKEY

By Gamze ERZIN, MD

There are many young psychiatrists in Turkey. Psychiatric Association of Turkey (PAT) has a powerful assistant (training psychiatrist) committee, they had recently organized the EFPT Forum in Istanbul last summer. After residency training, due to mandatory public service requirement, the physicians are assigned to serve as a clinician in cities across Turkey. We usually have to move to another city after completing our residency. In addition to social changes in our life and our new city of residence, we face many professional difficulties in our new work place, sometimes as being the only psychiatrist in that rural region, try to survive in the bureaucracy, having additional therapy training, collaborating with our colleagues and adapting our new working environment. In order to overcome these challenges and to fill the gap between the residents and experienced psychiatrist in our association we established Young Psychiatrists Committee under Psychiatry Association of Turkey in 2016 within the context of early carrier psychiatrists committee in EPA and WPA. In a short span of time, many colleagues from different cities of Turkey joined our organization. We made a panel about 'Difficulties of working as a young psychiatrist in Turkey' at 53rd National Psychiatry Congress of Turkey in 2017.



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A photo from our panel: 'Difficulties of working as a young psychiatrist in Turkey'.

Young psychiatrists Murat Açar, Oğuzhan Kılınçel, Cem Gündüz ve Rukiye Ay who are working in different settings made presentations in the panel. We aim to build collaboration with our colleagues and early career psychiatrist organizations from other countries' psychiatry associations. We believe that 'Being together and solidarity is the most important and powerful thing'.

CROATIAN YOUNG PSYCHIATRIST AND TRAINEES SECTION

By Marko Tomicevic, Neuropsychiatric Hospital Dr. Ivan Barbot Popovaca, Popovaca; Marko Curkovic, Clinic for Psychiatry Vrapce, Zagreb; Irena Rojnic Palavra, Psychiatric Hospital Sv. Ivan, Zagreb

Croatian Young Psychiatrist and Trainees Section is a part of the Croatian Psychiatric Association (CPA) and was founded on July 12th 2007. The Section encompasses psychiatry trainees and early career psychiatrists who meet general conditions of being in their specialist status up to 7 years or having less than 40 years of age. Since 2008, the Section is an active member of the European Federation of Psychiatric Trainees (EFPT), with firmly established and mutually beneficial collaboration.

The Section is a non-profit and non-governmental association whose members associate on a voluntary basis to achieve common goals and tasks. Activities are planned during sections' board meetings and usually include organization of several workshops and training courses as well as implementation of certain research and clinical projects. The main showcase of our activities is at Croatian psychiatric days which are held each year in Opatija, where section also provides financial awards to all members who made their PhD during the last year and to one member who published an article in the scientific journal with the highest impact factor.

The main objectives of the Section are to promote activities of psychiatry residents and young psychiatrists, particularly educational, research and professional ones; to identify and evaluate specific problems of residents and young psychiatrists and offer specific solutions; and to promote better communication networks among residents and young psychiatrists in general. Current main objective of this organization is raising the quality of education and training of psychiatry and child and adolescent psychiatry residents as national residency programmes in the Republic of Croatia went through transformation within recent years.

Our section is open to new collaboration opportunities within the country and across the border.

For any further information contact us on: psychiatry.croatia@gmail.com, or visit our website: http://www.psihijatrija.hr/site/?page_id=204 and Facebook page: Sekcija mladih psihijatara i specijalizanata psihijatrije.



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The Early Career Psychiatrists' Council of Russian Society of Psychiatrists

prof. Petrova Natalia, Fedotov Ilya, Chumakov Egor

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The Early Career Psychiatrists' Council of Russian Society of Psychiatrists coordinates the development of professional cooperation of young specialists working in the field of psychiatric health in the Russian Federation. Council members can be both professionals (e.g. psychiatrists, psychologists, psychotherapists, social workers etc) and those who are studying at the residency and postgraduate courses. The ECPs' Council is an integral part of the Russian Society of Psychiatrists. Our supervisor is the Chair of the commission for work with young scientists and specialists - Professor Natalia Petrova from Saint-Petersburg.

ECPs' Council was founded in the late 1970's and is the only official organization of young psychiatrists in Russia. Currently, the ECPs' Council includes more than 500 members from 22 regions of Russia. We use our website (<http://smu.psychiatr.ru/>) to structure all information about educational opportunities. Active use social networks and newsletters allows us to fast and convenient communication with our members.

The ECPs' Council main focuses are to organize our own educational projects, support and coordinate scientific initiatives and inform the Council members of all relevant professional events in Russia and abroad.

Since 2016 we have started organizing webinars - the most convenient and accessible way for conducting remote training. So far, we conducted a series of webinars on psychopharmacotherapy. We are preparing series of webinars on basic neurosciences and psychotherapy. Our goal is to include our webinars to the system of continuous medical education in Russia.

The most important event for Russian ECPs is the School for Early Career Psychiatrists ("Suzdal School") - Russian Society of Psychiatrists educational program. This event is traditionally held once in 2 years. The last school, held in 2017, was attended by more than 400 people. The rector of the school is professor P. Morozov.

We hold a correspondence Olympiad "Games of minds" for the primary identification of the most active and talented young people (starting from students' level). In 2017 more than 100 people took part in the Olympiad, of which the best were selected and encouraged by certificates for the purchase of books. In recent years several important scientific projects have been carried out under the auspices of the ECPs' Council. One of them was the IDEA project - "Inpatient Discharge: Experiences and Analysis An International Collaborative Study" (2013-2016). The study included data from 4 Russian regions. The current priority research project is the adaptation and validation of the "Diagnostic Interview for Psychosis" (DIP) in Russian.

We also hold scientific meetings for young psychiatrists in various formats. In particular, we use a form of scientific meetings like colloquium. The Colloquium is a themed section of the ECPs within the major conferences of the Russian Society of Psychiatrists. Colloquium dedicated to the Symposium venue, to the scientific school and the scientific direction of each regional unit. The Colloquium includes trainings and lectures, as well as the reports of young scientists, exchange of experience.

We are preparing an official translation of World Psychiatry journal into Russian. This journal has the greatest impact factor and we consider it important that Russian-speaking colleagues have easy access to the scientific information.



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Active members of the council regularly initiate new formats for interaction and dissemination of knowledge, not only with colleagues, but also with society. We are conducting offline (in the Dostoevsky library in Moscow) and online public lectures aimed at reducing prejudiced attitudes towards people with mental disorders and protecting their rights. In addition, every 3 months we have Digest of top articles in psychiatry and neuroscience for young psychiatrists.

In conclusion, The Early Career Psychiatrists' Council is very interested in collaboration with colleagues, initiating multi-center research projects and participating in exchange programs. Also we are ready to organize courses by ourselves in our clinics. We are building a multi-stage complex system of support in the professional development of the most talented and active young scientists in our society. It would be important for us to share our experiences and spread our educational technologies. We already have an established relationship with the ECP Sections in WPA and EPA, EFPT, etc. And we are interested in the development of communication with other communities.

The mental health expo as an example of work Early Career Psychiatrists' Council of Russian Society of Psychiatrists

By Osadshiy Yuriy

Between May 18 and June 5, 2017, the Early Career Psychiatrists' Council of Russian Society of psychiatrists organized a series of events in Volgograd (Russia) – that we called “The Mental Health Expo” – in order to promote public awareness of mental illness and to reduce stigma that still surrounds psychiatric illness. Over 1,000 people attended the different events at the Expo, making it the largest ever event in Volgograd dedicated to mental health. The events at the Expo were divided into three categories:

Research and clinical practice

The Expo included one large event aimed at mental health specialists: an interregional-level conference themed “Psychiatric help across the lifespan”. Over 200 specialists attended the conference.

In addition to the conference, we held a number of differential diagnosis case studies, workshops and seminars, and other educational activities not only for young psychiatrists.

General education and public awareness

We held an Outsider Art Exhibit, the first in Volgograd. Outsider artists – a term coined in 1970s – do not follow art traditions and may not be familiar with the latest trends in the art world. Many outsider artists are individuals who suffer from mental illness. Thus, the main goal of the exhibit was to take a look at the world through the eyes of patients with mental illness. Psychiatric illness still does not receive sufficient attention from the society at large, and negative stereotypes of mentally ill individuals as being “scary”, “dangerous” or “unintelligent” continue to prevail. This negative stigma makes it a challenge for individuals with psychiatric illness to feel accepted as part of our society. The exhibit included some of the best outsider art from all over Russia. Indeed, it was the most popular event among the general public. Other, smaller-scale, events included the viewings of documentary and feature films about psychiatric illness, followed by discussions with mental health professionals and patients, art therapy classes, and smaller art exhibits by local artists afflicted with mental illness. In addition, we organized a popular-science event called “Symposium”. This event, held at a popular pub and aimed at promoting science among the younger generation, was first held in May 2016 and has now become a regular, and tremendously popular event. Finally, on June 1 (The International Day for Protection of Children), we held a photo exhibit of a nationally recognized photographer, dedicated to children in psychiatric hospitals and long-term psychiatric care institutions.



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Clinical help and rehabilitation

A number of public and private mental health hospitals and institutions held presentations for the general audience about the treatment and rehabilitation services and programs they provide. These organizations also helped organize a day of events specifically for children and teenagers. The events included diverse educational and fun activities for children, both those who have mental health problems and others who are just curious, as well as free consults and information sessions for parents on mental health issues in kids and teenagers, how to prevent them, and how to cope with them if they do arise. Overall, the Mental Health Expo was a huge success. It revealed great interest from the general public in issues related to psychiatric illness, including in where to seek credible information and where to turn for professional consultation and help. The format – which spanned a broad range of events aimed at both mental health specialists and lay audiences – proved to be highly effective, providing a platform for successful interaction among mental health professionals, the general public, and the mass media.

North Africa and Middle east

Young psychiatrists association (Jeunes Psy) of Tunisia by Amine Larnaout



The Young psychiatrists association (Jeunes Psy) is a scientific association created in 2011 by young residents in Psychiatry and Child Psychiatry. It is the first association in Tunisia made by the residents and for the residents. It is also the only association who is performing the majority of its activities in English. Jeunes Psy was created shortly after the Tunisian revolution with the intention to help with the actualization, globalization and the overall improvement of the training in the Mental Health field.

In the course of 6 years, Jeunes Psy activities varied and adjusted. We used to organize monthly English Corners where we gathered resident for short communication and article discussion under the supervision of senior psychiatrists. In 2017, the English corner morphed into a weekly English course in collaboration with the Language and Cultural Institute of the South Mediterranean University. English was also compulsory during the interdepartmental staffs held once every two to three months where residents present oral communications in the presence of many psychiatrist seniors from different departments in Razi Hospital, the major Tunisian Psychiatric hospital.

Seminars and scientific meetings occur twice a year. We collaborate with neurology departments, neuro-radiologists, psychiatry research units and others. In this perspective 2 Neurobiology seminars were organized, a methodology seminar is held every year with complementary learning lessons in statistical programs. Residents, researchers, from all the other medical specialties participate and ask for them.

We believe that collaborations are fundamentals, and Jeunes Psy was asked to participate in other associations activities about destigmatisation and clarification of mental health. In 2015, Jeunes Psy organized in collaboration with Pompidou Group (a member of the European Council) the first congress about addiction management in Tunisia.

In 2016, Jeunes Psy was the main collaborator in the organization of the Spring Scientific meeting of



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Razi Hospital. In 2017, Jeunes Psy collaborated with IFMSA and held for a week an educational program regarding different aspects of Mental Health for international medical students.

It was also an honorary guest in the Child and adolescent Congress and was given the organization of its own session. The main activity of the association remains the annual scientific meeting. International speakers are invited each year. The main focus is to provide the residents and interns from all over the country an opportunity to present their work. The meeting is held in English and was the very first scientific meeting ever done entirely in English in Tunisia.

We Hope to continue the hard work within the Mental Health and are aspire to further activities and collaborations.

REPORT FROM EGYPT

By Fairouz Tawfik

In recent years, there has been a growing interest in Early Career Psychiatrists (ECPs) activities in Egypt. Egyptian ECPs have been actively involved in the WPA ECP section. Moreover, Egyptian ECPs organised and hosted the first International ECPs conference in Cairo in 2013, in collaboration with many ECPs associations. As a result of that conference, the WPA ECP section was founded by several enthusiastic ECPs globally and chaired by Dr. Hussien Elkohly from Egypt. It's a pleasure that colleagues from other countries in the Middle East are starting to join the section. We are looking forward to fruitful future regional collaboration, enhancing communication and to assess the training gaps and challenges in the region which will be reflected on both Mental Health and Education in Psychiatry in the region.

Upcoming events

Institute of psychiatry, Ain Shams University announced the 14th International congress on April, 2018 "Innovation in Psychiatry Practice." Pre-congress workshops will be held on the 24th and the congress on 25th-26th of April, 2018. We believe it will be a great, fruitful intellectual and cultural experience. Fellowships for ECPs are available and application deadline is on the 31st of December 2017. To apply, please follow the link <http://ausip.edu.eg/site/cnt.aspx?cid=6023>

South Africa

Update from South Africa and Southern Africa region

By Dr Adila Aboobaker; Registrar:Cecilia Makiwane Hospital; East London
Secretary of Early Career Psychiatrist Division; SASOP

Noticing the need for mentorship, especially for ECPs, Dr Westmore founded mentorship division. The South African Society of Psychiatrists (SASOP) board also decided to make ECPs a division since 2016, elevating from a special Interest group status that it held since its formation over a decade ago. Among other things, the mentorship and ECP divisions seek to provide a platform for ECPs to meet and share experiences and resources; to help the personal and professional development of the ECPs and provide a supportive environment for ECPs facing challenges in their professional and clinical journeys.

In the recent past, South African ECPs have seen a rise in participation and interest. This was buoyed especially by the planning and hosting various ECP activities during the 2016 WPA International Congress held in Cape Town, South Africa. The Registrar Finishing School was held on the 17th and 18th of November 2017 in Johannesburg, which focused on mentoring the psychiatrists in training as well as newly qualified psychiatrists. We were trained on how to be effective state consultants who can manage clinical work, teaching and administration as well as how run a successful private practice. The registrars learned valuable skills on how to plan our lives after studying.



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Figure 1: SASOP ECPs and their lecturers at the Registrar Finishing school. Johannesburg; November 2017

Future activities of the ECPs include planning symposia and social events at the next SASOP congress in September 2018. Beyond our borders, the section is actively pursuing forming a bond with all ECP formations across Africa. We are working closely with other neighbouring countries, collaborating with them in growing and developing both academic excellence and patient care in the region.

North America

Global Mental Health Mentees and Mentors Network Workshop (GMHMMN)

by Cristina Secarea, Washington Psychiatric Society Resident-Fellow Member Representative
American Psychiatric Association Area 3 Resident-Fellow Member Deputy Representative
Washington DC, United States

The GMHMMN workshop was presented by three groups of ECPs from three different countries and chaired by their mutual mentor and founder of the GMHMMN, Professor Eliot Sorel.

Drs. Adarsh Tripathi and Arun Enara from India presented on the history of GMHMMN and the vision and mission of the network. They discussed the launching of GMHMMN at the XXII World Congress of Social Psychiatry in New Delhi India, December 2nd 2016. They summarized the mission and vision of the network as being an interdisciplinary, catalytic hub for innovation, research advancement, services, education and policy in global mental health. The network is open to young professionals in training, ECPs, as well as mid-career and senior mentors across the health professions spectrum, and helps match mentors with mentees according to areas of mutual interest.

Dr. Irina Radu from Romania presented about opportunities of interdisciplinary collaboration among young professionals. In her presentation entitled "Innovation in Postgraduate Education: An Integrative Model across Disciplines", she summarized the collaboration among ECPs in psychiatry, family medicine, ecology, and public health during The World Psychiatric Association's International Congress 2015, held in Bucharest, Romania. She highlighted the importance of interdisciplinary dialogue and collaboration which resulted in two symposia, two sections of oral communications and one educational workshop during the 2015 Congress.



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Drs. Cristina Secarea and Madeline Teisberg from the United States presented on physician burnout. The topic is getting increased attention since the numbers of physicians suffering from burnout are on the rise; with 51% of US physicians reported symptoms of burnout according to the 2017 Medscape Physician survey. During their presentation “Healing the Healers: Promoting Physician Wellness”, they highlighted the importance of promoting physician wellness, by building resilience through self-care, supporting trainees by fostering collegial communities and breaking the silence by reaching out to other physicians. They emphasized that physician burnout can be a matter of personal health, but is also a system problem. As a consequence it is impacting and spreading throughout organizations and ultimately affecting the quality of patient care and patient’s safety. They stressed the importance of changing the medical culture and the environment in which physician practice, into a more humane and sustainable one that cares for both patients and doctors alike.



WHO ECP Update

Early Career Professionals in Addiction Medicine actively invite international collaboration!

Dr Dzmitry Krupchanka and Dr Greg Lydall; on behalf of the NECPAM Board

The new Network of Early Career Professionals working in Addiction Medicine, NECPAM, has been growing since its birth in June 2017, with the support of the World Health Organization (WHO).

Founded during the first WHO Forum on alcohol, drugs and addictive behaviours, the broad aim of NECPAM is to develop a global platform for professionals in the early stages of their careers in addiction medicine.

In so doing, NECPAM intends to support the attainment of the UN’s Sustainable Development Goals (SDG) for 2030, which now recognize the importance of addressing substance misuse and addiction as global health issues. There are huge world-wide challenges in building capacity for prevention and treatment, developing public health policy, and enabling social justice, in order to achieve these worthy goals. NECPAM is expressly inter-disciplinary, recognizing that addiction is a major public health problem but not exclusively a medical problem. Addiction is cross-societal, and thus professionals in the field come from a variety of backgrounds, making for a richly diverse network.

The Network is pleased to report on new developments and to seek further international collaboration. We now have more than 40 members from 21 countries, an active international Board, a group of well-respected “later career” mentors, and a clear ambition to address global addiction and substance misuse through friendly strategic collaboration.



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An extended Board meeting was held in October 2017 at the Second European Conference on Addictive Behaviours and dependencies in Lisbon, Portugal and continued at 19th Annual Conference of International Society of Addiction Medicine in Abu-Dhabi, United Arab Emirates. There, numerous strategic decisions were made on the future development of the Network:

Firstly, we are happy to introduce the Network's first version of the NECPAM logo (pictured). Secondly, the Network's Bylaws and an Action Plan for 2017-2020 were adopted by the Board (details available upon request). Thirdly, five Working Groups (WGs) were established with specific agendas for the 3-year term. These WGs included: 1) Promotion; 2) Development; 3) Collaboration; 4) Training needs; and 5) Education.

The core project for the first term will be to explore and understand the needs and challenges faced by early career professionals working in the area of addiction medicine (ECPAMs), in different parts of the world. Based on the data collected worldwide we intend to produce a set of global recommendations to improve the quality of training in addiction medicine.

At this time we would like to warmly invite new members to help with data collection for the training needs project. We welcome energetic colleagues with an interest in education, training, research, and international development to make contact with NECPAM. We also welcome feedback and suggestions as well as time and resources for this worthy project. It is only by international co-operation that we can tackle one of the world's great challenges.

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2nd European Conference on Addictive Behaviours and Dependencies (Lisbon Addictions 2017)

Early Career Professionals Contribution at the Lisbon Addictions Conference

Dr Dzmitry Krupchanka and Dr Paolo Grandinetti

The Second European Conference on Addictive Behaviours and Dependencies (Lisbon Addictions 2017) took part on 24-26th October, in Lisbon (Portugal). It was jointly organised by the Portuguese General Directorate for Intervention on Addictive Behaviours and Dependencies (SICAD), the journal *Addiction*, the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) and the International Society of Addiction Journal Editors (ISAJE). More than 600 participants from 58 countries from all over the world attended the event and enjoyed the forum for multidisciplinary networking and exchange of ideas.

Early career professionals were well represented and visible during the conference thanks to the kind support by organizers who perfectly met the need to go beyond the usual communication formats of a conference and complemented the program with an integrated training component.

Taking into account the lack of training in addictive behaviours and dependencies in many countries, and considering the importance of future workforce development, the organizers offered a support to youngsters through the TWIST project (Training With Stakeholders – applying EU drug and addiction research). The project was founded by the European Commission, and allowed 147 early career professionals from various sectors (civil society, clinical practice, public administration, research, social work and academia) and from 39 countries (23 EU member states, 1 EU Schengen state, 8 neighboring countries, 4 EU candidate countries, 2 Latin America countries and Russia), to attend not only the LxAdictions17 Conference itself, but also to receive specific training from an offer of 19 different modules. One of the major purposes that were perfectly met by the TWIST was to create a



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network of early career professionals and to promote cross-sectoral networking and collaboration between countries.

The early career professionals replied with an enthusiastic participation and were actively involved in exchange of experience and ideas. They had the opportunity to immediately submit a feedback to the educational sections and suggest improvements for the next edition of the project. These activities altogether created an atmosphere of a friendly network of peers that could be useful for future professional development and collaboration beyond the event.

We believe that there should be more opportunities like this in addiction medicine. The great participation of early career professionals in TWIST project indicates the necessity of having more initiatives like this. We hope that what happened in October in Lisbon can be repeated, so that early career professional in addiction medicine can have new possibilities of continuous human and professional growth.



Pictures: TWIST sessions at the Lisbon Addictions 2017. Clockwise: Jürgen Rehm and Vladimir Poznyak on 'Defining and diagnosing addiction'; Cornelius Goos moderating the discussion session 'A conversation about international addiction agencies'; group activity on workshop on NPS; Marta Torrens & Gabriele Fischer delivering the 'Sex & Gender' session."

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