



W P A N E W S

First Quarter 2006

From the Secretariat

Greetings

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WORLD PSYCHIATRIC ASSOCIATION
الجمعية العالمية للطب النفسي
世界精神病学协会
ASSOCIATION MONDIALE DE PSYCHIATRIE
WELTVERBAND FÜR PSYCHIATRIE
ASSOCIAÇÃO MUNDIAL DE PSIQUIATRIA
ВСЕМИРНАЯ ПСИХИАТРИЧЕСКАЯ АССОЦИАЦИЯ
ASOCIACIÓN MUNDIAL DE PSIQUIATRÍA

Focus on Africa is the theme of this 2006 first quarter edition of WPA News. Each of the other three WPA Regions will be featured in subsequent issues.

The African continent is vast and beautiful - and its people are rich in culture and community traditions of health care. It is nevertheless economically poor as a partial consequence of colonial exploitation, natural disasters, unstable governments and ethnic conflict.

The three African Zonal Representatives are each featured in this issue and their work plans are inspirational.

The recent most successful meeting in Addis Ababa (page 7) showed off the creative commitment of Prof. Mesfin Araya (President of the Ethiopian Psychiatric Association) and his colleagues, as well as the good omens for the new African Association of Psychiatrists and Allied Professionals under the

leadership of its President, Dr Frank Njenga from Kenya.

I had preliminary discussion with Prof. Oye Gureje who chairs the Scientific Committee about the Regional Meeting in Kenya in March 2007 - which will be a WPA milestone.

The President's meeting with the WHO Director-General (page 2) was cordial and productive; future joint work on Classification of Mental Disorder and on the Atlas updates was agreed, and other topics discussed included co-morbidity and infant mental health.

The first months of 2006 were also characterised by preparing for the EC meeting in Cuba (page 3) and then three weeks later in Madrid (page 3). In Cuba we shared in the Centennial celebrations of the Mental Hospital in Havana and the linked community services, experienced the conspicuous activity of child psychiatrists and the displays of therapeutic theatre and psychoballet.

At the other Centennial Congress in Madrid, the WPA paid respect to the brilliance and vision of its third President (Juan Lopez Ibor) and his family, and we participated actively in a scientific programme at the cutting edge. John Nash gave a memorable key note address on Stigma.

The Executive Committee has recently updated its commitment to collaborate with WHO and national and regional diagnostic systems on ICD-11 and related diagnostic systems.

Kindly check that you have declared the correct number of members in your societies and that your dues are up-to-date.

Please contact the Secretariat if you would wish to visit the offices (Bus No. 9 from the Lakeside!) and give us your thoughts about how our work can be developed further (wpasecretariat@wpanet.org).

John Cox

Secretary General, WPA

While in press we were informed officially of the untimely passing of Dr. Jong-Wook Lee, Director-General of the World Health Organization. His warm reception of the WPA delegation this February 9, 2006 makes his loss for us not only institutional, but personal as well.

Profs. J.E. Mezzich and J. Cox



L to R: Dr. B. Saraceno, Prof. J.E. Mezzich, Dr. J.-W. Lee, Prof. J. Cox and Dr. C. Le Galès-Camu at the WHO Director-General's Office, Geneva, 9 February 2006.

Wide-Ranging WPA-WHO Meetings in Geneva

A set of important encounters took place in Geneva on February 9 and 10, 2006 between WPA and WHO leaders with substantial implications for future inter-institutional collaboration.

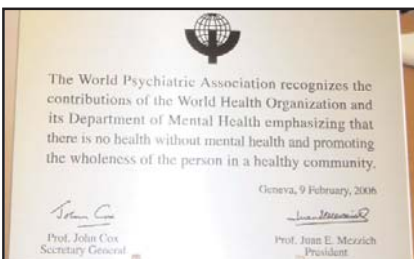
WPA Leaders Visit WHO Authorities

On February 9, 2006 Prof. Juan E. Mezzich, WPA President, and Prof. John Cox, WPA Secretary General, visited WHO Headquarters accepting a cordial invitation from WHO top authorities. The WPA leaders met first with Dr. Benedetto Saraceno, Director of the WHO Department of Mental Health and Substance Abuse, during which an initial discussion took place on WPA-WHO collaboration. Profs. Mezzich and Cox accompanied by Dr. Saraceno met next with Dr. Catherine Le Galès-Camu, WHO Assistant Director-General for Non-Communicable Diseases and Mental Health and briefly reviewed the perspectives of the WHO Cluster which encompasses the Department of Mental Health.



Dr. J-W Lee (WHO Director-General) receiving in his office Prof. JE Mezzich (WPA President), at his right, and Prof. J. Cox (WPA Secretary General), at his left, on February 9, 2006.

In due course, the WPA leaders were received by Dr. Jong-Wook Lee, WHO Director-General (see photo above). The meeting was also attended by Drs. Le Galès-Camu and Saraceno. Profs. Mezzich and Cox presented to the WHO Director-General a plaque recognizing WHO's contributions to our field. A photo below displays the plaque and its content. Dr. Lee responded enthusiastically to this presentation, emphasizing and illustrating with examples why there can be no health without mental health. He expressed the hope that the collaboration of WPA and WHO will grow in a wide range of topics, from international classification and diagnosis to integrated care.



Plaque presented by WPA leaders to WHO authorities, in Geneva, February 9, 2006.

Historical Encounter of the Presidents of WPA and the World Federation for Neurology

Also on February 9, on the premises of the WHO Department of Mental Health and Substance Abuse, the WPA President met with Prof. Johan Aarli (Norway), President of the World Federation for Neurology (see photo below). They commented on the existing distance between these fundamental specialties, which are sometimes distracted by territorial discussions. Shifting strategies, Profs. Aarli and Mezzich agreed that it would be much more productive and in keeping with social expectations on the role of health professionals, that Psychiatry and Neurology focus their efforts and relationship on how we both can help best the health needs of persons and communities. Prof. Aarli referred poetically to the possibilities of this rapprochement with verses of Rudyard Kipling, *But there is neither East or West...when two strong men stand face to face, tho' they come from the ends of the earth!* Prof. Mezzich has invited Prof. Aarli to continue this dialogue at WPA's International Congress in Istanbul this July, where Prof. Aarli has accepted to present a Key Lecture.



L to R: Prof. JE Mezzich (WPA President), Dr. B. Saraceno (WHO Mental Health Director), and Prof. J. Aarli (WFN President) at WHO Headquarters on February 9, 2006.

Visit with WHO Mental Health Team Leaders

On February 10, Professors Mezzich and Cox held working sessions with Dr. Saraceno and team officers in the WHO Department of Mental Health and Substance Abuse. Dr. Vladimir Poznyak, leader of the Management of Substance Abuse Team described the main activities of his section, identifying areas of potential collaboration with corresponding units of WPA. Dr. Michelle Funk, Chief of the section on Mental Health Policy and Service Development, outlined the voluminous work of recent years towards mental health legislation and service procedures and requested WPA cooperation to enhance this international work. Dr. Jose Bertolote, Head of

Management of Mental and Brain Disorders, and contact point for WHO-WPA collaboration, reviewed WHO priorities in this area, including Clinical Comorbidity, which can be enhanced with pointed WPA cooperation. Last, but not least, Dr. Shekhar Saxena, Chief of Mental Health Evidence and Research, outlined projects under the Atlas project, which has been the subject of fruitful WHO-WPA collaboration and presented a perspective on the upcoming revision of the ICD Chapter of Mental Disorders, for which intense collaboration with WPA and its Sections (particularly that on Classification and Diagnostic Assessment) and Member Societies is expected.

Visit to the Secretariat



L to R: Profs. J. Cox and JE Mezzich discussing Secretariat operations in Geneva, February 9, 2006.

Professors Mezzich and Cox joint visit to Geneva offered special opportunities to discuss a number of organizational issues (see photo above). These include several operational topics, facilitated by the fact that Prof. Mezzich preceded Prof. Cox as WPA Secretary General. Also valuable was a meeting with Prof. François Ferrero, Director of Psychiatry at the University of Geneva (see photo below), which dealt with topics such as academic collaboration and enhancing the physical plant of WPA's Permanent Secretariat in Geneva.



L to R: Profs. J. Cox, F. Ferrero and JE Mezzich and Ms. P. Atiase (WPA Secretariat Staff) at the U. Geneva Psychiatric Hospital, February 9, 2006.

WPA Celebrated a Regional Conference in La Habana

On March 29-31, 2006, WPA celebrated a Regional Conference in La Habana, Cuba, the first such conference in a country well known for its contributions to diagnosis and classification, primary care psychiatry, and psychosocial rehabilitation. This event also included the Third Pan American Congress of Child and Adolescent Psychiatry and an International of Psico-Habana Conference, from the Hospital Psiquiátrico de La Habana.

Just before the WPA Conference, the Executive Committee (EC) of our Association held a productive meeting (see photo below) in which a number of institutional developments were discussed. Among these were the preparation of the WPA Governance Plans, which include the WPA Strategic Plan and, for the first time, Triennial Workplans of Executive Committee Members, Zonal Representatives, Standing Committees, and Institutional Programs. Also of note were the initiation of a procedure involving the preparation of the EC minutes immediately after the conclusion of the meeting to enhance their efficiency and accuracy. Other topics discussed included procedures to improve the systematization and

democratization of International Congresses and the growing collaboration with WHO and other international and national organizations.

The scientific program was quite ranging in scope. It covered a number of topics relevant to Cuba and Latin American as well as touched on new WPA institutional developments. This range was highlighted by the WPA President at his inaugural lecture on "Psychiatry for the Person: International Challenges and Latin American Response".

In line with themes of the Pan-American Congress, considerable attention was given to developmental issues. These scientific sessions were complemented by well appreciated presentations by "La Colmenita" Child Theatrical Group.

The Psico-Habana track included several programs on psychiatric rehabilitation. One of the most impressive was Psycho-Ballet, which offered a highly applauded gala. Another highlight of Psico-Habana and of the whole Conference were the Special Symposium and Course on the Latin American Guide of

**P s y c h i a t r i c
D i a g n o s i s
(GLADP).** This celebrated contribution from APAL, as a Latin American Annotation of ICD-



Prof. J. Cox (Secretary General) and Ms. A. Engstrom (Administrator) preparing the minutes of the just concluded EC Meeting in La Habana, March 28, 2006.

10, has as one of its key antecedents the Third Edition of the Cuban Glossary of Psychiatry. Reflecting on its prestigious scientific record, the Hospital Psiquiátrico de la Habana awarded its highest recognition to Prof. JE Mezzich, WPA President, for his international contributions to classification and diagnosis around the world, including developing countries (see photo below).



L to R: Prof. A. Otero (Chair of the APAL Section on Diagnosis and Classification and of the Latin American Guide of Psychiatric Diagnosis), Prof. L. Somarrriba (Director of the Hospital Psiquiátrico de La Habana), Prof. JE Mezzich (WPA President), Victor Moreno (artist offering a special painting to Prof. Mezzich), and a representative of the Cuban Government, Aula Magna, Hospital Psiquiátrico de La Habana, March 31, 2006.



L to R: Profs. P. Ruiz, and M. Jorge, Ms. A. Engstrom (Administrator) and Profs. J. Cox, JE Mezzich, M. Maj, S. Tyano, H. Herrman, and A. Tasman at the EC Meeting in La Habana, March 27 and 28, 2006.

Caracas Hosted a WPA Inter-Zonal Meeting



Seated L to R: Profs. R. Montenegro, JE Mezzich, E. Belfort, and F. Delgado, along with Latin American Young Psychiatrist Fellows and some of their mentors, Caracas, March 23, 2006.

On March 23-25, 2006 a WPA Inter Zonal Meeting took place in Caracas, Venezuela. Its focus was on building consensus for mental health and included several scientific

sessions on this and related issues. It gave particular attention to the practice of psychiatry in the Americas, Region I of WPA. Also of interest was a Young Psychiatrists Fellowship Program focused on Latin America and related to the Fellowship Programs that have become landmark events of recent WPA World and International Congresses (see adjacent photo).

WPA French Member Societies Met with WPA President

On March 11, 2006, in Paris, several WPA Member Societies based in France held a meeting with WPA President, Prof. JE Mezzich (see adjacent photo). This encounter was inscribed within a new institutional strategy involving leadership meetings with Member Societies around the world. The meeting offered an opportunity to discuss current WPA strategies and the presidential theme "Institutional Consolidation and Global Impact: Towards a Psychiatry for the Person". Also discussed were the plans of the new WPA Zonal Representative for Western Europe, Prof. Michel Botbol (Paris), who organized the encounter, and the increasing French

presence in WPA Sections, such as the ones on Psychoanalysis in Psychiatry, Literature and Psychiatry, Research Methods in Psychiatry, Suicidology, and an emerging one on Perinatal Psychiatry and Infant Mental Health.

Additional topics reviewed were an upcoming historical examination of the roots of WPA, which was born in France in 1950, and the role of young psychiatrists in enriching the increasing presence of French Societies in WPA.



L to R: A. Besse (French Society of Private Psychiatrists), M. Botbol (WPA Zonal Representative for Western Europe and representative of the French Psychiatric Association at the French Psychiatric Federation), J. Garrabe (President of Henry Ey Foundation), Y. Thoret (President of L'Evolution Psychiatrique), JE Mezzich (WPA President), and S-D Kipman (Chair, WPA Section on Psychoanalysis in Psychiatry), in Paris, March 11, 2006.



African Psychiatry: Facing the Challenge of Need in the Context of Resource Constraints

**Oye Gureje, Professor of Psychiatry, University of Ibadan, Nigeria
Zonal Representative for Western and Central Africa (WPA Zone 13)**

When Thabo Mbeki, the South African President, talks of the African renaissance, he typically means the political re-awakening taking place among Africans and the emergence of leaders whose interests include the transformation of the society so that Africans can regain a lost self pride. Even though the political terrain on the continent does show evidence of emerging democratization and promising leadership, the overall picture is still far from what President Mbeki optimistically envisages. However, another sort of renaissance is clearly going on, albeit without front page attention. About four decades ago, the African Psychiatric Association was a vibrant organization with many well-known names in the world of psychiatry holding the fort. The Association held several continental meetings, attended by participants from both Anglophone and Francophone countries. A journal, the African Psychiatric Journal, was published regularly and was acquiring credibility and status. Things did really look up for psychiatry on the continent. However, not too long after the promise of a dawn, the dusk was quick to set in. The Association was to suffer the same fate as befell several African states: decline. Even though complete dissolution did not occur in the failed African

states, it certainly did in the case of the African Psychiatric Association. Indeed, many will concede that the collapse of the Association was one of the symptoms of the political anomie that pervaded the continent for many years. The painful demise of an organization with so much promise was a constant source of embarrassment to rising African psychiatrists who were asked at every international forum what had become of their association and their journal. Well, a renaissance now seems at hand.

The Association of African Psychiatrists and Allied Professions (AAPAP) was launched during the Yokohama World Congress in 2002. The initial membership was composed mainly of psychiatrists working in Eastern and Southern Africa and its leadership drawn from the same zones. Within a few years, it now has members in Western and Northern parts of the continent. It has held annual scientific conferences since its formation. Venues have included Arusha in Tanzania and Cape Town in South Africa. The meeting held in Addis Ababa, Ethiopia in April 2006 was attended by participants from more than ten countries in Africa and invited speakers included Norman Sartorius, David Goldberg, Rachel Jenkins, and Joel

Sadavoy (the president of the International Psychogeriatrics Association). The Secretary General of WPA, John Cox, gave an inspiring speech on "Psychiatry of the Person", drawing on the theme of interest to our President, Juan Mezzich. The AAPAP, now an affiliated association of the WPA, will be hosting the WPA Regional Conference in March 21-23, 2007 in Nairobi, Kenya. This event promises to be a landmark not just because it will be the first such meeting in sub-Saharan Africa, but in view of the enthusiasm and energy that are apparent within the mental health professions in Africa, attributes that have been on display at the previously mentioned AAPAP meetings. What seems to emerge from all these is the promise of an organization with potential for re-energizing psychiatrists and other mental health professionals on the continent.

Yes, it is early days yet for chest-beating! An organization needs several years to consolidate itself and establish a reputation. Frank Njenga, the charismatic President of AAPAP, is undoubtedly one of the reasons for the association's early successes. He has brought dynamism and commitment to the task of nurturing the new association. He has been lucky to have other equally com-

mitted colleagues working with him on the Executive Committee. The experience and savvy of Robin Emsley, the General Secretary, are vital ingredients for the success. The challenge for the Association, as is often the case in Africa, is to sustain the early promise and to grow to become a truly continental organization embracing psychiatrists and allied professionals from the diverse linguistic and cultural terrain that Africa is. Unity of purpose within the association and wisdom in negotiating the challenges of leadership change will be some of the requirements for sustenance. Still, the omens are bright for African psychiatry.

AAPAP is not the only good thing happening to African psychiatry. The World Congress held in Cairo was a remarkable success. The breadth of the scientific presentations and the diversity of country representatives and participants were unprecedented. It is true to say that the Congress did indeed provide an example of what can be on offer when the innate energy within the continent is released for a particular goal.

So, will these activities in the realm of science and professional organization be translated to better service for patients? That of course should be the main goal of every stakeholder in the broad field of mental

health.

Africa faces many challenges for the provision of mental health service for its teeming populations. But those challenges are not any different from those of other regions of the world in terms of their nature: more resources are needed, better coordination and organization of service is required, and there is a need for the constant monitoring of the performance of health policies. It is the scope of the problems and the apparent political inertia to tackle them that makes the situation of Africa quite unique. The gap between need and available resources is a constant source of tension for policy enunciation in many countries but the constant widening of such gap in the face of almost total neglect as is the case in many African countries can have the effect of numbing otherwise interested stakeholders.

The intolerable dearth of mental health specialists, with most countries on the continent having less than one psychiatrist to one million people, is indicative of the low level of priority that is commonly given to mental health issues. The statistics on number of beds and other indices of access to care are a constant reminder of how far the continent is in meeting the legitimate needs of its people for adequate mental health care.

So the challenges are clear. What may be less clear is how the various groups come into the picture and contribute to finding solutions. Many countries on the continent still lack a coherent body of targets to guide mental health service. The formulation of a mental health policy ought to be a clear first step taken by governments to give focus and direction to both itself and other stakeholders with roles to play in mental health service provision. A policy that is informed by current needs and the realities of resource availability will be crucial in harnessing efforts for the benefit of patients and their families. Such a policy will also set realistic targets for the development of human resources and health facilities. That way, progress can be monitored and adjustments made as new realities become obvious.

So, perhaps, the first important goal for AAPAP is to begin the advocacy of getting governments on the continent to formulate mental health policies using inputs from all stakeholders: professional groups as well as patients and relatives.

**Tarek A. Okasha, Zonal Representative for North Africa (Zone 11)
Institute of Psychiatry, Faculty of Medicine Ain Shams University, Cairo, Egypt**

The African continent is considered by many, as a poor continent with limited abilities. However, there is a marked difference between sub-Saharan Africa and Northern Africa. Northern Africa is very much influenced by the Middle East, the Mediterranean region and Europe. Zone 11 (North Africa) consists of several associations, the oldest are from Egypt, Morocco and Tunisia. Recently, Sudan, Ethiopia, Algeria and Libya have joined the WPA and we are trying now to initiate two associations, one in Eritrea, and the other in Mauritania. The Egyptian Psychiatric Association is the largest psychiatric association in Africa and the Middle East with more than 1000 members.

Most of the countries in the African region believe that proper psychiatric and mental health care will improve through improving primary health care physician's

knowledge rather than community care, as most people in the region believe that it is both their social and religious duty to take care of family members with mental disorders.

I believe that the potential in the North African region to add to world psychiatry is tremendous; however, it needs the proper channeling and the opportunity to be shown mainly in the psychotherapeutic and social context in psychiatry as well as the psychopharmacology and ethnicity.

The African continent was host for the first time in the 55-year history of the WPA to the XIII World Congress of Psychiatry held in Cairo, Egypt, in September 2005. This congress had more than 6000 delegates representing 119 countries and for the first time, 15 African countries were represented. The African continent will also be hosting the WPA

regional meeting in March 2007, in Nairobi, as well as co-sponsoring the Arab Federation of Psychiatrists meeting in June 2007 for the first time in Algeria. The African continent has seen many activities related to the field of psychiatry and mental health over the past few years, starting with the creation of the African Psychiatric Association and Allied Professions, which was followed by the launch of two important books from Africa "*Essentials of Clinical Psychiatry for sub-Saharan Africa*", edited by Dr. Frank Njenga and his colleagues, and "*The African Textbook of Clinical Psychiatry and Mental Health*" edited by Prof. David Ndeti and colleagues.

All these activities indicate that we are seeing a surge in African Psychiatry that I hope will continue and prosper.

Triennial Work Plan 2005-2008 (WPA Zone 13)

Prof. Oye Gureje, Zonal Representative for Western and Central Africa

Secretariat

● Development of an active secretariat: I intend to continue with the further development of the WPA Zonal Secretariat which is located in an office space within the University College Hospital, Ibadan, Nigeria, so that it can serve as a reference point for WPA-related activities and publications and provide necessary information to member associations in the sub-region.

● Liaise with the Secretary for Publications to ensure that the office is supplied with WPA journals and other publications for distribution to member associations in the region.

Mobilization and Coordination

● Compilation of a list of active psychiatrists in the zone.

● Active efforts to get members from countries that are recovering from years of civil strife (e.g. Sierra Leone and Liberia) to reconnect with the WPA. Also, I will take necessary steps to re-establish links with the Francophone countries.

Scientific Activities

● Work towards the participation of the zone in WPA scientific activities. Specific efforts will be made to ensure participation of the zone at forthcoming WPA Meetings in Turkey, Australia and Czech Republic. A particular activity of interest is the Regional Meeting in Nairobi in March 2007.

● As the current President of the Association of Psychiatrists in Nigeria, I intend to work to improve the scientific contents

of its annual scientific meetings, one of the few regular activities of the sort on the continent.

Communication

● Dissemination of information: Ensuring that member associations are provided with information about WPA activities on a regular basis.

● Encourage trainee psychiatrists to become aware of the activities of the WPA and take active interest in training and professional development opportunities offered by the WPA.

WPA Zone 14: Planned Activities 2005 - 2008

Dr. Fred N. Kigozi, Zonal Representative for Eastern and Southern Africa

Background

Most of the countries in the Zone fall into the UN low-income bracket with poor health indices including those in the area of Mental Health. Due to these high poverty levels within WPA Zone 14 (Eastern & Southern Africa countries), there has been inadequate funding for mental health services as well as limited investment in research and training. However, all the governments have embraced a policy of integrating mental health delivery into general health care and are scaling up training.

Over the recent years, a Network of Psychiatric Professionals has been established resulting into a regular scientific forum on a rotational basis in the Region annually. Overall, training of psychiatric professionals is being stepped up and most of the recent graduate psychiatrists have been mobilized into an enthusiastic new breed of young psychiatrists

yearning for more knowledge and networking which recently culminated into the birth of a Regional Association of Young Psychiatrists.

Work programmes

Building on the above developments, the WPA Zone 14 Triennial Strategic Plan has already been translated in a work programme to focus on promoting professional skills development and networking through scientific meetings, that is:

● Regional/Zone Scientific Meetings at least once a year for the psychiatrists to promote the young psychiatrists meetings annually in the Zone.

● Promotion of Inter-Zonal collaboration - April 2006, Addis Ababa, Ethiopia.

● Promote Zone prominence in other International WPA Meetings with WPA Zone 14 specific Symposia, that is, Istanbul 2006.

Other activities planned will focus on:

● To support the development of Inter-country, Inter-Zonal and International collaborative Research Projects.

● Encourage and support the development of a Zonal Newsletter.

● Promote the development of country Mental Health Associations and where numbers permit the formation of Psychiatric Associations to be facilitated to become WPA Member Associations in addition to individual affiliated WPA Membership.

● Promote WPA work programmes in the Zone and disseminate WPA education materials (Electronic and print) and all the WPA News Publications.

News Summary

African Association of Psychiatrists and Allied Professional (AAPAP) Meeting 24 - 25 April 2006, Addis Ababa, Ethiopia

Dr. Fred N. Kigozi, WPA Zonal Representative for Eastern and Southern Africa

“Mental Health in Africa: *time for action*” was the challenging title of the recent AAPAP meeting held in Addis Ababa, Ethiopia and hosted by the Ethiopian Psychiatric Association. Over 150 delegates representing 15 African countries (North, South, East & West Africa), as well as 6 non-African countries, joined together to discuss feasible and effective models for action in our setting. The commitment of the Ethiopian people to mental health was underlined by the presence of the First Lady, Azeb Mesfin, founder and patron of the National Initiative for Mental Health in Ethiopia as guest of honour. This was applauded by the AAPAP president, Dr. Frank Njenga, who emphasised the importance of governmental support for our endeavours to improve mental health provision. Relatives, patients groups and some

International NGOs (Basicneeds, International Medical Corps and Mental Health Association of Tanzania (MEHATA)) also participated. The meeting was well publicized in local newspapers and the Ethiopian Television (ETV).

Prof. Norman Sartorius took the theme of the conference for his opening address and spoke of the realities of providing mental health care in our setting and the need for re-invention of a community mental health concept for African countries. Other international speakers included among many, Prof. John Cox, WPA Secretary General, who spoke about women's mental health and Prof. Sir David Goldberg who gave a key note address, about "Mental health facilities for the developing world", and shared his valuable experience in the practicalities of equipping primary health

care workers with mental health skills. The question of how to provide appropriate and evidence-based mental health care was taken up again in sessions on mental health policy, interventions and models of community mental health care. In total, more than 40 scientific papers were presented demonstrating a healthy state of research activity in Africa. Our discussions were also enriched by the breadth of the audience, including patient and relative groups, non-governmental organizations and non-psychiatric health professionals. Although the '13 months of sunshine' which Ethiopia boasts of was broken by some impressive downpours, the vibrant shoulder-jiggling national dancing ensured that spirits weren't dampened. This was a truly pan-African meeting with the needs of those affected by mental disorders at its heart.



Left to Right: Prof. O. Gureje, Drs. F. Kigozi and F. Njenga, Profs. T. Okasha and J. Cox at the AAPAP Meeting, Addis Ababa, 24-25 April 2006.

Major WPA Scientific Meetings in 2006

WPA International Congress, Istanbul, Turkey, July 12-16, 2006

Psychiatry: Uniqueness and Universality



Psychiatrists of the World: Istanbul is waiting for you this July!

The World Psychiatric Association, in collaboration with the Psychiatric Association of Turkey and the Turkish Neuropsychiatric Society, is delighted to invite you to join us for the WPA International Congress on July 12-16, 2006, in Istanbul, Turkey. It will be a great honor for the psychiatric community of Turkey to welcome psychiatrists and mental health workers of the world. And what an exciting metropolis this is for us to be together, a unique setting where Europe and Asia greet each other, and where vibrations of a rich cultural heritage energize the exploration of new insights and new realities.

Harmonizing global scientific knowledge with individualized understanding and care for every person is a challenge for psychiatry, both in theory and in praxis. Under the general theme, "Psychiatry: Uniqueness and Universality", this Congress already accommodates more than 600 oral and poster presentations, over 100 symposia, over 50 courses and workshops along with nearly 50 plenary and key lectures covering topics on every aspect of theoretical and practical issues in psychiatry and mental health. Nearly one thousand colleagues from over 80 countries, representing all regions of the world, will be discussing their studies and perspectives. A detailed scientific program may be seen at the congress website: www.wpa2006istanbul.org.

WPA Organizational Meetings, working sessions of the WPA Institutional Program on Psychiatry for the Person, and a meeting of European Leaders of Psychiatry will also take place during the Congress. Along with a strong scientific program, participants will enjoy rich socio-cultural activities, as shown in the congress website.

Psychiatrists of the world: Join us this July where continents and cultures meet!

Scientific Secretariat: Levent Küey, Yesim Sokak no: 20, Akatlar, 80630 Istanbul, Turkey. Fax: +90 212 351 2659. E-mail: kueyl@superonline.com. **Organizing Secretariat:** Flap Tour, 8. Cadde no:1, Birlik-Çankaya, 06610 Ankara, Turkey. Phone: +90 312 454 0000. Fax: +90 312 454 0001. E-mail: wpa2006@flaptour.com.tr. **Congress website:** www.wpa2006istanbul.org.

WPA Regional Meeting and XIX Peruvian Congress of Psychiatry, Lima, Peru, November 30-December 3, 2006

Integration and Evidence for Change



Come Join Us for an Outstanding Scientific and Cultural Program in a Millenary Country!

Lima welcomes you to exchange views with a large group of first rank guest speakers from all over the world at the WPA Regional Conference and XIX Peruvian Congress of Psychiatry, November 30 to December 3, 2006, followed by a post-Congress Symposium on Ethics in Cusco and a visit to Macchu Picchu. Renato Alarcon (Post-Traumatic Stress Disorder), George Christodoulou (Ethics and Hippocratic Medicine and Psychiatry), Robert Cloninger (Science of Well-Being), Martin Knapp (Advances in Pharmaco-Economics), Carmen Leal (Disabilities and Schizophrenia), Brian Leonard (Stress, Depression and Neurodegeneration), David Mrazek (Genomics and Psychiatric Illness), Frank Njenga (Mental Health in Primary Care), Benedetto Saraceno (WHO Perspectives on Disasters and Mental Health), Donna Stewart (Gender and Mental Health) among other stellar speakers and the whole Executive Committee of the World Psychiatric Association will be at hand to discuss some of the most important issues facing our profession in today's world.

The articulation of science and humanism underlying the movement towards a Psychiatry for the Person, chaired by Juan Mezzich, WPA President, will also be highlighted. Come also to enjoy a country with a rich history, fascinating archeology, impressive biodiversity, warm hospitality and one of the world's best cuisines!

Contact us at the Peruvian Psychiatric Association (E: app@apperu.org); Marta Rondon, PPA President (E: mbrondon@gmail.com), and Gabriela Kuroiwa, PPA Secretary General (E: gabykuroiwa@yahoo.es).

Future WPA Scientific Meetings

Professor Pedro Ruiz, Secretary for Meetings, Professor and Vice Chairman, Department of Psychiatry & Behavioral Sciences, University of Texas Medical School at Houston, 1300 Moursund Street, Houston, TX 77030, USA
Tel: +1 713 500 2799. Fax: +1 713 500 2757. E-mail: pedro.ruiz@uth.tmc.edu.

27-30 April 2006: "Annual National and International Congress of the Association of Argentinean Psychiatrists (APSA)", Mar del Plata, Argentina. Organizer: Association of Argentinean Psychiatrists (APSA). Contact: Dr. Hugo Lande. E-mail: presidencia@apsa.org.ar. Website: www.apsa.org.ar.

4-5 May 2006: "Advances in Addiction Psychiatry", Prague, Czech Republic. Organizer: WPA Section on Addiction Psychiatry. Collaboration: Royal College of Psychiatrists. Contact: Mohammed T. Abou-Saleh. E-mail: mabousal@sghms.ac.uk.

4-8 May 2006: "19th Panhellenic Congress of Psychiatry", Athens, Greece. Organizer: Hellenic Psychiatric Association. Contact: Dr. George Christodoulou. E-mail: psych@psych.gr. Website: www.era.gr.

10-13 May 2006: "XXIII Congreso de la Asociacion Espanola de Neuro-Psiquiatria", Bilbao, Spain. Organizer: Spanish Association of Neuropsychiatry. Contact: Dr. Oscar Martinez Azumendi. E-mail: oscarmar@wpanet.org. Website: www.ome-aen.org/23congresoae.

6-8 June 2006: "Annual Conference Czech Psychiatric Association", Spindleruv Mlyn, Czech Republic. Organizer: Czech Psychiatric Association. Contact: Dr. Jiri Raboch. E-mail: raboch@mbox.cesnet.cz.

8-10 June 2006: "International Psychiatric Meeting-2006", Coventry, United Kingdom. Organizer: Midlands Psychiatric Research Group. Contact: Dr. Afzal Javed. E-mail: afzal.javed@ntlworld.com.

8-11 June 2006: "Bienestar y Calidad de Vida y su Relacion con la Multitud en el Siglo XXI", Paris, France. Organizer: WPA Section Mass Media & Mental Health. Contact: Dr. Miguel A. Materazzi. E-mail: finteco@arnet.com.ar. Website: www.finteco.8k.com.

14-17 June 2006: "VII National Conference", Jasna pod Chupkom, Slovak Republic. Organizer: Slovak Psychiatric Association. Contact: Dr. Livia Vavrusova. E-mail: vavrusova@ruzinov.fnspsba.sk.

12-16 July 2006: "WPA International Congress", Istanbul, Turkey. Organizers: a) Psychiatric Association of Turkey. b) Turkish Neuropsychiatric Society. Contact: Dr. Levent Kuey. E-mail: kueyl@superonline.com. Website: www.wpa2006istanbul.org.

2 September 2006: Symposium on "Roles de Avanzada para el Psicoterapeuta ante la Violencia Global", San Juan, Puerto Rico. Organizer: Wizards Continuing Education. Contact: Dr. Victor Llado. E-mail: vjjlado@prtc.net.

5-8 September 2006: "VIII Argentinean Congress of Neuropsychiatry, IV Latin American Congress of Neuropsychiatry and IX Alzheimer's Disease Meeting", Buenos Aires, Argentina. Organizer: "Asociacion Neuropsiquiatrica Argentina". Collaboration: International Neuropsychiatric Association. Contact: Leandro Tortora. E-mail: info@stpweb.com.ar. Website: www.neuropsiquiatria.org.ar.

19 September 2006: "Urban Areas and Mental Health International Conference", Bologna, Italy. Organizer: Italian Psychiatric Association. Collaboration: WPA Section on Urban Mental Health. Contact: Dr. Mariano Bassi. E-mail: bassisip@mailbox.dsnet.it.

21-23 September 2006: "Conferencia: Integracion Psiquiatrica y Biopsicosocial Dentro del Humanismo", Merida, Mexico. Organizers: Federacion Latinoamericana de Psiquiatria Biologica. Collaboration: a) Mexican Psychiatric Association. b) Mexican Society of Neurology & Psychiatry. Contact: Dr. Claudio Garcia Barriga. E-mail: claub99@axtel.net.

26-30 September 2006: "A World of Drugs, A Universe of Treatments", Oporto, Portugal. Organizer: International Society of Addiction Medicine (ISAM). Contact: Dr. Antonio Pacheco Palha. E-mail: apalha@sapo.pt. Website: www.isamweb.org.

27-30 September 2006: "VI World Congress of Depressive Disorders" and "International Symposium on Addictive Disorders", Mendoza, Argentina. Organizers: Dr. Jorge Nazar. Collaboration: a) "Instituto de Neurociencias y Humanidades Medicas". b) "Universidad Nacional de Cuyo". Contact: Dr. Jorge Nazar. E-mail: jorge_nazar@hotmail.com. Website: www.mendoza2006.org.

28 September-1 October 2006: "National Conference on Psychiatry", Craiova, Romania. Organizer: Romanian Psychiatric Association. Contact: Dr. Tudor Udristoiu. E-mail: office@psycv.ro.

5-8 October 2006: Third International Conference "Together Against Stigma", Istanbul, Turkey. Organizer Psychiatric Association of Turkey. Collaboration: Medical School of Istanbul. Contact: Aslihan Polat. E-mail: stigma@stigmaistanbul.org. Website: www.stigmaistanbul.org.

6-8 October 2006: "Pacific Rim College of Psychiatrists Congress", Taipei, Taiwan. Organizer: Pacific Rim College of Psychiatrists. Contact: Dr. Allan Tasman. E-mail: allan.tasman@louisville.edu.

12-15 October 2006: "9th World Congress of Psychosocial Rehabilitation", Athens, Greece. Organizer: World Association for Psychosocial Rehabilitation. Contact: Dr. Michael Madianos. E-mail: madianos@nurs.uoa.gr.

13-15 October 2006: "International Conference on Schizophrenia", Chennai (Old Madras), India. Organizer: Schizophrenia Research Foundation. Collaboration: World Health Organization. Contact: Dr. R. Thara. E-mail: scarf@vsnl.com. Website: www.scarfindia.org - www.icons-scarf.org.

16-21 October 2006: "Annual Congress, Spanish Society of Psychiatry", Sevilla, Spain. Organizer: Spanish Society of Psychiatry. Contact: Dr. Jose Giner. E-mail: jginer@us.es. Website: www.wpanet.org/meetings/m2006.doc.

18-21 October 2006: "8th World Congress of the International Psycho-oncology Society", Venice, Italy. Organizer: WPA Section on Psycho-oncology. Collaboration: International Psycho-oncology Society. Contact: Dr. Carlo L. Cazzullo. E-mail: arsmilano@tiscalinet.it.

1-4 November 2006: "XXIV APAL Congress", Santo Domingo, Dominican Republic. Organizer: Latin American Psychiatric Association (APAL). Collaboration: Dominican Society of Psychiatry. Contact: Dr. Cesar Mella. E-mail: cesarm2@verizon.net.do.

9-12 November 2006: "56th Annual Meeting of the Canadian Psychiatric Association", Toronto, Ontario, Canada. Organizer: Canadian Psychiatric Association. Contact: Dr. Alex Saunders. E-mail: asaunders@cpa-apc.org. Website: www.cpa-apc.org.

10-11 November 2006: "XI Meeting in Bipolar Disorders", Lisbon, Portugal. Organizer: WPA Section on Private Practice. Collaboration: Portuguese Society of Psychiatry and Mental Health. Contact: Prof. Maria Luisa Figueira. E-mail: canessa@mail.telepac.pt.

15-17 November 2006: "Annual Meeting, Egyptian Psychiatric Association", Alexandria, Egypt. Organizer: Egyptian Psychiatric Association. Contact: Dr. Tarek Okasha. E-mail: tokasha@internetegypt.com.



17-19 November 2006: "Second International Conference, South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation", Kathmandu, Nepal. Organizer: South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation". Collaboration: Psychiatric Association of Nepal. Contact: a) Professor Mahendra K. Nepal. E-mail: mhp@healthnet.org.np. b) Professor Roy Abraham Kallivayalil. E-mail: ktm_roykalli@sanchanet.in.

23-25 November 2006: "Regional Meeting of the Royal College of Psychiatrists (Middle East Division)", Beirut, Lebanon. Organizer: Middle East Division, Royal College of Psychiatrists. Contact: Dr. Fuad T. Antun. E-mail: antun@cyberia.net.lb.

30 November-3 December 2006: "WPA Regional Meeting", Lima, Peru. Organizer: Peruvian Psychiatric Association. Contacts: Dr. Marta Rondon and Dr. Gabriela Kuroiwa. E-mail: app@apperu.org.

23-24 January 2007: "WPA Regional Meeting", Budapest, Hungary. Organizer: Hungarian Psychiatric Association. Contact: Dr. Tury Ferenc. E-mail: tury@axelero.hu. Website: www.mpt.iif.hu.

13-16 February 2007: "Psyche and Art Seminar", Djerba, Tunisia. Organizer: WPA Section on Art and Psychiatry. Collaboration: Schattauer Verlag Publishers. Contact: Dr. Hans Otto Thomashoff. E-mail: thomashoff@utanet.at.

22-24 March 2007: "WPA Regional Meeting", Nairobi, Kenya. Organizer: Kenya Psychiatric Association. Contact: Dr. Frank G. Njenga. E-mail: fnjenga@africaonline.co.ke.

18-21 April 2007: "WPA Regional Meeting", Seoul, Korea. Organizer: Korean Neuropsychiatric Association. Contact: Prof. Young Cho Chung. E-mail: kpa3355@kornet.net.

22-25 April 2007: "Third International Congress on Hormones, Brain and Neuropsychopharmacology", Marrakech, Morocco. Organizer: WPA Section on Interdisciplinary Collaboration. Contact: Dr. Uriel M. Halbreich. E-mail: urielh@acsu.buffalo.edu.

16-19 May 2007: "15th World Congress of the World Association for Dynamic Psychiatry", St. Petersburg, Russia. Organizer: World Association for Dynamic Psychiatry. Contact: Dr. Monika Dworschak. E-mail: wadpcongress2007@dynpsych.de.

6-8 June 2007: WPA Thematic Conference "Coercive Treatment in Psychiatry: A Comprehensive Review", Dresden, Germany. Organizer: Eunomia Study Group. Contact: Prof. Thomas Kallert. E-mail: Thomas.kallert@mailbox.tu-dresden.de. Website: www.eunomia-study.net.

18-22 June 2007: VI Simposio Internacional "Aspectos Biologicos y Farmacoterapeuticos de los Transtornos Mentales", Habana, Cuba. Organizer: "Cologio Cubano de Neuropsicofarmacologia". Collaboration: Cuban Society of Psychiatry. Contact: Dr. Jose Perez Milan. E-mail: ccunp@infomed.sld.cu.

25-29 August 2007: "13th International Congress of the European Society for Child and Adolescent Psychiatry", Florence, Italy. Organizer: European Society for Child and Adolescent Psychiatry. Contact: Cecilia Sighinolfi. E-mail: Cecilia.sighinolfi@azzurro.it. Website: www.escap-net.org.

20-23 September 2007: "WPA Regional Meeting", Shanghai, China. Organizer: Shanghai Mental Health Center. Contact: Dr. Zeping Xiao. E-mail: xyzpdgj@online.sh.cn.

4-7 October 2007: "Annual Meeting of the Psychiatric Association of Serbia and Montenegro", Novi Sad, Serbia and Montenegro. Organizer: Psychiatric Association of Serbia and Montenegro. Contact: Dr. Dusica Lecic-Tosevski. E-mail: dusica.lecictosevski@eunet.yu.

21-25 October 2007: "XIX World Association for Social Psychiatry Congress", Prague, Czech Republic. Organizer: World Association for Social Psychiatry. Contact: Dr. Shridhar Sharma. E-mail: wasp@nda.vsnl.net.in.

23-28 October 2007: "Annual Meeting of the International Society of Addiction Medicine (ISAM)", Cairo, Egypt. Organizer: International Society of Addiction Medicine (ISAM). Collaboration: WPA Section on Addiction Psychiatry. Contact: Dr. Nady El-Guebaly. E-mail: nady.el-guebaly@calgaryhealthregion.ca.

24-26 October 2007: "XIV Congress of the Argentinean Association of Psychiatrists", Buenos Aires, Argentina. Organizer: Argentinean Association of Psychiatrists (AAP). Contact: Dr. Nestor F. Marchant. E-mail: aap@aap.org.ar. Website: www.aap.org.ar.

28 November-2 December 2007: "WPA International Congress", Melbourne, Australia. Organizer: Royal Australian and New Zealand College of Psychiatrists (RANZCP). Contact: Sharon Brownie. E-mail: Sharon.brownie@ranzcp.org. Website: www.ranzcp.org.

19-21 June 2008: "WPA Thematic Conference on Depression and Relevant Psychiatric Condition in Primary Care", Granada, Spain. Organizer: Spanish Society of Psychiatry. Contact: Dr. Francisco Torres. E-mail: ftorres@ugr.es.

19-25 September 2008: "XIV World Congress of Psychiatry", Prague, Czech Republic. Organizer: Czech Psychiatric Association. Collaboration: World Psychiatric Association. Contact: Dr. Jiri Raboch. E-mail: raboch@mbox.cesnet.cz.

1-4 April 2009: "Treatments in Psychiatry: A New Update", Florence, Italy. Organizer: Italian Psychiatric Association. Contact: Dr. Mario Maj. E-mail: majmario@tin.it. Website: www.psichiatria.it.

1-5 September 2010: "WPA Regional Meeting", Beijing, China. Organizer: Chinese Society of Psychiatry. Contact: Dr. Yizhuang Zou. E-mail: zyouy@263.net. Website: www.psychiatryonline.cn.

August or September 2011: "XV World Congress of Psychiatry", Buenos Aires, Argentina. Organizers: a) Argentina Association of Psychiatrist (AAP). b) Association of Argentinean Psychiatrists (APSA). c) Foundation for Interdisciplinary Investigation of Communication (FINTECO). Contact: Mariano R. Castex. E-mail: mcastex@congresosint.com.ar. Website: www.congresosint.com.ar.