



Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

January 2016

Message from Section Chair

It is my great pleasure to welcome all ECPs from around the world to our new section. This section was created to allow ECPs to network, learn, research, prosper and in turn provide high standard service to their patients. One of the advantages of having such a section is to ensure the autonomy of ECPs within the WPA under the umbrella of guidance and advice of their senior colleagues when needed. In 2016, the section aspires to have several collaborative activities with different ECPs associations to deliver a high standard of training and activities. Also, the section aims to convey the needs of ECPs to leaderships in the WPA to be taken into future consideration. On behalf of the current board, I warmly invite ECPs from different regions to join the section.



Hussien Elkholy
Section Chair

Message from Section Co-chair and Secretary



Florian Riese
Section Co-Chair



Felipe Picon
Section Secretary

Why should I join the Early Career Psychiatrists section?

The recently founded Early Career Psychiatrists Section is the most seamless way for early career psychiatrists to start international collaborations. Colleagues from all over the world are invited to have an active role in the section, focusing their contributions on whichever areas they think are most necessary. The section was conceptualized to enhance psychiatric training, which would eventually improve psychiatric service worldwide (since most services have early career psychiatrists as their backbones), and also

to promote international research collaborations. These key features of the section are just the beginning of a long list of possibilities, that will be ultimately led by its members. The simple organization of a local psychiatric course could gain worldwide reach with the help of the section, either through its capacity for rapid promotion (instant communication within its membership) or through the exchange of ideas with colleagues from around the globe. Using web-conference apps, for instance, residents from many countries could have a seminar with world-leading experts in a specific field of psychiatry, without leaving their countries. These are just two short examples of the potential of such a section. Joining the section is easy and straightforward:

1. Fill in a preliminary registration form found on the WPA website
2. According to the "terms of reference of the section", membership is strictly for medical school graduates who fit the definition of ECPs. To apply for membership, a short CV accompanied by a letter, outlining the membership request, must be sent to the Secretary of the section (Dr. Felipe Picon: felipepicon@gmail.com) and a copy to wpa.ecp.section@gmail.com . The board will then review the request and decide. The board has the right to deny any applicant membership if qualification requirements are not met.



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Section Board



Hussien Elkholy (Egypt)



Florian Riese (Switzerland)



Felipe Picon (Brazil)



Mariana Pinto da Costa (Portugal)



Takashi Nakamae (Japan)



Prashanth Puspanathan (Australia)

News from collaborating associations

EFPT: History and aims



The European Federation of Psychiatric Trainees (EFPT) is an independent, non-profit umbrella organization for European national psychiatric trainees' associations. The organization currently represents over 20.000 psychiatric trainees from over thirty European countries. The main objective of EFPT is to improve and harmonise the quality of psychiatric education and training across Europe by working in partnership with relevant international and national organizations. EFPT aims to give trainees a voice by supporting the establishment of national trainee associations in all European countries. Every year EFPT organizes the annual Forum of European psychiatric trainees, offering trainees an exclusive opportunity to meet and discuss relevant issues for psychiatric training in Europe, exchange experiences and produce consensus statements expressing their viewpoint on different aspects of psychiatric training.

Building an international trainees' organisation:

The EFPT journey started in June 1992, when 16 psychiatric trainees from 9 countries met in London to explore training issues, creating the European Forum for All Psychiatry and in March 1993, the organization was formally established at a meeting in Utrecht. After the initial impetus, the number of countries represented by the Federation has steadily continued to increase. In 2010, EFPT was officially registered as an International Not-For-Profit Association in Belgium. Today, the daily functioning of EFPT as an organisation is governed by an elected board and nominated general managers. In addition to this, a dynamic number of working groups, serve as the engines for specific year-round projects relevant to trainees (research, psychotherapy, exchange programme, etc.).



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Powered by trainees, for trainees

The EFPT has always had a strong desire to create opportunities for psychiatric trainees, and one of its successful projects has been the establishment of the EFPT Exchange programme, which aims to promote an intercultural professional exchange and cooperation among psychiatric trainees across Europe. Starting in 2011 with 7 countries, the programme continued to grow and now offers observer placements in 14 countries. Through the programme, participants are allowed to spend 2-6 weeks as observers in a training institution (e.g. hospital, university) in a European host country. The programme provides the opportunity to experience other mental health care system, a different training programme, getting trainees involved in clinical, research and teaching activities abroad.

EFPT's strength lies in its members, psychiatric trainees enthusiastic to connect, grow, learn and share. For over twenty years now, EFPT has been offering a unique "for trainees, by trainees" experience and has been doing what is reflected in its tagline, chosen from among trainees in 2014 in London, as "Shaping the Future of Psychiatry".



Delegates of the EFPT Porto Forum 2015



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In 2015, the EFPT Forum took place between 22 and 27 June in Porto, and had “Global mental health” as motto, promoting the maxim: “there is no health, without mental health”. Trainees from all regions of the world, as well as medical students, junior doctors and mental health professionals had, for the first time the opportunity to attend EFPT’s Annual Forum, and contribute with e-posters and oral presentations, which the best have been awarded with prizes. This Forum was preceded by the first Leadership and Professional Skills Course that took place in Porto between 19 and 22 June, directed by Prof. Norman Sartorius and Prof. Sir David Goldberg, which was an excellent opportunity for the selected young psychiatrists to strengthen their professional competencies. We were delighted to have the contribution of Dr Prashanth Puspanathan from Australia in the Scientific Programme of the Forum, in representation of the recently established board of the Early Career Psychiatrists Section of the World Psychiatry Association.



Participants and Faculty of the EFPT Leadership and Professional Skills Course



“Cooperation in Psychiatry Symposium” at the EFPT Porto Forum 2015: Dr Prantash Puspanathan (in the middle), together with Dr Olivier Andlauer (right) and Dr Raphael Psaras (left)

JYPO: History and aims

The Japan Young Psychiatrists Organization (JYPO) was established in June, 2002, as a result of the Course for the Academic Development of Psychiatrists (CADP), a training course collaboratively organized by the World Psychiatric Association (WPA) and the Japanese Society of Psychiatry and Neurology (JSPN). With young Japanese clinical psychiatrists and resident psychiatrists as the core members, we have been striving for the development of young psychiatrists who are able to express themselves internationally, and providing opportunities to connect with each other, both outside the boundaries of their graduating institutions and practicing localities, and internationally. The CADP, which led to the foundation of the JYPO, has been held annually ever since, and Professor Mitsumoto Sato and Professor Norman Sartorius, along with other internationally renowned experts have been supporting the academic advancement of young psychiatrists. Further information about JYPO can be found on the website: <http://www.jypo.org/en/>.



The 14th CADP in 2015 (Japan)



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The Early Career Psychiatrists Committee of the European Psychiatric Association (EPA ECPC): History and Aims

Travel and exchanges abroad trigger enthusiasm, and the European Federation of Psychiatric Trainees (EFPT) and its annual forum is a perfect example of this. However, in several countries, training duration is short, and by the time people start getting really involved, they already have moved on to more senior positions. As a consequence, former EFPT members decided that they wanted to pursue a similar experience after

the end of their training, and established an informal network of European young psychiatrists within the framework of the European Congress of Psychiatry of the European Psychiatric Association (EPA). Their first task in 2004 was to establish a dedicated scientific programme for early career psychiatrists during the EPA congress, named the Young Psychiatrists Programme. In 2007, a formal Young Psychiatrists Committee was appointed, which became the Early Career Psychiatrists Committee (ECPC) in 2009. In 2011, the ECPC structure developed into four task forces (meetings and associations, research, publications and professional development).

The EPA-ECPC was created with the following aims: (a) harmonizing psychiatric training standards in Europe; (b) promoting quality in training and education across Europe; (c) evaluating psychiatric training curricula in Europe; (d) understanding young psychiatrists' and trainees' opinions about training and the beginning of their professional life; (e) interacting with relevant European and national bodies on training in psychiatry; and (f) promoting and developing national young psychiatrists' and trainees' associations. During EPA congress, in addition to its specific scientific programme, the ECPC provides young professionals with scholarships, travel grants, and various networking opportunities such as luncheons, social events, and a lounge in the congress centre. The creation and establishment of the ECPC has had a positive impact on the engagement of Early Career Psychiatrists during the EPA Congress, with the number of ECPs attending growing from 168 in 2009, to 591 in 2014.

Meetings reports

Taipei, where science, professionalism and hospitality met

The WPAIC that took place on 18 -22 November 2015 in Taipei, Taiwan, with the theme "*Bridging Asia into the world-a new era for psychiatric treatment*" was a very valuable event for all ECPs who attended. The congress was held in conjunction with the 4th Asian Congress of Schizophrenia Research and the 4th Congress of Asian College of Neuropsychopharmacology. Besides the rich program and the distinguished speakers, a specific track for ECPs was developed.



Early Career Psychiatrists with professors after session



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Dr. Jane Chang (section member, and representative of TYPO), in collaboration with her colleagues, organized several sessions for ECPs. Eminent professors including Prof. Sartorius, Prof. Bhugra and others delivered highly enriching talks to help ECPs develop their career. ECPs had a good chance to exchange knowledge and expertise during formal and informal meetings.

Moreover, some ECPs had the chance to visit Taipei City Hospital, Songde Branch (Taipei City Psychiatric Center) and have a glimpse of the psychiatric practice in Taiwan. Dr. Li-Te Chiang was kind enough to escort them in the tour explaining their system of psychiatric practice to them.

During the congress a closed meeting was conducted to discuss supporting ECPs development in Asian region. Prof. Sartorius, Prof. Shinfoku and Dr. Javed met with ECPs representing the WPA, Japan and Taiwan and offered support to ECPs in the region and discussed how to achieve that in 2016.



Early Career Psychiatrists after their session



ECPs visiting Taipei City Hospital, Songde Branch. Left to right: Fransiska Kaligis (Indonesia), Hussien Elkholy (Egypt), Mohammad Zia Ul Haq Katshu (UK), Li-Te Chiang (Taiwan).



"The ECPs section is intended to be a "low-threshold point-of-entry" for early career psychiatrists worldwide who are interested in active contribution to the WPA."

Join us today: visit www.wpanet.org for more information



AFPA Office bearers with Early Career Psychiatrists at WPA Taipei meeting

Upcoming events

2nd Early Career Psychiatrists Fellowship of International Congress of Ain Shams Institute of Psychiatry

The 12th International Congress of Ain Shams Institute of Psychiatry, that will be held in Cairo from 19-21 April 2016 is offering an ECPs fellowship. **Four** eligible ECPs will be selected for the fellowship that will include:

- 1- Congress registration
- 2- Accommodation for **3 nights** (B & B basis)
- 3- Partial reimbursement of airfare **up to** 500 USD (ticket invoice will be requested)
- 4- Gala dinner





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Eligibility criteria for the fellowship:

- 1- Not more than 40 years old
- 2- Fluency in English proven by relevant documents
- 3- Must have an **ORAL** presentation abstract accepted in the congress
- 4- All applications will be judged based on the scientific merit of the abstract by the congress scientific committee
- 5- Not a winner of previous fellowship
- 6- Applicant must be the presenting author of the abstract, a written consent of the co-authors is requested

How to apply:

- 1- Interested ECPs should submit an abstract for an oral presentation. To submit an abstract please download the appropriate form from our website: www.asuip.net/congress2016 and send it to these e-mails asuipcong@gmail.com and mrselfiky@hotmail.com
- 2- An email requesting consideration for the fellowship should be sent to Dr. Hussien Elkholy (h.elkholy@med.asu.edu.eg) including the following documents:
 - a. A copy from the abstract submitted
 - b. A recent CV of the applicant must be enclosed
 - c. Supporting document for fluency in English should be enclosed

Abstracts and CVs submission deadline is **midnight of 19th February 2016** (Cairo time). The four winners will be informed by email by the **23rd of February 2016**.

EFPT Forum 2016

The annual Forum of the European Federation of Psychiatric Trainees (EFPT) traditionally takes place in the home country of the EFPT president. This year, for the first time since 1998, the EFPT Forum will return to Belgium, the administrative home of EFPT at the very heart of Europe. Between **2 - 6 July 2016**, the Local Organizing Committee of Flemish Psychiatric Trainees will be proud to be your host while you discover and enjoy all the delights of the wonderful city of Antwerp, as the



Livia De Picker – EFPT President
Watch the EFPT Antwerp 2016 video online
www.efpt.eu/antwerp2016

next stop in the incredible and never-ending EFPT journey. Featuring both Europe's second largest port, as well as one of the most beautiful train stations in the world, our Forum's theme "**All aboard**", evokes at the same time the EFPT spirit of inclusivity and Antwerp's history as an important meeting place in the heart of Europe. We are therefore delighted to invite our colleague psychiatric trainees in Europe to meet, connect, be amazed and enjoy the 24th EFPT Forum in our dynamic and multi-lingual country! With our Forum program we hope to offer you a window on psychiatric practice in Belgium through site visits, to make you marvel at the diversity of psychiatric training and psychiatry in Europe, and to give you plenty of opportunities for networking with fellow trainees. Following the tradition established in 2014, the 2016 Forum will be preceded by the third EFPT-UEMS CAP training day. The "Mind the Gap" day on July 5th 2016 will give special attention to the interface of research with the clinical world. On this day, we invite our



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colleague trainees that are also doing some research to share their work with us, and all are welcome to participate in workshops and sessions designed to bridge the gap “between bench and bedside”. Furthermore, this Forum will host the first Alumni evening, inviting both present and past EFPT delegates to interact and enjoy the EFPT atmosphere together. For more information on the EFPT Forum please visit www.efpt.eu/antwerp2016.



Section activities

Intersectional Educational Program

As the WPA is always striving to improve education and training, and as Early Career Psychiatrists are the backbone of any psychiatric service, the ECPs section has joined the WPA intersectional program. In a meeting in WPAIC 2015, in Taipei, Taiwan, the importance of involvement of ECPs section was discussed, and approved. ECPs being the main recipient of this educational program, necessitates the involvement of the section to ensure that the program both reaches as many ECPs as possible and also that the needs of ECPs can be reflected to the program coordinators to be incorporated in future activities. Future activities based on this program will be announced in time.



Left to right: Dr. Afzal Javed (WPA Secretary for Sections), Prof. Thomas G. Schulze (Chair section on Genetics in Psychiatry) and Dr. Hussien Elkholy (Chair ECPs section)

Publication

As an initiative of the recently established Early Career Psychiatrists Section of the WPA, colleagues from every continent came together to summarize the history, role and future priorities of the respective Early Career Psychiatrist Associations from multiple countries around the world.

Middle East Current Psychiatry:
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Review article

Associations of early career psychiatrists worldwide: history, role, and future perspectives

Fiorillo, Andrea; Pinto da Costa, Mariana; Nakamae, Takashi; Puspanathan, Prashanth; Riese, Florian; Picon, Felipe; Elkholy, Hussien

The paper has just been published and we invite all to freely access it through this link:

http://journals.lww.com/mecpsychiatry/Fulltext/2016/01000/Associations_of_early_career_psychiatrists.2.aspx