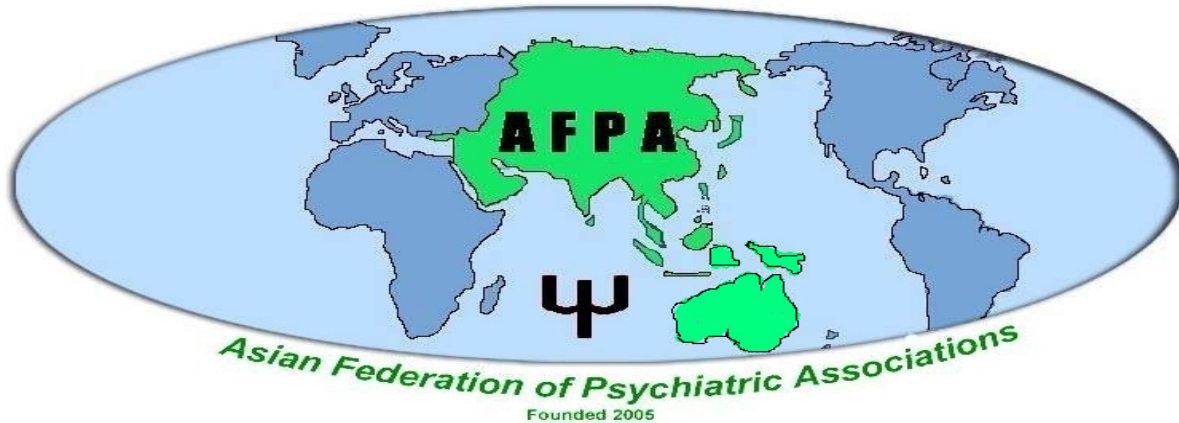


The Bulletin of the AFPA

The Summer 2015 Issue



IN THIS ISSUE

Social activities at the 5th WCAP in Fukuoka..... 19
The AFPA/EPA symposium in Madrid, Spain..... 20
Eight National Psychiatric Societies Join the AFPA.....21

Afzal Javed, the New AFPA President-elect22
News from AFPA National Psychiatric Societies.....23
The WPAIC Taipei, 18-22 November, 2015.....29

The 5th WCAP in Fukuoka, 3-6 March, 2015



I am very happy to report that the 5th World Congress of Asian Psychiatry in Fukuoka (the 5th WCAP in Fukuoka) was held 3-6 March, 2015 with great success. The scientific level of the congress was high, and the attendees included nearly 500 psychiatrists from 38 countries.

The programme consisted of an Asian Federation of Psychiatric Associations (AFPA) president lecture by Pichet Udomratn, a Congress president lecture by Shigenobu Kanba, an AFPA memorial lecture by Naotaka Shinfuku, a keynote lecture by AFPA council member Norman Sartorius, and a plenary lecture by World Psychiatric Association (WPA) president Dinesh Bhugra, who also received AFPA lifetime achievement award at the 5th WCAP in Fukuoka.

The programme also included 13 special lectures, five “meet the experts” sessions, and the following four joint workshops -- AFPA/World Association for Psychosocial Rehabilitation (WAPR) (Muhammad Afzal Javed, Tae Yeon Hwang, and Tadashi Takeshima), AFPA/Royal Australian and New Zealand College of Psychiatrists (RANZCP) (Stephan Macfarlane, and Victor Storm), AFPA/WPA/ Japan Young Psychiatrists Organization (JYPO) (Dinesh Bhugra, Keiichiro Nishida, and Hironori Kuga), and AFPA/ European Psychiatric Association (EPA) (Wolfgang Gaebel).

The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Associations

Web site address: www.afpa.asia

Publisher: Shigenobu Kanba*

*Corresponding address: Department of Neuropsychiatry, Graduate School of Medical Sciences, Kyushu University, 3-1-1 Maidashi, Higashi-ku, Fukuoka 812-8582, Japan

E-mail: Shigenobu Kanba

<skanba@npsych.med.kyushu-u.ac.jp>

Editor: Winston W. Shen**

**Corresponding address: Taipei Medical University-Wan Fang Medical Center, 111, Section 3, Hsing Long Road, Taipei 116, Taiwan

E-mail: Winston W. Shen <Shenwinw@gmail.com>

In addition, four workshops and 37 symposia at the WCAP in Fukuoka were held, and 42 oral and 53 poster presentations were given. Norman Sartorius Awards were given to authors of six presentations. They were Hassen Al-Amin (Qatar), Jane Pei-Chen Chang (Taiwan), Umesh Jain (Canada), Lian-Yu Chen (Taiwan), Muthita Phanasathit (Thailand), and Nobuaki Eto (Japan).



A group photo at the closing of the 5th WCAP in Fukuoka, 3-6 March, 2015

First row (L-R): Naotaka Shinfuku (Japan), Victor Storm (Australia), Ngo Van Vinh (Vietnam), Tran Van Cuong (VN), Helen Herrman (Australia), Afzal Javed (Pakistan), Pichet Udomratn (Thailand), Shigenobu Kanba (JPN), Norman Sartorius (Switzerland), Dinesh Bhugra (UK), Hironori Kuga (JPN), and Toshitaka Ii (JPN).

Second row (L-R): Min Soo Lee (Korea), Winston W. Shen (Taiwan), Khachatur Gasparyan (Armenia), Cheng Lee (Singapore), Umadevi Ambihaipahar (Papua New Guinea), Natalia D. Semenova (Russia), David Ndeti (Kenya), Malcolm Hopwood (Australia), 09 Unidentified, Tsuyoshi Akiyama (JPN), Wolfgang Gaebel (Germany), Hiroaki Kawasaki (JPN), and Tran Viet Hung (VN).



A group photo of Research of East Asian Prescriptions at the 5th WCAP

First row (L-R): Nyan Win Kyaw (Myanmar), Winston W. Shen (Taiwan), Norman Sartorius (Switzerland), Chay-Yoon Tan (Singapore), Naotaka Shinfuku (Japan), Mian-Yoon Chong (TW), Shih-Ku Lin (TW), and Pichet Udomratn (Thailand).

Second row (L-R): Andi J. Tanra (Indonesia), Lian-Yu Chen (TW), Sawitri Assanangkornchai (Thailand), Yu-Tao Xiang (Macau), Shu-Yu Yang (TW), Yanling He (China), Kim Sauvon (Cambodia), Umadevi Ambihaipahar (Papua New Guinea), Kang Sim (Singapore), Naidansuren Tuya (Mongolia), Hironori Kuga (JPN), and Hiroaki Kawasaki (JPN). (Photo provided by Shinfuku).

The Japanese Society of Psychiatry and Neurology (JSPN) organised a successful roundtable discussion involving 24 presidents of AFPA member societies and other important partners, including the African Association of Psychiatrists and Allied Professions (AAPAP, Solomon Rataemane), the European Psychiatric Association (EPA, Wolfgang Gaebel), the American Psychiatric Association (APA, Allan Tasman), and the WHO Collaborating Centre in Mental Health Australia (Helen Herrman).

I am certain that the participants had a good time both in and out of the 5th WCAP in Fukuoka and enjoyed all the good food that Fukuoka offered. Meeting new friends and seeing old friends, at the 5th WCAP



Dinesh Bhugra (UK, left) received lifetime achievement award of the AFPA from Pichet Udomratn (Thailand)

in Fukuoka allowed us to deepen our knowledge of psychiatry and gain a better understanding of mental health in each country. At the conclusion of the congress, it was clear that AFAP members had become strongly united.

Shigenobu Kanba*

Department of Neuropsychiatry, Graduate School of Medical Sciences, Kyushu University, Fukuoka, Japan

*Corresponding address: 3-1-1 Maidashi, Higashi-ku, Fukuoka 812-8582, Japan

E-mail: Shigenobu Kanba

<skanba@npsych.med.kyushu-u.ac.jp>

(Editor's note: Kanba is director of the 5th WCAP in Fukuoka, March 3-6, 2015.

He is also AFPA president 2015-17.)

Social Activities at the 5th WCAP

At the 5th World Congress of Asian Psychiatry, in Fukuoka, there were three dinner gatherings. From

16: 30 to 18: 30 on day 1, Tuesday, 3 March, 2015, Shigenobu Kanba, director of the 5thWCAP gave a cocktail opening reception at the venue (Centennial Hall of Kyushu University School of Medicine). From 18: 15 to 20: 00, on Wednesday, 4 March, a buffet stand-by gala dinner took place at the same place of the venue. Afterwards, Kanba led the group to the dining room at Nishitetsu Inn for a sit-down dinner.

At 19: 00-21: 00, day 3, Thursday, 5 March, there was a self-paid farewell dinner at a special restaurant *Hakata Hyakunen Gura*. A total of 37 delegates participated in this dinner at JPY 5,500 per person. The delegates were treated with delicious Japanese dishes (fresh *sashimis*, *tempura*, rice cooked with various Japanese ingredients, etc.) and several kinds of famous alcohol beverages including (Japanese *sake* – *ginjoshu*, *junmaishu*, *shochu*, etc.)

Japanese Young Psychiatrist Organisation and international young psychiatrists offered some entertainings. The highlights were group singings. The songs include *Nataru no Hikari* which is a famous Japanese song borrowing the melody from Scottish song *Auld Lang Syne*, bidding farewell and wishing good luck.



A group photo taken at the farewell party of the 5th WCAP in Fukuoka, 5 March, 2015.

First row (L-R): Hironori Kuga (Japan), Muneyuki Suzuki (JPN), Tsuyohi Akiyama (JPN), Toshikazu Saito (JPN), Allan Tasman (USA), Mrs. Yasuko Kanba (JN), Shigenobu Kanba (JPN), Wolfgang Gaebel (Germany), Mrs. Ingrid Gaebel (Germany), Naotaka Shinfuku (JPN), Umadevi Ambihaipahar (Papua New Guinea), Masao Tanaka (JPN), and Kazufumi Yoshida (JPN).

Second row (L-R): Tetsuji Cho JPN), Toru Horinouchi (JPN), Kumi Aoyama (JPN), Hiroaki Kawasaki (JPN), 05 Unidentified, Mrs. Cathy Tasman (USA), Toshiaki Onizuka (JPN), Mrs. Haruno Akiyama (JPN), Min Soo Lee (Korea), Pia Quimson-Guevarra (USA), Winston W. Shen (Taiwan), Jane Chang (TW), Kanna Sugiura (JPN), Victor Storm (Australia), Keisuke Ikari (JPN), Noriaki Hirakawa (JPN), Mrs. Suher L. Hwu (TW), 18 Noriaki Hirakawa (JPN), Hai-Gwo Hwu (TW), 20 Unidentified, Natalia D. Semenova (Russia), 22 Unidentified, 23 Unidentified, and Khachatur Gasparyan (Armenia). (This photo is provided by Jane Chang.)



Hironori Kuga*

Department of psychiatry, National Hospital
Organization Hizen Psychiatric Center, Department of
Neuropsychiatry, Kyushu University, Fukuoka, Japan

Corresponding address: 160 Yoshinogari, Kanzaki,
Saga 842-0192, Japan

E-Mail: Hironori Kuga <hirokuaga.370@gmail.com>

*(Editor's note: Kuga is a member of Japanese Young
Psychiatrist Organisation.)*

The AFPA and the EPA Met at both Fukuoka and Vienna for Future Collaboration

The Asian Federation of Psychiatric Associations (AFPA) and the European Psychiatric Association (EPA) met historically during the 5th World Congress of Asian Psychiatry (WCAP) held at Fukuoka 3-6 March, 2015 and at the EPA's 23rd psychiatry congress held at Vienna 28-31 March, 2015.

The initiative idea started at the WPA World Congress in Madrid when Pichet Udomratn (Thailand), then president of the AFPA met and discussed with Wolfgang Gaebel (Germany), then president-elect of EPA. Both of them agreed to organise the AFPA/EPA joint symposium in their congresses/annual meetings. So, at the 5th WCAP in Fukuoka, 3-6 March, 2015, the symposium on the topic of "Asia meets Europe : Lessons to Be Learned from Each Other" was held with presentations from Gaebel, Udomratn, Naotaka Shinfuku (Japan), and Dinesh Bhugra (UK).

Later at the EPA psychiatry congress, the EPA/AFPA joint symposium on the topic of "Europe meets Asia: Lessons to Be Learned" had presentations from Udomratn, Afzal Javed (Pakistan), Gaebel and Danuta Wasserman (Sweden). These speakers gave an account of history of formation of the respective associations and also spoke about issues related to suicide prevention and psychosocial rehabilitation in the regions.

After the joint symposium at both the 5th WCAP and the EPA annual meeting, a meeting of the officer bearers of EPA and AFPA also took place, and they discussed issues of mutual interest with some future directions especially for exchange programmes for young and early career psychiatrists. Hopefully, this collaboration will flourish and also lead to further

planning for initiating projects in areas of research, teaching, training, and capacity building. This is a landmark for future collaboration among these two-association organisations.

Pichet Udomratn*

Department of Psychiatry, Faculty of Medicine,
Prince of Songkla
University, Hat Yai, Songkhla, Thailand

*Corresponding address: Hat Yai, Songkhla,
90110 Thailand

E-mail: Pichet Udomratn <upichet@medicine.psu.ac.th>

*(Editor note: Udomratn is immediate past president
of the AFPA, and Javed is president-elect
of the AFPA, 2015-2017.)*

The AFPA and the EPA Will Meet again in Madrid, Spain

The Asian Federation of Psychiatric Associations (AFPA) and the European Psychiatric Association (EPA) continue the established joint AFPA/EPA symposium. At the psychiatry congress of the EPA to be held in Madrid, Spain, 12-15 March, 2016, the topic of the AFPA/EPA symposium is chosen to be "Europe Meets Asia: Commonalities, Differences and Future Perspectives on Postgraduate Training in Psychiatry."

The co-chairs of the AFPA/EPA symposium at the annual meeting of the EPA 2016 will be Shigenobu Kanba (Japan) and Wolfgang Gaebel (Germany), representing the Asian and European perspectives, respectively. Muthita Phanathit (Thailand) and Olivier Andlauer (UK) are also invited to cover trainee perspectives as symposium speakers at this joint symposium.

Shigenobu Kanba*

Department of Neuropsychiatry, Graduate School of
Medical Sciences, Kyushu University, Fukuoka, Japan

*Corresponding address: 3-1-1 Maidashi, Higashi-ku,
Fukuoka 812-8582, Japan

E-mail: Shigenobu Kanba

<skanba@npsych.med.kyushu-u.ac.jp>

*(Editor's note: Kanba is AFPA president 2015-17.
Phanasathit is one of six Norman Sartorium adwardees
at 5th WCAP in Fukuoka, 3-6 March, 2015.)*

FROM THE AFPA OFFICE

Eight New Members Have Been Accepted to Join the AFPA at 5th WCAP

The Asian Association of Psychiatric Associations had a board meeting at 9: 30 to 11: 30, 3 March, 2015 at 5th World Congress of Asian Psychiatry.

The board meeting was represented by 24 Asian national psychiatric association. The participants included 7 AFPA executive council members, 6 AFPA council members, 2 AFPA founding members, 14 existing presidents or representatives of national psychiatric societies in Asia and 1 other. The office bearers of all AFPA participating national societies in Asia can be found at the website address at www.afpa.org.jn.

Besides, there were eight new national society members have been accepted to join the AFPA. There were listed in alphabetical order as below:

- Armenian Psychiatric Association (attended by Khachatur Gasparyan, secretary of its Association)
- Myanmar Mental Health Society (Win Aung Myint, president)
- Mongolian Mental Health Association (Naidansuren

- Tuya, director, not attended at this board meeting)
- Psychiatric Association of Nepal (Naba Raj Koirala, president)
- Papua New Guinea Psychiatric Association (Umadevi Ambihaipahar, president)
- Philippine Psychiatric Association (Luz C. Querubin, president)
- Sri Lanka College of Psychiatrists (Samudra Kathiriarachchi, president), and
- Vietnam Psychiatric Association (Tran Van Cuong, president).

On behalf of the AFPA, I welcome those new members. I believe that they will add the AFPA greatly.

Naotaka Shinfuku*

International Center for Medical Research, School of Medicine, Kobe University, Kobe, Japan

*Corresponding address: 1-7, 1104 Monchi-hama, Sawara-ku, Fukuoka 814-0001, Japan

E-mail: Naotaka Shinfuku

<shinfukunaotaka@gmail.com>

(Editor's note: Shinfuku is a founding president of the AFPA.)



A group photo of the AFPA board meeting at 5th WCAP in Fukuoka

First row (L-R): Norman Sartorius (Switzerland), Afzal Javed (Pakistan), Shigenobu Kanba (Japan), Pichet Udomratn (Thailand), Naotaka Shinfuku (JPN), Kim Savuon (Cambodia), Yongyud Wongpironsarn (Thailand), Xin Yu (China), Samudara Kathiriarachich (Sri Lanka) and Ziad Kronfol (Qatar).
 Second row (L-R): Cheng Lee (Singapore), Mazhar Malik (Pakistan), Nor Zuraida Zainal (Malaysia), Ma Luz C Querbin (Philippines), Malcolm Hopwood (Australia), Masatoshi Takeda (JPN), Nasar Sayeed Khan, (Pakistan), Nalaka Mendis (Sri Lanka), Khachatur Gasparyan (Armenia), Tran Van Cuong (Vietnam), Ahmad Jalili (Iran), Naba Raji Koirala (Nepal), Win Aung Myint (Myanmar), Yanling He (China), Min Soo Lee (Korea), Golan Rabbani (Bangladesh), and Hai-Gwo Hwu (Taiwan).



Afzal Javed, New AFPA President-elect (2015-17)



Afzal Javed becomes the president-elect of the Asian Federation of Psychiatric Association at the close of World Congress of Asian Psychiatry Fukuoka, Japan 3-6 March, 2015.

Dr. Javed graduated from King Edward Medical College Lahore, Pakistan. Then he received higher specialised training in psychiatry from Pakistan as well as United Kingdom at Royal Edinburgh Hospital, University of Edinburgh and at Institute of Psychiatry and Maudsley Hospital, London.

Javed used to serve at the UK Royal College of Psychiatrists as deputy/associate registrar, member Board of International Affairs of the College, Chairman of West Midlands Division of the College and one of the lead College office bearers for SAS doctors and patient carers groups. He is also elected as executive committee member of the College Faculty of Rehabilitation and Social Psychiatry.

His role in international psychiatry is highlighted by his involvement with a number of professional organisations. He is currently working as president of World Association for Psychosocial Rehabilitation (WAPR), secretary for sections World Psychiatric Association (WPA), founding secretary General Asian Federation of Psychiatric Associations (AFPA), advisor and founder secretary general of South Asian Forum on mental health and psychiatry (SAF), advisor SAARC Psychiatric Federation (SPF), immediate past co-chairman / founder office bearers WPA Section on Psychiatry in Developing Countries, chairman Pakistan Psychiatric Research Centre, as well as Fountain House, Lahore, Pakistan.

His areas of special interest are psychosocial rehabilitation, social and transcultural psychiatry, and psychiatric research. His academic skills have been invaluable when publishing more than 104 scientific papers and being author of six books/monographs on different topics of psychiatry. He is currently involved in a number of projects on schizophrenia and is completing audits in different clinical aspects of long-term management of chronic mentally ill in the community.

Naotaka Shinfuku*

International Center for Medical Research, School of Medicine, Kobe University, Kobe, Japan

*Corresponding address: 1-7, 1104 Monchi-hama, Sawara-ku, Fukuoka 814-0001, Japan

E-mail: Naotaka Shinfuku
<shifunaotaka@gail.com>

FROM AFPA NATIONAL PSYCHIATRIC SOCIETIES

A Course for Young Psychiatrists Offered by AFPMH and the PPA Took Place in Cibu City, the Philippines

The Association of Southeast Asian Nations (ASEAN) Federation of Psychiatry and Mental Health (AFPMH), with the Philippines as the host country, in coordination with the Philippine Psychiatric Association (PPA) had organised the first ever, AFPMH Young Psychiatrists Fellowship Course on Leadership and Professional Development. This was generously supported by Pureza Trinidad-Onate, AFPMH president, and Edgardo Juan L. Tolentino, PPA president.

The course was led by distinguished five faculty members, spearheaded by Norman Switgerland, president of the Association for the Improvement of Mental Health Programmes, together with Mohan Isaac (Australia), Erminia Colucci (Australia), and Dinah

Nadera (Philippines). The entire course was organized by me. There were a total of 19 young psychiatrist delegates whose airfare was sponsored by their country psychiatric organisations. The PPA, through Metro Psych Facility, Inc. headed by Fareda Flores and Benita Ponio, generously supported the accommodations of the delegates at Bayfront Hotel for the entire duration of the course and their attendance to the AFPMH Congress in Radisson Blu Hotel, Cebu City, Philippines. The venue of the course was held at Metro Psych Facility in Cebu City. The Metro Psych Facility staff and local psychiatrists from Cebu hosted a Fellowship Night for the international delegates and faculty, which was truly reflective of the Filipino's gracious hospitality.

The sessions provided an opportunity to learn more about psychiatry in the ASEAN region through working with eminent faculty members and the cohort of 19 young psychiatrists from Thailand, Singapore, Hong Kong, Myanmar, Papua New Guinea, Australia, Bangladesh, Pakistan, Malaysia and the Philippines. The programme was focused on developing the



ASEAN Federation of Psychiatry and Mental Health Young Psychiatrists Course, November 2014, Cebu, the Philippines

First row (L- R): Napat Sittanomai (Thailand), Dinah Nadera (Philippines), Erminia Colucci (Australia), Mohan Isaac (Australia), Norman Sartorius (Switzerland), Rosanna de Guzman (Philippines), Bradleigh Hayhow (Australia), Stephen Parker (Australia), Losavati Daugunu (Papua New Guinea), Priiscilla Gilboy (Philippines).

Second row: (L-R) : Bernard Argamoso (Philippines), Jecyl Radam (Philippines), Dorothy Tang (Hong Kong), Kusalaporn Wongniyom (Thailand), Sawera Mansoor (Pakistan), Siti Nordiana Dollah (Malaysia), Daryl Calleja (Philippines), Moan Thawdar Myo Thant (Myanmar), Thapyay Kyi (Mynmar), Larimer Hugo (Philippines), Ho Su Hui Cyrus (Singapore), Anthony Lee (Hong Kong), Mohammad Maruf (Pakistan).

professional skills of young psychiatrists. Key learning occurred around developing presentation skills, both oral and written, and commencing a research. The faculty led an experiential exercise and gave immediate feedback to each delegate. Emphasis was placed on the importance of anchoring key messages and statements, stating the unusual rather than what is common, the power of emotional communication, as well as communicating simple and clear messages. The sessions on research gave guidance as to the passion, motivation and commitment required to realized research as clinician-scientist-leader-social change advocate, as well as the value of such an endeavor. The delegates were encouraged to think about the breath and depth of the projects that can be realistically undertaken, with the focus of generating output that will be recognised and valued by the psychiatric community, as an early career researcher. Important messages included how much time one can dedicate, following trends and identifying projects that can be rapidly completed, identifying priorities, and responding to media. All the sessions were enriched by the inputs of the young psychiatrists fellowship cohort, and this discussion allowed opportunities to learn from each other about different ways of working.

Besides professionals skills, the programme was expanded to include obtaining information necessary for rational mental health policies, prevention of suicide, fighting the stigma of mental illness, and the rôle of informatics in community mental health care.

For the closing ceremony, Lourdes Ladrigo-Ignacio, AFPA 2014 lifetime achievement awardee, gave the inspirational message to the young psychiatrists encouraging to take on the leadership rôle in psychiatry and mental health in their own countries, as well as in the Asia-Pacific region. The course was ended with the awarding of certificates of participation and appreciation to all those who had participated and contributed to the course. Edgardo Juan L. Tolentino, the PPA president, gave the closing remarks and invited the delegates and faculty to attend the 14th Congress of the ASEAN Federation for Psychiatry and Mental Health as well as the 30th Post Graduate Course and 25th Midyear Convention of the Philippine Psychiatric Association, Inc. with the theme: "Setting gold standard of care in in ASEAN psychiatry. The congress was designed to respond to the upcoming harmonization of standards within the ASEAN region happening by 2016. But setting the sights on the global stage, the organisers have also brought renowned speakers from Europe, the

U.S., and Australia on topics with current urgency and importance.

Overall, the two-day leadership programme provided an immensely positive learning experience for the participants and faculty. We hope to continue this legacy of the AFMHP to identify future leaders of ASEAN psychiatry and facilitate their professional development by the provision of training in professional skills and the establishment of an ASEAN network of young psychiatrists.

Rosanna E. de Guzman*

Department of Psychiatry and Behavioral Medicine,
University of the Philippines College of Medicine and
Philippine General Hospital, Taft Avenue, Ermita, Metro
Manila, 1000, Manila City, The Philippines

*E-mail: Ma. Rosanna E. de Guzman
<mdeguzman24@gmail.com>

The Sri Lanka College of Psychiatrists Had a Successful 12th Annual Academic Sessions 27-30 March, 2015



Presidential address by Samudra Kathriarachchi, president of Sri Lanka College of Psychiatrists

I am pleased to announce that the 12th Annual Academic Sessions of 27-30 March, 2015 organised by the Sri Lanka College of Psychiatrists was held with great success from 27 March to 30 March, 2015. The sessions were conducted at the Hotel Taj Samudra, situated in the heart of Colombo, overlooking the famous Galle face green and the beach. The central and beautiful location provided convenience coupled with luxury and serenity enhancing rich experience of the conference.

Under the theme "Strength in Diversity: the way forward in Psychiatry," this year's scientific sessions comprised of plenaries, symposia, discussions, and workshops. The inauguration ceremony was attended by a large number of distinguished invitees and was coloured by a cultural performance. A wide array of

topics ranging from ethics, pharmacological and non-pharmacological interventions and maintaining standards in postgraduate examinations were discussed at the event. The faculty included a distinguished panel of international and Sri Lankan academics, nonpsychiatrist physicians and psychiatrists. In addition to this two-day academic sessions, the AAS had pre and post-congress workshops.

The two pre-congress workshops were conducted by international speakers, Jeffrey Young (Australia) on “Basics in Family Therapy” and John Norcini (USA) on “Setting Standards in Post Graduate Examinations.” The workshops were attended by hundred participants, including consultants, academics of other disciplines, University heads of departments and non-consultants as well as foreign delegates. The two-day sessions consisted of free paper presentations, poster presentations, plenaries, discussions, and symposia. One of the key features of the event was the free paper and poster presentations. Both oral and poster presentations encouraged researchers who conducted original research and provided a forum at which new research were presented and discussed. Plenaries, symposia and discussions were conducted by well-recognised professionals within the field and also drew resources from allied disciplines as well. The sessions’ success was showcased by the notable participation from both local and foreign participants which numbered over hundred.



Nalaka Mendis (middle) and Mrs. Mendis (left) greeted Naotaka Shinfuku (Japan)

The AAS concluded with two post-congress workshops with a high number of attendees. The workshops were conducted by Sathya Rao (Australia) who pioneered borderline personality disorder specialist service in Victoria, Australia on “Basics of Dialectical Behaviour (DBT) Therapy” and Richard Newton (Australia), head of Austin Health Service in Victoria, Australia on “Cognitive Behaviour Therapy: Basics and

beyond.” The sessions opened up new avenues available for exploration. One of the most significant outcomes of the AAS was the discussion of problems specific to the Sri Lankan context. The event provided a forum at which participants were given the opportunity to discuss and clarify work related ethical and clinical issues with their colleagues.

The sessions were coloured by gala dinner at the hotel Waters edge, overlooking Diyawannaoya lake and the city tour organised with the help of Sri Lanka Tourist Board. The 12th Annual Academic Sessions has proven to be a cultural and academic event, providing ample opportunities for networking and socialising whilst updating knowledge.

Samudra Kathriarachchi*

Department of Psychiatry, Faculty of Medical Sciences,
University of Sri Jayawardenapura,
Nugegoda, Sri Lanka
E-mail: Samudra Kathriarachchi
<samudratk@gmail.com>

(Editor's note: Samudra Kathriarachchi is president of Sri Lanka College of Psychiatrists.)

Annual Congress in Brisbane in May 2015 and Other Activities of the RANZCP

This year, Murray Patton (immediate past president of the Royal Australian and New Zealand College of Psychiatrists) and I have had the pleasure of attending and presenting at many first-class psychiatric events in the Asian region, along with Andrew Peters (the RANZCP Chief Executive Officer). Dr. Patton attended the January 2015 annual national conference of the Indian Psychiatric Society in Hyderabad, India, and the 12th Annual Academic Sessions of the Sri Lanka College of Psychiatrists in Colombo in March, whilst I had the pleasure of attending the fifth Asian Federation of Psychiatric Associations (AFPA) World Congress of Asian Psychiatry (5th WCAP) in Fukuoka in March 2015, and the World Psychiatric Association (WPA) Regional Conference/Japanese Society of Psychiatry and Neurology (JSPN) Conference in Osaka in June 2015.

It is a great pleasure to be met with familiar and friendly faces all across the region when attending these events and to experience the very strong spirit of collaboration. I am looking forward to continuing to

develop strong partnerships with our regional colleagues and fellow AFPA member societies throughout my term as president.

Of course, one of the events held in the region was the RANZCP Annual Congress in Brisbane, 3-7 May, 2015. We were honoured that international leaders, including Pichet Udomratn (Thailand, past AFPA president) joined us for the Congress and contributed to an interesting symposium “Asia-Pacific Forum” on post-graduate training. The esteemed presenters spoke on psychiatric training in Hong Kong, Sri Lanka, Thailand, Japan, Papua New Guinea, as well as broader perspectives from the Asia-Pacific region. The session provided an insight into the different approaches to post graduate training and was a valuable opportunity to reflect on the shared and the unique challenges in psychiatric training in Asia and in the Pacific. The opportunities for collaboration in order to overcome some of these challenges are many.

When attending meetings and conferences in the region it is common to hear of problems relating to workforce shortages. This applies in Australia and New Zealand, in the Asia Pacific region, and beyond. The RANZCP Psychiatry Interest Forum (PIF) has been a successful method of engaging medical students and junior doctors with the field of psychiatry. The PIF is part of a broader project, funded through the Federal Government of Australia, which aims to increase the

number of trainees in medical specialities where there is a shortage. The RANZCP project includes “introduction to psychiatry” short courses, sponsorship of medical students to attend the RANZCP Congress, essay competitions, mentoring, a facebook page open to the public (www.facebook.com/psychiatryinterestforum) and a range of grants. The program has been successful and there are currently around 1,300 PIF members. A significant number of PIF members have since entered into the RANZCP training program.

Finally, as some may be aware, in 2013 the RANZCP established an online “Asia-Pacific Mental Health Portal” (www.ranzcp.org/asiapacificportal) with the aim of creating a hub for the exchange of relevant resources across the region. If you have anything to contribute to the portal, or if there are specific resources you would like to see included, please do make contact with Ms. Leah Jackson at the RANZCP on leah.jackson@ranzcp.org.

Malcolm John Hopwood*

Department of Psychiatry,

University of Melbourne, Australia

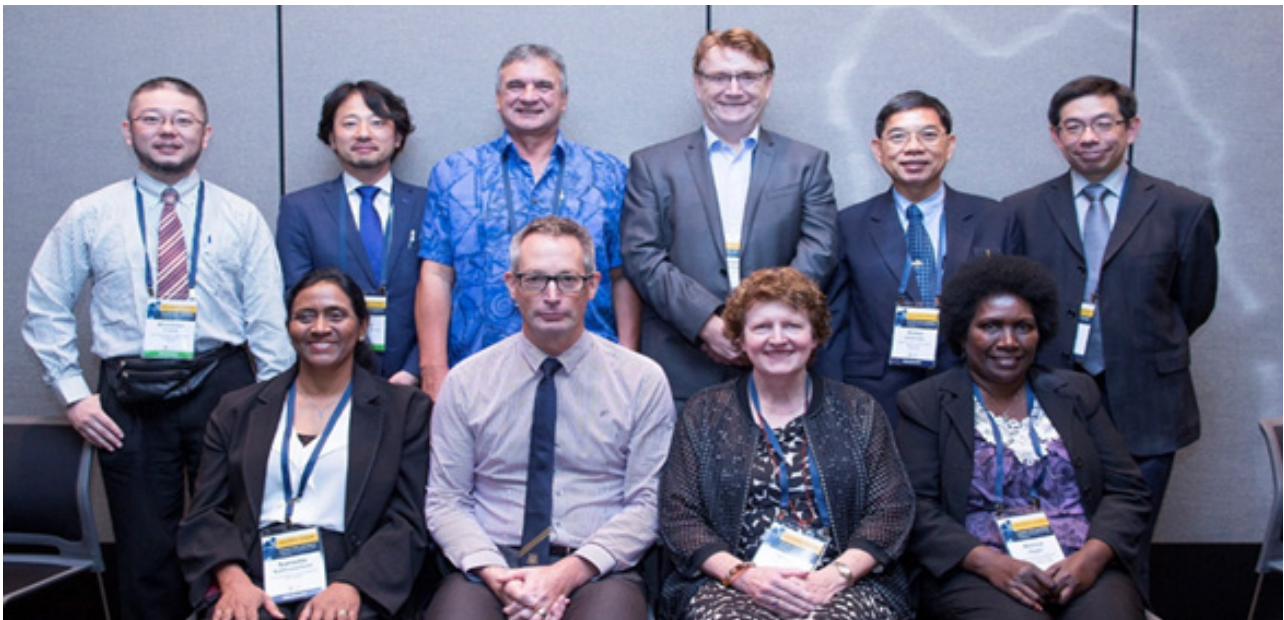
*Corresponding address: 309 La Trobe Street,

Melbourne VIC 3000, Australia

E-mail: Malcolm Hopwood

<president@ranzcp.org>

(Editor's note: Hopwood is the president, the RANZCP.)



A group photo at the annual congress of RANZCP in Brisbane, in May 2015.

Back row (L-R): Michihiko Koeda (Japan), Naru Fukuchi (JPN), Francis Agnew (New Zealand), Malcolm Hopwood (Australia), Pichet Udomratn (Thailand), and Eric Chen (Hong Kong).

Front row (L-R): Samudra Kathriarachchi (Sri Lanka), Murray Patton (New Zealand), Helen Herrman (Australia), and Monica Hagali (Papua New Guinea).

Report from WPA RC Osaka, 3-6 June, 2015

In the present triumvirate under the leadership of the president Dinesh Bhugra (2014-2017), the World Psychiatric Association is active in Asia or in the border regions of Asia, having several international or regional congresses between Madrid WPA Congress in 2014 and Berlin WPA Congress in 2017. Except WPA Regional Congress in Bucharest, Romania, Europe, WPA had WPA RC Hong Kong in December 2014, and WPA RC in Osaka in June 2015. Besides WPA International Congress in Cape Town, Africa, 18-20 November, 2016, WPA have also scheduled WPA RC in Kochi, 25-27 September, 2015; WPA IC in Taipei, 18-22 November, 2015, WPA RC, Manila, 4-6 February, 2016), and Istanbul RC, 7-10 July, 2016.

June 3-6, 2015 Japanese Society of Psychiatry and Neurology (JSPN) hosted WPA RC in Osaka City, which was organised in conjunction with the 111th JSPN annual meeting. Serving as the president of JSPN, the WPA RC director, and the secretary for scientific meetings of the WPA, I am happy to report a great success of WPA RC Osaka and the 111th JSPN annual meeting. First of all, I would like to express our heartfelt thanks to all participants; 7,500 from Japan and 300 from overseas countries. Special thanks should go to all executive council members of WPA, chair of the 111th ASPN annual meeting (Toshifumi Kishimoto) and chair of scientific committee of the WPA RC (Tsuyoshi Akiyama) and the staff of Nara Medical College and JSPN office.

In the preparation of WPA RC Osaka, we discussed over and over what would be the best design of structure of WPA RC and JSPN annual meeting. As the president of JSPN and also the secretary for scientific meeting of the WPA, I was responsible to choose the structure design from the following three options (A) two independent meetings, (B) an international WPA RC being laid as the umbrella of domestic meeting (JSPN annual meeting), or (C) JSPN annual meeting being organised including WPA RC. Congress as one part of it. It is quite usual that a regional congress could be an umbrella of the meeting of member society, but the expected number of JSPN annual meeting is 7-8,000 which is much more than that of WPA RC. After a lengthy discussion, we thought that WPA RC could be a good chance for JSPN members to be exposed to international psychiatric community under the umbrella

of WPA, and we have decided to take the option (C) where all participants of the JSPN annual meeting can participate in WPA RC. It has been already 13 years since JSPN organised WPA World Congress in Yokohama in 2002, and we wanted to widen the opportunity for young Japanese psychiatrists to participate more actively in international community. Choosing the plan (C), all participants to JSPN annual meeting are asked to pay the registration fee to WPA RC. The registration fee for the 111th JSPN annual meeting was increased to JPY 19,000 from JPY 15,000 (registration fee in the previous year), and all participants to the 111th JSPN annual meeting were invited to WPA RC.

The programmes of these two meetings were intermingled at Osaka International Convention Center (OICC) (15 rooms) and Rhiga Royal Hotel (2 rooms) next each other. Most of English programmes were on the special conference room on the 12th floor of OICC. Some plenary lectures in English were in the Main Hall and some others were at 1003 room where simultaneous translation was provided. Invited speakers included Dinesh Bhugra (President of WPA; UK), Helen Herrman (president-elect of WPA; Australia), Prabha Chandra (India), Mitsumoto Sato (Japan), Masatoshi Takeda (Japan), Paul Summergrad (USA), Pratap Sharan (India), Anand Satyanand (New Zealand and UK), Wolfgang Gaebel (Germany), Linda Lam (Hong Kong), Frank Schneider (Germany), Stefan Hoffman (USA), David Lewis (USA), David Holtzman (USA), Shinya Yamanaka (Japan), Lewis Tong (USA), Norman Sartorius (Switzerland), Allan Tasman (USA) and others. All programmes were well-arranged under the theme of the Congress "Asian Partnership in the World." WPA Regional Osaka was praised by many participants as one of the best with high scientific caliber.

JSPN has been unique in medical societies in Japan which has been rejecting financial support or donation from pharmaceutical companies in organising annual meetings for more than 40 years. Even in those days when it was common for many other academic organisations in medical sciences to rely on financial support from pharmaceutical companies in organising meetings, JSPN has followed the policy not to allow any financial support from pharmaceutical companies, trying to be clean and independent from any possible influence which might be brought in by asking financial support from pharmaceutical companies. JSPN has been proud of our policy implemented in 1970s which was long time before the adaptation of the similar policy by American Psychiatric Association in 2012.



A photo from gala meeting of WPA RC in Osaka in June 2015. .

L to R: Osama Kitayama, Toshifumi Kishimoto, and Hiroki Yoshino. Three singers were singing “*Sensou wo shiranai kodomotachi* (The children did not know the war),” which is a famous antiwar popular old song, written by Kitayama. He was a successful professional singer before he went to medical university in Kyoto. He just retired from professor of psychiatry at Kyushu University. Kishimoto is chair of organizing committee of the WPA RC Osaka. Yoshino is a psychologist at Kansai Medical University. (This photo is provided by Kishimoto at editor’s request.)

JSPN has been clean in finance and governance more than any other medical societies in Japan. Evaluating highly the ethical viewpoint, JSPN has organised its annual meetings without any support from pharmaceutical companies or commercial enterprises for many years now. Even though JSPN meetings are neither luxury nor ornate, JSPN has been taking our pride in following this policy. In organising WPA RC Osaka, we followed the same principle not asking for any financial support from pharmaceutical companies but we have proudly chosen the way of managing the congress mainly within the budget of registration fees from the participants. I am proud of the achieving the WPA RC Osaka in science and finance. It is an example that we can organise good international congress by our own financial resources if we do it adequately.

The WPA RC Osaka has become a good momentum for young psychiatrists in Japan to be actively involved with international community of psychiatry. It was my pleasure to observe Japanese young psychiatrists were actively participating in academic discussions with international colleagues in many sessions. The JSPN has given fellowship award to 15 young fellows from all over the world to participate into WPA RC Osaka and the JSPN annual meeting, and I believe it is one of the good example of interaction among young psychiatrists in the world. It is my pleasure to see JSPN members, especially younger psychiatrists, are welcomed into the international

academia of psychiatry. If there is any young people we have initiated their interest and activity in international academia belonging to the WPA, it will be one of the fruit we have produced by having the WPA RC Osaka.

I would like to close my report by citing the schedule of the coming WPA RC in Kochi, India, 25-27 September 2015, WPA IC in Taipei, 18-22 November 2015, and WPA RC in Manila, 4-6 February, 2016.

Masatoshi Takeda*

Aino University, Osaka, Japan

President’s office, Aino University, 4-5-4 Higashi Ohta, Ibaraki City, Osaka 5678-0012, Japan

*E-mail: Masatoshi Takeda <m-takeda@aino.ac.jp>

(Editor’s note: Besides the society title noted in this feature, Takeda is the president of World Federation of Society of Biological Societies.2015-17.)

WPA RC Kochi, 25-27 September, 2015



MIND · BODY · CULTURE

I welcome you to Le Meridien, Kochi, India for WPA Regional Congress to be held from 25-27 September 2015. The theme of the Congress is “Mind Body and Culture.”

The invited speakers at WPA RC Kochi will include Dinesh Bhruga (UK), Helen Herrman (Australia), Michelle Riba (USA), Alan Tasman (USA), Mohan Issac (Australia), Juan Mezzich (USA), Graham Thornicroft (UK), Vikram Patel (UK), RachidBernnegadi (France), David Champion (UK), and Masatoshi Takeda (Japan).

For more programme information and registration, please visit the website at www.wpakochi2015.com. Phone APPs launched for Android phones- Search “WPA Kochi 2015” in Google play store.

Kuruvilla Thomas*

Kusumagiri Mental Health Centre, Kochi-682030 India

E-mail: Kuruville Thomas
<drkuruwillathomas@gmail.com>

*(Editor's note: Dr. Thomas is secretary
of the WPA RC Kochi 2015.)*

WPA IC Taipei to Be Held 18-22 November, 2015



The World Psychiatric Association International Congress in Taipei 2015 (WPA IC Taipei 2015) will be hosted by the Taiwanese Society of Psychiatry (TSOP) at Taipei International Convention Center, Taiwan 18 November (Wednesday), to 22 November (Sunday), 2015. The theme of this year for WPA IC 2015 is focusing on “Bridging Asia to the World: A New Era for Psychiatric Treatment,” to discuss the interaction and ideal concept between the Asia and the world in the field of psychiatry and mental health. The WPA IC Taipei 2015) will be held in conjunction with Asian Conference of Schizophrenia Research 2015 and Asian College of Neuropsychopharmacology 2015 this year. We are now expecting more than 1,200 participants from Taiwan and 800 from overseas countries.

An expanded programme of 8 Keynote Lecturers, 12 State of the Art and more than 90 breakout sessions have been fixed which will include various international and local speakers.

Eight speakers for key note lectures are Akira Sawa (USA), Ming-Tso Tsuang (USA), Rutger Jan van der Gaag (Netherlands), Dinesh Bhugra (UK), Julio Licinio (Australia), Kathleen Merikangas (USA) to be confirmed, Edmund Sonuga-Barke (UK), and Shigeto Yamawaki (Japan).

The speakers for state of the art lectures are Donna E. Stewart (Canada), Helen Herrman (Australia), Elvira Bramon (UK) to be confirmed, Hsien-Yuan Lane (Taiwan), Jun Soo Kwon (Korea), Michelle Riba (USA), De-Maw Chuang (USA), Lakshmi Vijayakumar (India), Peter Falkai (Germany) to be confirmed, Tai-An Cheng (Taiwan), Hidenori Yamasue (Japan), and Xin Yu (China) to be confirmed.

Taipei enjoys a subtropical climate with warm weather all year round, and I am sure you will enjoy the

great scientific program accompany with the great food and hospitality of the city.

More detailed information will be updated to the congress website at www.wpaic2015.tw. Please stay tuned. I am looking forward to seeing all of you in Taipei this November!

Frank H. Chou*

Kaohsiung Municipal Kai-Syuan Psychiatric Hospital,
130 Kai-Syuan, Second Road, Kaohsiung 80276, Taiwan

E-mail: Frank H. Chou <f50911.tw@yahoo.com.tw>

*(Editor's note: Chou is the two-term president of the
TSOP, 2011-2015, and congress director of WPAIC 2015
in Taipei, Taiwan.)*

The International Congress of the RANZCP and the HKCP in Hong Kong, 8-12 May, 2016

At the conclusion of the annual congress of the Royal Australian and New Zealand College of Psychiatrists in May 2015, we were excited to launch the 2016 RANZCP International Congress of Psychiatry which will be held in Hong Kong, 8-12 May, 2016 at the Hong Kong Convention and Exhibition Centre, in association with the Hong Kong College of Psychiatrists. The Asian Federation of Psychiatric Associations has also been formally invited to partner with the RANZCP and the HKCP on this event.

The extensive scientific programme is being built around the theme, “Regional challenges, worldwide influence,” which reflects the evolving nature of the science of psychiatry, particularly the impact of the emergent factors faced by the region. The international congress is a great opportunity for collaboration throughout the region on satellite events as well as joint workshops and symposia. International keynote speakers include Naomi Anne Fineberg (UK), Nitin Gogtay (USA), Robert Howard (UK), David Nutt (UK), Thomas Schlaepfer (Germany), Peter Tyrer (UK) and Frank Yeomans (USA). We look forward to seeing many of you there and welcome your proposals and contributions to the international congress.

I look forward to seeing you at upcoming events throughout the region, and of course at the 2016 RANZCP/HKCP International Congress in Hong Kong, next May.



Malcolm John Hopwood*
 Department of Psychiatry,
 University of Melbourne, Australia
 *Corresponding address: 309 La Trobe Street,
 Melbourne VIC 3000, Australia
 E-mail: Malcolm Hopwood
 <president@ranzcp.org >

(Editor's note: Hopwood is the president, the RANZCP.)

The 22nd WASP Congress to Be Held in New Delhi November 30 - December 4, 2016

The 22nd World Congress of Social Psychiatry is being held at New Delhi Nov 30- Dec 4, 2016. The theme of the Congress is "Social Psychiatry in a Rapidly Changing World." Kindly see detailed information at www.wasp2016.com.

The scientific programme of the Congress will include invited lectures, symposia, workshops, free papers, posters, etc. An organising committee led by Rakesh Chadda (chair) and B. S. Chavan (secretary) is working hard to make the Congress a memorable event, under the guidance of WASP president Tom Craig and the executive council.

Roy Abraham Kallivayalil*
 Pushpagiri Institute of Medical Sciences,
 Thiruvalla, India

*Corresponding address: Thiruvalla,
 686 101 Kerala, India

E-mail: Roy Abraham Kallivayalil
 <roykalli@gmail.com>

(Editor's note: Besides secretary general of the WPA, Kallivayalil is also president of Indian Social Psychiatry, and president-elect of WASP. He is the chair of scientific committee of WASP Congress 2016.)

**POSTAGE PAID
 BY BULK RATE**