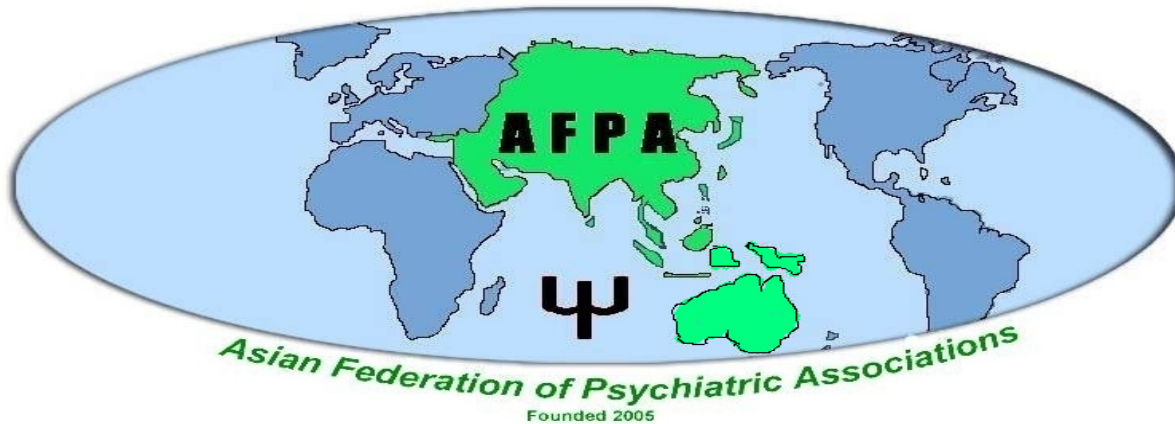


# The Bulletin of the AFPA

## The Winter 2015 Issue



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### AFPA President's Messages



First of all, I would like to wish you, your colleagues and your families for a happy and healthy New Year 2015!

As 2014 drew to an end, I reflected on the activities that the Asian Federation of Psychiatric Associations (AFPA) undertook last year and I would like to share them with you. Last year, the AFPA held the first Regional Congress of Asian Psychiatry (1st RCAP) with the help of the Malaysian Psychiatric

Association 22-24 May 2014 at Kuala Lumpur, Malaysia. This congress was held in conjunction with the 18th Malaysian Conference on Psychological Medicine. The theme of the congress was "Transforming Mental Health: Managing Transitions." It was chosen to emphasise the tremendous therapeutic advancement and service transformation in mental health care and also the future direction of mental health services among Asian countries. There were 350 participants who attended the 1st RCAP. Delegates came from 19 countries/regions in Asia. This excellent scientific programme had 12 symposia, 8 plenary sessions, 4 workshops, 1 forum, as well as 45 oral and poster presentations.

One of the highlights of this 1st RCAP was the presentation of the AFPA Lifetime Achievement Award (AFPA LAA). The first two awardees went to Naotaka Shinfuku from Japan and Lourdes Ladrido-Ignacio from the Philippines. Details and pictures of the 1st RCAP and AFPA LAA can be found from the summer issue 2014 of the Bulletin of the AFPA at the AFPA website: [www.afpa.asia](http://www.afpa.asia).

Last year, the AFPA joined many organisations to co-sponsor their meetings which were held in Asia such as being a co-sponsor with the ASEAN Federation for



## **The Bulletin of the AFPA**

**A newsletter for the Asian Federation of Psychiatric Associations**

Web site address: [www.afpa.asia](http://www.afpa.asia)

Publisher: Pichet Udomratn\*

\*Corresponding address: Prince of Songkla University, Hat Yai, Songkhla 90110, Thailand

E-mail: Pichet Udomratn

<[upichet@medicine.psu.ac.th](mailto:upichet@medicine.psu.ac.th)>

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](mailto:Shenwinw@gmail.com)>

the Psychiatry and Mental Health (AFPMH) to organise the 14th AFPMH congress which was held in Cebu, the Philippines, 13-15 November, 2014. The AFPA also joined the Psychiatrists' Association of Nepal (PAN) to co-sponsor the 8th International Conference of SPF (SAARC Psychiatric Federation) which was held in Lumbini, Nepal 27-29 November, 2013. Moreover, the AFPA joined other national psychiatric organisations by sending a formal representative of the AFPA to participate and be a speaker at their annual meetings such as Naotaka Shinfuku to be a speaker for the Vietnam Psychiatric Association 2-3 October, 2014 and I was invited to give a presentation for the annual meeting of the Royal Australian and New Zealand College of Psychiatrists, Perth, Australia, 11-15 May, 2014.

Regarding our members, it is my great pleasure to inform you that we have accepted and warmly welcomed many national psychiatric societies in Asia who formally requested to apply to be part of our federation membership such as Psychiatrists' Association of Nepal, Sri Lankan College of Psychiatrists, the Philippines Psychiatric Association, Vietnam Psychiatric Association, and Myanmar Mental Health Society.

Since 2013, the AFPA has strengthened the relationship with other large psychiatric organisations such as the World Association for Psychosocial Rehabilitation (WAPR) and the Pacific Rim College of Psychiatrists (PRCP) by organizing meetings with some key leaders of both organisations during the 4th World Congress of Asian Psychiatry (4th WCAP) in Bangkok in August 2013. Later in November 2013, the AFPA

joined the WAPR to co-sponsor the 3rd WAPR Asia Pacific Conference which was held in Lahore, Pakistan. Last year, the AFPA joined the WAPR to organise a full-day workshop on "Developing Psychosocial Rehabilitation in Asian Countries" in Kuala Lumpur, Malaysia as a pre-congress workshop of the 1st RCAP. With the PRCP, both organisations agreed to support the congress of each organisation at the biennial scientific meetings of the AFPA (the World Congress of Asian Psychiatry, WCAP) and the PRCP being held in the odd years and even years, respectively. Moreover, beginning in the 5th WCAP in Fukuoka this year, PRCP will organise its symposium under the topic of "Collaboration between organizations in Asia Pacific : a joint initiative of AFPA and PRCP".

In addition, the AFPA proposed a collaboration with the European Psychiatric Association (EPA) by organising a joint symposium between the AFPA and EPA in both the AFPA Congress (5th WCAP, 3-6 March 2015 in Fukuoka, Japan) and the EPA Congress (EPA meeting, 28-31 March, 2015 in Vienna, Austria). The title of both symposia will use rather similar symposium titles. The titles "Asia Meets Europe: Lessons Learned from Each Other" and "Europe Meets Asia: Lessons Learned" will be used at the 5th WCAP in Fukuoka and EPA Congress in Vienna, respectively.

Lastly, I would like to inform you that the scientific programme of our next official biennial congress of the AFPA (5th WCAP) has just been released through our congress website ([www.wcap2015.org](http://www.wcap2015.org)) which you can easily download and print. You will find that our programme is full of excellent academic sessions including 35 symposia, 18 special lecturers, 6 workshops, 5 sessions of Meet the Expert, 3 sessions of oral presentations, and 2 sessions of poster discussion.

I would like to express my sincere thanks to Shigenobu Kanba, the congress director, together with Naotaka Shinfuku and their team for the hard work and success of the wonderful program. Other credits should also go to Norman Sartorius, our chairperson of the international scientific programme Committee of WCAP 2015 and his Asian colleagues. The 5th WCAP has been accepted by the World Psychiatric Association (WPA) to be a co-sponsor for this meeting. Many thanks go to Dinesh Bhugra (WPA president) and Masatoshi Takada (secretary for meetings of WPA). Moreover, many current and past key leaders of WPA have accepted to be speakers in this congress. Therefore, all of you should not miss the 5th WCAP which is one of the most important scientific events in Asia.

I look forward to meeting and seeing all of you at the 5th WCAP in Fukuoka, Japan.

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 president of the AFPA, 2013-2015 and the 5th WCAP president.)

## Shigenobu Kanba, to Become the AFPA President, 2015-2017



Shigenobu Kanba, the president-elect of the Asian Federation of Psychiatric Associations will become the president of AFPA at the close of 5th World Congress of Asian Psychiatry (5th WCAP), in Fukuoka, Japan, 3-6 March 2015. He is to succeed Pichet Udomratn for the AFPA presidency from 2015 to 2017.

Shigenobu Kanba, the next president of APFA, who is the professor of psychiatry at Kyushu University. He was born in 1954, and graduated from Keio University Medical School in 1980. He also received training at Mayo Clinic in Rochester, Minnesota, USA, as a psychiatrist and researcher in psychoneuropharmacology in 1982. He came back to Japan to be the professor at Yamanashi Medical School in 1996, and then the professor of Kyushu University in 2003. He is also serving as the vice-president of Japanese Society of Psychiatry and Neurology (with about 16,000 members), and immediate past president of Japanese Society for Mood Disorders.

Kanba is currently a co-editor-in-chief of *Psychiatry and Clinical Neurosciences*, an official

English journal of the JSPN. With at least 12 online issues per year, it publishes academic scientific articles from Japanese and international contributors.

I am happy to observe the rapid growth and development of the Psychiatry Department at Kyushu University in recent 10 years with Kanba's leadership with his strong background of research in psychopharmacology, mood disorders, and neuroscience. As the congress director, he and department colleagues along with Japanese psychiatrists have been busy in organising the 5th WCAP 3-6 March, 2015, on the campus of Kyushu University in Fukuoka, Japan.

Japanese psychiatry is dynamically changing in these years trying to play a rôle in international academic community. Kanba's dedication in serving as the chair of terminology committee, which has published the Japanese translation of the American Psychiatric Association's fifth edition *Diagnostic and Statistical Manual of Mental Disorders (DSM-5)*. He and his team are also working for the process of the World Health Organisation's *11th Edition of the International Classification of Diseases (ICD-11)* revision in collaboration with the WHO, so that voices of Japanese psychiatrists can be incorporated into *ICD-11*.

Shigenobu is a charming gentleman of experience in Japanese and American psychiatry as well as mind of science, communication skills, and more importantly dedication to psychiatry in the world. Professor Kanba is certainly a strong leader of Japanese psychiatry and I am sure that he will also be a good leader of AFPA. (The author declares no potential conflict of interest in writing this feature.)

Masatoshi Takeda\*

Department of Psychiatry, Osaka University Graduate School of Medicine, Osaka, Japan

\*Corresponding address: 2-2 Suita City, Osaka 565-0871, Japan

E-mail: Masatoshi Takeda

<mtakeda@psy.med.osaka-u.ac.jp>

(Editor's note: Takeda is the president of Japanese Society of Psychiatry and Neurology, the secretary of scientific meeting of the World Psychiatric Association, and president-elect of the World Federation of Societies of Biological Psychiatry.)



## The 5th WORLD CONGRESS OF ASIAN PSYCHIATRY

### The Preliminary Programme of 5th WCAP in Fukuoka, 3-6 March



I would like to announce the tentative programme at the 5th Congress of the Asian Federation of the Psychiatric Association (5th WCAP):

#### **AFPA President Lecture**

Pichet Udomratn (Thailand): "Trends of Psychiatry and Mental Health in Asia: How Can We Solve These Challenges?"

#### **Congress President Lecture**

Shigenobu Kanba (Japan): "Depression and Suicide in Contemporary Japan"

#### **AFPA Memorial Lecture**

Naotaka Shinfuku (Japan): "Public Health Approach in Mental Health in Asia"

#### **Keynote Lectures (Plenary)**

Norman Sartorius (Switzerland): "Comorbidity of Mental and Physical Disorders: A Major Challenge in Psychiatry in the 21st Century"

#### **Plenary Lecture**

Dinesh Bhugra (UK): "Psychiatry in the 21st Century"

#### **Special Lectures**

- Atsushi Kamiya (USA) : "Development and Stress: Exploring Niches beyond Dopamine and Serotonin to Find Novel Drug Targets for Mental Disorders"
- Allan Tasman (USA): "The Identity of Psychiatrists in the 21st Century"
- Robin M. Murray (UK): "Schizophrenia is no Longer a Mystery"
- Roy A. Kallivayalil (India): "Social Psychiatry in Asia"
- Helen Herrman (Australia): "Innovations in Improving Mental Health in Young People"
- Wolfgang Gaebel (Germany): "Schizophrenia in 2020: Trends in Diagnosis and Therapy"
- Diego De Leon (Australia) : "Suicide Prevention (tentative)"
- Wang Xiang Dong (WHO Western Pacific Regional Office): "WHO's rôle in promoting Mental Health in Asia"

- Susumu Higuchi (Japan): "Alcohol-related Problems in Asia (Tentative)"
- Afzal Javed (Pakistan) : "Psychosocial Rehabilitation in 21st Century: Needs, opportunities and Challenges"
- Masatoshi Takeda (Japan): "Aging and Mental Health in Asia (Tentative)"
- Manickam Thiruanvukarasu (India): "Utilitarian Concept of Mental Health"
- Tsuyoshi Akiyama (Japan): "Re-work program: Neglected Service"

#### **Meet the Experts**

- Norman Sartorius (Switzerland): "Developing Services for People with Mental Illness and Their Cares in the 21st Century"
- Robin Murray (UK): "Schizophrenia is Not a Progressive Disease"
- Wang Xiang Dong (China): "Priorities in Mental Health for Regional Collaboration"
- Dinesh Bhugra (UK): "Attracting Medical Students to Psychiatry"
- Helen Herrman (Australia): "Best Practice in Working between Patients, Families and Practitioners"

#### **Joint Workshops**

#### **Asian Federation of Psychiatric Association/World World Association for Psychosocial Rehabilitation**

- Afzal Javed (Pakistan), Tae-Yeon Hwang (Korea), Tadashi Takeshima (Japan)  
"Promoting Psychosocial Rehabilitation in Asia"

#### **AFPA/Royal Australian and New Zealand College of Psychiatrists**

Stephan Macfarlane (Australia), Victor Storm (Australia): "Community Care in Australia (Tentative)"

#### **AFPA/World Psychiatric Association**

- Dinesh Bhugra (UK), Keiichiro Nishida (Japan), and Hironori Kuga (Japan): "How to Become a Good Psychiatrist"

#### **Workshops**

- Winston W. Shen (Taiwan), Ryota Hashimoto (Japan): "How to Write Scientific Papers"
- Norman Sartorius, Afzal Javed: "Preparation of Regional Collaboration Projects"
- Yongyud Wongpiromsarn (Thailand): "Mindfulness Therapy"
- Takahiro Kato (Japan): "Young Psychiatrist Forum in Asia"

#### **Symposia (Organizers)**

- LOC: "Development of Care for Mentally ill in Asia"

- Takahiro Kato (Japan): “Social Development and Psychotherapy in Youth”
  - Takahiro Kato (Japan): “Autism Spectrum Disorder, Attention Deficit/ Hyperactivity Disorder, and Hikikomori”
  - Pichet Udomratn (Thailand): “East Asia Bipolar Forum (EABD): Conference on Bipolar Disorders”
  - Pichet Udomratn (Thailand): “Southeast and South Asian Bipolar Forum-Joint symposium with ANBD”
  - Allan Tasman (USA): “Undergraduate Education in Psychiatry”
  - Yuriko Suzuki (Japan): “Challenges of Asian Psychiatry: Mental Health Consequences of Disaster”
  - Kei Nakamura (Japan) “Psychotherapy in East and West”
  - Allan Tasman (USA): “Post-graduate Education in Psychiatry”
  - Takahiro Kato (Japan): “Depression in Asia”
  - Kazuyoshi Yamamoto (Japan): “Gender Identity Disorder (GID)”
  - Toshimasa Maruta (Japan): “Developing Psychotic Disorders in the ICD-11”
  - Tsuyoshi Akiyama (Japan) : “Re-work Program”
  - Junko Kitanaka (Japan): “Exploring the Intersection of Psychiatry and Everyday Life in East Asia: History and Anthropological Perspectives”
  - Hiroto Ito (Japan): “Supporting Recovery in Communities: Experiences from Bangladesh, Taiwan, Japan, and United Kingdom”
  - Jane Chang (Taiwan): “Impact of Social Changes to Child Mental Health”
  - Atsuro Tsutsumi (Japan): “Mental Health, Well-being and Disability as a Key Indicator in Global Development Programme Drug Abuse”
  - Toshikazu Saito (Japan): “Drug Abuse in Asia”
  - Cheng-Chung Chen (Taiwan): “Activating Regional Mental Health Services with International Collaboration: Action between Vietnam and Taiwan”
  - Tomoyuki Ohara (Japan): “Recent Topics of Geriatric Psychiatry in East Asian Countries”
  - Junichiro Ito (Japan): “Development and Implementation of Supported Employment for Peoples with Severe Mental Illness in Japanese Settings”
  - Hai-Gwo Hwu (Taiwan): “Psychotherapy in Asia: Trends and Challenges”
  - Naotaka Shinfuku (Japan): “Psychotropic Prescription in Asia: Recent Findings and Challenges”
  - Naoko Miyaji (Japan): “Gender-based Violence and Trauma”
  - Afzal Javed (Pakistan) : “Mental Health in West and Central Asia”
  - Helen Herrman: “Women and Mental Health”
  - Winston W. Shen (Taiwan): “Psychiatric Polypharmacy in East Asia”
  - Takahiko Ito (Japan): “Voice of Tohoku”
  - Kumi Aoyama (Japan): “Current Issue of Substance Abuse in the World”
  - Tadashi Takeshima (Japan): “Suicide Prevention”
  - Naotaka Shinfuku (Japan): Promotion of Regional Collaboration in Research Collaboration in Psychiatry”
  - Yoshiaki Katsuda (Japan): “Psychiatry in Myanmar”
  - Fumitaka Noda (Japan): “How can Asian Countries Accept Immigrant and Refugees from Other Countries? From Mental Health Points of View”
  - Pichet Udomratn (Thailand): “Asia Meets Europe: Lessons Learned from Each Other?”
  - Harry Minas (Australia): “Psychiatry in Cambodia and Viet Nam”
  - Pichet Udomratn (Thailand): “Collaboration between Organisations in Asia-Pacific: A Joint Initiative of AFPA and Pacific Rim College of Psychiatrists”
  - Toshiaki Onitsuka (Japan): “Biological Psychiatry: Brain Imaging”
  - Kanna Sugiura (Japan): “Mental Health in Pacific Island Countries”
- Oral Presentations**
- Total over 40 oral presentations
  - Six presentation for 80-minute sessions
  - Six sessions
  - Two co-chairpersons : One from Japan and one from other countries
  - Sartorius Award for best oral presentation (5 awards)
- Poster Presentations**
- Total over 100 posters
  - Poster discussion (x 2 sessions)
- Special Programmes (by invitation only)**
- Pichet Udomratn (Thailand): AFPA Board Meeting
  - Masatoshi Takeda, Shigenobu Kanba (Organisers): JSPN Round Table Discussion, “What Psychiatric Societies in Asia expects from JSPN” and “Promoting Collaboration between JSPN and National Psychiatric Societies in Asia”
  - Dinesh Bhugra (UK): WPA Round Table Discussion, “What National Psychiatric Societies Expects from WPA”
  - Japanese Young Psychiatrist Organisation and Norman Sartorius (Switzerland): JYPO Round Table Discussion, “Post-graduate Education in Asia”



- Shigenobu Kanba (Japan): Meeting of Editors of Psychiatric Journals in Asia

Detailed programmes will be updated at the AFPA website: [www.afpa.asia](http://www.afpa.asia) and the programme book. I am looking forwards to your attending the 5thWCAP, Fukuoka, Japan, 3-6 March, 2015. (The author declares no conflicts of interest in writing this report.)

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](mailto:skanba@npsych.med.kyushu-u.ac.jp)>

(Editor note: Kanba is the president-elect of the AFPA, and congress director of 5th WCAP 2015.)

## Meeting You in Fukuoka, Japan

I look forward to meeting friends and colleagues from the Asian Federations of Psychiatric Associations at the 5th World Congress of Asian Psychiatry (5th WCAP), in Fukuoka, Japan, 3-6 March, 2105. It is a pleasure to be attending the 5th WCAP as the recently elected president-elect of the World Psychiatric Association (WPA) and the president of the Pacific Rim College of Psychiatrists (PRCP), especially because of the importance of the ties between our associations. AFPA, WPA and PRCP have important work to do together: to support psychiatry in Asia; and to bring the strengths of psychiatry in Asia to the world.

I have appreciated attending the past world and regional congresses of AFPA, and the invitations to join recent board meetings of AFPA as an observer. I am also proud to serve as a member of the AFPA Expert Panel, and to be working with several leaders of Asian psychiatry on the WPA executive committee. In these ways I have become aware of the aims and achievements of AFPA.

AFPA, WPA and PRCP have their own special contributions and opportunities for action with the common purpose to advance psychiatry and the mental health of those we serve. It is important for our regional and global associations to work together, along with the national associations in the region, to serve our joint purposes, as well as to use and magnify the advantages we each have to support the people of Asia. This richly

diverse region has outstanding needs for advancement in psychiatry and mental health. Our joint endeavours can bring opportunities for people in the region to use their own resources, seek new sources of support and exchange evidence and experience within and outside the region. (The author declares no potential conflicts of interest in writing this letter.)

Helen Herrman\*

Orygen, The National Centre of Excellence in Youth Mental Health, and Centre for Youth Mental Health,

The University of Melbourne, Victoria, Australia

\*Corresponding address: 35 Poplar Road (Locked Bag 10), Parkville, VIC 3052, Australia

E-mail: Helen Herrman <[h.herrman@unimelb.edu.au](mailto:h.herrman@unimelb.edu.au)>



Members of the new executive committee of the World Psychiatric Association (photo taken at the WPA Regional Congress in Hong-Kong on 14 December, 2014). From left to right: Michelle Riba (USA, secretary for scientific publications), Edgard Belfort (Venezuela, secretary for education), Roy Abraham Kallivayalil (India, secretary general), Dinesh Bhugra (UK, president), Helen Herrman (Australia, president-elect), Afzal Javed (Pakistan, secretary for sections), and Masatoshi Takeda (Japan, secretary for scientific meetings). A WPA EC member not shown is Armen Soghoyan (Armenia, secretary for finances). (Photo provided by Naotaka Shinfuku)

## Dinesh Brugra, to Receive AFPA Lifetime Achievement Award

Since 2014, the executive committee of the Asian Federation of Psychiatric Associations (AFPA) has initiated a special award called the AFPA Lifetime Achievement Award or in short AFPA LAA. This special award is given to a prominent Asian psychiatrist who has devoted himself/herself to the betterment of mental health service for persons with mental disorders,

not only in his or her own country but also in other Asian countries. In recognition of his/her significant achievements and extraordinary contributions to the betterment of Asian psychiatry, the AFPA LAA will be given to him/her at the AFPA Congress. In 2014, two AFPA LAAs were presented: one to Naotaka Shinfuku from Japan and one to Lourdes Ladrado-Ignacio from the Philippines. (See a complete story of the summer 2014 of *the Bulletin of the AFPA* (Volume 1, Number 1) at the AFPA website: [www.afpa.asia](http://www.afpa.asia).)

This year, it is my great pleasure to inform you that the selection committee of AFPA has unanimously chosen Dinesh Bhugra to be the recipient of the AFPA Lifetime Achievement Award for 2015 based on his great contributions for the betterment of Asian

psychiatry. The AFPA LAA presentation will be held during the opening ceremony of the 5th World Congress of Asian Psychiatry on 3 March 2015 at 13:30 to 14:10 in the Centennial Hall of Kyushu University, School of Medicine, Fukuoka, Japan. (The author declares no conflict of interest in writing this feature.)

Pichet Udomratn\*

\*Corresponding address. Department of Psychiatry,  
Faculty of Medicine, Prince of Songkla University,  
Hat Yai, Songkhla 90110, Thailand

E-mail: Pichet Udomratn <[upichet@medicine.psu.ac.th](mailto:upichet@medicine.psu.ac.th)>

(Editor note: Udomratn is president of the AFPA, 2013-2015 and the 5th WCAP president. Bhugra is president of the WPA.)

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## FROM AFPA NATIONAL PSYCHIATRIC SOCIETIES

### Early Career Psychiatrists Training Programmes in MPA

To possess sharp clinical skills and skills on leadership is essential for psychiatrists. The General Medical Council, United Kingdom in their publication of Good Medical Practice and Leadership and Management for All Doctors [1], emphasises the importance doctors having good leadership skills. Psychiatrists are no exception in this matter, and The Royal College of Psychiatry itself advocates for the clinical leadership in psychiatrists in view of its benefits to patients and the service development [2].

The Early Career Psychiatrists chapter of the Malaysian Psychiatric Association embraces this notion. Since 2012, the ECPs chapter has been organizing Administrative and Leadership Certification Course [3] for its members, who are psychiatrists with less than five years of service or those who are below 40 years of age. The course was intended to equip ECPs with essential qualities of an efficient leader and to highlight important aspects related to their career. The training had five modules, including training in administrative and managerial skills, media skills, work-life balance, social advocacy, and leadership skills development. The training of each module was incorporated into major local conferences as pre-conference workshops or symposiums. The training on leadership for the early



The finalists for the Early Career Psychiatrists Best Practice Award 2014. Left to right: Hazli, Haslina, Siti Hazrah, Firdaus, Amer, Johari, Abdul Kadir Abu Bakar (past president of MPA), Pichet Udomratn (Thailand), Afzal Javed (Pakistan), and T. Murali (India). The awardees are the first six doctors from the left.

career psychiatrist took a different approach in 2013 whereby, instead of conducting the training of each module in separate occasions, MPA with the support of the Ministry of Health Malaysia has organised a comprehensive, two-day event of the Administrative and Leadership Course for ECPs. Thirty-seven ECPs from all over Malaysia participated in this event at Hospital Permai Johor Bahru. Apart from receiving all the five modules in leadership trainings, the participants were given task to work in smaller groups on the applications of the leadership elements in the planning of a project that will benefit mental health service. The winning



group received MPA sponsorship to attend a psychiatric conference in the Philippines in November 2014.

MPA further extended its support and encouragement towards ECPs when it announced the Early Career Psychiatrist Best Practice Award 2014 competition, which was held in conjunction with the 18th Malaysian Conference on Psychological Medicine and 1st regional congress of the Asian Federation of Psychiatric Associations (1st RCAP). The award was a means of honouring ECPs who have exercised their leadership skills in helping projects that have made a positive impact in the service of mental health. Five projects were short-listed as finalists for the award and were presented in front of a panel of three esteemed judges: Pichet Udomratn (president of AFPA) and Afzal Javed (president of World Association for Psychosocial Rehabilitation), and myself. The winners were awarded with certificate and prize money.

As the landscape of psychiatric service is ever-evolving, the ECPs with strong leadership skills can face the challenges and become an effective agent of implementing new changes for the betterment of mental health in Malaysia. (The author declares no conflicts of interest in writing this report.)

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Abdul Kadir Abu Bakar\*  
Hospital Permai Johor Bahru,  
Johor Bahru Johor, Malaysia  
\*Corresponding address: 81200  
Johor Bahru Johor, Malaysia

E-mail: Abdul Kadir Abu Bakar <akzak82@gmail.com>  
(Editor's note: Bakar is the immediate past president of  
*Malaysian Psychiatric Association*.)

## Activities of the Vietnam Psychiatric Association

Through the introduction of Pichet Udomratn (Thailand) and Naotaka Shinfuku (Japan), the application of the Vietnam Psychiatric Association has been

approved to become an official federation member of the Asian Federation of Psychiatric Associations. This is a great opportunity for the VPA members to interact, learn, and share experience with other association members of the AFPA, specialists, doctors in the field of mental health care as well as contribute to the development of psychiatry in Asia.

Being founded in 1997, the VPA currently has 35 organisation members with 600 individual members, who are doctors, specialists, managers of first rank hospital, research institutes in Vietnam in mental health field. The functions and duties of the VPA are to organise and participate in the activities of scientific research, and teaching, as well as to attend scientific conferences in Vietnam and abroad in the field of psychiatry; to advise on mental health for social development in accordance with the law; to join the workshops, exchange experiences at home and abroad in the field of psychiatry; and to join social criticism for a number of state policies.



A photo taken at the International Conference on Psychiatry in Hanoi, 2-4 October, 2014. From left to right: Jeffery Kobza, Marianne, Mazodier Tran (France), Pham Manh Hung (president of VMA), Harry Minas (Australia), Nguyen Thi Xuyen (Deputy Minister of Health of Vietnam), Guk-Hee Suh (Korea), Nguyen Viet (past president of the VPA), La Duc Cuong (VN), Mrs. Nguyen Thi Doan (VN), Winston W. Shen (Taiwan), Tran Van Cuong (VN), Ngo Toan Dinh (VN), Bui The Khanh (VN), Muneko Nishijo (Japan).

On 2-4 October, 2014, the VPA hosted and organised a successful International Conference on Psychiatry in Hanoi, Vietnam. At the Conference, over 20 professors, doctors, lawyers, and various kinds of experts from other countries (Japan, Australia, USA, France, Taiwan, Korea, Canada, Germany, Cambodia) presented scientific reports.

The International Conference on Psychiatry in Hanoi attracted the attention of the Vietnam government and the concerned ministries. On the occasion of World



Mental Health Day and the Conference in Hanoi, Vietnam, both Mrs. Nguyen Thi Doan (vice president of the Socialist Republic of Vietnam), and Jeffery Kobza (representative of the World Health Organisation in Vietnam) attended the Conference and delivered greetings and congratulating speeches. The success of this Conference was an opportunity for Vietnam's psychiatrists to gain professional experience in the psychiatry field as well as a confidence in organising other international conferences in the future.

Currently, the VPA is licensed to publish *the Journal of Vietnamese Psychiatry* by Vietnam's Government Agency with code ISSN: 2354-0702. The VPA hopes to attract attention from professors, experts, and foreign colleagues, by sending scientific papers for publication in the Journal. Surely this is a good opportunity for VPA members to learn and share experiences with colleagues.

The VPA delegates will attend the 5th World Congress of Asian Psychiatry in Fukuoka, Japan, 3-6 March, 2015. The 5th WCAP 2015 will provide another great opportunity for VPA delegates to meet and talk to international colleagues to strengthen friendship, and cooperate for the development of the psychiatry and mental health field. As expected of from the council meeting of the AFPA, in Kuala Lumpur, Malaysia in May 2014, the VPA would like to apply for hosting the Regional Congress of the AFPA in 2018.

On behalf of the VPA, I would like to thank all the help from international colleagues and look forward to more future cooperation from you. (The author declares no potential conflicts of interest in writing this feature.)

Tran Van Cuong\*

The First Hospital, Hanoi, Vietnam

\*Corresponding address: Hoi Tam than hoc Vietnam

Benh vien Tam than

Trung uong I, Hoa Binh, Thuong Tin, Ha Noi, Viet Nam

Email: Tran Van Cuong <hoitamthanhoc@gmail.com>

(Editor note: Cuong is the president of the VPA. The website address of the VPA is [www.hoitamthanhoc.com](http://www.hoitamthanhoc.com).)

## Highlights for the Singapore Mental Health Conference 2014

The Singapore Mental Health Conference 2014, was held from 17 to 18 October, 2014 and attracted some 500 professionals from the healthcare, social service,

and Intermediate and long-term care sectors, as well as community-based workers and consumers of mental health services.

Themed "Mental Health and Resilience: It Takes a Whole Community," SMHC 2014 was a landmark conference in that it was co-organised by four national agencies from the healthcare and social service sectors, namely the Institute of Mental Health, National Council of Social Service, Agency for Integrated Care, and Health Promotion Board.

Over an expanded programme of five plenary sessions, eight tracks and 12 breakout sessions, international and local speakers discussed opportunities and challenges related to the care of persons with mental illness, and how to better create a holistic care model that cuts across agencies and institutions. The conference also showcased existing collaborative efforts across various contexts, such as community mental health, mental well-being, community re-integration, primary care, or in the home.

Some unique highlights of this year's conference included a half-day pre-conference workshop on 16 October 2014 at the Agency for Integrated Care which focused on "Open Dialogue," a Finnish alternative to the traditional mental health system for persons with mental illness. There was also a symposium for general practitioners, designed for these family doctors who have keen interest in mental health. A caregivers' track provided useful advice to promote resilience and self-determination among caregivers, who often experience immense burden when caring for their loved ones with mental health conditions.

Aside from the main conference offerings, fringe activities kept the atmosphere lively. As SMHC 2014 was held in conjunction with World Mental Health Day, which falls on 10 October, a bazaar was set up which saw more than 10 agencies showcasing and selling handicrafts, books, or CDs by recovering patients and caregivers.

At the opening event on 17 October, the Guest-of-Honour, Kim Yong Gan, Minister for Health also launched the new *Essential Guide to Psychiatry* textbook. Published by IMH with contribution from various mental healthcare professionals such as psychiatrists, psychologists, nurses, case managers and counsellors, this textbook is written from an Asian and multidisciplinary perspective. Boasting up-to-date evidence and illustrations of local culture and setting, this book will benefit medical students, psychiatry residents, psychiatrists, non-psychiatrist medical

doctors, as well as allied health and other mental health professionals from various fields in Singaporean and Asian settings. It will also serve as a useful resource for those outside the healthcare sector but involved in supporting persons with mental illness and their families.

Although the SMHC was initiated by IMH just in 2013, it has already become a national platform for learning and networking in mental health. Through the sessions, delegates were also challenged to discover new approaches and ideas to address the evolving mental health needs of Singapore. It was certainly an enriching learning experience for all and a not-to-be missed conference for anyone in the mental health field! (The author declares no conflicts of interest in writing this report.)



A photo taken on 17 October, 2014 at the SMHC 2014. From left to right: Hong Choon Chua, Weng Mooi Tan, Jennifer Lee, Belinda Tan, Kim Yong Gan, Tina Hung, and Cheng Lee. Choon and Hung were co-chairpersons of SMHC advisory committee, and Lee and B. Tan were co-chairpersons of SMHC organising committee.

Cheng Lee\*

Institute of Mental Health, Silver Ribbon, Singapore  
\*Corresponding address: 10 Buangkok View 539747,  
Silver Ribbon, Singapore

\*E-mail: Cheng Lee <cheng\_lee@imh.com.sg>

(Editor note: Lee is president of Singapore Psychiatric Association)

## The WPA RC in Hong Kong 2014

The World Psychiatric Association Regional Congress was held in Hong Kong from 12-14 December, 2014. The venue of the conference was in Hong Kong Convention and Exhibition Centre, the largest convention centre facility in Hong Kong. The theme of the Congress is “Yin and Yang of Mental Health in Asia:

Balancing Polarities.” The theme reflects the wisdom of Chinese culture about balancing dialectics, appreciating diversity, and promoting creative amalgamation of opposing views.

The conference was inaugurated by Win Man Ko, the secretary of Food and Health Bureau of the Government of the Hong Kong SAR, Dinesh Bhugra, the president of the WPA, and Linda Lam, the president of the Hong Kong College of Psychiatrists. The council members of the WPA also flew in from different parts of the world to attend this conference. The opening ceremony was well-attended by delegates from the Hospital Authority of Hong Kong, the Department of Health, and the Hong Kong Academy of Medicine, as well as the community stakeholders of mental health issues of Hong Kong.

The WPA RC in Hong Kong had eight plenary lectures delivered by academic experts from the UK, Australia, the Netherlands, China, Japan, and Hong Kong. The topics of the plenary lectures included genetic psychiatry, mental health service development, work rehabilitation for severe mental illness and combat against discrimination of people suffering from mental health problems. There were 22 regular symposia, 6 proposed symposia, 3 industry-sponsored symposia, and 11 oral presentation sessions. The topics of the symposia covered a wide range of topics like addictive behaviours, child and adolescent psychiatry, forensic psychiatry, and psychological interventions. There was also a poster presentation zone in the main hall throughout the three days of the conference, in which 80 poster presentations were shared with the delegates of the WPA RC-Hong Kong. Another major highlight was the gala dinner held on 13 December, 2014. The gala dinner was well-attended by the Congress delegates and the guests with lots of fun and enjoyment.

The WPA RC in Hong Kong lasted for three whole days and was preceded by a pre-Congress workshop on “leadership and management skills” conducted by Bhugra. Over 780 delegates from more than 15 countries attended the Congress. There was positive feedback obtained from the delegates on the overall scientific content of the conference, the location of the venue, the logistic arrangement and support on the Congress, and the social events organised in the gala dinner. The delegates also reported positive feedback about their pleasant experience as a tourist in Hong Kong.

It is indeed the honour of the Hong Kong College of Psychiatrists to be given this opportunity by the WPA to host this prestigious event. (No conflicts of interest.)

Roger MK Ng\*

Department of Psychiatry, Kowloon Hospital,  
Hong Kong, China

\*Corresponding address: 147A, Argyle Street,  
Hong Kong

E-mail: Roger MK Ng <ngmk@ha.org.hk>

*(Editor note: Ng was the chair of local scientific  
committee of the WPA RC in Hong Kong 2014)*

## The 20th International Psychiatric Conference of Pakistan Psychiatric Society in Karach

Raza Rahman, Department of Psychiatry and Behavior Sciences, DOW University of Health Sciences in Karachi the chief organizer for 20th International Psychiatric Conference, which took place on 26-28 December at Movein Pick Hotel in Karachi, Pakistan. This conference was heavily attended by all members of the society as well as distinguished international speakers. Special sessions were held on child psychiatry, drug abuse, suicide prevention, trauma psychiatry and other updates. One of the glorious event of proceeding of the conference was oath-taking ceremony of the new cabinet 2015-16.

The oath was administered by World Psychiatric Association Zone 15 representative, Khalid Mufti who also appreciated the classical efforts of Fareed A. Minhas, the chief election commissioner for the said elections.

New members of Pakistan Psychiatric Society' cabinet who took the oath include Syed Muhammad Sultan (president), Nassar Saeed (president-elect), Imtiaz Ahmad Dogar (general secretary), Bashir Ahmad (treasurer), Khalid Mahmood (vice president), Moin Ansari (vice president), Naeem Ullah Laghari (provincial secretary at Punjab), Darya Khan Laghari (provincial secretary at Sindh), Muhammad Irfan (provincial secretary at KPK), Inam Shabbir (provincial secretary at Balochistan), Hamid Rasheed Khawaja (provincial secretary at AJK), and Rizwan Taj (provincial secretary (federal capital). New executive committee of Pakistan Psychiatric Society in this term include Ayesha Rashid, Manohar Lal Kalra, Sohail Ahmad, Naiz Maqsood, Iftikhar Ahmad Minhas, and Ajmal Kazmi.

I thank the outgoing office bearers especially Mazhar Malik and Ghulam Rasool who presented the future vision for next two years. The president who is

also the president of SAARC Psychiatric Federation briefed the participants about his past SAARC Psychiatric conference and shared his ideas about upcoming events. (The author declares no conflicts of interest in filing this report.)

Imtiaz Ahmad Dogar\*

Department of Psychiatry and Behavioral Sciences  
DHQ Hospital PMC Faisalabad, Pakistan

Emial: Imtiaz Ahmad Dogar:  
<psycon2005fsd@yahoo.com>

*(Editor's note: Dogar is general secretary of the  
Pakistan Psychiatric Society. Pakistan  
has the population  
of 182.1 million.)*

## Indian Psychiatric Society Had the 67th Annual Conference

The 67th Annual Conference of Indian Psychiatric Society, a member society of World Psychiatric Association, held at Hyderabad, 8-11 January, 2015 was a grand success. The conference theme was "Mental Illness: Recovery and Social Inclusion".

The event held at the Hyderabad International Convention Centre (HICC) was inaugurated by Hon B Dattatreya (Union Minister, Government of India). TV Asokan presided the Conference. Representing WPA, Dinesh Bhugra (president of WPA), Helen Herrman (president-elect of WPA), and I (secretary general of WPA) spoke at the Conference. Other overseas speakers included Paul Summergrad (president of the American Psychiatric Association), and Murray Patton (president of the Royal Australian and New Zealand College of Psychiatrists).

Some of highlight of the Conference included CME Sessions, presidential address, workshops, symposia, award sessions, theme symposium, invited lectures, free papers, posters, Indo-American Psychiatric Association/ British Indian Psychiatric Association/ SAARC Psychiatric Federation sessions, annual general body meeting and cultural events. The Conference made history being the largest ever, with nearly 4,500 members from India, and delegates of several countries from all over the world. A committed and dedicated team led by MS Reddy and G. Prasad Rao organised the event in an outstanding manner. Hearty congratulations to them!



A new team of leadership of Indian Psychiatric Society consists of Vidyadhar Watve (president), G. Prasad Rao (vice-president), N. N. Raju (secretary general), Vinay Kumar (treasurer), and T. S. S. Rao (editor). Our best wishes to them. (The author declares no conflicts of interest in writing this report.)

Roy Abraham Kallivayalil\*  
 Pushpagiri Institute of Medical Sciences, Thiruvalla,  
 \*Corresponding address: 686 101 Kerala, India  
 E-mail: Roy A. Kallivayalil <roykalli@gmail.com>  
 (Editor note: Besides secretary general of WPA,  
 Kallivayalil is president of Indian Social Psychiatry.)

## WPA RC in Osaka, To Be Held 4-6 June, 2015



The World Psychiatric Association Regional Congress with the theme “Asian Partnership in the World” will be held at Osaka International Convention Center, Osaka, Japan, 4-6 June (Thursday-Saturday), 2015 in conjunction with the 111th annual meeting of the Japanese Society of Psychiatry and Neurology ([www.congre.co.jp/wpa2015/index.htm](http://www.congre.co.jp/wpa2015/index.htm)).

We are expecting these two meetings will be organised at the same venue in the same period with seamless program. Some part will be in English and some are in Japanese language, expecting 7-8,000 participants from Japan and 500 from overseas countries and regions.

Three key-note lecture speakers are Dinesh Bhugra (UK), Masatoshi Takeda (Japan), and Anand Satyanand (New Zealand). Nine special lecture speakers include Helen Herrman (Australia), Prabha Chandra (India), Paul Summergrad (USA), Wolfgang Gaebel (Germany), Susan R. McGurk (USA), Mitsumoto Sato (Japan), Geoffrey M. Reed (Switzerland), Linda Lam (Hong Kong), and Sue Bailey (UK).

In addition to 40 symposia already fixed by the programme committee, European Roundtable Discussion is scheduled to have vivid exchange of opinions among European and Asian leaders in psychiatry.

The climate of Osaka in the beginning of June is mild and cozy, and I am sure that you will enjoy the rich scientific program of WPA Regional Congress and dynamically changing atmosphere of Osaka City. (The author declares no conflicts of interest in writing this feature.)

Masatoshi Takeda\*  
 Department of Psychiatry, Osaka University Graduate  
 School of Medicine, Osaka, Japan  
 \*Corresponding address: 2-2 Suita City,  
 Osaka 565-0871, Japan  
 E-mail: Masatoshi Takeda  
 <mtakeda@psy.med.osaka-u.ac.jp>  
 (Editor's note: See Takeda's another feature on  
 S. Shigenobu [page 3 of this issue of the Bulletin of the  
 AFPA] for the information of his titles.)

## WFMH-RC-Singapore, to Be Held 1-3 October, 2015

We warmly welcome you and your team to Singapore, the beautiful lion city where Regional Congress of the World Federation for Mental Health, will be held on 1 - 3 October, 2015. The theme of the WFMH-RC in Singapore will be “Innovations in mental health care through holistic interventions in the Asia-Pacific Region.”

The scientific committee of the WFMH RC-Singapore is extending invitation to an array of local and overseas mental health professionals to share their experience and present topics which are relevant to practitioners in the mental health industry. To date, we have confirmed the attendance of George Christodoulou (Greece), Deborah Wan (Hong Kong), Gabriel Ibvijaro (United Kingdom), Helen Millar (Scotland), Larry Cimino (United States), Mohammed Abou-Saleh (United Kingdom), and Juan Mezzich (United States).



We hope that the WFMH-RC-Singapore will provide a platform to discuss and develop the mental health programmes and services.

Updated scientific program will be announced in the summer 2015 issue of *the Bulletin*. For more details. At this moment, please visit our website: [www.wfmsingapore2015](http://www.wfmsingapore2015). (The author declares no conflicts of interest in writing this feature.)

Cheng Lee\*

Silver Ribbon, Singapore

\*Corresponding address: 616 Hougang Avenue 8 #01-386 Singapore 530616

\*E-mail: Cheng Lee <[cheng\\_lee@imh.com.sg](mailto:cheng_lee@imh.com.sg)>

*(Editor note: Lee is president of Singapore Psychiatric Association and president of Silver Ribbon, Singapore.*

*He chairs scientific committee for this WFMH-RC.)*

## WPAIC 2015 in Taipei, to Take Place 18-22 November, 2015



The World Psychiatric Association International Congress 2015 (WPAIC 2015) in Taipei, Taiwan will be hosted by the Taiwanese Society of Psychiatry (TSOP) and held in Taipei International Convention Center, Taipei from 18 November (Wednesday), to 22 November (Sunday), 2015. WPAIC 2015 is focusing on the theme

“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.

At this moment, the confirmed speakers for the WPA IC 2015, Taipei, Taiwan include Dinesh Bhugra (UK), Julio Licinio (Australia), Akira Sawa (USA), Rutger Jan van der Gaag (Netherlands), Ming-Tso Tsuang (USA), Simon Baron-Cohen (UK), Edmund Sonuga-Barke (UK), Kathleen Merikangas (USA), Xin Yu (China), Lakshmi Vijayakumar (India), Hidenori Yamasue (Japan), Jun-Soo Kwon (Korea), Peter Falkai (Germany), Tai-Ann Cheng (Taiwan), De-Maw Chuang (USA), Hsien-Yuan Lane (Taiwan), Elvira Bramon (UK), etc. The list of invited speakers is still expanding.

Future more detailed information of the programme description as well as paper and poster submissions for the WPA IC 2015, Taipei, Taiwan will be updated at the website: [www.wpaic2015.tw](http://www.wpaic2015.tw). I will give another updated information of this congress in the summer issue of *the Bulletin of the AFPA*. On behalf of the all members of the Taiwanese Society of Psychiatry, I look forward to meeting and seeing you at the WPAIC 2015 in Taiwan. (The author declares no potential conflicts of interest in writing this news.)

Frank H. Chou\*

Kaohsiung Municipal Kai-Syuan Psychiatric Hospital,  
Kaohsiung, Taiwan

\*Corresponding address: 130 Kai-Syuan, Second Road,  
Kaohsiung 80276, Taiwan

E-mail: Frank H. Chou <[f50911.tw@yahoo.com.tw](mailto: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.)*

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## FROM AFPA ALLIED SOCIETIES

### Psychosocial Rehabilitation in Countries of Southeast Asian Region

As the regional vice president of Southeast Asian region of World Association for Psychosocial Rehabilitation (WAPR), I would like to report this feature about training sessions and a declaration of psychosocial rehabilitation (PSR).

PSR is a process that facilitates the opportunity for individuals who are impaired, disabled or handicapped by a mental disorder to reach their optimal level of independent functioning in the community [1, 2]. PSR aims to reduce stigma, provide the optimal level of functioning of individuals and societies, minimize disabilities and handicaps, and stress individual choices on how to live successfully within the community [1, 2]. In the Southeast Asian region, PSR has been developed and practiced in many countries. Chapters of the WAPR



have been established in the Philippines, Thailand, Indonesia, and recently Malaysia.

#### ***Special PSR Training Sections at the 1st RCAP in Kuala Lumpur in 2014***

Together with the Asian Federation of Psychiatric Associations and Malaysian Psychiatric Association, the WAPR organised a special training day on PSR at the 18th Malaysian Conference on Psychological Medicine/1st AFPA Regional Congress (1st RCAP) 22-24 May, 2014 in Kuala Lumpur, Malaysia. (See the summer 2014 issue of *the Bulletin of the AFPA* for the coverage at the AFPA website: [www.afpa.asia](http://www.afpa.asia)). The members of this group are shown in this photo.



The psychosocial rehabilitation group at the 18th MCPM/1st RCAP in Kuala Lumpur. From Left to right: Ahmad Rasidi Saring (Malaysia), Chandra Mohan (Malaysia), Sabedah Osman (Malaysia), Marhani Midin (Malaysia), Pandu Setiawan (Indonesia), Nor Zuraida Zainal (Malaysia), Helen Herrman (Australia), Suchada (Thailand), Afzal Javed (United Kingdom), T. Murali (India), Lourdes Ladrido-Ignacio (The Philippines), Golam Rabbani (Bangladesh), Pichet Udomratn (Thailand), M. Thirunavukarasu (India), Nalaka Mendis (Sri Lanka), Mazhar Malik (Pakistan), Naotaka Shinfuku (Japan), Maria Tomasic (Australia), Murray Patton (New Zealand), Abdul Kadir Abu Bakar (Malaysia), Mohan Issac (Australia), Cheah Yee Chuang (Malaysia), Norhayati Ali (Malaysia), Riana Abdul Rahim (Malaysia), Firdaus Abd Ghani (Malaysia), and Vicky Loo (Malaysia).

#### ***The WAPR KL Declaration 2014***

After the meeting, a group of speakers made a declaration called the WAPR KL Declaration 2014. This declaration was drafted by Nalaka Mendis and Mohan Isaac on behalf of the group. This declaration was approved and endorsed by the WAPR, the MPA, and the AFPA. The content of the declaration [3] is printed here:

**Preamble:** Social and psychological disabilities associated with long term mental illness and neuropsychiatric disorders cause a considerable amount of distress and burden on the individual, care givers,

families, and the society in the Asian region. People with such disabilities need to be given the benefit of new developments in the field as spelled out in the United Nations convention on the rights of persons with disabilities in 2006 and the protection of persons with mental illness and the improvement of mental health care of 1991.

**Article 1.1.** Authorities responsible for the development of mental health need to take immediate steps to upgrade and reform the existing PSR programmes and establish new programs to respond to the needs of patients, care givers and families including minimising stigma, eliminating discrimination and protecting rights.

**Article 1.2.** Academics, professionals and other stakeholders need to identify and formulate the concept, principles, components and activities of psychosocial programs based on the culture, economic, social and health system in the countries within the context of universally accepted principles and norms.

**Article 2.3.** Political leadership needs to integrate PSR programmes into all health, social welfare, economic, education, labour, and other policies and ensure that such policies are given effect.

**Article 2.4.** Public agencies need to put in place the necessary structural, administrative, organizational and financial facilities to provide the resources and institutional mechanisms necessary for the development of PSR programmes. The lead public agency for mental health and rehabilitation activities should coordinate the planning, development and implementation of PSR programmes with the participation of all stakeholders.

**Article 2.5.** Community agencies, community workers and others working in the community need to take leadership in raising awareness of disabilities to play an advocacy rôle in developing community based PSR services and mobilise resources. Steps should be taken to empower patients, care givers and families by organising patients, care givers and family self-help groups to improve their quality of life.

**Article 2.6.** Those responsible for the development and implementation of training programmes need to ensure the integration of PSR into all professional medical health, mental health, social welfare and other similar training programmes with a special emphasis on developing desired attitudes and appropriate skills.

**Article 2.7.** Those responsible for providing services need to ensure integration of PSR into mental health programmes and provide accessible services to meet the needs of all groups of the disabled including special categories.

**Article 2.8.** Public agencies responsible for PSR need to ensure standards are maintained in PSR facilities (staff, facilities, resources, and care approaches) by enforcing rules and regulations through an established organisational mechanism.

**Article 2.9.** Research planners, researchers, and funding agencies need to study to develop models, activities, interventions, practices and evaluation programmes that are likely to be effective in PSR programmes.

**Article 2.10.** All mental health professionals need to take steps to acquire the necessary competencies to identify the psychosocial needs of their patients, care givers and families and give the necessary leadership to develop and provide PSR to meet the needs of their patients

#### **Comment**

Given the many aspects involved in PSR, a great deal more research and development is necessary for better care of persons with mental disorders. One can expect even more significant changes to occur if PSR activities are implemented following the WAPR KL Declaration 2014. (The author declares no conflicts of interest in writing this feature.)

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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 president of the AFPA, 2013-2015, and the 5th WCAP president.)

## **The 23rd EPA Congress in Vienna, to Be Held, 28-31 March, 2015**

The 23rd Congress of the European Psychiatric Association will be held in Vienna, Austria, 28-31 March, 2015. The central theme of the Congress is

"Excellence in Psychiatry across Europe: Practice, Education, Research." These three keywords in the subtitle of the theme provide the framework for the congress presentations: clinical psychiatric practice is the core everyday challenge for European psychiatrists, and a well-educated staff is a necessary condition to achieve the goal of optimizing mental healthcare in Europe. Research is the road to the future, since it promises to elucidate the aetiopathogenesis of mental disorders and lead to better diagnostic and therapeutic procedures.

An important additional aspect of the Congress is to foster international collaborations and information exchange. Therefore, the Congress organisers are honoured that also many psychiatrists from Asian countries will attend the EPA Congress 2015 and a cordial invitation is extended to all Asian psychiatrists who may not have registered to come to Vienna and join psychiatrists from European and other countries in a congress conveying an atmosphere of scientific scholarship and a free exchange of ideas.



A special feature of this year's EPA Congress is a joint symposium of EPA and AFPA, to be held on 30 March, 2015. The symposium title will be "Europe Meets Asia: Lessons to be Learned." Thus, strengthening the ties between European and Asian psychiatry is one of the desired features of the EPA Congress 2015.

Further information about the scientific programmes and registration details are available online at [www.epa-congress.org](http://www.epa-congress.org). We look forward to seeing you in Vienna! (The author declares no conflicts of interest in writing this feature.)

Wolfgang Gaebel\*

Department of Psychiatry and Psychotherapy, University of Düsseldorf, Düsseldorf, Germany

\*Corresponding address: LVR-Klinikum Düsseldorf Bergische Landstraße 2, D-40629 Düsseldorf, Germany

E-mail: Wolfgang Gaebel

<Wolfgang.Gaebel@uni-duesseldorf.de>

(Editor's note: Gaebel is president of the EPA.)



## FROM THE EDITOR OF *THE BULLETIN OF AFPA*

### Relentless Pursuit in Search of Names inside Photos

For about 15 years, I had been the editor-in-chief of *Missouri Psychiatry*, a newsletter of Eastern, Mid, and Western Missouri Psychiatric District Branch Societies of the American Psychiatric Association. APA sponsored Component Meeting of the Public Affairs of Network Institute almost each winter in sunny Florida or Arizona, USA, from mid-1980's to 1999 for public affairs officers, including about 75 APA DB newsletter editors. At that time, the Institute was well-funded with excellent amenity provided for participants probably because of APA's unprecedented huge revenue from the sale of *the Fourth Edition of the Diagnostic and Statistical Manual for Mental Disorder (DSM-IV)*. Invited speakers for the DB newsletter editors at the Institute included Lawrence K. Altman (medical editor of *the New York Times*), Rennie Drummond (deputy editor [West] of *the Journal of American Medical Association*), and several editors from snow-covered North of the country. The editors of APA DB newsletters are emphatically taught to advocate the profession and the psychiatrist member, and indoctrinated to correctly identify all the names of persons shown in the companion photos in all features.

Born in Mumbai (formerly Bombay), India in 1865, Rudyard Kipling was a famous writer. His six honest serving men, who taught me all I know are "what," "why," "when," "how," "where," and "who" [1, 2]. In my opinion, "who" is the most significantly important servant in writing features ( $p < 0.05$ ), compared to other 5 servants (4 "W's" and 1 "how"). In announcing professional meetings written by Masatoshi Takeda and Frank H. Chou, for example, in this issue of *the Bulletin of the AFPA*, only congress speakers' names are mentioned. What topics are the speakers going to lecture are all omitted because most readers can expect what topics are to be given by knowing those speakers.

Two photos in this issue of *the Bulletin*, the persons' names inside the photos were not identified in the original submitted version. After the contributors

were not cooperative to give names for the photos at my repeated requests, I decided to go through the trouble getting quick consultation in a hurry from Malaysian colleagues: Nor Zuraida Zainal, Marhani Midin, Nik Ruzyanei, and Ko Yoon Chee. I was glad that they were enthusiastically helping me. As stated in a Malaysian proverb, "Tigers die and leave their stripes, but humans die leaving their names," they all are sympathetic with my values and emphasis on correctly identifying names for the photos. Afterwards, I still needed to ask the help from Naotaka Shinfuku and Pichet Udomratn identify the names of non-Malaysian psychiatrists. Post-traumatically, I still feel that to identify names is quite an "undertaking" in two senses of the word.

Convincing "A picture is worth a thousand words" (in Japanese) or "A picture is worth 10 thousand words" (in Chinese), I would like to insist on giving a name for every one in the photo [3]. I would appreciate it if future contributors of *the Bulletin* could kindly identify all the names inside their submitted photos. Digital photos are easily available nowadays, and I am likely to repeat this time-consuming and non-productive work again. Therefore, I have to solemnly announce that I will automatically reject to print any submitted photos without properly identifying all persons' names inside the photos. (The author declares no conflicts of interest in writing this commentary.)

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Winston W. Shen<sup>1,2\*</sup>

Departments of Psychiatry, <sup>1</sup>Wan Fang Medical Center and <sup>2</sup>School of Medicine, Taipei Medical University, Taipei, Taiwan

\*Corresponding address: 111, Hsing Long Road, Taipei 116, Taiwan

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