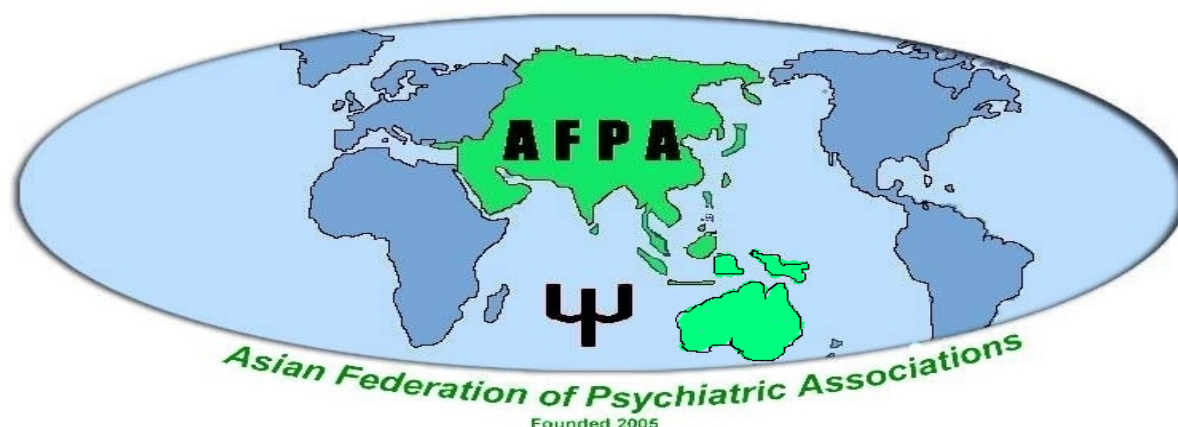


The Bulletin of the AFPA

The Summer 2023 Issue



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FROM THE OFFICE OF AFPA

Current National Psychiatric Societies of the AFPA

Asian Federation of Psychiatric Association (AFPA) is a federation of national societies and associations on the continent of Asia and South Pacific countries who support the goal to achieve the excellence in Asian psychiatry:

South East Asia

- Indonesian Psychiatric Association
- Malaysian Psychiatric Association
- Myanmar Medico-Psychological Society
- Philippine Psychiatric Association
- Psychiatric Association of Thailand
- Singapore Psychiatric Association
- Mental Health Association of Cambodia (MHAC)
- Vietnam Psychiatric Association

Eastern Asia

- Chinese Society of Psychiatry
- Hong Kong College of Psychiatrists
- Japanese Society of Psychiatry and Neurology
- Korean Neuropsychiatric Association
- Mongolian Mental Health Association
- Taiwanese Society of Psychiatry
- Macao Psychiatric Association

Southern Asia

- Bangladesh Association of Psychiatrists
- Indian Psychiatric Society (IPS)
- Psychiatrists Association of Nepal
- Sri Lanka College of Psychiatrists
- Psychiatric Association of Bhutan

Central and Western Asia

- Emirates Society of Mental Health
- Armenian Psychiatric Association (ArPA)
- Iranian Psychiatric Association
- Pakistan Psychiatric Society
- Iraqi Society of Psychiatrists

South Pacific

- Papua New Guinea Psychiatric Association
- The Royal Australian and New Zealand College of Psychiatrists

Please refer to national society presidents 2022 for the details at the website at afpa.asia.org. (The author declares no conflicts of interest in writing this report.)

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The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Association®

Web site address: www.afpa.asia

Publisher: G. Prasad Rao[§]

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The Asian Federation of Psychiatric Associations (AFPA®) was registered in Tokyo, Japan on 12 December, 2016.

- Secretary for science : Vinay Larka (Australia)
- Secretary for education and training: Samia Abul (UAE)
- Secretary for finance: : Kamonporn Wannarit (Thailand)

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- Naotaka Shinfuku (Japan)
- Pichet Udomratn (Thailand)
- Shigenobu Kanba (Japan)
- Afzal Javed (Pakistan/UK)
- Nova Riyanti Yusuf (Indonesia)
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AFPA

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- President elect : Diah Setia Utami (Indonesia)
- Immediate past president: Malcolm Hopwood (Australia)
- Secretary general : Takahiro Kato (Japan)

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

FROM PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

The “PAT on Tour” Visiting the Regional Members Beginning 27-29 January, 2023

Having reduced the activity during the COVID-19 pandemic, the Psychiatric Association of Thailand (PAT) will again be on tour throughout the country to meet its members. This aims to enhance the relationships and connect with psychiatrists working in different regional settings. The PAT can also directly hear the needs and problems of the members themselves so that the PAT can help relieve and communicate the issues further. At each visit, the PAT also acts as the medium to invite relevant experts to address exciting topics as suggested by the members of each region.

The first of such series was held 27-29 January, 2023 in Chiang Rai for the northern region members of Thailand, many PAT members attended the meeting and had the chance to share their knowledge and experience on several topics. For example, the topics included suicide situation in northern Thailand, legal issues in substance abuse, professional burnout, and challenges in setting up an inpatient psychiatric units in general hospitals.

The PAT will be on tour throughout the year of 2023 to meet psychiatrists in other regions, with the next one for its northeastern and eastern members in the beginning of May 2023 in Khon Kaen. The other regions of Thailand for “PAT on tour” will also be scheduled.



Chawanun Charnsil gave welcome remarks and talked about the suicide situation in northern Thailand.

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*(Editor’s note: Wannarit, Supanya, and Charnsil
are chairman for international affairs, secretary-general
and president, respectively, of the PAT.)*

The Mind Day of the KNPA, to Promote for Mental Health on 4 April, 2023

The Korean Neuropsychiatric Association (KNPA) held a Mind Day on 4 April, 2023, to promote for mental health. This campaign can make people with mental illness more easily to get psychiatric services.

On 4 April, 2023, the KNPA prepared gallery of mind, talk concerts, and the music concerts for overcoming COVID pandemic. The talks were on depression, anxiety, addiction and trauma. Also, those concerts were also available online.

The KNPA plans to have another day for mental health campaign this October around World Mental Health Day, 10 October, 2023. (The authors declare no conflicts of interest in writing this story.)

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The Wrap-up of the Spring Congress of the KNPA, 20-21 April, 2023

Korean Neuropsychiatric Association (KNPA) held a successful spring congress in Lotte Hotel Seoul, 20-21 April, 2023. After a long COVID-19 pandemic period, KNPA offered in person congress as it was before the coronavirus pandemic. Under the main theme of this congress "Psychiatry, for happy life and healthy world," the congress covered from basic neural science and psychotherapy to digital therapy for mental illnesses and recent social problems in Korea.

More than 1,600 psychiatrists in Korea registered, and around 1,000 psychiatrists attended the congress in person per day during the two-day congress. We had 2 plenary lectures, 4 special lectures, 24 symposia, 2 CME sessions and 4 workshops in 7 rooms. Also 90 e-posters (Photo 1) and 10 oral presentations were presented.



Photo 1. e-Poster presentation at the spring congress of the KNPA



Photo 2. Kenneth S. Kendler (USA) gave a lecture in person at the KNPA spring congress

Kenneth S. Kendler from Virginia Commonwealth University, USA gave a plenary lecture in person on "Psychiatric Genetics: A Historical and Conceptual Overview" (Photo 2). Another plenary lecture was given by Won-Myong Bahk on Korean history of clinical psychopharmacology.

The special lectures were on major depression: rethinking and understanding recent discoveries, digital evolution of human, psychiatry and anthropology, as well as standardized model of healthy human concept. (The authors declare no conflicts of interest in this report.)

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(Editor's note: Oh is the president of KNPA. Hong is a chief director of external cooperation and public relation committee of the KNPA.)

The TSOP Spring Meeting Took Place on 30 April, 2023

On the scenic campus of National Taiwan University (NTU), the auditorium came alive with the intellectual fervor of the Taiwanese Society of Psychiatry (TSOP) spring meeting on 30 April, 2023. Under the central theme "Personality Disorders and Stalking Laws: Treatment and Management," choosing the best minds from the TSOP members.

Chang-Jer Tsai, TSOP president, did the opening remark. Then, Lian-Yu Chen, the chief of Department of Mental Health in Taiwan, gave welcome notes at the start of the morning session of this spring meeting (Photo 1).

The morning session covered the psychodynamic aspects of narcissistic, borderline, and schizoid personality disorders. The afternoon session had the lectures on antisocial personality disorders, debating on treatability of the condition, the diagnostic complexities and strategies required to manage individuals marked by stalking behaviors, as well as the discourses on the recent law, the Stalking and Harassment Prevention Act, ratified on 19 November, 19, 2021.



Photo 1. Lian-Yu Chen gave welcome notes in the morning session

With heated enthusiastic and scholarly exchanges, more than 400 TSOP members attended this TSOP in person spring meeting. The venue on NTU campus had beautiful blossom flowers, and the weather was pleasant. (The author declares no conflicts of interest in writing this report).

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*(Editor's note: Wen-Yin Chen is current secretary general
of the TSOP.)*

Signing of an MoU between IPA of Indonesia and IMHCTC of Taiwan

In the Monday afternoon, 8 May, 2023, in the main hall of the Soeharto Heerdjan Jakarta Hospital, a memorandum of understanding was signed between Indonesian Psychiatric Association (IPA or PDSKJI) and International Mental Health Collaboration and Training Center (IMHCTC) in Taiwan, which was directly carried out by Andi J. Tanra with Li-Shou Chou (Photo 1).



Photo 1. The signing ceremony took place at the Soeharto Heerdjan Jakarta Hospital, Indonesia on 8 May, 2023

From the left: Era Catur Prasetya (Indonesia), Li-Shou Chou (Taiwan), Andi J. Tanra (ID), and Sandy Wang (TW)

IMHCTC is an agency under the authorisation of the Ministry of Health and Welfare of the Taiwan Government. The IMHCTC at Kaohsiung Kai-Syuan Psychiatric Hospital in Taiwan cooperates with psychiatric research alliances or organisations in Southeast Asian, South Asian and Oceanian countries to facilitate common interests in mental health. IMHCTC's main goal is to link international collaborations in the field of psychiatry and mental health between Taiwan and the other countries mentioned above, and ultimately promote regional mental health. Under this memorandum of understanding, the projects points of cooperation include:

- Both parties will endeavour to assist and support each other in cooperation for mutually beneficial projects.
- IMHCTC agrees to accept PDSKJI staff members for internships and provides related training.
- PDSKJI agrees to accept IMHCTC staff members for internships and provide related training.
- Both parties agree to explore possible methods, strategies and experiences used in reciprocal social engagement and partnerships among various sectors that can help each other for certain needs.
- Both parties agree to share relevant information, documentation, publications, which have been demonstrated in the hospital and based on the community mental health models.
- Both parties will enhance networking and promote shared experiences among health and medical professionals, management teams, medical teams, educators, and the community at large.
- Exchange of students, residents and education centre staff.
- Help provide resources and connect Taiwanese institutions that provide scholarships to students, residents and/or members of PDSKJI.

We hope that this memorandum of understanding will be the starting point for collaboration that will strengthen Indonesian Psychiatrists in the Asia Pacific region and will be beneficial to develop the mental health programme for all Indonesian people. *(The author reports no conflicts of interest in reporting this news.)*

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(Editor's note: Chou and Wang are principle investigator and co-principle investigator, respectively, of IMHCTC. Tanra, Utami and Prasetya are president, chair, and chief of international cooperation division of Indonesian Psychiatric Association, respectively. Utami is also president-elect of the Asian Federation of Psychiatric Associations, 2022-24.)

The RANZCP Annual Congress Took Place in Perth, Western Australia 28 May - 1 June, 2023

At the Royal Australian and New Zealand College of Psychiatrists (RANZCP), I am delighted to report having hosted the largest ever annual Congress in Perth, 28 May - 1 June, 2023.

With over 1,700 delegates participating in-person and another 400 participating online, it was the biggest event in RANZCP history. The theme for Congress “New horizons, connected futures” invited reflection on how our interconnectedness is our greatest strength, including connections in our personal and professional lives, our connections with the diverse cultures in our communities, and our connection to place.

Throughout the week, delegates heard from keynote in person speakers including Gwen Adshead (UK), Megan Galbally (Australia), Mark Lawrence (New Zealand) and Cornelia Wieman (Canada) and had the opportunity to attend presentations covering all aspects of psychiatric practice. The Congress had over 240 presentations including 53 combined symposia, 13 panel presentations and 114 rapid fire presentations.

The programme was complemented by well-attended social events – a welcome reception, the College ceremony, where we welcomed new RANZCP fellows into the profession, and a gala dinner.

At the annual general meeting, the RANZCP was pleased to welcome Elizabeth Moore to the rôle of president taking over from Vinay Lakra. The RANZCP thanks Vinay Lakra for his contribution to the RANZCP over the past two years. Vinay was a passionate advocate and he greatly increased our engagement with government over the past few years. He was particularly proud of advocacy in relation to telehealth during the pandemic, especially ensuring that telehealth is a permanent part of Australian publicly funded health care.

Vinay witnessed the growth and expansion of the RANZCP’s Psychiatry Interest Forum (PIF) in New Zealand which creates more opportunities for medical students and junior doctors to take part in this programme.

The appointment of a trainee director to the RANZCP board was also a significant step forward. It demonstrated commitment to enhancing the voice of our trainees and promoting an inclusive environment for all members. At the annual general meeting, the RANZCP was pleased to welcome a newly appointed director, trainee Ava Carter taking over from the RANZCP’s first appointed director, trainee Pramudie Gunaratne.

On behalf of the RANZCP, I would like to thank Vinay Lakra and Pramudie Gunaratne for their contributions to the board and to the RANZCP. (The author declares no conflicts of interest in writing this report.)



Photo 1. Elizabeth Moore at RANZCP Congress



Photo 2. Gala dinner at the Western Australian Museum Boola Bardip.

Elizabeth Moore

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(Editor note: Moore is current president of RANZCP, 2023 – 25. Sharon McGowan is the CEO of RANZCP. The website address of RANZCP is www.ranzcp.org.)

The JSPN Held the Annual Meeting in Yokohama, 22-24 June, 2023

Under the theme “Psychiatry Looking to the Present and the Future,” the 119th annual meeting of the Japanese Society of Psychiatry and Neurology was held at Pacifico Yokohama North, Yokohama, Japan, 22-24 June 2023. The meeting was attended by many Japanese psychiatrists and others involved in psychiatric care. Totally 9,317 people have registered online and on-site, with 5,736 on-site participants during the annual meeting.

In addition to the presidential address, three special lectures, 10 educational lectures, 154 symposia including four “Young International Symposium Presentation

Awards" (Fellowship Award Symposia), 10 workshops, 164 oral presentations and 191 posters were given.

For the special lectures, we had lecturers from abroad for the first time in three annual meeting. I planned two symposia as the president of the annual meeting. Those two symposia were "Dopamine supersensitivity psychosis in schizophrenia," and "The direction of Japanese psychiatry in the world from the perspective of young psychiatrists."

Active discussions were held on each of the presentations. I would like to thank everyone for their cooperation in organising such a successful meeting, invited foreign speakers for their presentations. I am glad that Japan downgraded the legal status of COVID-19 pandemic on 8 May, 2023, to "Class 5," the same category as common infectious diseases such as seasonal influenza. We hope that this meeting will contribute to the future development of psychiatry. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Iyo is the president of the 119th annual meeting of the JSPN, 2023. Ichiro Kusumi and Masaru Mimura are the immediate past president and new incoming president, respectively, of the JSPN.)

The 119th annual meeting of Japanese Society of Psychiatry and Neurology was held in Yokohama, 22-24 June, 2023. This year, The JYPO, as a representative of young organisations, made a presentation at the symposium "Collaboration and Polishing among Young Organizations." Young physician organisations that extend horizontally beyond university or departmental relationships are being formed in various societies in Japan. The JYPO, an organisation with a long history since 2002, shared its philosophy and challenges in management, demonstrating leadership as a young organisation.

Also, every year at the JSPN, a "fellowship award," has been created for inviting international excellent young psychiatrists to present a symposium at the JSPN annual meeting. The JYPO has been cooperating with this plan, holding research planning meetings with the awardees, and assisting with hospital tours. This year again, JSPN International Committee arranged a bus tour to visit to Kanagawa Prefectural Mental Health Center, JYPO members actively cooperated in those activities.

The JYPO, through initiatives with the conference, offering plans to other organizations, and not only within its organisation, is contributing to the development of leadership in young psychiatrists, cultivation of international perspectives, and contribution to community mental health. We sincerely hope that you will continue to pay attention to our activities. (The author declares no conflicts of interest in writing this report.)



Photo 1. A photo of the tour to visit Kanagawa Psychiatric Medical Center in Shingawa Prefecture

The back row from left: Y. Uchida, Gniewko Wieckiewicz (Poland), Ferran Mestres Ferres (Spain), F. Miyano, Fredrik Wikstrom (Sweden), D. Abe, T. Shimizu, T.Ii, Chanatip Tongyongk (Thailand), and Ananda Mahapatra (India)

The front line from left: D. Takano, Yasin Hasan Balcioglu (Turkey), Wei-Chen Huang (Taiwan), Ekacharyanti Zain (Indonesia), H.Tagusari, Joanna Smolarczyk-Kosowska (Poland), Venus Vatankhah (Iran), H.Ohashi, A. Aoki, K.Yoshida, and E. Oh

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The TSOP Annual Meeting to be Held, in Taichung, 4-5 November 2023

The 62nd annual meeting of the Taiwanese Society of Psychiatry is to take place at Chung Shan Medical University in Taichung (photos 1), 4-5 November, 2023. The theme of this annual meeting of the TSOP is "Current Challenges in Psychiatry: Focusing on Policy and Technology."



Photo 1. The venue building, Jengshin Hall, on campus of Chung Shan Medical University (a website photo with courtesy of Anson Wu)

Mental Health Act and the evolving landscape of medical technology will be the crucial points of focus for discussion. The final programmes are not yet finalized from the submitted presenters at the press time. But the 2023 TSOP annual meeting will have symposia, workshops, plenary lectures, a special lecture, forums, industry-sponsored lectures, and poster presentations. (The author declares no conflicts of interest in writing this announcement.)

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(Editor's note: Chen is programme chair person of the annual meeting of the TSOP.)

PAT Organised “Network of Early Career Psychiatrists of Thailand (NECpT)” with the Campaign “We Hear You, Our Juniors!”

In these modern days, there are many changes in Thai society such as the legally use of cannabis, stressors

from a virtual meeting after COVID-19 pandemic, and openness attitudes to mental health in Thailand. Additionally, younger generations, who have different values, attitudes, and beliefs from previous and current generations, play an important rôle in future psychiatrists. The early career psychiatrists (ECR) then are required support to deal with problems such as from work or country regulations. The Psychiatric Association of Thailand (PAT) has established a supportive community for the new generation of psychiatrists, named “Network of Early Career Psychiatrists of Thailand (NECpT).”

In November 2022, the NECpT created activities for ECRs to listen, support and response to their problems. This workshop: “We hear you, our juniors!” were interested in about 40 Thai ECRs and some senior psychiatrists who are interested in it. Our team used transformative learning methods to distill their problems through dividing the participants into groups, freely penciling down problems, and grouping and prioritizing the problems with them. Within one hour, we found that most of them suffered from:

- work-life balance and well-being, e.g., over workload, unsafe workplace in community hospital
- difficult cases in real practice, e.g., lack of consultation experts/community
- generation gap, e.g., different of values at work
- lack of social/knowledge/academic support, e.g., requiring easily accessible updating knowledge and health regulations
- administrative works, e.g., hospital accreditation, cannabis use, which have not been learned from the training period.

After letting our juniors speak and we (did) hear them, the NECpT voiced the problems to PAT committees to solve the problems. The responded activities included academic live sessions through Facebook and pre-congress activity. The PAT has also developed a website to which every PAT member (almost psychiatrists, not only ECRs) can access, consult, or call for help whichever problems they have.



Photo 1. A photo of the working group of the NECpT
From left: Daruj Aniwattanapong, Kanthee Anantapong, Warut Aunjitsakul, Papan Vadhanavikkit, Pavita Chongsuksiri, Kitikan Thanadom, and Chayut Wonglertwisawakorn

We hope all kinds of activities with the PAT website can respond to them well and in time, and consequently, promptly alleviate their distress. On behalf of the NECpT, we would like to thank the PAT for thoughtful consideration in supporting ECRs and also thank you ECRs for their bravery to reveal the problems. We hear you now, our juniors!

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(Editor's note: Aunjitsakul, Wannarit, and Charnsil are leader of Network of Early Career Psychiatrists of Thailand (NECpT), chairman of international affairs, and president, respectively, of PAT.)



FROM PRESIDENTS OF AFPA-AFFILIATED SOCIETIES

A WPA Webinar Series for Fight against Stigma Organised by WPA Asian Task Force on Stigma

The special Asian Task Force on Stigma of the World

Psychiatric Association has four major goals:

- To carry out a critical review of studies looking at stigma in Asian countries focusing on preferences with high income countries, with special focus on rôle of traditional healers and success of the existing healthcare system.
- To carry out critical review of literature of intervention programmes focusing on failure and success of the programmes and lessons for the low income countries.
- To disseminate information about stigma due to mental disorders through academic symposiums and webinars.
- To come up with culturally appropriate and sensitive interventional plans for Asian region.

The WPA Asian Task Force on Stigma has conducted four webinars starting 1 April, 2023. The fifth and sixth webinars of the task force are scheduled on 5 August, 2023 and 2 September, 2023, respectively. The task force will have its online meeting on 9 September, 2023 to review the proceedings of all the six webinars. The committee will also review the draft of meta-analysis "Stigma of mental illness in Asian countries and its comparison with stigma in high-income countries: a literature review and practice implications." The final document prepared by the committee will be submitted to Indian Journal of Psychiatry for publication. All national psychiatric presidents of the Asian countries, other invitees and speakers and panelists will be the joint authors of this research paper.

1. **Fight against stigma: an unmet need for practicing psychiatrists** (by Mrugesh Vaishnav, India);
Historical and Contemporary Perspective (by Vinay Lakra, Australia);
Prevalence of Stigma and its Impact (by Vinay Kumar, India);
Intervention Program to Reduce Stigma (by Kapila Ranasinghe, Sri Lanka).
2. **Ending stigma and discrimination** (published in *Lancet*) by Graham Thornicroft (London) P
Panellists: Armen Soghoian (Armenia), Ghulam Rasool (Pakistan), Md. Azizul Islam (Bangladesh), and Andi. J Tanra (Indonesia).
3. **Reducing the stigma of mental disorders: new paradigms** by Norman Sartorius (Switzerland)
Panellists: Wang Xiaoping (China), Robert Buenaventura (Philippines), Chan Kit Wa, Sherry (China)

4. **LGBTQ+ mental health: are we narrowing the gap?** by Petros Levounis (USA)

Panellists: Chawanun Charnsil (Thailand), Bernardo Ng (USA), Taiwo Lateef Sheikh (Nigeria), Ramune Mazaliauskiene (Lithuania)

5. **Stigma in child and adolescent mental health** by

Tarek A. Okasha (Egypt)

Panellists: Gary Chaimowitz (Canada), Liliia Panteleeva (Kyrgyzstan), Chandra Prasad Sedain (Nepal), and Zarifjon Ashurov (Uzbekistan)

I thank Afzal Javed (WPA president, Roger NG (WPA secretary - education and training and publication), all the board of the WPA and the stigma committee, the speakers and panelists and thousands of participants. With support and encouragement from all of you, I hope to continue such activities under the banner of WPA in the coming years. (The author declares no conflicts of interest in writing this announcement.)

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(Editor's note: Vaishnav is chairman, WPA Asian Task Force on Stigma. He was a past president of Indian Psychiatric Society, 2019-20.)

Wrap-up Report of the WPA RC 2023 in Kolkata, India

Under the theme "The theme of the Congress "Building Awareness and Bridging Treatment Gap," the Regional Congress of the World Psychiatric Association (WPA RC 2023) took place in Kolkata, India, 14-16 April, 2023. This Congress was co-sponsored by the South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation eight member countries

from Afghanistan, Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan, and Sri Lanka). The organising committee was chaired by Gautam Saha (India) and Edmond Pi (USA) and the scientific committee chairs were G. Prasad Rao (India) and Pichet Udomratn (Thailand).

This WPA RC was attended by 1,200 Psychiatrists, from 26 countries and 5 continents. With a total registration of 1,400 delegates, this Congress was attended by nearly 20 presidents of different Psychiatric Associations and Societies in the World. They included four WPA presidents Norman Sartorius (Switzerland), Dinesh Bhugra (the United Kindom), Helen Herrman (Australia), and Afzal Javed (UK/Pakistan). Over the four days, This WPA RC offered 225 hours of academic sessions, including 9 plenary lectures, 42 distinguished talks, 32 key note lectures, 30 state-of-the-art Talks, 11 special sessions, 7 congress workshops, 86 symposia, 120 free paper presentations and 48 e-posters. With 33 international speakers outside the SAARC region, the total number of speakers was 565.

The programme also included lunch time sessions for non-governmental organisations (NGOs), undergraduate students, post graduate students and interactive sessions with the presidents of different associations. This was seen as an opportunity to become the advocate for patients with mental health illness, for highlighting and sensitising the general population on the mental health issues, bringing together psychiatrists and other mental health professionals and providing a forum where the voice of patients or highly traumatised fellow human beings and their families will be heard.

The WPA awarded 36 CPD points for the Congress programmes, 4 CPD points for the pre-Congress leadership course and 2 CPD points for the pre-congress workshops. WPA and SPF also awarded two travel fellowships, one each for undergraduate medical students and postgraduate psychiatric students from the SAARC member countries

The chief guest at the inauguration was His Excellency Honorable Governor of West Bengal Dr. C. V. Ananda Bose, IAS. At the ceremony, he complimented the WPA and SAARC Psychiatric Federation on the excellent work in mental health services and presented a scroll of honour for their services.



Photo 1. The inauguration ceremony of WPA RC 2023

From the left: Dr. C. V. Ananda Bose, IAS (India), Gautam Saha (India), Afzal Javed (UK/Pakistan), G. Prasad Rao (India)

Alongside the academic programme, a mental health awareness walk was organised from Mohor Kunj in the morning of the 14 April, 2023. The walk was attended by over 1,500 participants, including noted film actors, senior police officers, parliamentarians, school children, NGO staff, doctors from different specialities, carers, musicians and other artists.

The organisers also arranged an art exhibition, “visual expressions beyond borders” where 19 psychiatrists from India presented their original work of paintings and photography. There was an art therapy corner to familiarise visitors with the principles of art therapy. Additionally, the delegates were welcomed in the relaxed evening banquets with cultural performances from the traditional shores of India and had an excellent opportunity to gather memorable moments and cherish the friendship bonds. (The author reports no conflicts of interest in writing this report.)

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(Editor's note: Edmond Pi is the secretary for meetings of the WPA executive committee. G. Prasad Rao is the president of Asian Federation of Psychiatric Associations. Saha is the president of SAARC Psychiatric Federation. Pichet Udomratn is zonal representative of WPA zone 16.)

The JYPO Held the 20th CADP in Tokyo, 10-12 May 2023

The 20th Course for Academic Development of Psychiatrists (CADP) of the Japanese Young Psychiatrists Organization (JYPO) was held in Tokyo for the first time after the interruption in-person sessions for three years. This course was organised by Akihisa Iriki, who is a member of the JYPO. Thirty Japanese and six international participants (from Thailand, Indonesia, Iran, Nepal, Romania, Jordan) gathered for presentations and discussions over three days, 10-12 March, 2023. Keynote lectures were delivered by Norman Sartorius (Switzerland) and Masaru Murakami (Peshawar, Pakistan). Both taught gave us unique, valuable, and practical techniques as well as inspiring messages to young psychiatrists.



Photo 1. A group photo taken at the 20th CADP in Tokyo, on 11 March, 2023

The back line standing from left: K.Suzutani, R.Asada, K.Yoshida, F. Miyano, Y. Yamaguchi, K.Yamamura, A.Sakurai, N.Shimizu, M.Koda, Mohammad Ahamd abu Slaih(Jordanian), U. Miyata, K.Harumoto, T.Shimizu, Y.Kobayashi, K.Muto, N.Toshino, Y. Nozawa, and T.Ono (all from Japan)

The middle line standing from left: Leonardo Lalenoh (Indonesia), Fahimeh Saeed (Iran), T. Izuno (Japan), Bikram Kafle (Nepal), H. Ichiba (JP), Y. Shimada (JP), Y. Kanzaki (JP), Y. Iijima (JP), J. Kitaoka (JP), N. Kobayashi (JP), Noppawan Tunsirimas (Thailand), E. Ohki (JP), Ioana Barbu-Radulescu (Romania), and J. Hatakeda (JP)

The front line sitting from the left: T. Horinouchi (Japan), M. Aki (JP), A. Iba (JP), A. Iriki (JP), Norman Sartorius (Switzerland), I. Kuramochi (JP), N. Hashimoto (JP), K. Aoyama (JP), M. Suzuki (JP), and T. Cho (JP)

What was strongly felt at this meeting, which took place for the first time in three years, was the power of real, in-person events. Face-to-face discussions and deepening friendships with the same members are experiences that cannot be replaced by online interactions. With the shift to online experiences due to the pandemic, we had been under the illusion that everything could be experienced online, but that was not the case. Only when we could share a space and breath together could we inspire each other to strive together and think about the world.

Indeed, online consultations have become more widespread over the past three years. But when meeting face-to-face with patients after a few times, many of



Photo 2. A photo during the presentation at the CADP
From left: Izumi Kuramochi (Japan), Norman Sartorius (Switzerland),
and Akihisa Iriki (JP)

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them said, "It was good to be able to talk after such a long time." There must be some unspoken power that can be felt when we share the same space. (The author declares no conflicts of interest in writing this report.)

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(Author's note: Akihisa Iriki of Osaka Psychiatric Medical Center, Osaka, Japan, is the chairperson of the CADP, of the JYPO. Izumi Kuramochi of Saitama Medical University, Saitama, Japan and Akiko Iba of Hyogo Prefectural Harima-Himeji General Medical Center, Hyogo, Japan are vice chairpersons of the CADP.)

(Editor's note: Aki and Horinouchi are the president and an ex-president, respectively, of the JYPO.)

Pakistan Association of Social Psychiatry Held the Third Nation Conference on Social Psychiatry at Rawalpindi on 13 May, 2023

The third national conference on social psychiatry took place in Rawalpindi, Punjab province, Pakistan. Rawalpindi is the fourth most populous city in Pakistan after Karachi, Lahore, and Faisalabad.

Under the theme of the conference is “From Anxiety to Depression, Across the Mood Spectrum,” the conference was started with recitation of Holy Quran, the inauguration ceremony was opened by Mazhar Malik and followed by PASP senior members (Photo 1).



Photo 1. Mazhar Malik (standing at the podium) welcome the audience. Sitting from the left: Mazoor Ahmed, Mohtada Hassan, Mian Abdur Rasheed, Shehzad Khan, Muhammad Ahmed, Wajid Ali Akhunzada, Akhtar Ali Bandesha, and Anwaar-ul-Haq

After inaugural session, scientific sessions and workshops were held parallel in different rooms of the venue. Around 12 original research papers revolving around the theme of conference and social psychiatry areas were presented by psychiatrists, psychologists, social workers and other speciality doctors in first scientific session.

Second workshop was conducted by Usama Bin Zubair and Sawera Mansoor. They stressed on CBT and EMDR techniques dealing patients who have suffered from trauma and personality problems.

The day ended with a banquet with light musical evening. (The author reports no conflicts of interest in writing this report.)

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(Editor note: Malik is the founding and present president of PASP.)

A Tele-conference Symposium on MH Care and Human Rights Took Place on May 23, 2023

The World Psychiatric Association joined the partnerships with service users and family carers for a teleconference symposium (a Webinar) on 10: 00 a.m. GMT, 23 May, 2023. The title of this free tele-conference is “There’s no Mental Health Care without Human Rights.”

The topics and speakers in this 90-minute programme include:

- WPA promoting partnerships with service users and family carers (Afzal Javed, UK/Pakistan)
- WPA action plan working group on developing partnerships with service users and family carers (Michaela Amering, Austria)
- Meaningful involvement in MH: Nothing about us without us! (Guadalupe Morales Cano, Spain)
- Good practice on involvement in mental health of users in Australia (John Allan, Australia)
- A mother’s perspective on human rights and coercion in psychiatric care (Martha Savage, New Zealand)
- Preliminary results of the survey users/carers group on alternatives to coercion (Maria Rodrigues, Australia)
- Q and A

This tele-conference was supported by an unrestricted educational financial grant, for educational purposes, from Viatrix. (The sponsor had no control for the agenda or its materials of this tele-conference. The author declares no conflicts of interest in reporting this news.)

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(Editor’s note: Javed is the president of the WPA, 2020 - 23. The WPA web site address is www.wpanet.org. He was also the president of the AFPA, 2017-19.)

The 2023 Activities of TSBPN

The 2023 Activities of TSBPN COVID-19 has been gone. The Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN), we had a new start with an in person spring meeting titled “The clinical application and prospective of non-invasive neurostimulation in neuropsychiatric disorders” on March 18, 2023, at the Eva International Conference Center (EICC).

George Mark (University of South Carolina, USA), the chief editor of Brain Stimulation, gave an inspiring and comprehensive online plenary talk, “The Important Past, Amazing Present, and Exciting Future of Brain Stimulation in Neuropsychiatry.” Cheng-Ta Li organized a brain stimulation workshop. Three demonstration stations were set up for showing all participants how to place the electrodes on the scalp through the use of real brain stimulation machines.

On September 16, 2023, the TSBPN autumn meeting will take place at EICC. Kazutaka Ikeda (Tokyo Metropolitan Institute of Medical Science, Japan), the president-elect of International College of Neuropsychopharmacology (CINP), will bring us an exciting in person keynote speech “A Scientific Approach to Addiction Diversity.” A couple of symposia will be chosen for this autumn meeting. Ya-Mei Bai, the president of TSBPN, welcome all of you to join the TSBPN autumn meeting in person in Taipei.

At this coming September 2023 TSBPN autumn meeting, we will also resume to host two young psychiatrists through an exchange fellowship programme with the Japanese Society of Neuropsychopharmacology (JSNP). But this exchange programme was interrupted for years due to COVID-19 pandemic. Yukio Ago (Hiroshima University, Japan) and Kazutaka Ohi (Gifu University, Japan) are chosen by the JSNP to join the TSBPN autumn meeting. (The author declares no conflicts of interest to write this report.)

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(Editor's note: Chen is the secretary of TSBPN.)



Photo 1. A photo taken at the executive council meeting after 2023

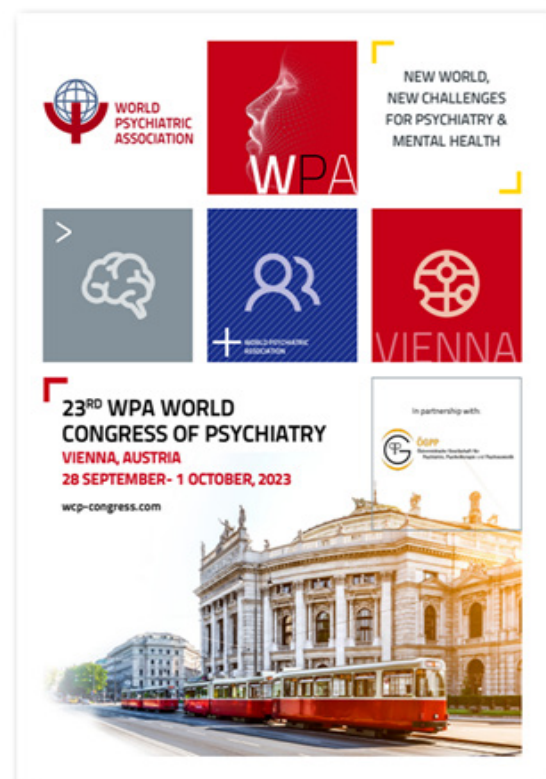
TSBPN Spring Congress in Taipei, on 18 March, 2023.

The back line from left: Huai-hsuan Tseng, Po See Chen, Ming-Hsien Hsieh, and Hsien-Yuan Lane

The middle line from left: Tiao-Lai Huang, Shang-Chien Huang, Mong-Liang Lu, Chau-Shoun Lee, Wei-Chung Mao, and Yu-Li Luo

The front line from left: Mu-Hong Chen, Cheng-Ta Li, Shih-Ku Lin, Ya-Mei Bai, Winston W. Shen, and Yen Kuang Yang

On September 16, 2023, the TSBPN autumn meeting will take place at EICC. Kazutaka Ikeda (Tokyo Metropolitan Institute of Medical Science, Japan), the president-elect of International College of Neuropsychopharmacology (CINP), will bring us an exciting in person keynote speech “A Scientific Approach to Addiction Diversity.” A couple of symposia will be chosen for this autumn meeting. Ya-Mei Bai, the president



The 2023 World Congress of Psychiatry of World Psychiatric Association (WCP 2023) will take place from 28 September to 1 October in Vienna, Austria with an

active support of Austrian Psychiatric Association. WCP 2023 is going to be a successful congress with a record number of delegates who are participating in an exciting scientific programme having 231 scientific sessions including courses, plenary lectures, distinguished orations, and many more stimulating academic activities. In addition to posters, there will also be around 90 short communications to encourage trainees and young psychiatrists for their participation in this WCP.

Asian Federation of Psychiatric Associations (AFPA), an affiliated association of WPA, is actively participating in this Congress. Our three zonal representatives from Asian regions are organising special sessions entitled “Psychiatry around the Globe.” Furthermore, we are having a meeting of AFPA board at Vienna and hope that all those who are attending Vienna Congress will attend.

The scientific programme of the WCP 2023 also includes a presentation about research of Asian psychotropic (REAP) studies. This is report of an important initiative by Asian psychiatrists and the reports and updates about the research work from Asian countries. The project was originally pioneered by Naotaka Shinfuku (Japan).

WPA has also announced fellowships (travel awards) for trainee psychiatrists and medical students to attend the WPA WCP23. There are two separate prestigious awards, one for all trainees in psychiatry and one for all medical students.

WPA’s Collaborating Centres organised the competition for travel awards for trainee psychiatrists and received 22 entries from 13 countries. The award for the trainee Psychiatrists asked candidates to submit an essay of 3,000-5,000 words (including references) on this topic “Climate change, urbanisation, air pollution, natural disasters: global challenges for mental health, resilience, and recovery.” The standard of the competition was high and the essays were of extremely high quality. The judges decided to award two first prize winners, and the award will be shared equally between the two with a travel grant of US\$1,000 for each winner. We are pleased that both successful trainees are from Asia. My congratulations to Lauren Chiu (Australia) and Nadia Adchara (Thailand), the winners of this competition, and we look forward to seeing you Vienna.

WPA Action Plan 2020-23 working Group on Medical Students organised travel award for medical students with an essay competition titled “The Interface of Physical and Mental Health.” The winner of this essay competition is awarded a travel grant, which would help the student to attend the WPA World Congress this year in Vienna. We received 640 entries from 41 countries from all six continents. The medical students who participated were from 234 medical schools / institutions. The essays were of extremely high quality. After a close competition, the award was given to Jessica Batra, a medical student from an Asian country. She is from Lady Herding Medical College, New Delhi, India. Congratulations to Jessica, and WPA wishes her the best in her future career. (The author declares no conflicts of interest in this announcement.)



Photo 1. Three separated photos of the awardees

From left: Lauren Chiu (Australia), Nadia Adchara (Thailand), and Jessica Batra (India)

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(Editor’s note: Javed is the president of the WPA 2020 - 23. The WPA web site address is www.wpanet.org. He was also the president of the AFPA, 2017-19.)



Asian College of Neuropsychopharmacology (AsCNP) is an active academic society, established in 2008. The mission of AsCNP is to encourage research and collaboration and promote the communication of ideas in convergent disciplines of neuropsychopharmacology in Asia. The biennial congress has been an important platform for Asian and international colleagues in academic exchange, scientific research and educational training.

The 8th AsCNP Congress will be held in Xi’An, 22-24 September, 2023. This Congress schedules plenary speeches and symposia, focusing on the novel psychotropic drugs, new technologies and the new findings in neuroscience, with the purpose for “Lighting up the way, Lifting up the world” by these advance in the field of neuropsychopharmacology.”

We are confident that the academic exchange at the regional and international level will promote the development of this discipline in Asia. For more information, please see the AsCNP website at www.ascnp.org/index.html.

Xi’An, a fascinating historical city, is opening the warm arms to welcome participants from all over the world. We hope all participants will not only enjoy the

pleasure of sharing the latest scientific knowledge but also enjoy your stay in Xi'an. (The authors report no conflicts of interest in announcing this Congress.)

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*(Editor's note: Si is the present president of AsCNP.
Zhang is the council member of AsCNP. Ikeda is the
previous president of AsCNP.)*



The theme of the PRCP 2023 congress is 'Building Mental Health Resilience Across the Lifespan.' The main objectives of the PRCP Congress are to enhance continuing medical education. The scientific committee has selected a wide range of topics participants can choose to present, sharing their know-how with their colleagues across the Pacific Rim. Moreover, the conference will be about mental health professionals sharing ideas about their experience helping the community work to restore stability while strengthening one's resilience.

During the three days, world-class invited eminent speakers will share their expertise. These eminent speakers will add value to the conference providing delegates with up-to-date knowledge in their field of expertise.

Kuala Lumpur, in short, KL, is a vibrant capital city of Malaysia. Since its humble beginning in the 1800s, the city has undergone tremendous development since its

discovery. The city of almost 2 million people has a good infrastructure and offers everything from modern to ancient sites and food. Kuala Lumpur is a city with a mixture of many cultures, typical of the diversity of Malaysia. The various tasty cuisines will undoubtedly be the best reason to visit Kuala Lumpur!

It will be an excellent opportunity for the delegates to attend the conference while exploring the sights, sounds, and flavors of Kuala Lumpur. (The author reports no conflicts of interest in making this repeated announcement.)

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(Editor's note: Hatim is the chairman of PRCP 2023 Congress.)



This is a preliminary announcement of CINP Congress in Tokyo: The 35th International Congress of Neuropsychopharmacology (Collegium Internationale Neuro-Psychopharmacologicum, CINP) will take place at the Tokyo International Forum, 24-26 May, 2024. The Tokyo CINP2024 will be joined by the 54th annual meeting of the Japanese Society of Neuropsychopharmacology (JSNP) and the 34th annual meeting of the Japanese Society of Clinical Neuropsychopharmacology (JSCNP).

The theme of the Tokyo CINP2024 is "Neuropsychopharmacology for Wellbeing: When All People Involved Unite Their Hearts and Minds," As of August 2023, present samples of conformed plenary speakers include Virginia Man-Yee Lee, University of Pennsylvania, USA; Joshua A Gordon, the National Institute of Mental Health (NIMH), USA; Belinda Lennox, University of Oxford, UK; George F, Koob, the National Institute on Alcohol Abuse and Alcoholism (NIAAA), USA; Haruo Naito, Eisai Co., Japan; and W. Wolfgang Fleischhacker, Innsbruck Medical University, Austria.



A photo of Tokyo Station (Photo courtesy of Soichiro Ide)

Welcome to Tokyo CINP2024, 23-24 May. Please visit for programme information and updates at websites

www.cinp2024.org/ and www.jsnpcnp.com/. (The author declares no conflicts of interest in making this announcement.)

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(Editor's note: Nitta is president-elect of JSNP, secretary of Central Office of Asian College of Neuropsychopharmacology, and councilor of

COMMENTARY

(The opinions expressed here are author's personal opinions, and they do not necessarily reflect on those of any organisations.)

International Mental Health Cooperation and Training Center (IMHCTC): For New Southbound Policy in Taiwan

President Ing-Wen Tsai of Taiwan held a foreign economic and trade strategic meeting in 2016, and passed the “New Southbound Policy” framework, and later the Executive Yuan of Taiwan formulated the promotion plan for this policy. The New Southbound countries are divided into three major regions, namely 10 Association of Southeast Asian Nations (ASEAN) countries, six South Asian countries, Indonesia, Philippines, Thailand, Malaysia, Singapore, Brunei, Vietnam, Myanmar, Cambodia, Laos, India, Pakistan, Bangladesh, Nepal, Sri Lanka, Bhutan, Australia and New Zealand, a total of 18 countries. We hoped that a new cooperation model of mutual win-win benefit with these countries can be created.

Since 2010, Kaohsiung Municipal Kai-Syuan Psychiatric Hospital (KSPH) has received many visiting groups from Europe, America and Asia. Starting from 2014, KSPH has raised the fund by itself to receive international professional visitors from Southeast Asian countries to Taiwan for training in mental health and its

related fields. Those visitors mainly came from Vietnam, Indonesia, and Thailand. To make the talents' training more in line with the practical needs for their own countries, KSPH later organised professional teams consisting of “medical, nursing, social worker, psychology and occupational therapy” to Vietnam and Indonesia for on-site overseas training. Therefore, this Kai-Syuan model has been proven to have benefited those international professional staff, and the number of international participants has reached to 680 totally.

This training service project was recognised by the Ministry of Health and Welfare (MHW) of Taiwan, in 2018, KSPH had then jointly established the “International Mental Health Training Center, Taiwan (IMHTCT)” with Bali Psychiatric Center, MHW; Taoyuan Psychiatric Center, MHW; Tsao-tun Psychiatric Center, MHW; Jianan Psychiatric Center, MHW; Taipei Veterans General Hospital, Yuni Branch; Department of Psychiatry, Taichung Veterans General Hospital; and Tri-Service General Hospital Beitou Branch. In 2020, KSPH took over another project Research and Education Center of Bridging Asian Mental Health and Psychiatry (REBAMP) from MHW, and in 2022, the two above-mentioned programmes decided to merge into “International Mental Health Cooperation and Training Center” (IMHCTC), which is to follow the New Southbound Policy and to promote the International Mental Health and its Talents' Cultivation, i.e. the Project for the Training and Cooperation platform.



Photo 1. A 2019 photo of the second International Mental Health Cooperation Platform and Training Center Achievement Conference in Kaohsiung, Taiwan

Back row standing from the left: E Rotana E (Cambodia), Soklim Hout (Cambodia), Panhcha Reach (Cambodia), Bun Rong Tep (Cambodia), Koemsey Thung (Cambodia), Soksambath Tim (Cambodia), Chan Uy (Cambodia), Aphichaya Polrak (Thailand), Thatchakrit Amornchewin (TH), Thuvachit Kriengtuntiwong (TH), Wee Mekwilai (TH), Porntip Dumrongpattama (TH), Benyaras Chanpleng (TH), Kamonluck Makkhlai (TH), Antonietta Escandar (PH), Cristina Marie Alissandra Villacorte Redubla (PH), Dreiza Castillo (PH), Katrina Mae Caille-Octaviano (PH), Bui Dieu Thuan (Vietnam), Cao Thi Vinh (VN), Nguyen Thi Hue (VN), Nguyen Thi My Ngoc (VN), Nguyen Thi Thanh Huong (VN), Pham Thi Hoa (VN), Pham Thi Hoa Hong (VN), Phung Ngoc Thuong (VN), Do Duy Dat (VN), Ho Van Duong (VN), Le Thi Kim Lam (VN), Le Thi Thu Thao (VN), Nguyen Ngoc Cuong (VN), Nguyen Thi Phuong Thao (VN), Dang Duy Thanh (VN), and Tran Ngoc Nhan (VN)

Front row standing from the left: Leang Kimhourng (Cambodia), Lim Punleupich (Cambodia), Sobot Voadnak (Cambodia), Souk Ratha (Cambodia), Veng Panha (Cambodia), Chhoy Sovet (Cambodia), Dennise Mari Dedal Malinao (Philippines), Archie Cabias Lastimado (PH), Touch Sokpromnea (Cambodia), Pariya Vaivong (Thailand), Pidaporn Yuyen (TH), and Suchada Meephool (TH)



Photo 2. A 2018 KSPH photo of graduating trainees from Cambodia

The back line from left: Wei-Chih Chuang (Taiwan), Hsiu-Chu Liu (TW), Sopheap Heng (Cambodia), Brak Kunthea Brak (Cambodia), Chanraksme Chhith (Cambodia), Sandy Shu-Hui Wang (TW), and Ya-Han Chang (TW)

The front line from left: Samnang Chhorn (Cambodia), Chinda Sdeng (Cambodia), Heng Mao (Cambodia), Cheng-Chung Chen (Taiwan), Keokanitha Vong (Cambodia), Ramya Moang (Cambodia), Hsin-Ya Li (TW), Chun-Mei Wu (TW), and Pei-His Liao (TW)

For priority promotion, we have chosen eight countries including Indonesia, Thailand, Vietnam, Malaysia, India, the Philippines, Myanmar, and Cambodia. Training courses for mental health professionals in Taiwan, overseas training centers, signing of memorandum of cooperation and hosting international seminars have been set as four important projects to be carried out by IMHCTC.

In addition to giving a teaching and training programme for trainees coming to Taiwan, we at IMHCTC have also taught Taiwan's mental health care on-site in their own countries. By 2022, we have recruited international trainees from Vietnam, Indonesia, Cambodia, the Philippines, Thailand, Myanmar, Malaysia, India, Nepal, Pakistan, Bhutan, and Sri Lanka, amounting to 696 trainees in 12 countries. In addition, three overseas training centers have been established in Vietnam (X 2) and Indonesia (X 1). Through the course design, the content and experience of mental health in their own countries have been integrated for the field teaching curriculum. Exchange of the practical knowledge and sharing to understand the status and needs of local mental medical resources, the course content may be adjusted to fit their needs. Up to now, six international conferences (Photo 1) have also successfully been held to promote and publicize Taiwan's new southbound policy and the IMHCTC's talent training plan. Furthermore, 684 professional staff have completed the training. At the same time, 21 memoranda of cooperation have been signed by staff from IMHCTC and those counterparts in the Southeast Asia countries/institutions in the past few years (Photos 2-4).

In the future, this plan will continue to develop cooperation bases, expand in-depth cooperation with other countries, and export Taiwan's experience to become an international demonstration station for the mental health and its related field. We expect our project will become the first-line unit for international local medical personnel to learn Taiwan's experience. We also plan to set up more new overseas training center, expand the training of local medical staff, promote bilateral



Photo 3. An inauguration ceremony at Indonesia Overseas Training Center in 2023

From left: Frank Hung Chih Chou (Taiwan), Peter Li-Shiu Chou (TW), Yuniar Sunarko (Indonesia), and Nurul Sri Hidayati Rini (ID)



Photo 4. Signing ceremony of memorandum of understanding of cooperation at Cagaya de Oro, Philippines in 2023

From left: Maria Lourdes Gaane (Philippines), Rolando A. Uy (PH), Sandy Shu-Hui Wang (Taiwan), and Steve Min-Wei Huang (TW)

cultural exchanges, increase the time for on-the-spot exchanges and interact between the two sides. Furthermore, we expect to strengthen the medical culture,

humanistic issues and local therapy methods between various Southeast Asian and Taiwanese instructors/clinical teachers. Anyhow, the methodology can be extended to the treatment for the new Southeast Asian's long-time residents and labour forces in Taiwan in the coming days. (IMHCTC has received supporting grants from MHW of Taiwan. The authors declare no conflicts of interest in writing this report.)

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(Authors' note: Cheng Chung Chen was the ex-principal investigator of IMHCTC. Frank Hung-Chi Chou is superintendent of KSPH. Yuniar as well as Rini are principal director as well as director of finance, planning and operational services, respectively, at Dr. Radjiman Wediodiningrat State Mental Hospital, Indonesia. Uy as well as Gaane are major as well as city councilor and chairperson for committee on health, respectively, Cagayan de Oro City, the Philippines.)

(Editor's note: Wang is chief of planning office of KSPH, and co-principal investigator of IMHCTC. Peter Li-Shiu Chou is principal investigator of IMHCTC.)

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