



ASIAN FEDERATION OF PSYCHIATRIC ASSOCIATIONS (AFPA)

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The First Regional Congress of Asian Psychiatry (RCAP)

Kuala Lumpur, Malaysia, 22-24 May, 2014

The Executive Committee of the Asian Federation of Psychiatric Associations (AFPA) made a decision in Bangkok in August 2013 that AFPA would hold its regional meeting in the year between the World Congress of Asian Psychiatry (WCAP). This meeting has now been called the Regional Congress of Asian Psychiatry (RCAP). With the help of Malaysian Psychiatric Association (MPA), the 1st RCAP was successfully held at the Sheraton Imperial Kuala Lumpur Hotel, Kuala Lumpur, Malaysia on 22-24 May 2014 in conjunction with the 18th Malaysian Conference on Psychological Medicine. The theme of the congress “Transforming Mental Health : Managing Transitions” was chosen to emphasize the tremendous therapeutic advancement and service transformation in the mental health care and also the future direction of mental health services among Asian countries.

The highlight of this congress is the presentation of **AFPA Lifetime Achievement Award (AFPA LAA)** for prominent Asian psychiatrists who have devoted him/herself for the betterment of mental health service for persons with mental disorders, not only in their own country but also in other Asian countries. In recognition of their significant achievements and extraordinary contributions to the betterment of Asian psychiatry, the current AFPA Executive committee have initiated a special award called the AFPA Lifetime Achievement Award (AFPA LAA). The first 2 AFPA LAA go to **Prof. Naotaka Shinfuku** from Japan and **Prof. Lourdes Ladrado-Ignacio** from the Philippines.

Prof. Naotaka Shinfuku is well known to Asian psychiatrists. He has made a great contribution to promote Asian psychiatry since he became WHO Regional Advisor in mental health in 1981. He was relentless in his work to improve services for mentally ill and visited many countries in East Asia, Southeast Asia and the Pacific islands during this notable efforts. At the 13th World Congress of Psychiatry in Cairo in 2005, he was elected as WPA Zonal Representative for East Asia. At the same time, he was recommended unanimously by Asian psychiatrists as the First president of AFPA.

The other awardee, **Prof. Emeritus Lourdes Ladrado-Ignacio**, has devoted much of herself in working towards the betterment of mental health service. One of her most significant contributions was her work as the Chairperson of the Mental Health Task Force in disaster management. Her books on disaster management are recognized as important references for psychosocial intervention programs in

the aftermath of disasters. She has been extensively involved in various international agencies and organizations, notably the World Health Organization (WHO) and World Association for Psychosocial Rehabilitation (WAPR) of which she is now the Immediate Past President.

After receiving AFPA LAA, both awardees gave keynote addresses. Prof. Shinfuku gave a presentation on “Transforming Mental Health in Asia” while Prof. Ignacio presented on “Transforming Lives : A Framework for Disaster Mental Health”.

There were more than 350 participants who attended the 1st RCAP. Delegates came from many Asia Pacific countries including **Malaysia, Thailand, Indonesia, Vietnam, Cambodia, Philippines, Taiwan, Japan, Hong Kong SAR, India, Pakistan, Bangladesh, Sri Lanka, Australia, New Zealand, Fiji, Solomon Islands, Papua New Guinea, and Vanuatu.** The scientific program was excellent. There were 10 symposiums, 2 lunch symposiums, 8 plenary sessions, 4 workshops, 1 forum, 22 oral presentations, and 23 poster presentations.

Regarding one of the workshops, AFPA joined with **the World Association of Psychosocial Rehabilitation (WAPR)** to organize a full day workshop on “Developing Psychosocial Rehabilitation in Asian Countries”. At the end of this workshop, a set of recommendations/guidelines was approved as WAPR-KL Declaration. **Dr.Afzal Javed, President of WAPR** said that “This document will help in setting priorities for developing psychosocial rehabilitation services in different countries, especially in Asia”.

Moreover, AFPA joined with **the Royal Australian and New Zealand College of Psychiatrists (RANZCP)** to organize the Asia Pacific Mental Health Forum during the first RCAP. Both current President (**Dr.Murray Patton**) and Immediate Past President (**Dr.Maria Tomasic**) of RANZCP chaired this forum. The forum delegates from 18 countries were divided into 4 groups to discuss and brainstorm 4 key topics, including

- mental health legislation and involuntary treatment
- how to better share resources regionally
- how to tackle the lack of mental health workforce and services in the region
- and - how to best use psychiatric expertise in areas where the mental health workforce generally is relatively under-developed

There was an AFPA Executive Committee and Council members meeting and also an AFPA Board members meeting where many new faces of Presidents from national societies met each other and established mutual relationships.

Finally, AFPA would like to thank to **Dr.Abdul Kadir Abu Bakar, Prof.Nor Zuraida Zainal, Prof. Marhani Midin** and their team of MPA in making the first RCAP a fruitful meeting and, to their kind hospitality to all AFPA officers during their stay in Malaysia.

Prof. Pichet Udomratn

President, AFPA (2013-2015)



Prof. Naotaka Shinfuku and Prof. Laurdes Ladrido-Ignacio received the AFPA Lifetime Achievement Award (AFA LAA) 2014 at the first RCAP, held in Kuala Lumpur, Malaysia.





Speakers of WAPR and some participants who attended WAPR workshop on 22 May 2014.





Participants who attended the Asia Pacific Mental Health Forum organized by the Royal Australian and New Zealand College of Psychiatrists (RANZCP) during the first RCAP



