



Early Career Psychiatrists Section World Psychiatric Association

Section Newsletter

Special Issue: ECPs Congress, Athens, 2016

Message from Congress Board

The 2nd World Congress of Early Career Psychiatrists - "Bridging Science and Culture" -, took place in Athens, Greece, on 20-23 October 2016. The congress was organized by the Young Psychiatrists' Network (YPN), the WPA - ECP section, the EPA - ECP committee, and the ECP section of the Hellenic Psychiatric Association.

Other main collaborator associations included EFPT (European Federation of Psychiatric Trainees), PAEEB (Psychiatric Association for Eastern Europe and the Balkans), DGPPN (German Association for Psychiatry, Psychotherapy and Psychosomatics), SIP Giovani (Young Psychiatrists Section of Italian Psychiatric Society), APRS (Psychiatric Association of Rio Grande do Sul), EECP (Egypt Early Career Psychiatrists), Psychiatric Association of Turkey, Indonesian Early Career Psychiatrists, Institute of Psychiatry of Ain Shams University, and IBIS (Institute of Biology and Stress Medicine).

The scientific program of the 2nd World Congress of Early Career Psychiatrists was formed by proposals of ECPs from different countries, and featured workshops, symposia, oral and poster presentations, and psychiatric quizzes, while the aim of the congress was to facilitate the sharing of knowledge and experiences between early career psychiatrists from all over the world, as well as to establish new networks and beautiful friendships. 152 participants from 29 different countries attended the congress. We are positive that it was a fruitful and fulfilling experience for everybody.

Raphael Psaras, Congress President
Thanos Kanellopoulos, Congress Vice-president
Nikos Kokras, Chair of the scientific committee
Hussien Elkholy, Honorary President



Reports by associations

WPA ECPs Section

The 2nd World Congress of Early Career Psychiatrists held in Athens, followed on from the enthusiastically received Young Psychiatrist Network Conference in Porto Heli in 2015 and the 1st Congress of Early Career Psychiatrists that was held in Cairo in 2011. Held in the elegant coastal suburb of Voulligmeni, the lapping waters of the Mediterranean, literally a stone's throw away proved the perfect backdrop to 3 days of scientific and social enrichment.





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The scientific programme was a carefully curated mix displaying both depth in a few themes of focus as well as a breadth of topics that ventured outside the norms. One of those key themes was Substance Use Disorders which was covered by Symposia run by ECPs from both Egypt and Italy and touched on not only the more familiar substances of abuse such as Tobacco and Alcohol but also the novel psychoactive substances. The Italian symposium's inclusion of a discussion on Performance and Image Enhancing drugs, proved particularly thought provoking.

In line with the theme of the Congress, Transcultural Psychiatry in its various forms was rigorously discussed. Both the Iranian and Indonesian contingents ran symposia allowing an insight the practice of psychiatry within their unique cultural framework. Furthermore, workshops on Transcultural psychiatry and cultural influences on manifestations of Conversion Disorder further expanded on this theme.

Possibly the highlight of the conference was the final day, labeled Migration and Mental Health Day, where a series of Symposia outlined the impact of forced migration and the worldwide refugee crisis. It proved to be not only an informative, but also a highly emotional day with many present outlining their personal experiences and sentiments. Psychiatrists tend not to be far away in times of humanitarian tragedy and these sessions highlighted the commitment and role played by the ECP community in responding to the needy.

Aside from these key areas, the scientific programme was also littered with symposia and workshops on areas as diverse and rarely discussed as Evolutionary Psychiatry, Psychodrama and Psychedelic Psychiatry. The workshop on sex therapy drew perhaps the largest crowds with late attendees limited to standing room only!

The WPA Section of ECPs had a symposium outlining its role and addressing some areas of interest related to members' varied backgrounds, Crack Cocaine use in Brazil, Asylum Seeker Syndrome in Australia and Workforce migration and Brain Drain in Europe.



Moreover, experience shows that a conference is often remembered most by the vibrancy of the social programme and our Greek hosts did not disappoint. Every evening of the conference found attendees being carted to yet another spectacle or food, drink and dancing. A beachside banquet one night, a nightclub with a local band, the Greeks certainly know how to throw a party. The International Party, which allowed each national contingent to showcase a traditional cultural item, was a great memorable event.

Bridging Science and Culture, bridging Education, this was a congress that both enlightened and entertained in equal measure. Much credit to our Greek hosts who ensured a seamless event, one that has set high expectations for the next one.

Till then...

On behalf of the Section Board, Prashanth Puspanathan



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European Federation of Psychiatric Trainees (EFPT)

EFPT was honoured to be a co-organizing association for the 2nd Congress of Early Career Psychiatrists. The Federation was formally established in 1993 and has been growing ever since, to now include over thirty member countries from across the WHO Europe region. As well as incorporating established national trainee associations (NTA), EFPT has been working to help countries to establish an NTA where none exists and has recently expanded its horizons to support colleagues around the world (more information on this work can be found [here](#)).



EFPT was delighted to be able to share its experience of 'Shaping the future of Psychiatry for 25 years' during a symposium dedicated to its work. Co-chaired by the President Dr Ekin Sönmez and Past President Dr Livia De Picker the session started with an overview of the structure and focus of EFPT. Dr Sonila Tomori described how the international nature of EFPT enabled collaboration across borders to carry out research projects. Among recent successes is the Brain Drain project, which has helped to elucidate the nature of trainee mobility within Europe. Dr Howard Ryland spoke about the European perspective on the challenge of recruiting doctors in to psychiatry. He outlined the stigma that the profession has historically faced and the move to reframe psychiatry in a positive way, which has inspired the establishment of the EFPT Recruitment and Positive Image Working Group. Dr Thomas Gargot spoke about the work of the Psychotherapy Working Group, which seeks to improve trainee understanding of, and access to, training in this vital skill. Finally, Dr Jelly Kuiters introduced the hugely successful exchange programme, which allows trainees to travel to another European country and observe practice there, before bringing their learning back home. The inspiring



journey of EFPT was also presented in another symposium, together with representatives from other national and international psychiatric associations, discussing the reciprocal relationship between early career psychiatrists and such associations.

To find out more about EFPT, visit www.efpt.eu and follow our social media accounts. You will always be welcome!

Trainee Committee of Psychiatric Association of Turkey (TCPAT)

TCPAT has been established in 2013, on top of a long-standing organizational background, aiming to represent psychiatric trainees and early career psychiatrists from all over the country. It has now become a platform where we can create our own agenda, discuss our working and training conditions and have a growing impact on the psychiatric society in Turkey.

It was a pleasure for us to participate at the 2nd Congress of Early Career Psychiatrists with two collective panels and individual contributions. Our colleagues introduced the "Evolutionary Perspectives on Concepts in Psychiatry", explaining how the knowledge of evolution may be helpful for clinicians to interpret



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psychopathology. A broad range of other topics, from conversion disorder, to psycho-oncology and epidemiology was presented by members of TCPAT.

The final day of the Congress, which intended to raise awareness on how migration, war and displacement shadows over mental health was of particular significance for us. We have shared our own practice of working with refugees and asylum seekers in a mental health hospital during a very interactive panel. This enabled us to develop our understanding towards the common goal of improving mental health, better prevention and better care, with proper acknowledgment of its social determinants. We hope that this experience has been as valuable for our colleagues as it has been for us.

Last, but not the least, we must admit that the social program was amazing and should be definitely acknowledged among other pearls of the Congress. Many thanks to our hosts, who enabled us to have a great time in Athens.



Looking forward to the meetings ahead!

Ekin Sönmez, Member, Trainee Committee of Psychiatric Association of Turkey; EFPT President 2016-17

Italian Psychiatric Society – Early Career Psychiatrists section (SIP Giovani)

During the 2nd World Congress of Early Career Psychiatrists, the Early Career Psychiatrists section of the Italian Psychiatric Society (SIP Giovani) had the possibility to chair and organize two very attracting and stimulating symposia about Addiction Psychiatry. SIP Giovani has been dealing with addictions for years, and within the society there is a group of young researchers and psychiatrists who are promoting and investigating the different aspects of the field. Dr Duccio Papanti was the founder and chair of the Psychoactive Substance Use Disorders working group at the EFPT, together with Dr Laura Orsolini and Dr Diego Quattrone.

The first Italian ECP symposium was titled ‘Bridging the gap in Addiction Psychiatry: focus on the Novel Psychoactive Substances (NPS) phenomenon’. In the last decade, a wide number of NPS have flooded the drug market and further contributed to the appearance and growth of a new ‘drug scenario’ characterized by an increased number of drug users among youngsters, and by the consumption of drugs with unknown effects/safety profile, with the onset of new drug related-psychopathologies. Synthetic cathinones (Dr Pierluigi Simonato), hallucinogens/psychostimulants (Dr Laura Orsolini) and Performance and Image Enhancing Drugs (Dr Rita Santacroce) have been discussed.



The second symposium dealt with the “Advances and future directions in psychopharmacology, psychopathology and treatment of Alcohol Use Disorder” (Dr Roberta Vecchiotti, Dr Rita Santacroce and Dr Laura Orsolini), with a special Turkish guest (Dr Ugur Cikrikcili). In addition, a talk was given by Dr Laura



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Orsolini ('Hallucinogens in cancer') together with the Portuguese and Turkish colleagues at the beginning of the congress in the symposium entitled 'New advances in psycho-oncology: which alternative therapeutic strategies?'.
Last, but not least, Dr Mariangela Corbo was selected for the Best Poster Presentation Award, with the poster "Polyabuse of NPS and induced psychiatric symptoms: outcomes from the Eivissa Project".

Dr Laura Orsolini, Dr Federica Eugenia Maria Angelini, Dr Mariangela Corbo, Dr Rita Santacroce, Dr Pierluigi Simonato, Dr Roberta Vecchiotti

Views by Countries

Egypt

One of the things we enjoyed the most about the congress was the warm and welcoming atmosphere that



international conferences may lack. One would wake up, have Greek yoghurt for breakfast and attend a 90-minute symposium on the floor below with someone they just met less than 24 hours ago, and yet feels like knowing each other for ages. Not only were the organizers very hospitable, but also all the attendees were friendly and eager to network.



Moreover, the scientific content was enriching and diverse. Many topics were addressed, allowing ECPs to show their different interests and expertise. Not only this was informative, but also stimulating and motivating to see the success stories and promising researches done by colleagues. Overall, the congress reflected the spirit of ECPs; eagerness and curiosity for knowledge with enough room for fun and novelty.

Mayar Nawara

Brazil

I attended the 2nd Congress of Early Career Psychiatrists (ECPs) which was held in Athens, Greece, representing the ECPs Section of Association of Psychiatrists of Rio Grande do Sul/Brazil.

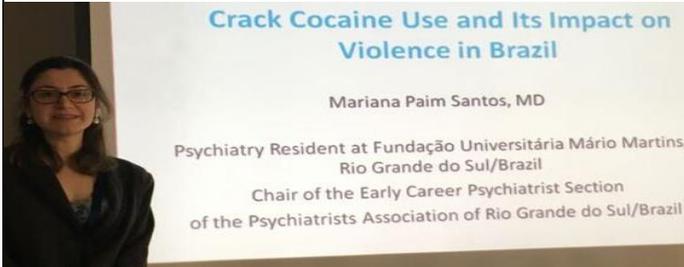
It was great meeting Psychiatry trainees from different parts of the world who were also representing their associations of early career psychiatrists. There were many highly interesting presentations during the meeting.





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There, I had the opportunity to speak about two different presentations: “The History of Psychiatric Drugs and Psychopathology: findings and speculations on the nature of mental disorders” and “Crack Cocaine and



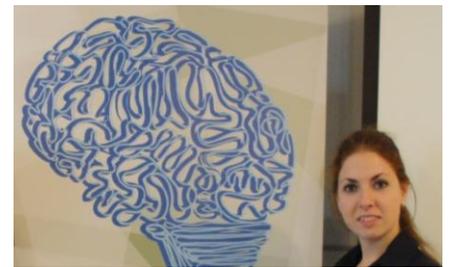
its Impact on Violence in Brazil”. The first one is the result of a study group coordinated by Dr. Andrea Pinheiro, Dr. Flávio Shansis and Dr. Lucas Spanemberg. The latter presentation is based on a literature review about crack cocaine use and violence in Brazil. Brazil has the world’s largest crack cocaine consumption.

May the Early Career Psychiatrists Section live long and prosper. I’m already looking forward to the next ECPs congress!

Mariana Paim Santos

Russia

Those four days were special for me. It was a great experience and at the same time it was a great refreshment. It was my first report at the conference of such level, but it was not the most important thing. By working together and sharing experiences with colleagues from other countries, I had the opportunity to take a different look at the problems that make my interests, to see new ways of solving them and to expand my horizon.



Also, during the course of Congress I have learned a lot about other countries “at first hand”. We all have problems and together we can solve them. Therefore, this conference is the first step towards improving our future. Understanding this was the main thing for me and I feel inspiration and hope. It was really “bridging science and culture” and it was something that remains in the memory forever.

Victoria V. Ruzhenkova.

Honouring Delegates

As a nice gesture, the congress organizers decided to honour some of the attendees. This included honouring Dr. Hussien Elkholy, our section chair, for inspiring the congress. Dr. Elkholy expressed his gratitude and that he did not consider it a personal award, yet, a recognition of the role of the WPA-ECPs section.



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Dr. Thomas Gargot and Dr. Mariangela Corba received the best oral and best poster presentations respectively. The congress board members also expressed their gratitude to the medical students who helped in the congress organization. Finally, the highest attendance in the congress brought the honorary distinction certificate to Iran.



Migration & Mental Health Awareness Day

For the first time in Greece, and probably at an international level, Young Psychiatrists from the European countries that have mostly been affected by the refugee and migration crisis, Greece, Turkey, and Germany, discussed on Sunday 23 October 2016 about all aspects of Migration and Mental Health.

The "Migration & Mental Health Awareness Day" was organized by the Young Psychiatrists Network, in collaboration with the Young psychiatrists section of the Hellenic Psychiatric Association, the Psychiatric Association of Turkey (Trainee section), and Early Career psychiatrists of the German Association for Psychiatry, Psychotherapy and Psychosomatics.

Global Mental Health Capabilities Workshop

The world is becoming increasingly globalised and this has a major impact on the delivery of mental healthcare. Issues such as conflict, migration, climate change and technological advances all contribute to this. How do early career psychiatrists respond to these challenges and what capabilities do they need to provide care in this rapidly changing world? This workshop used the curriculum framework developed by the UK's Global Health Curriculum Group <http://www.aomrc.org.uk/publications/reports-guidance/global-health-capabilities-uk-health-professionals>, to consider how psychiatrists worldwide can develop a holistic approach.





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The workshop was highly interactive, harnessing the international nature of the delegates attending the congress to enable a lively debate about the meaning of global mental health and the skills early career psychiatrists consequently need. It started by outlining the various definitions of global mental health, before moving on to consider some of the current major drivers of change. The opportunities and challenges presented by a global approach to mental health were discussed, before exploring the ramifications for training in this field. The curriculum framework from the UK was presented, with an explanation of how this aims to equip psychiatrists and other healthcare professionals with the skills, knowledge and attitudes to practice in a globalised world.

Case studies were discussed in small groups, considering examples from the UK and abroad. The case of a Syrian refugee in Greece prompted lively discussion and resonated with the experience of several participants. The case of an Indian lady presenting to a UK Emergency Department with medically unexplained symptoms highlighted the need for enhanced training in transcultural aspects of psychiatry. Overall the workshop emphasised that early career psychiatrists across the world are facing increasing complex problems as a result of globalisation and need the capabilities to respond accordingly.

Howard Ryland

Acknowledgment

The Congress Organizing Committee would like to express our gratitude to the medical students who helped in the congress. Without your help, the congress would not have been this successful. Namely we thank:

- Anna Manchulenko
- Anna Eleftheriades
- Athina Tsimpiktsioglou
- Dimitra Papadimitriou
- Stefania Krokida
- Paraskevi Peiou
- Maria Nikatou
- Vassiliki Salvanou





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Do not miss the ECPs fellowship in WPA Berlin. A dedicated Young Psychiatrists Programme is being prepared.

Hurry up and apply for the fellowship. Instructions can be found [here](#).



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www.wpaberlin2017.com

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You will also be requested to fill in a preliminary registration [form](#) on our page on the WPA website

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