



Psychiatry-East

The Eastern Division eNewsletter

Editorial

In this issue:

Editorial	1
Chair's Column	2
Improving East of England Specialist Trainees access to Special Interest Session Resources	4
Relocating to the NHS as a Specialty Doctor - a tale of two countries	6
2021 Employing Body Recruitment	8
College Engagement Network: expanding across England	9
Book Review: 'The Joy of Small Things'	10
Book Review: 'Transcendent Kingdom'	11
Wellbeing through sports: My journey into grassroots football	13
Eastern Division StartWell Event Report	16
Eastern Division Autumn Conference Report	18

Hello! Welcome to another edition of our newsletter.

First of all let me welcome you to the most awaited festive season of the year. I know how eagerly everyone has been waiting for this Christmas especially after what happened last year, but alas, the Gov. new Covid Plan B guidelines due to the Omicron variant has led to people dropping their curtains on their plans and with my hands on my heart I want to say that I too am feeling sorry for everyone. But if we think of this as a necessary measure required to be taken to keep others and us safe then I suppose is easy to deal with this. So, thank you everyone for continuing to stand tall amidst this unimaginable prolonged difficult situation.

Moving forward, I am excited to say that this edition is slightly different to the previous ones and I hope you do enjoy reading the articles. It starts with our chair's column. I am delighted to have Dr Kallur Suresh on board, and this is his first Chair's column. You will hear about all the new developments and events taking place in our division. For future dates please keep abreast of them via this newsletter as well as the RCPsych website. You will also know that we have three new champions appointments at the college representing Eastern division (see page 3). Then we have an article on improving the access to Special Interest Session Resources by Dr Felix Clay and Dr David Middleton followed by Dr Peethala's narrative on relocation to the NHS - a tale of two countries. We then have detailed information on MTI by Charlotte Callaghan and a brief overview on College Engagement Network (CEN) by Rosanna Flurry, which has been piloted in

the eastern region in 2020 and 2021, but now expanding throughout England.

Following this, hopefully you will have the joy of reading two beautiful book reviews and I should not spill any beans here, find out for yourself. You will also read about our StartWell Event from Dr Pathak and our Autumn Conference by Dr El-Maraghy. For me the highlight of this edition is Dr Conway Morris's journey into grassroots football which also helps with her wellbeing. I am super impressed to see a woman psychiatrist with passion, after clearing all the hoops, has been able to find a place in the football ground as a football manager. Historically and primarily this has been a male dominated field. It is very inspiring. And talking about wellbeing, let us all practice STOP which means Stop Take a breath Observe and Proceed. Please make sure you all are pausing in between and investing in self-care as only you can do it, no one else will. Wishing you all a happy festive season and a New Year.





Chair's Column

By Dr Kallur Suresh

I am delighted to have taken over as the Chair of the Eastern Division in June this year. My predecessor Dr Abdul Raoof has been a hard act to follow. He led the division and pioneered many initiatives at both regional and national levels. I am very pleased that he will continue to be involved in the Division's activities, especially in its training initiatives. I am also very pleased to have been joined by a very enthusiastic and able group of colleagues within the Executive Committee. Together, we look forward to supporting you in your efforts to help patients and their families during a very challenging time. I want to take a moment to pay my tribute to all of you for continuing to serve patients and their families, often with limited resources and reduced staffing levels.

It has been a busy year for the Division. Besides the usual spring and autumn conferences, we ran a new event in May – the Consultant Interview Masterclass. We had 46 registrations, mainly higher trainees looking to apply for their first consultant post and the feedback was very positive. We plan to run this again next April. It promises to be a very well-attended and engaging event and we are hopeful of being able to help many trainees perform better at their consultant interviews.

The spring conference in June attracted 74 registrations and featured speakers from diverse backgrounds. As usual, the feedback was very positive and encouraging. I am particularly heartened to see enthusiastic participation from medical students and Foundation Year trainees for whom these conferences have provided a regular platform for poster and research presentations. The StartWell event in October, a regular in the Division calendar, helping and guiding new consultants within five years of appointment. We plan to run this again next October.

Both the spring and autumn conferences in 2021 were virtual events but the technology enabled us get speakers from abroad and made it convenient for delegates to join. While these online events definitely have their advantages, there are also some shortcomings - an inability to network in person and to connect personally with colleagues.

I am proud to note that our Division is one of the pilot divisions for the College Engagement Network - a group of senior clinicians sharing good practice and innovations in community mental health services. The Network looks at how we apply knowledge to clinical practice and look at outcome measures and macro-level impact of service improvement initiatives. The Division will run its section 12 and AC courses/webinars next March and please look out

for more publicity in the coming weeks.

For the first time next year, we plan to run a brand-new event aimed at supporting consultants who are midway through their careers. It will address important topics such as stress and burnout, managing conflict and new career directions. My colleagues in the executive committee are very enthusiastic about this event and we hope to tell you more about it in the New Year.

The course of the COVID-19 pandemic has been very unpredictable so far and I hope we will be able to run at least some in-person events next year. This will depend on relevant government guidance at the time and emerging college policy on events. Please follow the Division's Twitter account @rcpsychEastern for updates.

We are always looking for more Division members to become involved in its activities and representing the Division at College level. We have recently appointed equality, well-being and sustainability champions for our Division. The college is keen to put sustainability at the heart of everything it does and the Eastern division supports this laudable aim enthusiastically. If you have any ideas or think you can contribute, simply get in touch!

The festive season is upon us and I wish you and your families season's greetings, a very merry Christmas and a happy New Year!



Dr Kallur Suresh
Chair, Eastern Division



Autumn 2021 Poster Prize Awards

Medical Student Category

1st Prize - Christiane Thorburn, J. Randall, A. Hook, C.M. Grubb, N. Ellis, J. Wellington, A. Hemmad, A. Zerdelis, B. Geers, B. Sykes, C. Auty, C. Vincenzo, D. Asogbon, E. Granger, H. Boagey, J. Raphael, K. Patel, K. Bhargava, M.K. Dolley, M. Maden, M. Shah, Q. Lee, R. Vaidya, S. Sehdev, S. Barai, S. Roche, U. Khalid, J. Harrison, D. Codling
2nd Prize - Areej Serebel

Foundation Year Trainees Category

1st Prize - Dr Amarachi Anosike, Dr Olutobi Sanuade
2nd Prize - Dr Venkatesh Malipatil, Dr Miles Hilton, Dr Mursal Bayat, Dr Georgina Train
3rd Prize - Dr Ali Bangash, Bonnie Teague, Louise McCarthy, Dawn Holden, Dawn Collins, Sarah St Ledger, Lauren L Welbourn, Emily Richards, Luke McCarron, Jonathan Wilson

General Category

1st Prize - Dr Adebowale Falade, Dr Catherine Hatfield, Dr Judy Rubinsztein
2nd Prize - Dr Phil Temple, Ms Helen Dickerson, Dr Ayomipo Amiola, Prof. Peter Langdon, Dr Petra Hanson, Dr Toral Thomas, Reena Tharian, Dr Thomas Barber, Mr Vinod Menon, Prof. Regi Alexander
3rd Prize - Dr Hesham Abdelkhalek, Thando Sibindi, Vivienne Harris, Dr Manal El-Maraghy

Multi Disciplinary Category

Joint 1st Prize - Dr Catherine Dakin, Dr Jennifer Scott, Leah Simmons, Jennifer Graham, Beccy Donovan, Dr Matthew Leahy, Dr Rana Moharam
Joint 1st Prize - Steve Birt, Caroline Dexter
2nd Prize - Nakita Gilbert, Laura Harte, Colette Norbury
3rd Prize - Dr Indermeet Sawhney, Dr Catherine Dakin, Dr Benjamin Loynes, Hitesh Ravel, Sophia Mody

Eastern Division Champions

Equality Champion - Dr Sepehr Hafizi
Wellbeing Champion - Dr Nita Agarwal
Sustainability Champion - Dr Anna C Morris



Improving East of England Specialist Trainees access to Special Interest Session Resources

By Dr Felix Clay, Dr David Middleton and Jo Saunders

This article describes an ongoing project to improve East of England Psychiatry Specialist Trainees (ST's) access to Special Interest Session (SIS) Resources by developing a regional database of opportunities.

We summarise how the project started, expansion at the Eastern Division 2020 Autumn Conference and how we developed the current region wide resource. We discuss how we will maintain this database of resources and explain how you can help. We finish by discussing why this will benefit Psychiatrists across the region.

The Royal College of Psychiatrists ST curriculum allocates trainees the equivalent of one day per week for "a clinical or clinically related area of service which cannot be provided within the training post but which is of direct relevance to the prospective career pathway of the trainee". SIS are a unique and privileged part of ST training and it is well documented that well organised provision of such educational training opportunities has a positive impact on trainee recruitment and retention.

When this project started in 2020 there was little information available within the East of England region on how SIS are utilised and whether trainees meet the RCPsych Curriculum goal. To better understand the ST training landscape Felix Clay and colleagues from CPFT (Dr Marija Farrugia and Dr Reeba Jacob) completed and reported on a SIS survey of East of England ST trainees. This covered the following areas; How trainees are supported; Barriers/tensions to maximizing use of SIS; Methods for evidencing achievements; What might improve this component of training.

We sent an electronic survey to all Psychiatry ST's in the East of England. 24 anonymous responses were collected from across the region & training grades. Results showed a wide variety of experiences from formal courses (Psychotherapy, Teaching, Geriatric Medicine Diploma) to broadening Clinical Experience & Research (Contributing/ Principal Investigator) with a significant minority also completing overflow training work not completed in clinical days. Of note only 58% reported having SIS Personal Development Plans (PDP) but 92% reported Clinical supervisors were supportive of their plans. Clinical commitments/ difficulty ringfencing time were barriers to use of SIS for many ST's with new STs requesting more support. There was also uncertainty around what resources were available. Overall ST's felt moderately able to utilise SIS as intended 4.7/6 (0 not at all to 6 always).

This survey resulted in changes to ST induction within CPFT with an introductory talk on SIS added to the programme with advice from existing trainees on how to plan and boundary this time. The survey was presented at the East of England Autumn Conference where it won the award for best poster. Subsequent discussion with ST Training Programme Director David Middleton led to a collaborative project to improve access to information on SIS for trainees across the region. The conference forum was important for moving this project forward and we would encourage other trainees to submit their projects and link into the vibrant East of England Psychiatry community. We also presented a poster at the European Psychiatry Association Annual Conference.

We worked together and enlisted colleagues support to create a database of opportunities across the region which could guide and inform prospective and newly starting ST's. Medical Education Coordinator Jo Saunders kindly offered to collate this information and set up a rolling programme of contact to clinicians across the region to ensure the resource is kept up to date. Local trainees and medical education coordinators in each Trust facilitated collection of information regarding local SIS opportunities (many thanks to Marija Farrugia, Katerina Denediou-Derrer and all who helped).

We completed this initial data collection in the summer of 2021 and found ourselves with an impressive list of 88 opportunities which can be searched via Region, Trust and Speciality. A summary is shown in Table 1.

Table 1: SIS opportunities available in the East of England Region Summer 2021

Clinical Speciality	59
Management Leadership	5
Quality Improvement/Audit	8
Medical Education	4
Psychotherapy	4
Research	8
Total	88

We plan to expand and update the range of opportunities every 6 months by contacting potential supervisors



Improving East of England Specialist Trainees access to Special Interest Session Resources

By Dr Felix Clay, Dr David Middleton and Jo Saunders

directly. We hope this resource will support trainees to link into areas of practice which inspire them, build connections to local services and provide new ideas and energy to Psychiatrists and Mental Health Services across the region. A well-connected Regional Training Programme is crucial to building the relationships which promotes a healthy and supportive long term Psychiatry work force.

We call upon all local Psychiatrists to contribute to this resource by sharing opportunities for ST's to join your clinical practice and other work by completing details via the simple form on our website. We also encourage all clinical and educational supervisors to ensure your ST's are aware of this resource, plan their SIS early and seek approval via their Training Programme Director which will help ensure this time is registered formally and therefore protected from other clinical duties.

Supporting ST's to expand their experience and interests through SIS ensures a diverse, skilled, and enthusiastic consultant workforce in the decades to come. This undoubtedly contributes to good clinical care and a stable, motivated workforce.

Please visit our SIS webpage via the link below:

<https://heeo.e.hee.nhs.uk/node/8175/>

Your comments, ideas and contributions are very welcome.

References:

1] <https://heeo.e.hee.nhs.uk/node/8175/>

2] Royal College of Psychiatry (2010) A Competency Based Curriculum for Specialist Training in Psychiatry. Updated in March 2019, General Adult and Old Age documents reviewed 15/02/21, <https://www.rcpsych.ac.uk/training/curricula-and-guidance/gmc-approved-curriculum-modules>

3] Choudry, A., & Farooq, S. (2017). Systematic review into factors associated with the recruitment crisis in psychiatry in the UK: Students', trainees' and consultants' views. *BJPsych Bulletin*, 41 (6), 345-352. doi:10.1192/pb.bp.116.055269

4] <https://sites.google.com/view/psych-film-club/special-interests-session-poster>

5] https://heeo.e.hee.nhs.uk/sites/default/files/eoe_deanery_sis_supervisors_report_fc_09.09.21.docx



Dr Felix Clay

Specialist Registrar in Old Age Psychiatry,
Cambridgeshire and Peterborough NHS Foundation Trust



Dr David Middleton

Consultant Psychiatrist, General Adult Psychiatry Training
Programme Director (East of England)
Cambridgeshire and Peterborough NHS Foundation Trust

Jo Saunders

Medical Education Coordinator
East London NHS Foundation Trust



Relocating to the NHS as a specialty doctor – a tale of two countries

By Dr Prashanth Peethala

In the famous words of Charles Dickens, “it was the best of times, it was the worst of times”, and very much like the above aphorism, my experience of moving to the UK to work for the NHS had its moments of excitement and anxiety. We had come across an advertisement for the role of specialty doctors in psychiatry under a fellowship scheme for qualified psychiatrists working abroad to have an opportunity to work in the UK at the end of December 2020 when the COVID19 pandemic was still raging viciously. Many of us back home in India were severely affected by the pandemic, our loved ones succumbing to the disease, staff in the healthcare overwhelmed by the rising cases and associated mortality, which took a heavy toll on our financial, physical, and mental wellbeing. Fortunately, there was news of a vaccine looming over the New Year’s horizons, uncertain about when we would receive it and about its efficacy. A month after the application we received confirmation of the interview dates and around the same period government of India had started its advanced vaccination programme for frontline workers in the pandemic.

While it had already been 5 years since my graduation from MD in psychiatry, working in multiple capacities ranging from research, private practice, teaching in medical colleges (both undergraduates and postgraduates), and working for multiple voluntary and NGO organisations, I was still uncertain what the interview would really be testing us about. As has become the trend at the turn of this new decade, interview was done remotely over a video call, and it has been a surprisingly calm experience.

At the time of my arrival, the UK was facing its own challenges with its post Brexit uncertainties, slowly recovering economy from the onslaught of pandemic, which came with its own unusual headlines of petrol running out at pumps, empty shelves in supermarkets with the lack of HGV drivers, and environmental activists protesting for better commitments towards greener policies.

New moves provide opportunities to learn new things and it is hard not to find differences in the way psychiatry is practised here compared to my work back home. While some things remained familiarly comfortable, there were things which were quite new to me.

One of the first things I noticed is the stark difference in the mental health gap, the ratio of patients to care

providers is unsurprisingly healthy. It may appear like common knowledge but it is entirely different to experience the way work is distributed among different members of a multidisciplinary team (MDT). The lack of a strict hierarchy empowers both the providers and patients ensuring multiple checkpoints for optimum care to be delivered.

The second most apparent difference in practice is the mental health legislation. India has recently seen amendments in its mental health laws in the form of Mental Health Act which came into force in 2018, keeping in line with the UNHRC guidelines, it still has a long way to go to be able to implement the law in its full force due to the severe shortage of workforce. While in the UK, these sections of MHA are enforced diligently with multiple levels of checks. Universal health care delivery which allows access to mental health services free of cost, via the NHS, to all its citizens is another feature which is not familiar back home. This probably contributes to lessen the stigma towards mental illness, but does not abolish it completely. Apart from the MHA, UK legislation also provides a Mental Capacity Act, where patients’ mental capacity is regularly checked for various decisions, some of which are taken for granted back home, or the immediate next of kin is automatically the person appointed for such decisions. At the moment there is no separate and specific mental capacity law in India, though it is routinely tested for in medico-legal situations.

It was comforting to note that the places I had worked back home, really strived to provide the best of the services with minimum facilities, money, and in most cases this allowed ingenious innovation in health care delivery, unfortunately these services are not standardised across the nation with wide disparities in practice and facilities.

The third and very interesting observation which I made about mental healthcare here is the difference in the pathways to care for the mentally ill. I have so far not seen any magico-religious interventions for the mentally ill. I am more curious to see how these cultural aspects influence the outcomes and will continue to make these observations in my daily work.

I have reserved my personal observations at the very end in the hope this might be of some insight to my peers looking to relocate. At the outset, it has been a smooth transition, though traveling in COVID-19 times has been



Relocating to the NHS as a specialty doctor – a tale of two countries

By Dr Prashanth Peethala

particularly inconvenient, especially since India was in the UK red list initially. Arranging quarantine and finding accommodation was tricky since I needed to declare this address in my passenger locator form. Living here has been convenient, it was easy to find vegan food in all stores and eateries. Though the transport systems in London can seem daunting, a few trips to central London usually sort it out. Transitioning at the work place has been a very pleasant experience, staff around me have been nurturing and supportive.

A large mental health workforce, active mental health legislation, and universal healthcare system means that work is clearly defined for the clinician with well-defined work hours. This ensures time for other clinical, administrative and personal activities. I find this particularly helpful as it allows me to pursue my other interests. I look forward to my time here in England - exploring new cultures, working and learning more with the NHS.



Dr Prashanth Peethala
*Specialty Doctor, Old Age Inpatient,
Essex Partnership University NHS Foundation Trust*

RCPSYCH PSYCHIATRISTS SUPPORT SERVICE

The Psychiatrists' Support Service provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties.

Our service is totally confidential and delivered by trained Doctor Advisor College members.

For information about the Coronavirus, please visit our [information hub](#), you can also find specific [guidance for clinicians here](#).

Get in touch with the support service

Call our dedicated telephone helpline on 020 8618 4020
Email us in confidence at pss@rcpsych.ac.uk
The service is available during office hours Monday to Friday



2021 Employing Body Recruitment

By Charlotte Callaghan



The RCPsych Medical Training Initiative (MTI) is coordinated by the RCPsych in collaboration with the Academy of Medical Royal Colleges (AoMRC). A small number of suitable doctors from low- and middle-income countries are selected each year to experience training in the NHS, before returning home to share their newly acquired knowledge and skills. The MTI scheme provides successful International Fellows with a unique opportunity to gain experience in several sub-specialties, gain exposure to the NHS regulatory framework and work in a multidisciplinary team.

MTI Fellows provide valuable contributions to the UK workforce, with the diversity and skills they bring to their workplace. This is in addition to providing unique insight into overseas medical education and patient care for their UK peers.

The RCPsych MTI team provides support to Employing Bodies throughout the MTI application and employment process and will continue to provide holistic support to Fellows throughout their MTI placement.

RCPsych will provide the doctor with GMC sponsorship and coordinate the application to the Academy of Medical Royal Colleges (AoMRC) for a Certificate of Sponsorship, for the doctor's Tier 5 visa application to enter the UK.

Employing Bodies can apply to RCPsych to employ an MTI fellow if they have vacant training posts which cannot be filled by UK trainees. MTIs can also fill converted ST posts, or Trust posts which provide sufficient educational and training content. The posts must not disadvantage UK trainees nor adversely affect the training of existing trainees in the location. MTI posts must not disadvantage UK trainees and the local Deanery are asked to confirm this. MTI Fellows should start at CT3 but may progress to ST level after a few months with agreement from the MTI Fellow and Employing Body.

Interested Employing Bodies can read the RCPsych MTI Employer Guidance Document and RCPsych MTI Employer Guidance: An Overview for more information about the scheme. Employing Bodies can apply to employ an MTI doctor by completing an Employing Body Submission Form and submitting this to mti@rcpsych.ac.uk. The MTI team will quality assure the post before matching the Employing Body with a suitable doctor.

The Employing Body application period will be open from January to March 2022 for doctors to start placements from August 2022, however the RCPsych MTI team is happy to provide a more flexible approach, based on the needs of the individual Employing Body.

There is an Employing Body administrative fee of £750 for each doctor RCPsych successfully matches with a post. The fee allows the RCPsych to continue the scheme and provide a high level of support to both Employing Bodies and MTI Fellows from application right through to the end of placement.

If you are interested in the MTI scheme, or have any questions, please contact the team at mti@rcpsych.ac.uk.

Charlotte Callaghan

*Medical Training Initiative Coordinator
Royal College Of Psychiatrists*



College Engagement Network: expanding across England

By Rosanna Flury

The College Engagement Network (CEN), which has been piloted in the Eastern region throughout 2021, is now rolling out across England.

The network was created to make sure the perspectives of our members are informing our national level policy and stakeholder work around the NHS Long Term Plan. The network gives us a more structured way to gather insight than we've had in the past. It also gives mental health trusts a direct line to the College on specific issues. As far as we know, it is quite a unique initiative and there aren't other similar networks around.

The model of the network is to have a dedicated representative from each mental health trust and College regional division in England who we support in an advocacy role to work with local decision makers.

A pilot approach was chosen last year due to the impact of the Covid-19 pandemic, and the need to test a new initiative before rolling it out across the whole of England. The pilot phase has taken place across the North West, London, and Eastern regions, and has focused on community transformation and implementation of the Community Mental Health Framework.

Dr Kapil Bakshi has stepped in as the Divisional representative for the Eastern region, and has brought some insight from his own trust (Norfolk and Suffolk), as well as some thoughts from a regional perspective. Dr Abdul Raouf has also joined network meetings and contributed to the discussion on areas such as workforce and recruitment, and the superseding of the Care Programme Approach.

Dr Kapil Bakshi joined Dr Declan Hyland from the North West and Dr Suhana Ahmed from London to make up the three divisions taking part in the pilot. Kapil, Suhana and Declan are also joined by representatives from the mental health trusts in the regions, as well as Dr Billy Boland, Dr Helen Crimlisk and Professor Linda Gask who all have been helping support and contribute to the operational and strategic oversight of the CEN.

This autumn they worked with Dr Adrian James and Dr Trudi Seneviratne to evaluate the progress of the network through its pilot stage, and use that to inform the next steps in rolling it out across England. They decided to keep the focus of the network (at least for now) on community transformation.

Community transformation is the biggest LTP mental health programme in terms of scale and funding, with an impact on a significant proportion of our members and their work, it is cross specialty and involving a far-reaching focus on service transformation and reconfiguration. See our Key Messages on the CMHF.

They will be continuing to explore community transformation and discuss progress in implementing the new models through the network as it grows and more representatives join us.

If you are based in the Eastern region and are interested in joining the network, you can speak to your medical director. So far we have representation from NSFT, but the Eastern Division are still looking for representatives from EPUT and CPFT.

We look forward to our new representatives joining us in the new year. For any more information about the CEN please contact rosanna.flury@rcpsych.ac.uk



Rosanna Flury
Policy Engagement Manager
Royal College Of Psychiatrists



Book Review: 'The Joy of Small Things'

By Dr Jo Lowe

'The Joy of Small Things' by Hannah Jane Parkinson, published by Faber, October 2021

A book, a source of comfort and a healthy reminder of how to take pleasure in the moment.

For those who, like me, derive joy from the feel of a new hardback book with a beautiful cover, or from the anticipation of seeing the world through another's eyes or mind, or from having our attention drawn in surprising and refreshing ways to commonplace experiences, look no further! This book is worth treating yourself to.

The author is Hannah Jane Parkinson, a Guardian journalist, who is known to write passionately and with astonishing articulacy about her personal struggles with mental illness and navigating the mental health care system, in addition to writing on sport, politics, society and the media. This delightful and novel book comprises a selection of her popular "Joy of Small Things" newspaper columns which are personal musings on the minutiae of daily activities and the particular moments to be savoured and cherished within. Throughout its 160 pages, Hannah reminds us of what pleasure and solace there is to be gained from what we may perhaps come automatically to regard as the mundane, or just as likely may not even regard at all. This book does not read like a pious or patronising self-help guide, rather it is Hannah's beautifully worded, insightful, witty, perspicacious and often sensual experiencing of what life has to offer each and any one of us if we remain aware and mindful. Subject matter ranges from the commonplace, such as wearing a dressing gown or sitting in a Beer Garden, to the more abstract, including what a particular type font conveys to us, to the humorous, such as the fun to be had in a Freudian slip, and the quirky, such as a celebration of the pocket. There are subjects to suit all tastes – outdoor swimming, kissing, tea drinking to name just a few. The real joy for the reader however, is such eloquent writing imbued with a disarming honesty, frankness, keen observation and wit.

Hannah was inspired to write these weekly columns by JB Priestley and his book "Delight". Written in 1949, in the midst of post-war austerity, Delight is a collection of essays about what brought Priestley the playwright comfort and pleasure, whether this was a particular place, a person or a feeling. It is perhaps no coincidence that Hannah's book is being published and has generated interest following a period of national lockdown when our opportunities to engage with others, divert and distract ourselves have been unexpectedly and severely challenged and diminished.

As Psychiatrists we have learned the importance of mindfulness, and how it has come to form an integral part of several psychotherapeutic approaches. Some readers may have already discovered and incorporated mindfulness techniques into daily life. It is hard to disagree with the words of Buddha:

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly".

For me this book serves as a happy reminder of how important and meaningful the present moment can and should be. Like Hannah, we can be mindful of just what pleasure and comfort there is to be derived from staying in the moment and remaining attuned to our experience. Let's face it – the present is really all we have, so what *better reason to know it and savour all it has to offer!*

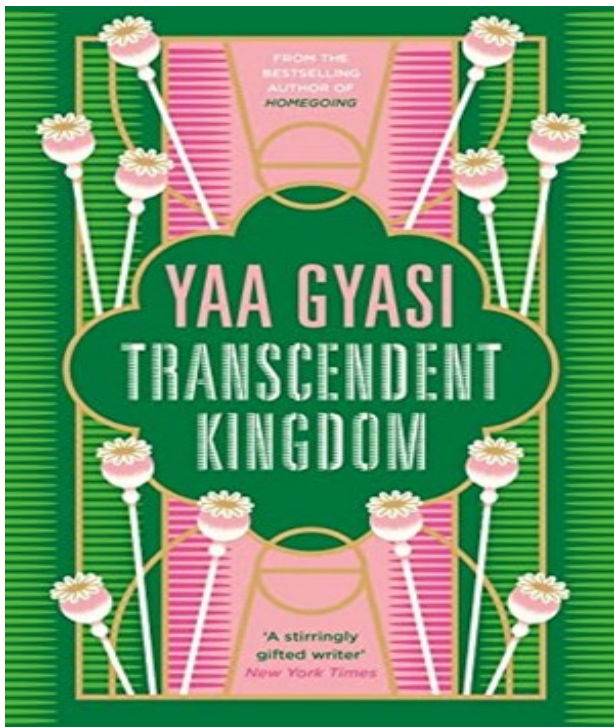


Dr Jo Lowe
ST4, Norfolk and Suffolk NHS Foundation Trust



Book Review: 'Transcendent Kingdom'

By Dr Sepehr Hafizi



The Bridge Between Matter and Mind—Review of Yaa Gyasi's *Transcendent Kingdom*.

The Royal College of Psychiatrists is keen for psychiatrists to develop their knowledge and skills in the field of neuroscience. The Gatsby/Wellcome Neuroscience Project was set up towards helping to achieve this goal. It is about psychiatrists and psychiatric trainees learning to better integrate neuroscience with psychosocial approaches (O'Loughlin, 2020).

Medical education is not simply about increasing knowledge, but is also about reflection. One way of stimulating reflection is through the use of narrative fiction, helping to put scientific subjects such as neuroscience into a narrative context ensuring that the topic is examined in a holistic way including psychosocial aspects. It may act as a palatable way of sparking interest and enhancing learning.

I first came across *Transcendent Kingdom* (Gyasi, 2020) after finding out it was on the National Neuroscience Curriculum Initiative (NNCI) book club list. Yaa Gyasi's novel *Transcendent Kingdom* was first published in USA in

2020 and was shortlisted for the Women's Prize for Fiction in UK in 2021. Her first novel *Homegoing* was published in 2016 and has been a bestseller. Gyasi was born in Ghana in 1989, raised in Alabama and graduated in English from Stanford University.

In *Transcendent Kingdom* Gyasi grapples with a number of themes ranging from race and religion to mental health and neuroscience. At the centre of the novel is her protagonist Gifty. She is a researcher studying for a neuroscience PhD at Stanford University and is conducting rodent experiments using behavioural and optogenetic techniques to better understand the function of the brain reward circuits. Her work is disrupted by her mother becoming depressed again and moving in with her for a period of time. The Black Mamba as she is referred to had first become depressed many years ago after the death of her son. Nana, or 'Buzz' as Gifty refers to him at times, had become addicted to opiates after a sports injury and this had had a major impact on the functioning of the family. For Gifty, her mother's visit brings back all of these childhood memories including her own grief of losing her older brother.

Gyasi constructs the narrative from the point of view of Gifty. We learn that the family won a Green Card lottery to emigrate from Ghana to USA. The mother and the two children end up living in Huntsville, Alabama with the father (the Chin Chin Man) later joining them. The Black Mamba brings her religious faith with her and this is a continuing influence on her children, especially Gifty. The parents only manage to obtain menial jobs with little pay. The husband does not manage to adapt to the new culture partly due to suffering at the end of racist prejudice and so eventually decides on 'homegoing' and goes back to Ghana, never to return to USA.

With her brother's death and her mother's depression, Gifty's defence mechanism is to channel her energies into the pursuit of a better understanding of the neuroscientific basis of addictions and mental illness towards the goal of attaining a cure. Indeed, within the text we see Gifty citing references to studies in schizophrenia.

At times the narrative is interspersed with Gifty's journal entries including letters/prayers to God. It is interesting to note that in Ancient Greek mythology Psyche is the goddess of the soul, so in literal terms a psychiatrist is actually meant to be a doctor of the soul. So, although the



Book Review: 'Transcendent Kingdom'

By Dr Sepehr Hafizi

plot may be contrived at times, Gyasi uses fiction effectively to create a debate around religion and science. At the end the novel, Gyasi suggests that the two are not mutually exclusive as she shows us how Gifty ends up leading a successful research team as well as returning to her faith. The two aspects of her personality as developed by her experiences in Africa and the West thus come into harmony - a reconciling of dialectic dualities.

The arts and the humanities including that of narrative fiction can help create a platform for debating and delving deeper into the bigger questions in life, not necessarily to solve them, but to bring them to the fore, and allow them to be experienced through a stimulated imagination. *Transcendent Kingdom* achieves this and many other things. Hope and aspiration for a better life in a new country first lead to tragedy, but it is only through this that there is growth and eventually comedy (a marriage and a happy ending).

References:

1] Gyasi Y (2020). *Transcendent Kingdom*. Viking. 256 pages (hb). ISBN: 9780241433379

2] O'Loughlin C (2020). Embedding neuroscience in psychiatry training. *BJPsych Advances*, 26(6),379-80. doi:10.1192/bja.2020.27



Dr Sepehr Hafizi
Consultant Psychiatrist
Cambridgeshire & Peterborough NHS Foundation Trust

CELEBRATING 180 YEARS OF HISTORY



This year we're celebrating our 180th anniversary. Find out on the link below about our history and see how you can become involved with the celebrations

[Celebrating 180 years of history | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://www.rcpsych.ac.uk/celebrating-180-years-of-history)



Wellbeing through sports: My journey into grassroots football

By Dr Anna Conway-Morris



The whistle blows and the match kicks off. Now the players are on the pitch on their own, my instructions quickly forgotten in the rush of adrenaline. The first minutes are always nervous while the youngsters circle each other. The ball starts to move, then a tackle, a dribble, a pass, a shot. Not quite on target yet but the game is on.

Now I am almost like a spectator again – watching, supporting, cheering them on. Will it be victory or defeat? It is out of my hands and in theirs.

How did I get to stand on the side line in a muddy field in the Fens outside Cambridge?

Preseason

As a teenager I had no interest in sports. I was a “couch potato” and preferred reading books to taking any form of exercise. My parents and teachers tried in vain in encouraging me to engage with sports. Keeping fit or taking exercise to stay well was far from my mind.

I grew up in the Black forest in Germany (also the home of Jurgen Klopp, manager of Liverpool FC and Joachim Low, world cup winning manager) where football is like a second religion. My father supports the local club SC Freiburg in the Bundesliga and I have fond memories of watching Italia 90 with my brothers on our TV set at home.

I “rediscovered” football while on maternity leave with my children. From being a busy psychiatry registrar I suddenly found myself spending a lot of time at home with two children under 2. I started listening to the radio for company and distraction from the slightly monotone daily life with babies and household chores. I followed the football league which provided routine, structure and entertainment at weekends in the absence of family support and with my husband working shifts in hospital during his anaesthetic training. To this day I love the drama of it all. Victory and defeat so close together and emotions running high – but as a viewer or listener you have no responsibility whatsoever and no control over how things play out. That was a welcome balance to my



Wellbeing through sports: My journey into grassroots football

By Dr Anna Conway-Morris

home and then my working life where I often felt a heavy burden of responsibility on my shoulders.

Watching football and following the league also helped me reconnect with family and friends. Friends took me to live matches to give me some time away from the children and I started playing prediction games with my brothers (one of whom I hadn't spoken to for three years).

Football also introduced me to social media. I joined twitter to follow twitter feeds for SC Freiburg matches and fan clubs. 12 years later I use twitter for CPD, networking and following the news.

Club news

I had never played football until my sons showed an interest. From early on in life my older son was very active (he was later diagnosed with ADHD) and sports allowed him to let off steam and manage his energy levels in a positive way. He joined a junior football team but we had to travel to a village outside Cambridge for matches. Trumpington, the suburb of Cambridge where we live, is growing fast and there is little for young people to do. Together with other parents and local football coaches we founded Trumpington FC, an inclusive football club for young people locally who want to learn how to play and develop. This involved a lot of work – especially gaining accreditation from the football association (FA) which governs football. My initial involvement was in supporting the fledgling club through fundraising and volunteering at matches.

When my son's team manager moved on, he created a vacancy for a volunteer football manager. My husband suggested I could do this. I had never played football and saw myself as a supporter rather than a player or official. But I decided to give it a go.

At the academy

I signed up for a coaching course to learn the craft of football management. The first day was a wake up call. I was the only woman on the course and I had to learn how to play. I had never kicked a ball in a match. Getting past some of the middle aged dads who had played in their youth seemed impossible. There were plenty of laughs as I missed open goals and tripped over the ball. The young coach told me to ignore the comments and focus on my practice. As we practiced in 30 degrees heat one Sunday, I realised that I was not made of glass and could keep up

with running when others were flagging. I was determined to see it through.

I learnt the official language of football from squad, kit and fixtures to pressing, marking and releasing the ball. My children taught me the unofficial language (parking the bus, row Z, sweaty*). Over time I learnt the rules and the various adjustments made for juniors (no off side, smaller pitches, less players, retreat lines) as well as tactics and formations.

As we moved to some of the other aspects of the course, I realised that I was way ahead in some aspects due to my experience as a child psychiatrist. I knew all about children's safeguarding and basic life support did not frighten me. Child development and how to support children struggling on the team are my bread and butter in my work. Soon there were no more condescending comments and instead people were keen to copy my homework. I felt pride and achievement when I received the coaching badge.

Matchday

Then the real work started. I had to familiarise myself with our local pitches, equipment and administration. Getting to know the players and their parents is the biggest part of the "job". I learnt early on that liaising and getting support from the club coaches is key for finding the best positions and agreeing the tactics. Skills from other areas of life come in handy when managing a group of teenagers. How to get our striker out of bed and to the match on time? What happens when the defender skips breakfast? When does "communication on the pitch" spill over into arguments that hinder the performance? Which instructions do the players actually hear? Managing squabbles and rivalry quickly becomes second nature. Putting things into perspective is often a challenge for teenagers but the world doesn't end because you get substituted 10 minutes before the final whistle.

The Highs

Watching the youngsters string together chances to score and win a match is the best feeling. You grow an inch and the glow lasts all day. Watching the children develop their play and grow up week on week is a privilege. I love the structure of the football season with the summer and school holidays off but the Saturdays during the academic year all planned out and ready to roll. Learning new skills has given me confidence and training with the kids has



Wellbeing through sports: My journey into grassroots football

By Dr Anna Conway-Morris

made me fitter. I have met some of the best people through this role.

The Lows

I am not going to lie – defeat feels bad and when you lose everyone is a critic. However, managing emotions and criticism has made me more robust and less worried about failure. I don't try to "fix" this for the children or their parents. Losing is part and parcel of sports and learning how to manage failure and try again is a lesson for life.

The facilities at grassroots level can be pretty awful. The state of some of the toilets and change rooms are stomach turning. During the pandemic the toilets were closed which made away matches more challenging.

Football has a dark side where racism, misogyny and homophobia still thrive. Fortunately the FA now take abuse and complaints more seriously and hand out fines and sanctions. They also offer courses and mentoring for females only which is a step forward. And slowly we are changing the world of sports. 4 Years ago I was the only female manager in Trumpington FC – this season we have nearly 300 players, 2 girls' teams in addition to our mixed teams, 5 female managers and 1 female coach. We have children and parents of many different backgrounds, from all over the world, speaking many different languages.

"The football family"

Helping children get fit and stay healthy is the biggest reward alongside being well placed to teaching children tolerance and sporting behaviour. The feeling that you are doing something great together is hard to beat. For us as a family it means that we are spending Saturday mornings with the children throughout the year and the children spend time with their friends at the same time.

On a personal level volunteering has made me fitter and more resilient. It has allowed me to use skills from my work for the wider community. Being an adult role model who can be trusted and relied upon to turn up every Saturday rain or shine is an investment in children's wellbeing – not just my own but all the kids in the neighbourhood who come and play.

*Parking the bus – a defensive strategy to prevent the opposition from scoring as in "they went 1:0 up and then parked the bus"

Row Z – shooting a ball high up into the stadium way off

the target as in "he blasted the free kick into row Z"
Sweaty – a goal arising from a pass across goal which is tapped in as in "the defence was caught napping as she scored a sweaty"

Resources to look at:

www.thefa.com

Regional FA

www.teamgrassroots.co.uk

www.Englandfootball.com

Footballfoundation.org.uk

www.kickitout.org



Dr Anna Conway-Morris

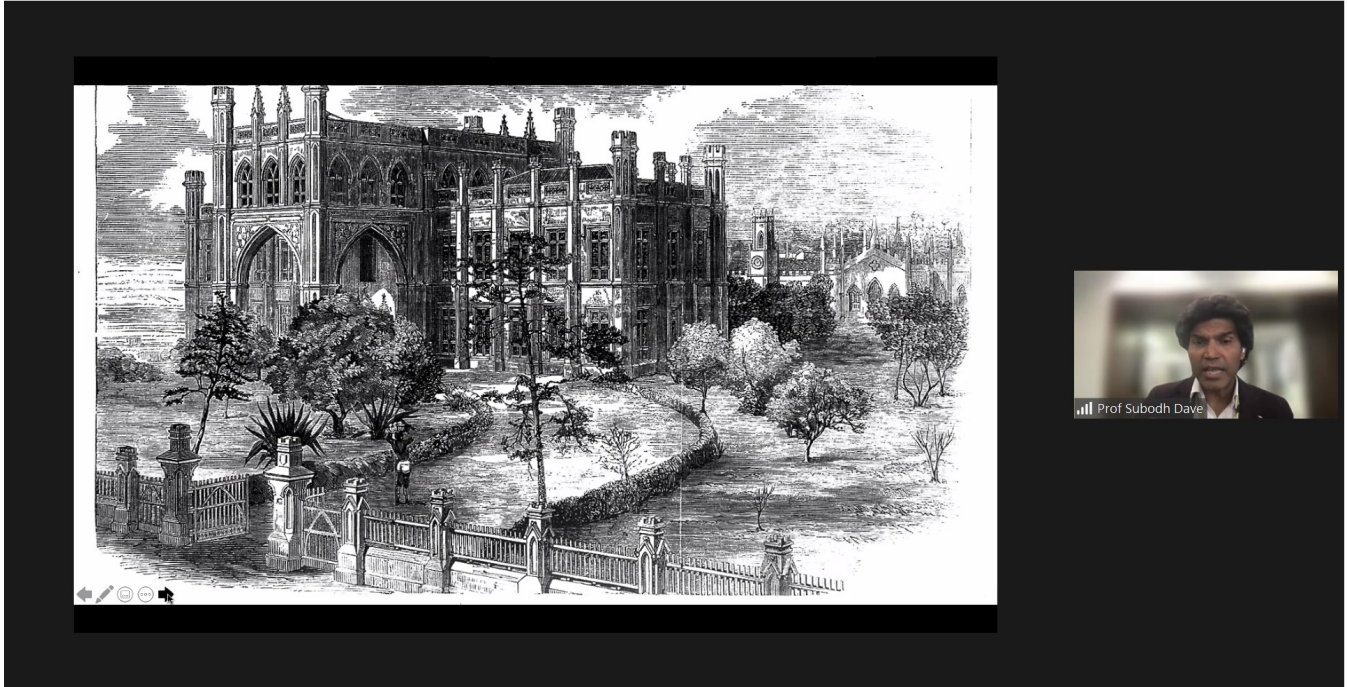
Vice Chair, Eastern Division



Eastern Division StartWell Event Report

By Dr Ashish Pathak

Zoom Meeting



The Eastern Division ran their Startwell Event for new Consultants this year on 5th October 2021 through the Zoom virtual platform.

Many of the readers would be aware of this Startwell Event but for the new readers, the Startwell Event is a Consultant led programme for new Consultant Psychiatrists in the first 5 years as a permanent or locum consultant and final year senior registrars to support in their career progression. In the Eastern Division, we have opened this programme for all the senior trainees and specialty doctors as we feel that this programme is vital for them to understand about the Consultant role before they take over as a Consultant in this current NHS environment.

The college has been promoting this transition through the Startwell programme since 2014 and have developed a guide to help with this transition. The hope is that this guide will go a long way in becoming a useful source for any new Consultant Psychiatrist and for nurturing tomorrow's medical leaders. Many new consultant and senior colleagues contributed to form this guide that is a framework for self-directed support and guidance. The idea is to promote excellence in the field of psychiatry and to promote mental health. The six elements of the college

StartWell programme are:

- Connect: making connections
- Learn: continuous learning
- Use support: effectively identify and meet your support needs
- Be resilient: develop personal resilience
- Lead: develop effective clinical and medical leadership
- Develop: continue to develop a meaningful career

Keeping the above elements in focus, we had three excellent speakers for this year's Startwell programme. Our first speaker was Professor Subodh Dave (above), Dean of the Royal College of Psychiatrists. Prof Dave presented on Public Mental Health and Person-Centred care and the talk was to outline the case of a more robust inclusion of public mental health and primary prevention principles in psychiatric training and practice. The idea is going beyond autonomy and choice to the idea of treating individuals as a unique person. Prof Dave spoke about health inequalities, workforce inequalities and embedding person-centred care in our training and practice.

Our second speaker was Dr Mihaela Bucur, Associate Registrar for Wellbeing and Retention, the Royal College



Eastern Division StartWell Event Report

By Dr Ashish Pathak

of Psychiatrists. The focus of the talk was on the college priorities and current initiatives aimed at supporting doctors' wellbeing at work. It was highlighted to the audience how important it is to stay connected, be kind to yourself and ask for help if you struggle.

The third speaker of the day was Professor Asif Zia, Executive Director for Quality and Medical Leadership at Hertfordshire Partnership University NHS Foundation Trust. Prof Zia's presentation was 'starting well as a Consultant Psychiatrist' and to start well in any job and stay well. He highlighted that the medical workforce for the future would need system level leadership qualities to be able to influence and lead starting from the time when doctors are still in training.

The feedback for this event was generally excellent and some rated the sessions as fair. We reflected on the written feedback and overall the programme was well received. Some members reported that there could have been more practical discussions about managing specific aspects of consultant jobs and having breakout rooms to be able to share their experiences with other new consultants in more depth. Some of our members felt that this programme could focus more on challenges faced by new consultants like CPD, peer groups, mentorship, appraisals, pensions etc.

I hope to continue leading this StartWell programme. We have discussed the feedback in our Eastern Division executive committee meeting, and we hope to take on board the suggestions in the feedback for next year's Startwell programme so that our future colleagues feel supported in their career progression.

We also hope that all the mental health employers could use this Startwell framework to help and guide the new consultants to reflect on their progress and support their personal and professional development that will go a long way to address the issue of recruitment and retention of new Consultants.



Dr Ashish Pathak
StartWell Lead, Eastern Division
Essex Partnership University NHS Foundation Trust

MindEd

MindEd provides accessible, engaging online training in emotional and behavioural 'first aid' and essential therapeutic skills for those involved in mental wellbeing and care of children and young people in the UK.

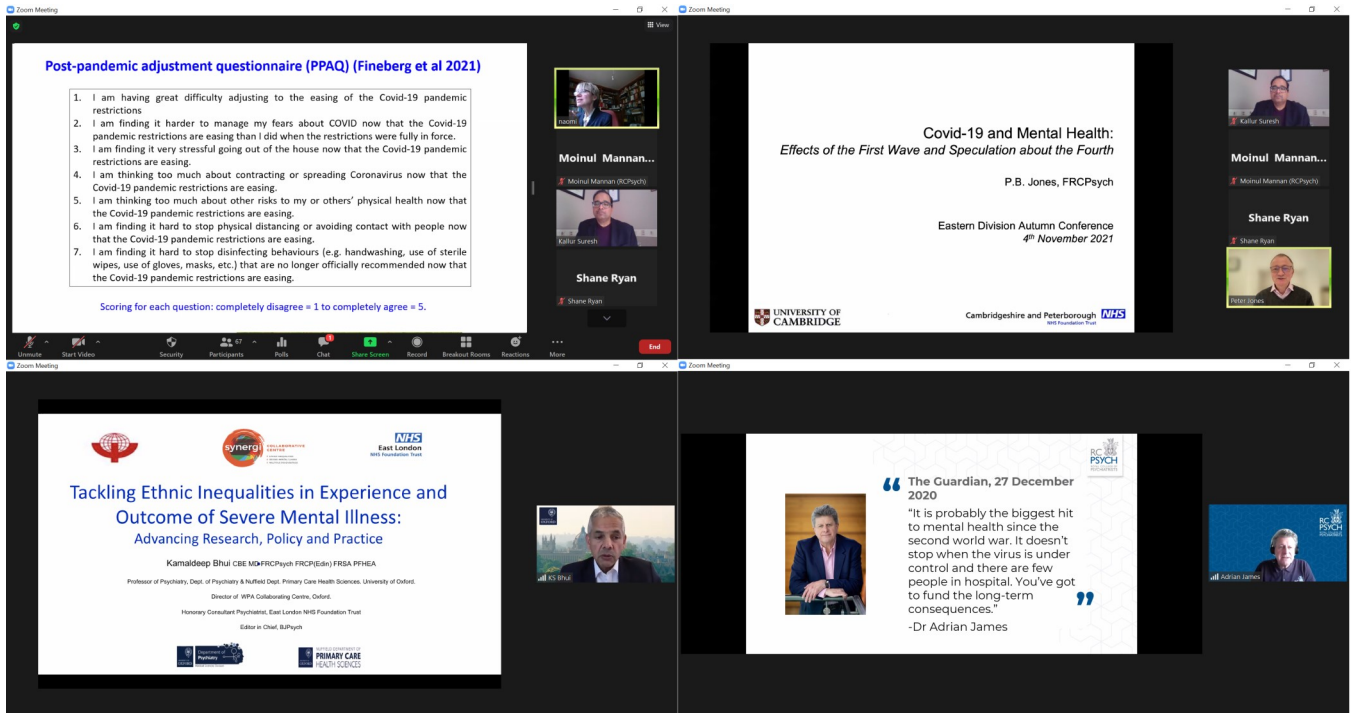
MindEd offers free, completely open access, online education with over 350 sessions. Our e-learning is applicable to a wide range of learners across the health, social care, education, criminal justice and community settings.

[MindEd web tools for those working with young people | Royal College of Psychiatrists \(rcpsych.ac.uk\)](https://www.rcpsych.ac.uk/minded)



Eastern Division Autumn Conference Report

By Dr Manal El-Maraghy



Yet again, a very successful conference with a great line of speakers, joined by over 70 attendees from across the region with all different backgrounds and grades, including medical students, foundation year, research fellows, junior trainees along with a number of consultants.

The conference was opened by Dr Kallur Suresh, Chair of the division, giving due thanks to the outgoing Chair, Dr Raouf. Dr Raouf has done an enormous amount of work for the division, focused on training local and national, contributing to wider college activities, besides his local personal touch to involve members. Dr Suresh shared his vision of working on having more involvement of all division members at various levels. He has innovative ideas about various activities that will unfold as days go by. He introduced the stimulating day, inviting more interaction as the day progressed.

The day started with an excellent and very interesting talk from Prof Naomi Fineberg, Professor of Psychiatry at the University of Hertfordshire and Consultant Psychiatrist at HPFT. Prof Fineberg is the lead of NHS England's highly specialist service for OCD and related disorders, Chair of the WPA Anxiety and OCD scientific section, Secretary of the International College of OCD. She shared with the audience one of her most recent research, looking at facing the 'New Normal', exploring if adjusting to the easing of Covid restrictions exposed mental health

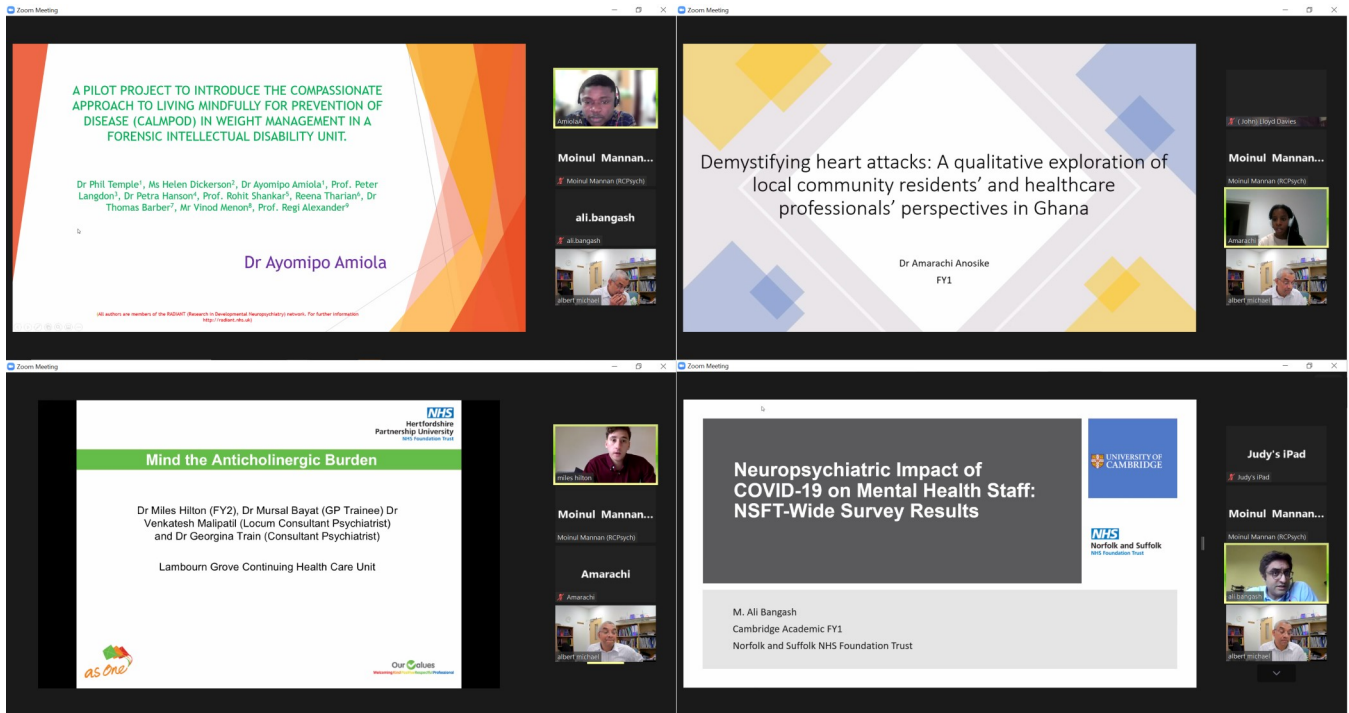
inequalities. After sharing the details of the survey conducted in summer 2020 following the easing of the first lockdown, using a number of scales and assessment batteries (Home-made/ East of England generated battery as described by her) and analysing 514 responses, the conclusion was that individuals with a history of mental disorder, obsessive compulsive symptoms and obsessive compulsive traits, experienced greater difficulties adjusting after lockdown eased. This calls for awareness when preparing a public health policy and intervention and to take results into account.

We had a break before we moved to the second session led by Professor Peter Jones, who enlightened us with an excellent summary of his latest research. His talk was titled 'Covid-19 and Mental health: Effects of the First Wave and Speculation about the Fourth'. Professor Jones is Professor of Psychiatry at University of Cambridge. He was the head of department for a number of years. He is also a director of NIHR applied research collaboration in East of England, leading a number of organisations and committees for research. He shared with the audience the results of qualitative studies on access to mental health care and the switch to remote working by mental health services with the impact of the digital divide. He also looked at discoveries on risk and resilience factors for adverse effects on the mental health and wellbeing of young adults during the first lockdown. More and more will unfold for generations and the impact will differ by



Eastern Division Autumn Conference Report

By Dr Manal El-Maraghy



age. He concluded that there was a “bi-directional effect”: Covid has definitely contributed to an increased prevalence of mental illness, as much as people suffering with mental illness proved to be more susceptible to Covid.

After the lunch break, Dr Albert Michael summarised the outcome of scrutinising the 26 posters. They were analysed by Dr Abu Abraham and Dr Sadgun Bandari and a number of posters were presented, representing medical students, FY, general and junior, all impressive and of a very high quality.

The presentations by our future doctors and psychiatrists preceded the talk by Dr Adrian James, addressed by Dr Abdul Raouf. Dr James, President of the Royal College of Psychiatrists, summarised the recent changes in the college and looking at the future of Mental Health. Dr James continues to fight for the needs of our patients, stating that although mental health contributes to 23% of the total burden on health care, it is only allocated 11% of the budget. He was pleased to announce that the number of psychiatrists is going up, however it needs to go faster. It was very interesting to see our member with lived experience, Mrs Kate King, questioning the President, in particular addressing the IT literacy and lack of means for some of the most needy.

We concluded the day in the fourth session by listening to

our second keynote speaker, Professor Bhui. He stimulated the audience by talking about the most innovative approach to tackle ethnic inequality in experience and outcome of severe mental illness. Professor Bhui is a Professor of Psychiatry at the University of Oxford. He is a former Public Health lead and Chair of Publication Management at the Royal College of Psychiatrists and Editor in Chief for the British Journal of Psychiatry. He is a psychoanalytic psychotherapist by background, with his main interest is in preventing health inequality in the experience and outcome of mental illness, improving health services and public health intervention and developing appropriate health policies. He shared with us examples to address inequality, such as the Co-Pact Study, using photovoice to gather experience data to inform good co-design of effective interventions so that it may reduce the use of the Mental Health Act in local systems. He shared with us a clinical “ethnography” as a well-established method that can be used to produce culturally capable case formulation and care plans. He showed us work around ATTUNE as a creative method to assess and then prevent and care for adverse childhood experiences that may underline health inequalities.

The day concluded with prize giving for the Poster Awards (see page 3).

Dr Manal El-Maraghy
Academic Secretary, Eastern Division



Upcoming Eastern Division Events 2022

Eastern Division AC Refresher Course Live Q&A Webinars Monday 7th March 2022

For more information please see the central webpage:
[Registration: Approved Clinician Refresher \(rcpsych.ac.uk\)](https://rcpsych.ac.uk)

Eastern Division Consultant Interview Masterclass Thursday 28th April 2022

Speakers: TBC

For upcoming information please keep an eye on our webpage:
[Eastern Division events \(rcpsych.ac.uk\)](https://rcpsych.ac.uk)

Eastern Division Spring Conference Friday 20th May 2022

Our annual Spring Conference suitable for Psychiatrists of all grades. The event will run online again via Zoom with excellent speakers, Poster Awards and Medical Student Essay Prize competition.

Free Entry for Foundation Year and Medical Students through 'Enhancing Foundation Experience in Psychiatry' initiative of HEEoE School of Psychiatry.

Speakers: TBC

For upcoming information please keep an eye on our webpage:
[Eastern Division events \(rcpsych.ac.uk\)](https://rcpsych.ac.uk)

Follow us on Twitter:
[@rcpsychEastern](https://twitter.com/rcpsychEastern)



Royal College of Psychiatrists
21 Prescot Street
London
E1 8BB

Phone: 0208 618 4000
Email: moinul.mannan@rcpsych.ac.co.uk

The Royal College of Psychiatrists is the professional body responsible for education and training, and setting and raising standards in psychiatry.

The Eastern Division is made up of members from Essex, Hertfordshire, Cambridgeshire, Bedfordshire, Norfolk and Suffolk.

We would like to thank all members for their contributions towards Eastern Division activities throughout the year.

Eastern Division Medical Student Essay Prize Summer

The Eastern Division has established this prize in order to raise the profile of the Division and to encourage medical students to pursue further study and professional training in Psychiatry.

Prize: £200

Eligibility: All medical students training in Medical Schools located within the Eastern Division.

Where Presented: Eastern Division Spring Conference (online event) 20th May 2022

Regulations:

1. Eligible students are invited to submit an original essay of up to 5000 words on any aspect of psychiatry. The essay should be illustrated by a clinical example from medical or psychiatric practice relevant to mental health and should discuss how the student's training and awareness has been influenced as a result. The essay should demonstrate an understanding of the Mental Health issues pertinent to the clinical problem and should include a discussion of the effects and consequences of the condition for the individual, their family and the wider healthcare system.
2. The essay should be supported by a review of relevant literature and should be the candidate's own work.
3. The Eastern Division Executive Committee will appoint three examiners to judge the entries. Criteria for judging merit will include: clarity of expression, understanding of the literature and evidence, cogency of argument and the overall ability to convey enthusiasm and originality. The Division reserves the right not to award the prize if no entry reaching the agreed minimum standard is received.

Closing date: 6th May 2022

Submissions should be made to:
Moinul Mannan
Eastern Division Manager
moinul.mannan@rcpsych.ac.uk

Deadline for next edition

Submit your articles for Summer edition by 20 May 2022 at psychiatry.east@rcpsych.ac.uk

Royal College of Psychiatrists - Eastern Division E-Newsletter

Editorial Team: Dr Nita Agarwal, Norfolk and Suffolk NHS Foundation Trust

Chair: Dr Kallur Suresh, Essex Partnership University NHS Foundation Trust

Review Board: Eastern Division Executive Committee, Royal College of Psychiatrists

Production: Moinul Mannan, Eastern Division Manager, Royal College of Psychiatrists,
Gareth Griffiths, London and Eastern Division Administrator, Royal College of Psychiatrists

The opinions expressed in this newsletter are those of individual authors and do not necessarily represent the views of the Royal College of Psychiatrists