

The International e-Newsletter: Quarter 4, 2025.



Dear Colleagues,

Welcome to the final quarter of the year. As we prepare for the festive season, we take this opportunity to reflect on the achievements of our global community and look forward to the promise of a new year.

This edition comes at an exciting time, with several landmark developments shaping the future of international collaborations. One of the most significant achievements is the Prague Agreement, which strengthens partnerships across the Globe and reinforces our shared commitment to advancing mental health globally.

We are also proud to see the launch of the new MRCPsych Examinations Centre in Doha, which marked a milestone for the College's global reach and aim to make examinations more accessible for members across the Global South.

Our International Divisions have had an active few months, hosting a vibrant mix of in-person and online events that continue to connect members across regions, share expertise, and strengthen our global network. These activities, such as the launch of the Pan African Educational Clinical Series, in-person international members' meetings at the sister organisations' conferences, namely the CPA and APN, as well as collaborative webinars on key topical issues

demonstrate the power of partnership in driving progress.

We are also delighted to celebrate the recognition of several esteemed members who have been awarded RCPsych Fellowships this year. These Fellowships are a mark of distinction, acknowledging significant contributions to the College's core purposes: setting standards and promoting excellence in mental health care, leading and supporting psychiatrists, and working with patients, carers, and their organisations.

We recognise that this has been a particularly heavy year for many affected by conflict, disasters, and concern for loved ones, and please know that you are in our thoughts. We encourage you to make use of our [open-access emergency resources](#) and [translated mental health guidance](#), which are available to support you.

In this edition, you'll find:

- Updates about the Prague Agreement
- The launch of the Doha Exams Centre
- Dr Lade Smith's visit to Nigeria
- News from our six International Divisions and their recent activities
- Opportunities including bursaries and reduced membership rates for international members

We hope you enjoy this edition and feel inspired by the stories, updates, and opportunities. Wishing you a joyful festive season and a successful year ahead.

Professor Mohammed Al-Uzri

Presidential Lead for Global Mental Health

The launch of the CASC Examinations Centre in Doha



We are pleased to share the success of the first-ever MRCPsych Clinical Assessment of Skills and Competencies (CASC) examination in the Middle East, held in Doha, Qatar in November 2025. This exam, over five years in the making, represents a significant step forward in improving access to psychiatric training and assessment for clinicians across the region and beyond.

The examination took place at the Itqan Simulation Centre at Hamad Medical Corporation, providing a purpose-built environment for candidates to demonstrate their clinical skills. 121 candidates attended from a range of countries such as Egypt, Hong Kong, India, Malaysia, Pakistan, Qatar, Saudi Arabia, Sudan and the UAE, reflecting the international reach of the MRCPsych.

A dedicated team of experienced examiners from the UK led the process, working alongside colleagues from across the Middle East Division to ensure the College's high standards were maintained. Their collaboration and commitment were instrumental in making this event a success.

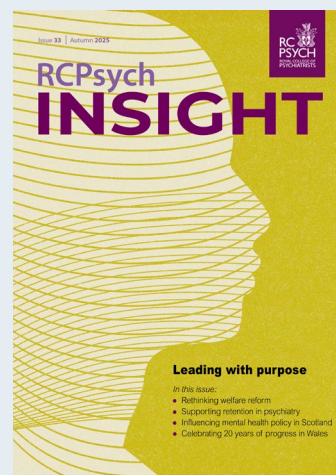
We extend a special thank you to Dr Yasser Khan, Chair of the Middle East International Division, whose tireless efforts behind the scenes ensured a seamless experience for both candidates and examiners. Dr Khan also hosted a CASC celebration event, bringing together examiners and division members from across the region to mark this achievement and strengthen professional connections.

This milestone is more than an exam—it is a catalyst for growth in psychiatric education across the Middle East. By hosting the CASC locally, we have been able to remove some barriers for candidates facing long-haul travel and difficulties obtaining visas to sit the

exam in the UK. This development supports the College's strategic aim of nurturing and supporting psychiatrists globally including developing CASC diets outside of the UK to maintain and improve access to international exam candidates.

This CASC sitting underscores our shared commitment to supporting psychiatrists globally and expanding opportunities for professional development. For more details about the Doha exam diet, please visit the [RCPsych Doha CASC FAQs](#).

Insight Magazine



The latest issue of the RCPsych Insight magazine is now available. Coverage in this issue includes the following

- *Rethinking welfare reform*
- *Supporting retention in psychiatry via the College's new [Thrive in Psychiatry](#) campaign*
- *Influencing mental health policy in Scotland*
- *Celebrating 20 years of progress in Wales*

Featured International Projects: The Prague Agreement



In October at the World Psychiatric Congress, the College presented the 'The Prague Agreement', a coalition of National Psychiatric Associations and Mental Health Charities calling on world financiers -

including the World and Regional Banks, the Capital Markets and the IMF, to incentivise and expect national investment in mental health care. Mental illnesses are predominantly conditions of the youth. Once a person has survived the infectious diseases of childhood, the most likely illness they will suffer from as a young person is a mental illness. Without early intervention and timely access to evidence-based treatments, young people with poor mental health become adults with chronic, relapsing mental illnesses who are unable to achieve their potential - including being unable to complete education and being unable to work. Young adults are the most productive members of society and drive economic growth.

For any country to maximise its potential to prosper, it must actively focus resources to reduce population-level prevalence of mental illness, while improving care for those living with poor mental health. Global financiers should make their investments contingent on a country's development of a national cross-Government mental health strategy with an accompanying implementation plan. The global support required to build and implement such plans already exists, as outlined in the Agreement.

Those present in Prague had the opportunity to co-sign the call to action, and the Agreement has now been circulated with psychiatric organisations and mental health charities around the world for their

support. The support of the College's international members in advocating for this call to action would be welcomed.

The presentation of this paper follows months of research and engagement. A seminar on the importance of investing in good mental healthcare with the World Bank earlier this summer was followed by the opportunity to attend the first United Nations High-Level Meeting on Non-Communicable Diseases and Mental Health, alongside Heads of States and Health Ministers, in New York.

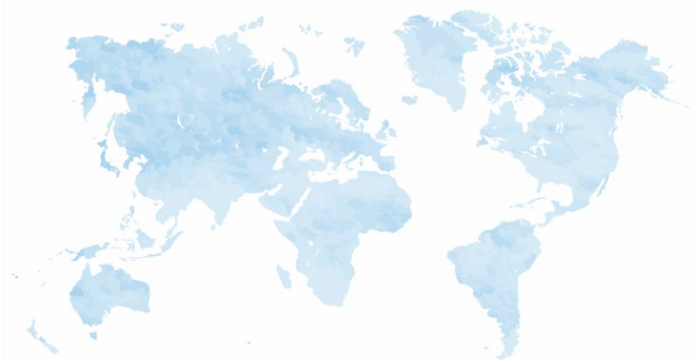
Initial socialization of The Prague Agreement was well received by all, and we look forward to continuing to promote the call to action alongside colleagues old and new.



Pictured: Ms Naat Ka Hui, Mrs Sonia Walter, Dr Lade Smith, Dr Subodh Dave and Ms Jess Rackham.

Good mental health is no longer simply a human rights imperative; it makes economic sense.

By Jess Rackham, Deputy Head of Policy and Campaigns



Visit to the China Association for Mental Health

In October 2025, the Royal College of Psychiatrists (RCPsych), represented by Professor Mohammed Al-Uzri, Presidential Lead for Global Mental Health, and Sally Souraya, Head of Development and Partnerships, were invited to participate in the 17th National Mental Health Academic Conference of the China Association for Mental Health (CAMH) in Beijing. The conference coincided with CAMH's 40th Anniversary celebrations, marking a landmark moment for mental health in China.

During the conference, Professor Al-Uzri delivered a keynote presentation highlighting the College's work in addressing key challenges in global mental health, highlighting RCPsych's approach to workforce development, quality improvement, and international collaboration.



Professor Al-Uzri delivering the keynote presentation at the CAMH conference.

This visit formed part of a wider partnership that RCPsych and CAMH have been exploring since 2024, covering a range of potential projects including adaptation of guidelines, quality networks, and publishing. This growing collaboration was formalised through a Memorandum of Understanding (MoU) signed in November 2025.

Throughout the visit, there were valuable opportunities for learning, dialogue, and exchange of ideas. RCPsych met with the CAMH leadership team to discuss shared priorities, strategic vision, and future collaboration. The delegation also took part in several high-profile events, including:

- China WHO Biennial Conference on Improving Primary Mental Health Services

Capacity, hosted by the National Centre for Mental Health China (NCMHC), where Professor Al-Uzri presented on RCPsych's approach to mhGAP training in primary care.

- Digital Mental Health and AI Symposium at the Vanke School of Public Health, Tsinghua University, where the RCPsych digital literacy framework was shared, as well as insights on the use of digital technologies in mental healthcare.
- An academic conference in Hangzhou, jointly organised by CAMH and the Affiliated Mental Health Centre of Zhejiang University School of Medicine (Hangzhou Seventh People's Hospital), focusing on mental health and psychological wellbeing services within China's National Holistic Health Strategy. The conference brought together experts from the UK and China, fostering rich discussion on innovative models of care and their impact on improving outcomes.

The visit also included site visits that offered further insight into service delivery and prevention-focused approaches:

- Beijing Haidian Psychological Rehabilitation Hospital, where RCPsych delegation learned about community-based models of mental healthcare.
- The Experimental High School Affiliated to Beijing Normal University, showcasing school-based mental health support delivered through multidisciplinary counselling teams and wellbeing programmes for students and parents.



Opportunities for International Members

Dementia Certification Course

Are you looking to deepen your expertise in dementia care and diagnosis? Or do you know international colleague who share such interest? Interested colleagues can register now for our upcoming Dementia Certification Course, designed to equip mental health professionals with the latest evidence-based knowledge and practical skills in dementia prevention, assessment, and management.

[Register Interest](#)

Reduced Fees and Overseas Bursaries

The College remains committed to ensuring that membership and professional development opportunities are both accessible and affordable for our international members.

As you are aware, the College offers different grades of membership depending on your qualifications, experience, and residence. Members based outside the UK may qualify for reduced rates under our banded system, which ensures affordability for members across divisions. Overseas members who earn below £26,000 per year can [apply for a reduced subscription rate for their membership](#).

Faculty Overseas Bursaries - Apply Now!

[Neuropsychiatry Faculty: Bursary for psychiatrists from LAMI countries](#)

The Neuropsychiatry Faculty has established an annual bursary to enable a psychiatrist from a low- and middle-income (LAMI) country (defined as [World Bank classification C and D](#)) to attend the Faculty Annual Residential Meeting (usually held in September) in order to give an oral or poster presentation or deliver a workshop.

Deadline: 30 April 2026

[ID Faculty: Bursary for psychiatrists from LAMI countries](#)

A bursary to enable a psychiatrist from a low- and middle-income (LAMI) country to attend our annual

residential meeting (usually held in the autumn) to give an oral or poster presentation, or deliver a workshop. The bursary is designed to cover the cost of economy class travel, accommodation, free registration and attendance at our conference dinner, up to a maximum of £1,500.

Deadline: 31 May 2026

[Old Age Faculty: Bursary for psychiatrists from LAMI countries](#)

A bursary to enable a psychiatrist from a low- and middle-income (LAMI) country to attend our annual residential meeting (usually held in March) to give an oral or poster presentation, or deliver a workshop. The bursary will include free conference registration and £2,000 towards economy class travel and accommodation.

Deadline: 31 October 2026

[Learn more and apply](#)

Congress Bursaries for International Members

There are a limited number of bursaries available for members across the six international divisions to attend [International Congress](#).

Each International Division will award a bursary, including free registration to the Congress, £500 towards accommodation/travel and an invitation to the International Strategy Breakfast to the top scoring trainee or early career psychiatrist' winning posters

To learn more and apply visit the [International Congress Bursary Information page](#).

UEMS Excellence Awards



The UEMS Psychiatry Section are excited to announce the launch of a new round of nominations for the prestigious Psychiatric Excellence Award 2025/26 edition! This award recognises outstanding contributions in the field of psychiatry and mental health care across Europe.

Nominations are open to individuals and organisations dedicated to advancing psychiatric practice, research, and education. Don't miss the opportunity to highlight exceptional achievements in this vital field is a fantastic opportunity to showcase innovation, best practices, and the diverse work happening across the RCPsych wider membership. We're especially keen to hear from voices and perspectives that may not usually be represented.

[Submit your nomination](#)

The European Psychiatric Association Leadership Academy

The European Psychiatric Association Leadership Academy is a new 4-day training programme on leadership in psychiatry, inaugurated this year. The scheme offers an opportunity to develop strategic, organisational and communication skills essential for the future of our profession.

You can find full details about the Leadership Academy via the [European Psychiatric Association webpage](#)

Next Generation Awards & Scholarships

Each year at the EPA Congress, the EPA recognises excellence among early-career psychiatrists through its prestigious Next Generation Awards and Scholarships. For recognition at the European Psychiatric Association Congress, refer to [Next Generation Awards page](#)

If you'd like to stay involved in the EPA's current and upcoming initiatives, visit the EPA's website to [explore more opportunities](#)

EPA Constance Pascal-Helen Boyle Prize

The European Psychiatric Association (EPA) has announced the launch of the Constance Pascal-Helen Boyle Prize, a prestigious award of €10,000 for Outstanding Achievement by a Woman in Working to Improve Mental Health Care in Europe.

Submissions are now open until 23 January 2026. The laureate will be announced and awarded at the European Congress of Psychiatry, 28-31 March 2026, in Prague. To learn more about the eligibility criteria and the nomination procedure, [please visit the EPA website](#).

International Divisions

Updates from the RCPsych International Divisions

The International divisions have had a busy period, hosting local member meetings, in-person receptions, and educational webinars across regions. These activities have contributed to efforts in strengthening member engagement, fostered collaboration across regions, and provided valuable opportunities for learning and networking. Looking ahead, more exciting events and initiatives are planned for the coming months, stay tuned for details!

African Division

Dr Neil Horn, Chair

The African Division has had an active and impactful season, showcasing initiatives that strengthen clinical practice and international collaboration.

PAUCES

The Division successfully launched the Pan African Clinical Educational Series, which feature complex case discussions led by College and International experts. Two sessions have already taken place—one

hosted by South Africa and another by Kenya in partnership with the African Division.

The most recent session attracted 400 registrations, including approximately 250 medical practitioners, and received highly positive feedback. Building on this success, the series will now run every two months, providing a regular platform for knowledge exchange and professional development.

Conference Engagements

The Division was strongly represented at key regional conferences including the Kenyan Psychiatric Association Conference, during which Prof Al-Uzri shared a presentation showing the College international activities, including the PAUCES initiative. Dr Horn attended the South African Association Conference. Dr Lade Smith was also present and delivered several well-received talks, reinforcing the College's commitment to supporting mental health systems across Africa.

Middle Eastern Division

Dr Yasser Saeed Khan, Chair

Representation at the WPA Inter-Zonal Seminar

Dr Yousaf Iqbal (Consultant Psychiatrist, Hamad Medical Corporation) and Dr Pratyaksha Sinha (Psychiatry Resident, Hamad Medical Corporation) represented the Middle Eastern Division at the World Psychiatric Association's Inter-Zonal Seminar on Indigenous Mental Health Resources: A Global Perspective (6-7 September 2025). They spoke about the historical and therapeutic value of culturally rooted practices and their place in modern psychiatry. The session was well received and encouraged global discussion on how traditional healing approaches can complement contemporary mental health care. For the College, this highlights the importance of culturally informed care.

MRCPsych CASC Examination in Doha

In November, the Division assisted with the first MRCPsych CASC examination in Doha. The feedback has been overwhelmingly positive from attendees, citing the benefits of shorter travel time and hassle-free visa experiences. The team worked closely with the College to ensure the event was a great success and set strong foundation for future exams in the region.

Regional and International Engagements

Middle Eastern Division members participated in a variety of international events, including the World Congress of Psychiatry in Prague and the ECNP Congress in Amsterdam, reflecting the region's growing presence within global psychiatric dialogue. The 9th Maudsley Health Annual Conference brought together international experts in Abu Dhabi, marking a decade of advancing evidence-based mental health practice across the region. College members contributed to the meeting across a wide range of specialties, including perinatal, general adult, intellectual disability, addictions, CAMHS, and older adult psychiatry, further strengthening UK-UAE partnerships. Dr Bruce Clark (SLaM) chaired the conference, with Dr Mohamed Maksoud, Chief Medical Officer, and Dr Waleed Ahmed, Clinical Director at Maudsley Health.

Global Ministerial Summit on Mental Health in Doha

Qatar recently hosted the Global Ministerial Summit on Mental Health, bringing together international leaders, policymakers, and experts to discuss global priorities for mental health. The event was attended by college members which further highlighted Qatar's growing role in promoting international collaboration and advancing mental health policy, research, and service development across regions.

South Asian Division

Professor Rajashree Ray, Chair

The South Asian Division continues to strengthen its engagement and foster meaningful dialogue across the region. On Friday 3 October, the Division hosted an online members meeting, creating a valuable platform to connect with colleagues, share insights, and better understand members' aspirations for the Division.

Building on this momentum, the Division delivered a free members webinar, *Navigating the MRCPsych Journey*, which offered delegates the unique opportunity to hear directly from the RCPsych Chief Examiner. This interactive session provided practical guidance and addressed key questions for those preparing for the examinations.

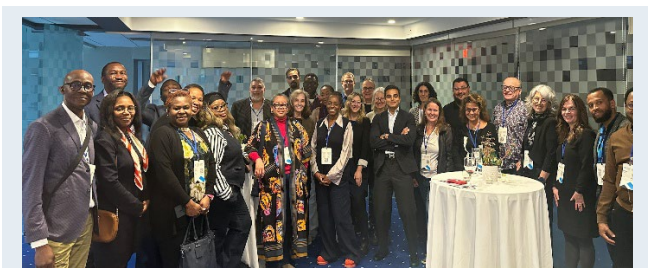
Dr Rajashree continues to support the division's collaborative efforts and is working with colleagues at the British Indian Psychiatric Association (BIPA) and the Indian Teachers of Psychiatry (IToP) to host an exciting webinar which will explore the forward-thinking approaches to strengthening psychiatric education and training. We are delighted to confirm an outstanding speaker line-up, including Dr Subodh Dave, RCPsych Dean, Professor M Kishor, and Professor Mohan Isaac; who will share their expertise and vision for advancing global mental health education.

Don't forget to register to [attend this event](#).

Pan-American Division

Dr Ishrat Husain, Chair

The Pan American Division had a very well attended reception at the Canadian Psychiatric Association annual meeting, with over 40 members in attendance. Dr. Lade Smith was also able to attend.



Pictured: Pan-American Division members at the members reception with Dr Ishrat Husain, Division Chair and Dr Lade Smith, RCPsych President (Centre)

The division is planning similar engagement events at the American Psychiatric Association annual conference in May 2026.

Dr Husain was delighted to approve 12 applications for Fellowship from Pan-American members.

Western Pacific Division

Professor Steve Kisely, Chair

Division chair Professor Steve Kisely attended the Canadian Psychiatric Association annual meeting in Vancouver and took the opportunity to represent the Division at the Pan American division's gathering,

meeting division chair Dr Ishrat Hussain and President Lade Smith.

Following a collaboration between the South Asian and Western Pacific Division; Division Finance Officer Dr Chee Chin co-chaired the webinar Navigating the MRCPsych Examinations alongside South Asian division chair Dr Rajashree Ray. The event was well received.

The Division submitted three symposium proposals for the 2026 International Congress. Outcomes for this submission will be shared later. Plans are also underway to host a Division reception during the Royal Australian and New Zealand College of Psychiatrists Congress in Melbourne in May 2026.

RCPsych Fellowships

The College awards fellowships as a mark of distinction and recognition of contribution to psychiatry. This year several esteemed members across the six International Divisions have been awarded this honour.

African Division – 1 Fellow from Nigeria.

- Professor Laofe Ogundipe

European Division – 10 Fellows across Belgium, Germany, and Ireland.

- Dr Sophie Dechene (Belgium)
- Dr Deniz Cerci (Germany)
- Dr Anne Landers (Ireland)
- Dr David Denton (Ireland)
- Dr Kapil Sharma (Ireland)
- Dr Mary Cosgrave (Ireland)
- Dr Mas Mahady Mohamad (Ireland)
- Dr Muhammad Fahmi Ismail (Ireland)
- Dr Raymond Joseph Goggins (Ireland)
- Professor Henry O'Connell (Ireland)

Middle Eastern Division – 10 Fellows across Egypt, Qatar, and UAE.

- Dr Dina Aly (Egypt)
- Dr Khaled Helmy (Egypt)
- Professor Reem El Sayed Mohamed Hashem (Egypt)
- Dr Zarshed Khan (Qatar)
- Dr Alaa Ibrahim Ahmed Haweel (UAE)

- Dr Emad Farrag (UAE)
- Dr Mansour Assaf (UAE)
- Dr Saman Raniah Khan (UAE)
- Dr Sobia Nasim (UAE)
- Dr Teizeem Dhanji (UAE)

- Dr Yit Shiang Lui (Singapore)

International Team Update

As we close out the year, we want to share an important update from our international team.

First, we extend our heartfelt gratitude to Ms Naat Ka Hui, who has completed her tenure as International Manager (maternity cover). Naat's dedication, professionalism, and warmth have left a lasting impact on our work and our global community. Her contributions have strengthened connections across borders, and we are truly thankful for the energy and commitment she brought to every project. Please join us in celebrating her outstanding efforts and wishing her every success in the future.

At the same time, we are delighted to welcome back Ms Agnes Raboczki, who has returned from maternity leave to resume her role. Agnes brings not only a wealth of experience but also a passion for fostering collaboration across cultures. We look forward to working together to build even stronger partnerships and advance our shared mission globally.

Pan American Division – 16 Fellows across Barbados, Canada Trinidad and Tobago and USA.

- Dr Elizabeth Rochester (Barbados)
- Dr Adedayo Alabi (Canada)
- Dr Anike Atigari (Canada)
- Dr Anthony Njoku (Canada)
- Dr Gordon Mowat (Canada)
- Dr Hany Shaltout (Canada)
- Dr Lilian Obakpolo (Canada)
- Dr Michael Achor (Canada)
- Dr Michael Chan (Canada)
- Dr Nkemdilim Evelyn Obosi-Odogwu (Canada)
- Dr Olawale Adewusi (Canada)
- Dr Oluwakayode Fagbuyi (Canada)
- Dr Oritseweyinmi Oshodi (Canada)
- Dr Anietie Akpan (Trinidad & Tobago)
- Dr Adityan Jee (USA)
- Professor Peter Yellowlees (USA)

South Asian Division – 2 Fellows from India and Pakistan.

- Dr Daljeet Kaur (India)
- Dr Mehboob Yaqub (Pakistan)

Western Pacific Division – 15 Fellows across Australia, Hong Kong, Malaysia, New Zealand, and Singapore.

- Dr Altaf Nissar Khoja (Australia)
- Dr Emma Crampin (Australia)
- Dr Lynne Steele (Australia)
- Dr Ramesh Babu Atikum (Australia)
- Dr Shyamasree Dutta (Australia)
- Dr Man Lui Chan (Hong Kong)
- Dr Pey-Chyou Pan (Hong Kong)
- Dr Gayathri K. Kumarasuriar (Malaysia)
- Dr Alastair Willis (New Zealand)
- Dr Angela O'Brien (New Zealand)
- Dr Charul Ravindra Barapatre (New Zealand)
- Dr Zoe Rebecca Williams (New Zealand)
- Dr Enquan Cheow (Singapore)
- Dr Weibin Melvyn Zhang (Singapore)

Upcoming College Events

Our International Divisions have lined up a series of exciting events just for you! Join us for some of the following upcoming educational webinars.

Title: Why Psychiatry has a Psychedelic Future

Date: 29 January 2025

Where: Online

Description: Join us for an engaging online event exploring the evolving role of psychedelic medicine in psychiatry. This webinar brings together leading experts and lived experience perspectives to discuss current research, clinical applications, and regional developments in the Middle East.

[Register Here](#)

Title: Innovative capacity building strategies in psychiatry Education

Date: 04 February 2025

Where: Online

Description: Join us for this joint webinar hosted by the South Asian Division and IToP, featuring expert speakers—including Dr Subodh Dave—who will explore innovative approaches to psychiatric education and faculty development. The session will highlight practical capacity-building strategies that benefit both organisations and the wider mental health community.

[Register Here](#)