



Dear Colleagues,

I am pleased to offer a warm welcome to this latest edition of the International Members Newsletter. The early months of this year have brought renewed momentum to our global work, characterised by strengthened relationships, active

engagement across all regions, and steady progress in achieving our strategic objectives. This growing energy across the College reflects the commitment of colleagues who continue to contribute their expertise to shared learning and collaborative development.

In light of the on-going crisis in the Middle East, I would also like to take a moment to extend my thoughts, solidarity, and support to colleagues in the region and the respective [diaspora groups](#) affected by the war. In a complex global context, we recognise the profound distress caused by the situation and the mental health challenges arising from world events, especially for colleagues balancing concern for loved ones with the demands of supporting their communities. The College's [emergency resources](#), including open access information on [Coping after traumatic events](#) as well as our eLearning module on [Complex humanitarian emergencies: mental health and psychosocial response](#), the direct services of the [Psychiatrists' Support Service](#), and other pastoral resources, such as the [Translations of our mental health information](#) remain available to members in the region and across diaspora groups.

Across regions, our work has continued to grow, with discussions underway to explore and shape our growing portfolio of projects in Africa, Europe and the Middle East. These include proposals focused on capacity development, educational support, and system strengthening, informed by priorities emerging from our international network. We look forward to sharing more as these initiatives take shape.

International Divisions remain highly active, following the recent successful delivery of division led activities, such as the African Division's on-going collaborative Pan-African UK educational series (PAUCES), the Middle Eastern and South Asian Divisions' Webinars.

This edition brings together updates from across our global community, opportunities for involvement, and highlights from recent work across the College's international portfolio.

In this edition, you'll find:

- A message from the College Treasurer, Dr Ian Hall
- RCPsych President's visit to Nigeria
- Highlights from the International Divisions
- Upcoming international conferences and events
- Opportunities for international members

Finally, Eid Mubarak to everyone celebrating. May the occasion bring peace, generosity and renewed hope to us all.

Professor Mohammed Al-Uzri
Presidential Lead for Global Mental Health



Introducing College Treasurer Dr Ian Hall



I was honoured to be elected Treasurer of the Royal College of Psychiatrists and took up the role in June 2025. I have a good understanding of the College having done many different roles in the past, including Faculty Chair, Associate

Dean for Conferences, Chief Examiner, and most recently Specialist Advisor for International Exams.

My broad aims as Treasurer are to

- Refocus the College on its core purpose
- Deliver excellent value for members' hard-earned contributions
- Make sure College finances are prudently managed
- Properly listens to all our members

The work of the International Divisions is crucial to our College, and it is great to see our international membership growing across regions. I have been working most closely recently with the Western Pacific and Middle East divisions, setting up and delivering our CASC exam in Singapore and Doha, and it was great to meet so many of our international members taking such an active role in the College as examiners and organisers.

It has been very good to see the International Divisions' Chairs as full members of Council influencing and shaping the direction the College takes, and to meet many international members at the College events, including the flagship [International Congress](#) and to hear your views. Please continue to share your views.

International Congress 2026



ROYAL COLLEGE OF PSYCHIATRISTS

International Congress

As we look ahead to the coming months, we are very much looking forward to welcoming members from across the world to this year's International Congress.

You have until the end of this month to [secure your early bird ticket](#) to the 2026 RCPsych International Congress. Ensure you book your ticket by the 31 March 2026 to save up to £100 and confirm your place at our award-winning event!

Once you have confirmed your registration, we would be more than happy to assist you with a visa invitation letter. Please just email congress@rcpsych.ac.uk for more information.

The International Congress this year will be taking place in Liverpool from Monday 15 - Thursday 18 June. Over the four days of the Congress, we hope to inspire you with talks from 15 high-profile international keynote speakers and five concurrent streams that feature not just world class academics and clinicians, but also those with lived experience, their families and opinion leaders from the social and political sphere. [View the programme](#) * and look at all that we have planned.

To help make your trip as smooth as possible we have also put together [a helpful guide](#) covering the travel and accommodation options. Liverpool is well connected by train, car, bus and airports, making it easy to get to the venue. We recommend booking accommodation as soon as possible as places may be limited as we approach the event.

We can't wait to see you in Liverpool this summer, don't forget to book your early bird ticket today! *

Please note that the programme is subject to change and that all times are in BST.

Mindmasters Quiz 2026 - Call for Participants

Preparations are underway for Mindmasters 2026, and we are seeking volunteers to complete this year's teams.

Nine teams are required, each comprising four RCPsych members representing a Division or Devolved Nation, specialty, SIG, Faculty or membership grade. As in 2025, both the heats and the final will take place on a single evening, in front of a live audience at the College's International Congress on Sunday 14 June, from 5pm to 7pm.

UK and international members are invited to volunteer either as individuals or as a complete team of four. Participants may claim up to £100 towards travel to the ACC Liverpool, with claims to be submitted within eight weeks of the event. Team members will also be eligible for a partial refund of up to £50 for one day of Congress.

Teams will be allocated on a first-come, first-served basis, and early registration is recommended.

Register here: [Mindmasters Quiz Team Registration 2026](#)

Further information is available on the [Mindmasters webpage](#).

Presidential Visit to Nigeria

In October 2025, College President, Dr Lade Smith, travelled to Benin City, Nigeria, to attend the Annual General Scientific Meeting of the Association of Psychiatrists of Nigeria (APN). As part of this visit, she also attended a strategic meeting between the RCPsych and the West African College of Physicians (WACP) - Faculty of Psychiatry.

The meeting brought together senior representatives of both organisations. Participants included Professor Richard Uwakwe, Professor James Taiwo Obindo, Professor Lateef Taiwo Sheikh, and Dr Veronica Nyamali.

The session was convened to renew a formal partnership between RCPsych and WACP, building on the earlier collaboration. Both organisations reflected on their shared challenges, including workforce shortages, stigma, and the treatment gap across the region, and reaffirmed commitment to a mutually beneficial, sustainable, and culturally grounded collaboration.

The agenda focused on three key areas for future joint work:

- Primary Care Psychiatry Training.
- Governance and Quality Assurance in Training
- Training and Examiner Observation Exchanges

Both sides agreed on the value of focused and relationship-driven collaboration.

Dr Smith also encouraged the Association of Psychiatrists of Nigeria (APN) as well as the WACP to engage with the newly launched Economic Case for Mental Health paper, developed with the World Psychiatric Association and the World Bank, and invited them to consider endorsing the statement. This visit marked an important step in reenergising the partnership between RCPsych and psychiatric leaders in Nigeria as well as across Africa, with a shared vision to improve access to mental health support across the region. Furthermore, the visit also highlighted the College's growing engagement across the sub-Saharan African region.

The RCPsych African Division continues to collaborate with the Association of Black Psychiatrists (ABP) and partner organisations across Africa and the UK, strengthening professional networks and supporting shared learning. A central part of this collaboration is the Pan African UK Clinical Educational Series (PAUCES), an initiative that brings together psychiatrists from multiple African countries and the UK to discuss complex clinical cases and cross-cultural perspectives. These sessions have become an important platform for sustained regional engagement, with strong attendance and highly positive feedback.

International Division Updates

Updates from the RCPsych International Divisions

The International Divisions have had an active and productive quarter, with local member meetings, in-person- receptions, and a wide range of educational webinars taking place across regions.

Looking ahead, each division has an exciting programme of events and initiatives planned for the coming months. We are pleased to share a brief overview of what they have been working on and what is coming next.

African Division

Dr Neil Horn, Chair

Building on the success of the Pan African UK Clinical Educational Series (PAUCES), the Division recently hosted the third session in the series: *Clinical Crossroads: Mind, Brain and Belief*. Delivered in collaboration with colleagues from psychiatric organisations across Africa and the UK, the session featured contributions from Prof Kingsley Mayowa Okonoda (Consultant in Addiction, Social and Rehabilitation Psychiatry, Nigeria), Dr Emeka Nwefoh (Consultant Psychiatrist, Nigeria), Dr Ivan Koychev (Clinical Associate Professor in Neuropsychiatry, Imperial College London, UK), and Dr Nwifem Akhator Eneke (CAMHS Consultant Psychiatrist, UK), who chaired the session. This was a highly popular event, attracting over 400 registrations and participants from across the region and internationally.

The Division also held an online members' meeting on Wednesday 4 March 2026, continuing its strong engagement with local Members and Friends of the Division. Discussions included updates on the upcoming International Congress, information on College bursaries available to international members, and the College's psycho-educational resources.

European Division

Dr Angela Cabardello, Chair

The European Division is preparing for the upcoming [European Psychiatric Association \(EPA\) Congress](#) which will take place in **Prague from 28-31 March 2026**. The College will be represented by Dr Lade Smith, Professor Mohammed Al-Uzri and Ms Sonia Walter.

Members attending EPA are warmly invited to join Professor Mohammed Al-Uzri's session, "Equality, diversity and inclusion in European psychiatry: shifting paradigms in training and practice," on Monday 30 March, 10:00-11:30 in South Hall 2A.

He will also offer insights on "How can Europe support gender equality and social inclusion in psychiatry overseas: experiences from the RCPsych Global Health Workforce Project at 10:34-10:51.

Alongside Congress preparations, the Division continues to contribute to wider collaborative work across Europe. This includes participation in the "Truth About Psychiatry" task force, a joint initiative with colleagues from Norway, Belgium, and GAMIAN. The task force aims to address misconceptions and misinformation about psychiatry by promoting accurate, evidence-based information and directing the public to reliable sources.

Call for Topic Submissions - European Division Deans Grand Round & Webinars

The European Division plans to expand its member-engagement activities and is inviting members to suggest topics for this year's Deans Grand Rounds and webinar events. Members are welcome to propose ideas and themes aligned with regional priorities or emerging clinical challenges. If you would like to submit an idea, [fill out this form](#) or contact [Patricia Akullo](#), International Divisions Coordinator

Middle Eastern Division

Dr Yasser Saeed Khan, Chair

The Middle Eastern Division continues its work during an exceptionally challenging time for many colleagues, members, and friends across the region and in the UK. We acknowledge the profound distress caused by the ongoing situation and extend our solidarity and support to all those affected,

including members of the wider diaspora communities. The Division remains committed to providing meaningful spaces for support, reflection, and connection.

In line with this commitment, on Thursday 26 March the Division collaborated with VIPSIG and the Diaspora Groups to facilitate a topical webinar, aimed at supporting members affected by the crisis in the region. The session offered members a space to reflect, share and learn about the emotional and psychological impact on adults, children and clinicians as well as support strategies, and ways to manage the emotional impact.

The webinar is available to [watch via the VIPSIG events page](#)

In January the Division delivered a webinar; *Why Psychiatry Has a Psychedelic Future*, which attracted more than 500 delegates from across the region and beyond. The session generated considerable interest and contributed to on-going discussions around emerging treatments and innovation in psychiatry.

[The webinar is available to watch here](#)

South Asian Division

Professor Rajashree Ray, Chair

The South Asian Division has had a dynamic start to the year. Several College Members participated in the 77th Annual National Conference of the Indian Psychiatric Society, held in New Delhi from 28th-31st January 2026. This was the largest annual psychiatry conference in India and attracted a record number of participants this year.

Members conducted a four-hour workshop covering various aspects of working as a psychiatrist in the UK, the advantages of holding an RCPsych Membership, guidance on preparing for the examinations, and leadership in psychiatry. The South Asian Division expresses its sincere gratitude to the organisers and to the Indian Psychiatric Society for this valuable collaboration.

The workshop began with a two-part CASC Preparatory Masterclass:

a) Introduction to Generic Skills for psychiatrists

b) Understanding Risk Assessment, Patient Management, Mental Health Legislation, and CASC Evaluation

The sessions covered core interviewing skills, role plays, and emphasised the importance of teamwork in psychiatric practice.

The workshop was attended by 54 psychiatrists, most of whom were early in their careers. Feedback was overwhelmingly positive, with many young psychiatrists expressing interest in learning more about College membership. Several participants also requested similar workshops in the future.

The CASC session was followed by an interactive panel discussion on psychiatric leadership, engaging senior psychiatrists from India and other South Asian countries.

India, now the world's most populous country, continues to face significant unmet mental health needs. The Government of India has prioritised mental health in the 2026 national budget. Members of the South Asian Division hope that this collaboration marks the beginning of a meaningful and sustained partnership between two of the largest professional psychiatric associations in the world

On 4 February 2026, The Division held a well-attended webinar, *Capacity-Building Strategies in Psychiatry Education*. The session brought together experts from across the region to discuss practical approaches to strengthening psychiatric training and supporting workforce development.

You can [watch the recorded event via the divisions page](#).

Western Pacific Division

Professor Steve Kisely, Chair

The Division submitted three symposium proposals for the 2026 International Congress.

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) Congress will be held in Melbourne from 3-7 May 2026.

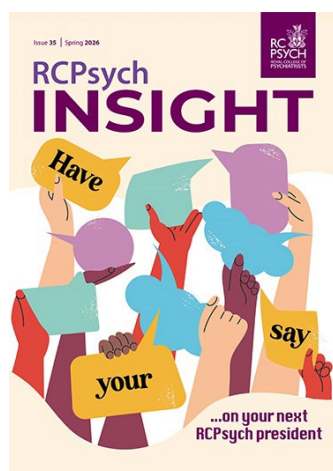
The Division will host an informal members' reception during the upcoming RANZCP Congress to be held at Melbourne Convention Centre, Plenary Cafe on 5 May from 5:00-6:00 pm.

During the reception, you'll have the opportunity to meet division exec Professor Steve Kisely, Division Chair and Dr Lade Smith, College President.

[You can register here to attend](#)

RCPsych Insight Magazine

The latest edition of the RCPsych Insight Magazine is now [available on the College website](#). In this edition you can find the following:



This issue's coverage includes:

- From legislation to implementation: Key changes as part of the Mental Health Act 2025 (England and Wales) and the potential implications.

- Navigating publishing pitfalls: Practical advice on submitting to the College's portfolio of journals
- The Independent Review into Mental Health Conditions, ADHD and Autism: Examining some of the complex factors being considered as part of this process, and how the College is engaging with it.
- Understanding PMDD: A highly debilitating condition that could be identified much sooner by asking the right questions.

[Download Issue 35](#) (PDF)

Celebrating International Women's Day

Dr Sheeba Ninan, South Asian Division Finance Officer



International Women's Day (IWD), marked annually on 8 March, is a global celebration of the achievements, contributions, and resilience of women

across generations. First observed in 1911 and formally recognised by the United Nations in 1975, the day continues to shine a light on the pursuit of gender equality, dignity, and peace worldwide.

This year's theme, "Give to Gain", encourages generosity, collaboration, and community support. It highlights the belief that when we uplift one another, we strengthen our societies and create opportunities for shared progress.

In Kozhikode, the Geriatric Clubs and Day Centres embraced International Women's Day with vibrant and heartfelt celebrations. Older adults took a leading role in the event, showcasing their creativity, cultural pride, and powerful sense of community. Through lively group dances, songs, and drama performances, participants highlighted the strength and contributions of women, while reflecting on the progress made across generations.

A colourful display of traditional attire from different



parts of India added to the festive atmosphere, celebrating the country's rich cultural heritage. The drama performances were especially meaningful,

exploring themes of women's empowerment, the reversal of traditional gender roles, and the ongoing journey towards equality. These performances encouraged reflection, challenged long-standing social norms, and celebrated the resilience and capabilities of women.

The celebrations were strongly supported by staff and families, whose encouragement helped create an uplifting and inclusive environment. Participants dressed in pink to symbolise unity, pride, and solidarity, standing together to honour women's experiences and achievements.

The event served as a reminder of the importance of community, culture, and shared celebration in advancing the message of International Women's Day: that empowerment, respect, and equality benefit us all.

RCPsych Certified Courses

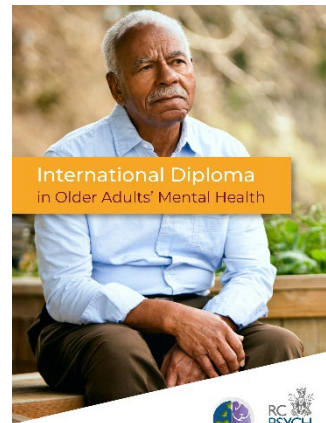
Dementia Certification Course



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](#)

International Diploma



We're pleased to announce that applications are now open for the 2026/27 cohort of the RCPsych International Diploma in Older Adults' Mental Health, beginning September 2026. This one-year knowledge-enhancement programme is designed

for doctors practising outside the UK who want to deepen or refresh their expertise in how the most common mental disorders in older adults present and are managed. The diploma offers a rich academic and clinical learning experience, helping participants build a stronger understanding of the clinical and service-related complexities of working within older adults' mental health. Learners will also join a growing international community of practice, sharing knowledge, skills, and challenges with colleagues across the globe, while contributing to the development of services for older people within their own contexts. [View further details and find out how to apply](#)

RCPsych Mental Health Translations

Did you know that the College offers a wide range of translated [mental health information](#) leaflets to support patients, families, and communities around the world? These trusted resources cover over 100 topics for adults, children and young people, and parents, and are available in 26 languages, with more being added and updated regularly. Whether you are supporting patients locally, teaching, working in humanitarian settings, or engaging with diaspora communities, these leaflets offer clear, evidence-based information on mental health conditions, treatments, and ways to support wellbeing. To access these, please visit the [mental health information pages](#)

BJPsych International



You can now read the [latest issue](#) of *BJPsych International* and browse the newest editions of *Muses* and browse the latest editions of *Muses*, the journal's [arts blog](#), featuring visual artist and psychiatrist Dr Lakshmi Sravanti's latest piece, "[Reach Out to Venus](#)" the third artwork in the series exploring depression and healing, extending the journey from inner fragmentation toward tentative hope.

BJPsych International welcomes contributions from members worldwide and offers open access publication, broad visibility, and supportive guidance for authors.

Members can submit [original research](#), briefs, global policy and practice pieces, Country Profiles, [Mental Health Law Profiles](#), or contributions to [Global Echoes](#) for students and trainees.

For more information, please see the [author guidelines](#), submit via [ScholarOne](#), or contact the editorial team at BJPIInternational@rcpsych.ac.uk

Connecting international colleagues working in prison mental health

The Royal College of Psychiatrists' [Quality Network for Prison Mental Health Services \(QNPMHS\)](#) has recently launched an International Membership offer, enabling services outside the UK to engage with its standards and peer review approach.

Separately from this, there is interest in developing an informal, independently hosted international

forum for clinicians and professionals working in prison and custodial mental health settings. The purpose of this forum would be to support connection between colleagues, share learning, and explore similarities and differences in practice across jurisdictions, without any formal remit, outputs, or obligations at this stage.

Colleagues working in this field who may be interested in being part of these early conversations are invited to [get in touch](#) with [Dr Matthew Tovey](#), Consultant Forensic Psychiatrist.

Accessing Expertise:

MRCPsych Learning



Our newest resource for candidates preparing for the MRCPsych exams, our [Paper A Practice Paper](#), is now live!

This practice paper has been developed as a structured revision tool to support preparation for the MRCPsych Paper A exam.

It is designed to:

- help consolidate learning from MRCPsych eLearning Paper A modules
- test understanding of key concepts
- reflect on progress as you work through the curriculum.

Like our [Paper A resources](#) (formerly Trainees Online [TrOn]), this 100-question paper is also FREE to access for all College members - just log in with your College details (not OpenAthens) to access the modules.

While the questions draw on themes commonly encountered within MRCPsych eLearning modules, they are of course not intended to predict or guarantee the content of the formal examination. Please refer to the College's webpage on [Preparing](#)

[for exams](#), which provides helpful guidance on what you'll need to prepare for Paper A, Paper B and CASC.

Our [Paper B resource](#) also recently launched on MRCPsych eLearning, mapping relevant CPD eLearning resources to the clinical components of the Paper B syllabus. Although these are not specifically designed for Paper B revision in the way that Paper A-related modules are, these may be helpful to candidates preparing for this paper. To access these resources, learners will need a subscription to CPD eLearning, available to members at a discounted rate.

For further information or to view our full educational offering for those preparing for the MRCPsych exams, visit the [MRCPsych eLearning](#) page on the eLearning Hub or get in touch with the eLearning team at elearning@rcpsych.ac.uk with any questions.

Library Resources

The College Library provides OpenAthens accounts to members, to help support and develop their practice. The accounts allow access to a wide range of databases, ebooks and journals.

The collection is built entirely on member recommendations, so if you can't find something you need, just let us know.

Databases - the College provides access for members to Medline and Embase.

Journals - some examples include: Lancet Psychiatry, the American Journal of Psychiatry and European Psychiatry.

eBooks - We have over 30,000 eBooks available to members, including many chosen by the College Faculties.

For articles not available through our own subscriptions, we offer inter-library loans, finding what you need in another library and sending it out to you by email.

Research Assistance: We offer a free literature searching service for those who do not have the time or confidence to search through the databases. This can also be combined with training for anyone who

wants to refresh their skills. We can provide help to members getting started on a systematic review.

You can find all these resources on the [College website](#) Or [get in touch with us directly via email](#) and Tel: 020 8618 4099

Opportunities for International Members

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](#)

Upcoming College Events

Join us for some of the following upcoming educational webinars.

Title: Future of Psychiatry: Global Challenges and International Perspectives

Date: 15 April 2026

Where: Virtual Event, Online

Description:

The London Division are pleased to host this webinar on 'Future of Psychiatry: Global Challenges and International Perspectives'. The event will be chaired by former RCPsych President, Professor Dinesh Bhugra.

Psychiatrists everywhere are voicing increasing concern about the future of psychiatry as a coherent and viable clinical practice. From rising population need and increasing public demand, to diagnostic 'inflation and over-reach'; from new disruptive digital technologies to the industrialization of 'mental health'; from worsening funding shortfalls to the lack of research into new effective treatments; from the re-emergence of 'anti-psychiatry' to a new politics of populism, etc etc, the challenges are many, and the list goes on.

This webinar will bring together an eminent panel of renowned international speakers and leaders in psychiatry, drawn from around the world, including Europe, China, Brazil, and the USA, as well the UK, to address and discuss these urgent questions.

[More information](#)

Title: Free Members' Webinar: 1926 and All That: Patients, Veterans, Psychiatrists and the Royal Charter

Date: 30 April 2026

Where: Virtual Event, Online

Description:

A special event as part of our [Royal Charter centenary commemorations](#).

1926 in the UK is perhaps best remembered for the General Strike and the mysterious disappearance of Agatha Christie. It was also an extraordinary year for psychiatry. Celebrations around the Medico-Psychological Association's Royal Charter were counterbalanced by the publication of the minutes and report of the Royal Commission on Lunacy and Mental Disorder. It indicated deficits in the provision of psychiatric care for the general population in England and Wales and made many suggestions for improvement. At the same time, thousands of mentally traumatised First World War veterans still required support.

[More Information](#)