

The International e-Newsletter: Quarter 3, 2025



Dear Colleagues,

Welcome to the latest edition of the international members newsletter. It was wonderful to see so many of our international members at this year's RCPsych International Congress. It was a truly successful event with so many rich moments and

fruitful discussions between partners and friends. One of my key highlights during this time was the attendance of a delegation of Ghanaian, Kenyan and Palestinian resident doctors, all of whom represented and are part of our on-going projects in both Africa and the Middle East. The resident doctors were able to make connections, engage in cultural exchange with UK counterparts and executive members of the [Psychiatric Residents Doctors Committee \(PRDC\)](#).

In addition, I am also delighted to see the strength of the College's global connections and shared mission with an ever-growing presence of partners from sister organisations, including the American Psychiatric Association, The Canadian Psychiatric Association and RANZCP. Their presence emphasised the importance of collaboration and reaffirmed our shared mission as well as collective efforts to advancing mental health globally. As ever, this was a rich event which that allowed many to make connections between groups.

As a College, we continue to extend our heartfelt solidarity and concern to those affected by the on-

going conflicts and disasters across international regions. We remain committed to supporting communities and colleagues during this time. I am particularly thankful for the work of the diaspora groups whose work has been instrumental to our efforts and response and have continuously demonstrated a strong commitment to supporting colleagues and communities.

We recognise the important work that our members do and are always supportive of the initiatives happening across the globe. In recognition of this and the many time zones which this work spans, I want to announce a shift from seasonal editions to quarterly issues of the newsletter. This change will help us better align with the rhythm of our global community and ensure timely updates and engagement throughout the year.

In this edition, we spotlight insights from our global community and exciting developments across the College. Highlights include;

- Our advocacy collaboration with the World Bank.
- Reflections from resident doctors, who as part of our capacity building efforts and support programmes attended the International Congress.
- Updates from the six International Divisions

We hope you enjoy this edition and find inspiration in the stories, updates, and opportunities shared.

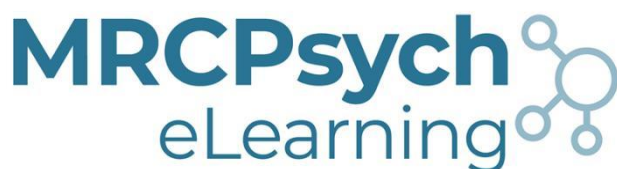
Professor Mohammed Al-Uzri

Presidential Lead for Global Mental Health

College Examinations

As you are aware, the first exam to be held in Doha will take place in November 2025. Preparations for the CASC exam are underway with support of the College's exam team and the Middle Eastern Division. I would like to extend my gratitude to the Middle Eastern division executive who have been helpful in the recruitment of local examiners as well as members who have volunteered to support the exams. Holding CASC in the Middle East has been highly welcomed by many members in the UK and internationally as it will increase opportunities for international candidates.

MRCPsych Resources



To ensure we continue providing meaningful support to our international members, we're proud to announce the launch of the MRCPsych Online e-learning platform, designed to enhance access to high-quality training and resources.

MRCPsych eLearning offers several online learning resources which candidates may find helpful in preparing for the written components of the MRCPsych exams.

Our [Paper A](#) resources (formerly Trainees Online [TrOn]) are specifically designed to support revision with module topics drawn from the basic science subject areas of the exam syllabus. This also includes helpful mapping, detailing how revision modules relate to the Paper A syllabus. Our Paper A resources are FREE to access for all College members.

The newest contributions to MRCPsych eLearning include our [Paper B resource](#), which maps 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.

We have also introduced a new section to MRCPsych eLearning, which hosts [other useful resources](#) that are relevant for resident doctors preparing for the MRCPsych examinations and beyond. We will include links and signpost to resources that our users may find helpful.

There will be some exciting new contributions coming to the MRCPsych eLearning section of the Hub soon, including a question bank relating to revision resources for Paper A.

Please don't hesitate to get in touch with the elearning@rcpsych.ac.uk with any further questions that you may have.

Call for Editorial Board Members - BJPsych



The British Journal of Psychiatry (BJPsych International)'s Editorial Board has recently expanded, with a focus on increasing global representation. As part of this aim the board is now inviting expressions of interest from members based in:

- South America
- Canada
- Japan
- United States of America

This is a valuable opportunity to contribute to the journal's editorial direction, peer review process, and international outreach.

Interested in this opportunity? Please refer to [this job description](#) to learn more and apply.

We look forward to welcoming new voices to the BJPsych International Editorial Board.

Featured International Projects:

Global Mental Health Financing Webinar

Despite the significant impact ill mental health has on young people, productivity and economic growth, mental health remains globally underfunded. Recognising this inequity and how often governments overlook mental health, the president of our college, Dr Lade Smith, leading initiative to encourage investment in mental health by engaging with financial institutions such as the World Bank and IMF. On Wednesday 15 July the College successfully collaborated with the World bank to hold a webinar which shed light on the global economic impact of mental illness, the need for cross-government strategies to tackle this. The event brought together speakers from international psychiatric associations and health economists who discussed the effects of ill mental on populations. The College is working in collaboration with global psychiatric associations to present a multi-stakeholder statement at the World Psychiatric Association (WPA) meeting in October. The statement urges governments and banks to prioritise mental health investment. The initiative has proven popular and has resulted in the College being invited to attend the UN High-Level Meeting on the Prevention and Control of Noncommunicable Diseases and the Promotion of Mental Health in New York in September, where discussion ranged from the economic importance of improved mental health care to suicide prevention.

International Congress 2025 Reflections from Ghanaian the Delegation

Attending the Royal College of Psychiatry International Congress in Newport, Wales, was a truly invigorating and inspiring experience filled with learning, connection, and deep reflection. The logistics and planning that went into ensuring our participation as delegates, travelling from Ghana and Kenya were seamless. The scale of the event was striking, bringing together a diverse and passionate

community of mental health professionals from around the world.

The Congress was a whirlwind of ideas, insights, and innovation. We were inspired by the variety of research and discussions. For example, the sessions highlighting; the progress in digital therapeutics, AI in psychiatry, and the promise of precision psychiatry were insightful as these developments are reshaping how we deliver care and reach those in need. The evolving understanding of common mental health conditions and the robust research infrastructure in other countries was both inspiring and motivating. Yet, amidst all the scientific discussions, the event never lost sight of the human at its heart. One of the most powerful sessions featured a speaker with lived experience, someone who transformed personal pain into a vehicle for policy change. It was a touching reminder that empathy, compassion, and human connection remain our most vital tools in health. In Ghana, as in many places, stigma around mental illness often silences individuals and families. That session reinforced the importance of supporting individuals and families to speak up and advocate for change.



Pictured: Dr Rahim Safeer, Dr Angeline Tenge, Dr Bernard Ogundipe, Dr Adwoa Ansoma Gyamera, and Josephine Stiles Darko and Dr Anjam Muhammad

The other highlight of our time at the event was, hearing RCPsych President, Dr Lade recognising us and the wider *Global Health Workforce Programme* as part of the success stories of the College's international collaborations in the keynote address. We were also grateful opportunity to visit a UK

psychiatric hospital, the Cwm Coch Unit in Ebbw Vale, where we witness community psychiatry in action. This gave us a deeper appreciation for the systems and innovations being implemented.

The International team gladly welcomed us to the organised international breakfast which was held on the third day of the event. During this, we had ample opportunity to learn about the College's international work, meet the key College officers and build connections with local and international members, including representatives from the diaspora groups, International Divisions and the Psychiatric Residents Doctors Committee

Overall, we are extremely grateful to the Royal College of Psychiatrists for the opportunity to attend Congress. The event offered a refreshing blend of academic and fringe activities—from mindfulness and dance sessions to storytelling through music and a nature hike. The interactive poster displays, inclusive facilities, and user-friendly Congress App added to the overall experience.

We are grateful for the support of the RCPsych International Team, the African Division and our respective institutions, the Ghana College of Physicians, Faculty of Psychiatry and Moi University, Kenya for making this possible.

We hope the collaboration continues to flourish, and we look forward to contributing to that shared vision in the future. We are sure the insights gained will help challenge the status quo and continue advocating for better mental health services for all

We are grateful to the teams that made this visit to Wales and our overall attendance to International Congress possible. The RCPsych international team for their support and organisation for all the logistics arrangement, emails and chats to ensure we had seamless experience. The Ghana College of Physician's faculty of Psychiatry for the nominating us to represent the College during the event and to all who worked tirelessly behind the scenes to ensure our participation.

By Resident Doctors; Dr Bernard Ogundipe, Dr Angeline Tenge, Dr Josephine Stiles Darko.



Pictured: Dr Josephine Stiles Darko, Dr Lade Smith, RCPsych President, and Dr Bernard Ogundipe

Reflections of the RCPsych Congress from the Palestinian Delegation



Pictured: Resident doctors; Dr Iltizam Morrar, Dr Wala Alnamourah and Dr Asala Awaad

This year we had the opportunity to attend the Royal College of Psychiatrists International Congress in Wales, an event that we have been looking forward to for quite some time despite the political climate in the region and ongoing war. Things were complicated when the war escalated, yet we were very determined to attend the event.

Our team had two case reports to present from Bethlehem Psychiatric Hospital, and we were looking forward to engaging with some of the global leaders in psychiatry on topics that resonate deeply with our work in Palestine.

The 4-day event was full of enriching moments. We took the opportunity to attend as many sessions and panel discussions as we could. Our team took interest in a variety of topics, including a special interest in topics related to women mental health,

due to its relation to our work in the acute female ward and of course being feminists.

One of our shared standout session was *Mental Health in a Time of Crisis and Disaster*, where Dr Nadia Dabbagh's presentation on the psychological impact of war was especially moving. It was validating to see our community's suffering acknowledged on an international platform.



Pictured: Dr Nadia Dabbagh, Prof Mohammed Al-Uzri, Dr Lade Smith, and Palestinian resident doctors; Dr Wala Alnamourah; Dr Iltizam Morrar, Dr Asala Awaad and Mrs Elen Cook

Professor Norman Sartorius's keynote on *Psychiatry 2025* highlighted both cultural differences and shared challenges, such as managing comorbidities in patients with physical illnesses. His call for collaborative care strongly aligns with our local needs.

Sessions on *Domestic Abuse and Brain Injury*, *Premenstrual Dysphoric Disorder*, and *Women's Mental Health* offered critical insights into often overlooked areas of care. Dr Emily Elson's lived experience with PMDD was particularly eye-opening, prompting immediate reflection on how we assess women's mental health. Similarly, Professor Linda Gask's session inspired further reading and reflection.

The session on *Suicide Prevention* was both informative and emotional. Listening to Mr Philippe Pirie speak about losing his son underscored the urgency of improving suicide assessment protocols. We've since received the new NHS guidelines and plan to review them closely.

Other sessions, including those on OCD spectrum disorders and chronic care, provided practical takeaways for clinical practice.

While we cannot include all the great sessions attended, some of those listed above demonstrate the breadth of discussion at the conference. The event brought so many speakers covering a wider range of informative topics that we enjoyed. We are grateful for RCPsych for welcoming us and the Middle Eastern Division for its support in our attendance. We are also pleased to have met so many people from across the globe. We extend a special thanks for Prof Mohammed Al-Uzri, Presidential Lead for Global Mental Health; Dr Abdul Raouf, RCPsych associate Dean for Advanced Learning; Dr Lade Smith, RCPsych president and the international team. We hope to meet again at the next Congress.

By Resident doctors; Dr Iltizam Morrar and Dr Wala Alnamourah.

Hall of Fame Awards

The Middle Eastern Division Hall of Fame Awards recognises some of the outstanding contributions to psychiatry in the Middle East. The division is pleased to acknowledge the award winners listed below for their exceptional support to the College's work in the region and significant contribution to advancing RCPsych values and mission.

- Dr Manal El-Maraghy
- Dr. Joseph El Khoury
- Dr. Nahida Nayaz Ahmed
- Dr. Yousaf Iqbal
- Dr. Mohamed Ali Siddig Ahmed

Division chair, Dr Yasser Saeed Khan reported that the awardees' leadership and commitment has had a meaningful impact on the progress of psychiatric care and professional standards across the Middle East

Call for Proposals: International Congress 2026 - Liverpool

We're now accepting proposals for next year's [International Congress in Liverpool!](#)

Whether you're a seasoned presenter or submitting

for the first time, we encourage members from across all international divisions to get involved.

This 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 proposal today](#)

Spotlight: Introducing South Asian Division Chair, Dr Rajashree Ray



Pictured: Professor Rajashree Ray

I am truly humbled by your support and deeply grateful for electing me as Chair of the South Asian Division of the Royal College of Psychiatrists. I would like to take this opportunity to introduce myself and outline my vision for our division.

I trained in the UK as an SHO and Specialist Registrar in Birmingham, later serving as Consultant and Clinical Director of Adult Services. I have been a Lecturer and Undergraduate Examiner at the University of Birmingham, SpR Representative, MRCPsych Paper Setting Panel Member, Chair of Higher Trainees (West Midlands Deanery), and was awarded the FRCPsych in 2014. As a Consultant, I received two Clinical Excellence Awards in three years for service innovations.

Currently, I am a Professor and Head of the Department of Psychiatry at GIMSH, Durgapur, India, where I lead departmental clinical operations, hospital placements, and academic delivery. I serve as Nodal Officer for the Tobacco Cessation Program (a national initiative), Head of the Mentorship Program, and a Resource Person for the Medical Education Course for faculty.

Over my 26-year career, I have sought to embody our

college's values of Courage, Innovation, Respect, Collaboration, Learning, and Excellence. My teaching roles in both the UK and India have allowed me to mentor medical professionals globally. My leadership positions—including Clinical Director in the NHS, Secretary of the Religion, Spirituality, and Psychiatry Section of the WPA, Chairman of the Spirituality Section of the Indian Psychiatric Society and SAARC Psychiatric Federation (SPF) – reflect my commitment to professional development and international collaboration.

As an Executive Committee member of the SPF and Honorary Member of the World Psychiatric (WPA) Association, my global perspective on mental health has deepened. I am the Founder-Editor of *Beyond Borders*, the SPF's flagship magazine; Course Moderator of the WPA's first Certificate Course on Yoga and Mental Health; and Co-Editor of *Spirituality and Mental Health* (Jaypee Publishers, featuring 50 global contributors).

My three key priorities as Chair will be:

1. To Empower Member Voices - Representing members actively at the International Advisory Committee, ensuring that concerns and ideas are addressed collaboratively with the College. I will work with the Vice-Chair and Financial Officer to implement the International Strategy and action plans outlined in the 2024 Membership Feedback Report, align budgets with our goals, and coordinate with the Chairs of the other five International Divisions.

Upcoming initiatives include a joint webinar with the Pacific Division in October, where our College Dean and Chief Examiner will discuss the MRCPsych exams.

We will also present *Integrating Spirituality in Clinical Practice* at the Dean's Grand Round on 18 September 2025, in collaboration with the Spirituality SIG.

1. A dedicated WhatsApp group has been set up for improved communication among members.
Community Connections - Strengthening collaboration among the 12 member countries in our Division through regular communication and initiatives such as a "Global Dialogue" series, enabling members to share experiences, best practices, and quality improvement initiatives.
2. Promoting Innovation and Inclusivity - Expanding programs such as the Volunteering Scheme, mentorship initiatives, CPD opportunities, and research collaborations, while supporting IMGs. I will place special emphasis on inclusivity for underserved regions and capacity building.

Together, I believe we can strengthen the Division and make a meaningful contribution to the global mental health agenda.

Addressing Loneliness in Older Adults: The Story of a Wellbeing Café

Dr. Sheeba Ninan, Finance Officer, South Asian Division

We know that the older adult population is rapidly expanding. Although initially a phenomenon seen in developed countries, aging has now become a global challenge. Having older adults in our communities is not only a source of wisdom but also a true blessing.

However, with increasing urbanization and the rise of nuclear families, many older adults face disconnection—even while living with family. Despite efforts from both sides, meaningful connection can be lacking. There is no one to blame. Post-retirement and often following the "empty nest" phase when children move away, older adults can begin to feel isolated and lonely. Intergenerational differences, the loss of loved ones, and physical ailments are just some of the reasons why loneliness can creep in.

The focus on older adults has often been overlooked in favour of other age groups. Just as children benefit from day care and nurseries, older adults also benefit from daytime engagement and stimulation. This not only keeps them active and socially connected but also helps reduce the caregiving burden on their families.

The Institute of Mental Health and Neurosciences, Kozhikode, Kerala started a weekly Wellbeing Café in December 2023, initially welcoming just two participants from the geriatric clinic. The primary aim of the initiative was to foster a sense of community, reduce loneliness, and offer stimulating activities.



Pictured: Older Adults taking part in activities at the Wellbeing Café organised by The Institute of Mental Health and Neurosciences, Kozhikode, Kerala

Over time, the café has grown to host over 30 regular participants. Attendees look forward to coming each week. The environment has fostered new friendships, shared stories, and a sense of belonging. Those who live alone or have limited social networks have found the experience particularly enriching. Even family members have expressed gratitude, noting that the café provides them with a welcome respite. In addition to socializing, participants engage in a variety of activities and entertainment, with each session ending over a cup of tea and biscuits. Regular visits from healthcare specialists also offer valuable information and support. Participants themselves take the initiative to organize cultural programs, supported by staff.

Social engagement plays a vital role in keeping the brain active and healthy. The goal of the Wellbeing Café is to promote friendship, combat loneliness, and improve self-esteem. Many attendees have shared that they feel a strong desire to return each week. The

initiative has also helped reduce the risk of mental health issues such as depression and anxiety.

International Divisions Updates

African Division

Dr Neil Horn, Chair (please keep all the chairs names format consistent, i.e. bold and italic)

The African Division has been actively supporting initiatives across the region, with a strong focus on amplifying the voices of local members. Dr Horn has been instrumental in supporting the Global Health Workforce Programme, building connections with colleagues in Kenya and facilitating Dr Angeline Tenge's attendance at Congress

In an exciting development, the division has been collaborating with colleagues from psychiatric organisations across Africa and the UK to launch a new series of clinical case discussion webinars tailored to an African audience but open to all. The first webinar in this series took place on Thursday, 21 August, and was met with enthusiastic engagement. With support from the 's international team, the division will facilitate the second session in the series on Thursday 16 October. These webinars are designed to foster reflection, learning, and cross-continental collaboration among mental health professionals. [Register here to attend the upcoming session](#)

European Division

Dr Angela Carballedo, Chair

The division held an in person meeting at congress that garnered fruitful discussion. The Division chair plans to collaborate with other International Divisions, English Divisions and College Faculties to deliver events in the year ahead. Watch this space for updates.

Middle Eastern Division

Dr Yasser Saeed Khan, Chair

We are pleased to have held an in-person meeting during the RCPsych International Congress. This gave us an opportunity to show thanks to Dr Ovais Wadoo,

former division chair for his work over the past few years. With his leadership the division went from strength to strength. We were also able to meet members in person and discuss plans for the division. The division is planning to host a series of membership engagement events over the coming months.

South Asian Division

Professor Rajashree Ray, Chair

Following the Dr Rajashree Ray's inauguration as the division's chair during this year's annual general meeting (AGM) at the RCPsych International Congress in Wales, the division has gone from strength to strength. Dr Ray is pleased to have met members in person during the event and discuss plans and share her vision for the Division going forward.

Over coming year, the division is planning a series of events over that aim to foster collaboration and strengthening engagement with local members.

On Thursday 29 October, the division is hosting a webinar on [Navigating the MRCPsych Journey](#). The event aims to offer and spotlight examinations support for members preparing for MRCPsych exams. This follows a growing demand for training sessions and support from local members. The division is collaborating with the Western Pacific Division, with support from the International team to facilitate an informative event that is empowering to members in both regions. Dr Subodh Dave, RCPsych Dean and Dr Vivek Argawal, RCPsych Chief Examiner are set to join this even as speakers sharing insights. To join us for this event, [please register here](#)

Diversifying the Executive Committee: Co-opting Regional Representatives

To better reflect the diversity of South Asia and strengthen communication across the region, the division is looking to co-op representatives from other South Asian countries—such as Pakistan, Bangladesh, Sri Lanka, and Nepal into the Executive Committee.

Co-opted members would serve as non-voting representatives, playing a vital role in ensuring inclusive dialogue and regional representation. If you are interested in joining the committee, please contact [Professor Rajashree Ray](#), Division Chair.

Pan-American Division

Dr Ishrat Husain, Chair

Newly elected chair Dr Ishrat Husain has been proactive in materialising his vision to increase the divisions engagement with members through local events. In line with this, the division executive are planning to attend the upcoming [Canadian Psychiatric Association's Annual Conference](#) in Vancouver, British Columbia. During this event, the division will hold an in person meeting on Friday 24 October. RCPsych President, Dr Lade Smith will attend, and members will have a chance to meet and greet her and the division's executive.

For a chance to meet the divisions executive, please complete [this form](#) to confirm your attendance.

Western Pacific Division

Professor Steve Kisely, Chair

The division was well represented at RCPsych International Congress. The committee convened a meeting which was attended by College Officers and members who reflected on the divisions past activities and discussion about plans for the division going forward. The Division executive is working with the South Asian division to deliver a webinar spotlighting support for members taking the MRCPsych Exams in Singapore, Malaysia, and Hong Kong as there is growing demand for the College's exams in these countries.

The division plans to continue strengthening its membership engagement activities in the region, would like to invite submission for topics and expert area speakers for the divisions annual [Deans Grand Round](#) webinar in February 2026. Members will be polled for suggestions based on current priorities and interests. In the meantime, if you have an idea, please contact [Patricia Akullo](#), International Divisions coordinator.

Diaspora Groups Update

Dr Shahid Latif, Chair of the Diaspora Groups Committee

The diaspora groups continue to play a vital role in strengthening global psychiatric collaboration. Recent developments highlight their vibrant activity, deep cultural engagement, and strong sense of solidarity across regions.

The groups maintain regular meetings and frequent communication, creating a platform not only for shared learning but also for developing a richer understanding of the unique strengths and challenges faced by each community. This ongoing dialogue fosters mutual support and helps identify areas where collaborative approaches can lead to meaningful impact.

In addition, members actively participate in one another's conferences, events, and programs. Such exchanges further strengthen professional networks, encourage cultural sensitivity in practice, and ensure that diverse perspectives are represented within the global mental health agenda. You can learn more about the groups and [stay in touch with each group here](#)

Upcoming College Events

Check out some of the upcoming College events available for International Members.

Title: Navigating the MRCPsych Exam Journey

Date: 29 October 2025

Where: Online

Description: This joint webinar, between the South Asian and Western Pacific divisions aims to equip resident doctors particularly international candidates with the information and preparation needed for success in their exams. Prof Subodh Dave, RCPsych Dean and Dr Vivek Argawal, RCPsych Chief Examiner will share preparation strategies, helping attendees feel more informed and supported.

[Register Here](#)

Title: PAUCES Webinar: Child and Adolescent Psychiatry- Treatment Resistant Psychosis and Comorbid Epilepsy.

Date: 16 October 2025

Where: Online

Description: As part of the Pan African UK Clinical Educational Series (PAUCES), an initiative led by colleagues across psychiatric organisations in Africa and the UK, the RCPsych International Division is pleased to invite you to the PAUCES webinar session; Child and Adolescent Psychiatry- Treatment resistant Psychosis and Comorbid Epilepsy.

Free and open to all interested in global mental health, this session will be chaired by Dr Chinwe Obinwa and will feature a clinical case presentation from Dr Neil Horn, African Division Chair and Dr Mahendra Singh.

[Register Here](#)