



# RCPsych International

The International e-Newsletter

## Welcome



Professor Mohammed Al-Uzri

Dear Colleagues,

I am grateful to have the opportunity to connect with you once again through this edition of our International members Newsletter. I would like to take a moment to acknowledge and extend my thoughts to our colleagues affected by the on-going crisis in the Middle East and the disaster in Myanmar at this difficult. As a global community we are committed to standing in solidarity with our members and communities in these regions, and will continue to monitor the situation closely. The College has issued a formal response to provide critical support and guidance during this difficult time. I urge you to share our [emergency resources](#) and for UK friends to make use of our [psychiatrists' support service](#).

Over the recent months we have been actively engaged in several exciting initiatives alongside our global partners. We are excited to share some of these, and other updates in this edition of the newsletter;

You can read about the;

- The recent College elections.
- The latest issue of insight magazine.
- Highlights from our cross collaboration efforts alongside global partners at the APA, NIMHANS and RANCZP.
- International Division updates, including recent division activities.

These collaborations are made possible through the dedication and support of our international members, division executives as well as College officers, all of whom have shown up consistently and demonstrated a commitment to making sure the College standard is maintained internationally.

I would also like to take the opportunity to thank our members that participated in the recent College elections, including the election of new International Division executives across our six international divisions. Your involvement is vital to the growth and support of our international community, and it reflects the shared commitment to supporting the advancing of mental healthcare globally.

We look forward to welcoming the new executive members and learning more about plans for the divisions. Their leadership will be instrumental in driving forward our strategic goals, strengthening partnerships and enhancing support for members across divisions.

**Professor Mohammed Al-Uzri**  
Presidential Lead for Global Mental Health

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## New International Divisions Chairs Elected

Following a close election, we are pleased to announce the election of Division Officers, including three new International Division Chairs and Vice-Chairs. The newly elected members, Dr Ishrat Hussain, Dr Rajashree Ray, and Dr Yasser Saeed Khan officially took office at Congress during the Annual General Meeting (AGM) and will represent the Middle Eastern, South Asian, and Pan-American Divisions.

We are very pleased to see many of our international members stepping forward to support local colleagues and advance College business across the various divisions. We look forward to welcoming the elected officers and are excited to hear and share more about their plans for their respective divisions.

Furthermore, we would like to extend our sincere gratitude to the officers who will be stepping down or transitioning into new roles within their divisions. We thank them for their dedication and efforts in helping to uphold the College's standards internationally.

## Making most of College opportunities

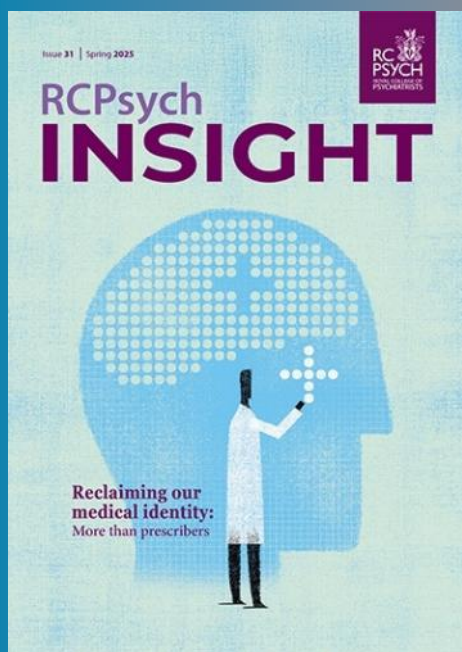
There are many ways to get involved with the College, and we encourage all our international members to take part in the wide range of opportunities available. From contributing to International Division activities to applying for [awards](#) and bursaries, your involvement helps shape the future of psychiatry while showcasing talent and supporting both your own professional development and that of your peers.

We are proud to offer a variety of bursaries and prizes through [College Faculties](#); many of which are open to international members. To explore what's available, including eligibility criteria and how to apply, please visit the Faculty pages on the College website

### Special Committee for Human Rights!

Did you know the College has a special Committee on Human rights? Find out what they do, read their newsletter and [sign up to stay updated](#) on the latest news from the committee.

## RCPsych Insight magazine



The latest issue of Insight magazine is now available to view via the College website. This issue's coverage dives deep into some of the key topics shaping psychiatry, including;

- **Two steps forward, one step back?** The College raises concerns over reforms to the Mental Health Act (MHA) and their potential implications
- **Time to Bridge the gaps:** A new RCPsych report highlights the ongoing mental health service in Northern Ireland and outlines a path towards meaningful change.
- **Cover story (Reclaiming our medical identity:** Why protecting the full biopsychosocial scope of psychiatric practice is vital for the future of the profession.
- **Bringing compassion to the forefront:** A new training programme aims to equip professional with deeper skills in compassionate, relational care.

[Read more: Download issue 41](#)

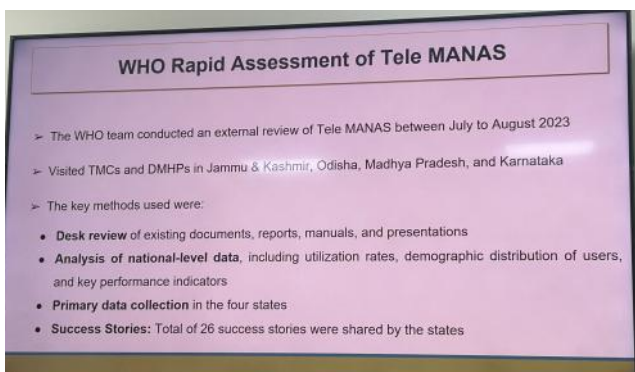


## President Lade Smith's visit to NIMHANS 2025



There is so much we can learn from psychiatrists and mental healthcare around the world. Earlier this year, College President, Dr Lade Smith had the opportunity to visit the National Mental Health and Neurosciences (NIMHANS) in Bangalore, an institution built along the same principles as the Maudsley where Dr Smith works. In her speech at this year's RCPsych International Congress, Dr Smith acknowledged the familiarity of the institution, adding that NIMHANS has successfully preserved the core strengths of psychiatric care, rigour, continuity and precision while also embracing culturally appropriate and holistic approaches.

While attending this event, Dr Smith delivered a presentation on *Psychosis as a Whole Body Disorder*, highlighting the complex systemic nature of psychotic illnesses. Professor Smith also visited the central hub of Tele MANAS, a new initiative providing 24/7 mental health support to the whole of India- and met with key stakeholders to learn more about its implementation and impact.



In conversation with Professor Chandra, Professor Smith outlined the College's upcoming *Women's Mental Health Strategy* which emphasises role of trauma in women's mental health. This strategic priority reflects the College's commitment to addressing gaps in trauma in-formed care and the development of gender-specific mental health approaches.





## The American Psychiatric Annual Meeting 2025

The RCPsych was proud to attend the American Psychiatric Association (APA) Annual Meeting in Los Angeles- an event that brought together over 11,000 mental health professionals. This year's theme, *Lifestyle for Positive Mental and Physical Health* highlighted the growing recognition of how lifestyle factors impact mental wellbeing.

This year's delegation to the event included Professor Lade Smith, President; Professor Subodh Dave, Dean; Professor Mohammed Al-Uzri, Presidential Lead for Global Mental Health, Mrs Sonia Walter, CEO and Mrs Elen Cook, Director of Professional Standards. The College's presence at this conference was welcomed with warmth from hosts at the APA and international partners alike.

Over the five days, the delegation had the opportunity to with meet and hold fruitful discussions with representatives from some of our global partners from countries including; Canada, France, India, Palestine and Australia- and took part in a number of impactful sessions. Discussions focussed on candid and topical matters such as; international recruitment challenges, the future for community mental health care services in the UK, and Professor Al-Uzri al contributed to a powerful session titled: "Can Psychiatry



*Help Find a Path Forward in the Middle East?* It was heartening to see resident doctors from Palestine who we have worked with over the past four years as part of our collaboration with Medical Aid Palestine (MAP) present at the event and actively participate in the session.

As always, the APA Annual meeting gave us the chance to connect with Pan-American division members an informal networking reception. The meeting was both energising and affirming of our international members' work and contribution to championing psychiatry

## The Royal Australian and New Zealand Annual Congress



From 4- 8 May, leaders from the Royal College of Psychiatrists joined colleagues from the Royal Australian and New Zealand College of Psychiatrists (RANZCP) for their Annual Congress 2025. Representing the College was Treasurer Professor John Crighton, along with members of the Western Pacific Division Executive and local College members. This international gathering provided an excellent platform to explore pressing topics in psychiatry. As part of the programme, Professor Crighton delivered a session titled 'Safer knives to reduce violence and homicides', sharing lessons from initiatives and policy work undertaken in the UK. The event offered a valuable opportunity to connect with global peers and contribute to discussions shaping the future of psychiatry.



## Global Health Workforce Programme



Following the successful delivery of the Global Health Workforce Programme, the international team was granted a six-month funded extension to continue the work of supporting the psychiatric capacity in Ghana alongside colleagues at the Ghana College of Physicians and Surgeons. Building a strong foundation, which included the delivery of four sub-specialty modules; Addictions, Forensic, Old Age and Child and Adolescent Psychiatry as well as an in-person visit to Ghana; the current phase of the programme has been focused on the integration of education and clinical practice in psychiatric subspecialties and an expansion of this work to Kenya. Resident doctors at the Ghana College of Physicians and Surgeons and University of Nairobi and Moi University are invited to attend on-line supervision sessions facilitated by the RCPsych, in collaboration between subspecialty experts from the UK and lead trainers in Ghana and Kenya. Resident doctors have also proactively contributed to sessions as co-chairs alongside the subject leads.



The extension has been a great step forward in strengthening partnerships and collaboration across Africa. We are particularly grateful for all the support and work of the colleagues in the UK and in Ghana and Kenya have shown in supporting the delivery of this initiative.



## International Divisions Update

### Updates from RCPsych International Divisions

#### Western Pacific Division

Prof Steve Kisely, Chair

The Western Pacific Division is pleased to have hosted an all members meeting during the Royal Australian and New Zealand College (RANZCP) annual Congress in n held May at the Gold Coast. During the event, members were able to meet College treasurer Professor John Crighton and division chair, Professor Steve Kisely.

At meeting, delegates discussed topics, including the substantial pathway for College members entering practice in Australia; College resources available to members in the region and highlights of the two Deans Grand Rounds, focussing on Intellectual Disability and Perinatal Psychiatry that were held by the division.

#### European Division

Dr Angela Carballado, Chair

Following the recent College elections, we are pleased to announce that the European division's executive officers, Dr Angela Carballado and Dr Myles Doyle will be co-opted in their roles for another year. We extend our gratitude to them for their dedication and on-going support for the division and members.

In a recent collaboration, the between the European and Pan-American Division, Dr Angela Carballado co-produced and chaired a webinar on the topical issue of assisted suicide.

Going forward, the division aims to continue hosting more webinars and activities that foster meaningful discussion and support for local members.

#### Pan-American Division

Prof Kenneth Kaufman, Chair

The Pan-American Division has recently had a vibrant calendar filled with activities that proved vital to the strengthening of the College's engagement with international members and friends in the region.

Members of Pan-American division and the RCPsych were well represented at the American Psychiatric Association Annual Meeting which took place in Los Angeles in May. During the event, the division held an informal networking reception, during which members were greeted by College Officers, including; Dr. Ken Kaufman, Chair; Dr Subodh Dave, Dean; Dr Mohammed Al-Uzri, Presidential Lead for Global Mental Health; Mrs Sonia Walter, CEO and Mrs Elen Cook, Director of Professional Standards. The event was a wonderful opportunity to the College and members to connect.

Continuing its activities, on Friday 30 May, the Pan-American Division collaborated with the European Division to hosted a highly topical webinar titled: *The Ethical and Legal Aspects of Assisted Suicide*.

This timely event was co-chaired by Dr Ken Kaufman, Division Chair and Dr Angela Carballado, Chair, European Division; and aimed to spotlight and explore the sensitive and complex topic of assisted suicide, acknowledging the varying approaches to what is now a far reaching discussion, with considerations of national legislation in Europe and America. The event brought together a mix of speakers, including Dr Marie Nicolini, Professor Jill Stavert and Dr Anne Doherty who presented legal/ human rights, data and implications from other countries.



## International Divisions Update

### Updates from RCPsych International Divisions

#### African Division

Dr Neil Horn, Chair

Following the recent College elections, we are pleased to announce that the African division's Vice Chair, Dr Yvonne Treffurth will be co-opted in her role for another year; while Finance Officer will be stepping down from this role. As ever, we would like to share our gratitude to the executive members for their dedication and on-going support for the division and members.

Additionally, the African division is working closely with partners across the region to support the capacity of psychiatric training. Dr Horn is planning a series of events and webinars that will strengthen college engagement and collaboration in the region. The division chair, Dr Neil Horn has been proactive in supporting the development of the Global Health Workforce Project, particularly with the on-boarding of Colleagues/ partners in Kenya.

#### South Asian Division

Dr Manoj Kumar, Chair

The south Asian division executive had the privilege of welcoming local members to a series of local events. Some of the Division's executive were delighted to attend NIMHANS where local members were able to meet with the division executive. The event was also attended by President Lade Smith, who shared delivered a presentation on *Psychosis as a Whole Body Disorder*; highlighting the complex systemic nature of psychotic illnesses.

Following the recent College elections, we are pleased to announce that the African division's Vice Chair , Dr Yvonne Treffurth will be co-opted in her role for another year. While Finance Officer will be stepping down from this role. As ever, we would like to share our gratitude to the executive members for their dedication and on-going support for the division and members.

#### Middle Eastern Division

Dr Ovais Wadoo, Chair

Over the past few months, the Middle Eastern Division has been highly active, participating in conferences across the region and hosting local events, namely the Establishment of the Middle Eastern And North African research Alliance Forum, a Middle Eastern Division members meeting and a CASC examination training workshop. Dr Ovais Wadoo and Dr Yasser have played a vital role in supporting the delivery and launch of these activities.

The Division continues to support key College initiatives and members, including the launch of the CASC examination centre in Doha. The College's examinations team shared that the first examinations at the new centre are scheduled to be held in November 2025. The division executive as well as the exams team are delighted with this development as the centre will increase capacity to meet the needs of international candidates and will improve reach of the MRCPsych, supporting the College's core objective to train outstanding psychiatrists



## Establishing the British African Psychiatric Association (BAPA)

Dear Colleagues,

We are reaching out to invite expressions of interest in forming a British African Psychiatric Association, a professional network of psychiatrists of African heritage working in the UK. Inspired by the success of similar organisations, we hope to create a space for community, mentorship and advocacy where we can support one another professionally and address some of the longstanding mental health inequalities affecting African and African diaspora communities.

As Nelson Mandela said, “It always seems impossible until it’s done”.

We are looking for a small group of committed individuals to help shape this new association— its purpose, structure and early priorities. Whether you’re early in your career or more senior, your voice matters.

If you are interested in being part of this founding group or just want to stay in the loop, please email: [Julian Camero](mailto:Julian.Camero@rcpsych.ac.uk) by Thursday 31 July 2025. An initial meeting will be arranged and held in August.

Thank you for your interest!

Warm wishes,

Jon Van Niekerk, FRCPsych



## Events

You may be interested in the following upcoming events:

### Title: CASC Masterclass—July 2025

**Date:** 24-25 July 2025

**Where:** Virtual event, Online

**Description:** This practical and interactive course is designed to support candidates to prepare for the CASC examination. The two-day masterclass focuses on the key techniques and skills required to pass the examination with individualised feedback from experienced examiners and live roleplays.

Find out more ►

### Title: Dean's Grand Round- Integrating the Spiritual Dimension in Psychiatric Evaluations: Practical Approaches for Clinicians.

**Date:** 18 September 2025

**Where:** Virtual Event, Online

**Description:** The Webinar, as part of the Dean's Grand Rounds, will explore the essential role of spirituality in mental healthcare.

Find out more ►

## Keep in contact



## Submissions for Summer 2025, issue 16 July 2025

Please contact Patricia Akullo at [patricia.akullo@rcpsych.ac.uk](mailto:patricia.akullo@rcpsych.ac.uk) with any questions about future submissions, or the newsletter in general.

The deadline for submissions for the Summer edition is in **Monday 28 July**.

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

*Our International members are represented by six International Divisions; African, European, Middle Eastern, Pan-American, South Asian and Western Pacific.*

*Any opinions expressed by individuals in this newsletter do not necessarily represent the views of the Royal College of Psychiatrists*