



RCPsych International

The International e-Newsletter

Welcome



Professor Mohammed Al-Uzri

Dear Colleagues,

Welcome to the latest edition of the RCPsych International Newsletter! As we return to regular schedules, we are thrilled to continue our work supporting our international members. More than ever, we are determined to make a positive impact through our collaborative work across the College and alongside international partnerships. We recognise the importance of collaborative action in strengthening relationships with our members and in improving mental health care.

In this edition of the newsletter you can read about the wide range of activities and events organised by the College and our international members. From plans for the upcoming [RCPsych International Congress 2025](#) which will be held in Newport, Wales to impactful projects supporting the capacity development for mental health care through training initiatives in Egypt and Ghana. Our International community continues to grow through shared learning opportunities alongside key stakeholders while fostering meaningful engagement with international members across regions.

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Highlights Include;

- The new CASC Centre in the Middle East
- RCPsych International Congress
- Supporting the development of Perinatal Mental Health in Egypt
- RCPsych visit to Ghana
- The International Diploma in Older Adults' Mental Health
- International Division updates

The international divisions have been busy working to facilitate a variety of localised activities and events. Notably, the Western Pacific and Middle Eastern Division have been at the forefront of championing and showcasing the College's presence and support for members in their regions. We are pleased the Western Pacific division delivered a second Deans Grand Round Session which provided a valuable learning opportunity for attendees and saw a collaboration between the division and the RCPsych Perinatal Faculty. In the Middle Eastern Division, the division's executive members have been actively engaged in a series of conferences and facilitated the formal launch of the Dementia Alliance Forum.

These efforts highlight the dedication and commitment of our international members to advancing our collective goals. Thank you for your continued support and engagement. We look forward to another year of collaboration and success.

Professor Mohammed Al-Uzri

Presidential Lead for Global Mental Health



CASC Centre in Middle East

The examination department are delighted to announce a significant milestone for our members in the Middle East. The College has been working closely with the Middle East division executive to finalise plans for the CASC examination centre in Qatar, Doha. After extensive planning, the first exams at the new centre are scheduled to be held in November 2025. The new centre will increase our capacity to meet the needs of international candidates and will improve reach of the MRCPsych, supporting our core objective to train outstanding psychiatrists to secure the best outcomes of those with mental illness.

There is a palpable sense of excitement and anticipation among our members about this development. The new centre will greatly benefit local candidates.

We extend our thanks to the Middle East Division executive; Dr Ovais Wadoo, Dr Yasser Saeed Khan and Dr Joseph El-Khoury as well as Professor Mohammed Al-Uzri for their dedication, hard work and support in making this possible. We look forward to seeing the positive impact this new centre will bring to supporting our members and the broader community.

Would you like to become a CASC examiner?

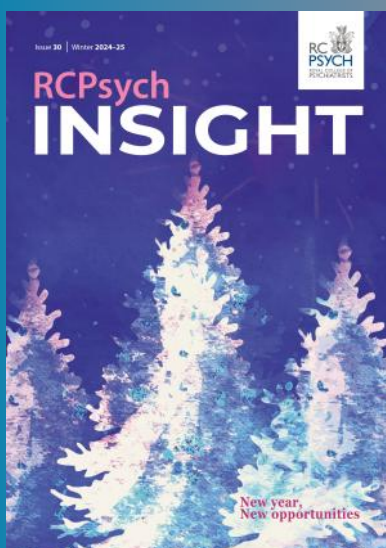
We would like to invite consultants from the Middle East Division to apply for the CASC Examiner position to help our efforts. Being a CASC examiner is a great way to contribute to setting standards in psychiatry, and further develop your teaching and training skills.

If you wish to become a CASC examiner, you can [learn more about the position](#) and apply via our [website](#)

This position is on a voluntary basis. CASC related travel and subsistence expenses will be reimbursed, but please note that airfare will only be covered for flights within the Middle East.

If you have any questions please contact [examiner support](#).

RCPsych Insight magazine



The latest issue of Insight magazine is now available on the College website. This issue features many excellent articles exploring the following topics, and many more;

- Key considerations around bills to legalise assisted dying/ suicide being stressed by the College
- A look at a developing RCPsych report on Co-som disorders
- A collaboration aiming to improve perinatal mental healthcare in Egypt
- Reflections on the life and work of Professor Sir David Goldberg
- An explanation of the influences of the College's Coat of Arms



RCPsych International Congress 2025

The **RCPsych international Congress** this year will be taking place in Newport, Wales from Monday 23– Thursday 26 June. Over the four days of Congress we hope to inspire you with talks from 15 high-profile **International keynote speakers** and five concurrent streams that features 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 take a look at all that we have planned.

If you are unsure which ticket option is right for you, take a look at our **blog post** which talks through all the options available to you. You can either book to attend the whole conference or individual days.

To help make your trip as smooth as possible we have also put together a **helpful guide** and **blogpost** covering the accommodation and travel options. Newport is well connected by train, car, bus and airport, 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.

Are you based overseas? Become an international member ahead of the event and **save on your ticket!**

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

*Please note that the programme is subject to change and all times noted are in British Summer Time (BST).



RCPsych Mindmasters Quiz 2025

We are excited to announce that the 2025 **Mindmasters quiz** for members will take place at the RCPsych International Congress in Wales. Teams of members will compete to be the 2025 RCPsych Mindmasters champions. For this year's quiz, both the heats and the final will take place in front of a live audience at the College's flagship conference on Sunday 22 June from 4.30-6pm.

UK and International members are invited to volunteer as individuals or as a full team consisting of four RCPsych members representing your region, Division or Devolved Nation, international division, specialty SIG, Faculty, or grade. For 2025, teams will compete in heats with the winners of those heats playing in the finals.

Up to £100 can be claimed towards travel to the International Conference Centre in Newport Wales, claimed within 8 weeks of the event. Team participants will also be eligible for a partial refund for one of their days of Congress – up to £50.

Teams will be confirmed on a first come first served basis. We encourage you to register as soon as possible to avoid disappointment.

Registration is open– **Enter Now**





Featured International Projects

Supporting the Development of Perinatal Mental Health in Egypt



In October 2024, a five-day training event in Cairo marked a major step in establishing Perinatal Mental Health services and pathways in Egypt. Dr Manal El-Maraghy, Consultant perinatal psychiatrist from Egypt, practicing in the UK, was excited to lead the Ministry of Health and Population, represented by Dr Samar Foad, head of the Women's Mental Health Directorate and Training Department.

This was a unique partnership between the Royal College of Psychiatrists (RCPsych), the Egyptian General Secretariat of Mental Health and Addiction treatment (Ministry of Health) and funded by UNICEF Egypt, to improve perinatal mental health care in the country. There was an existing programme in place to support Egypt's vision and focus on women's health and gender equality. While progress has been made in addressing breast cancer, pregnancy complications, and domestic violence, mental health services for women remained underdeveloped.

The initiative took 18 months of meticulous planning and culminated with a training event in October 2024. The training was tailored to the Egyptian needs and cultural sensitivities and the programme followed a "training-the-trainer" model, equipping 25 participants to cascade their learning. Topics covered included, care for neurodivergent women, prescribing during pregnancy and breastfeeding, as well as reference to service development. Training materials were adapted to account for local drug availability and resource.



The programme was delivered by RCPsych volunteers with expertise in the field, Dr Cressida Manning, past chair of the Perinatal Faculty and lead Consultant Psychiatrist and Dr Giles Berisford, National Specialty advisor for Perinatal Mental Health to NHS England and the UK Government alongside Dr Manal El-Maraghy. The event received positive feedback and was endorsed at the International Congress on Health, population, and Human Development in Cairo. The Egypt's General Secretariat of Mental Health and Addiction Treatment, led by Dr Menan Abdel Maqsood, prioritised the creation of the mental health pathways and in support of the collaboration. Going forward, the plan is for participants to further develop the services in Egypt using the training, with on-going support from the RCPsych volunteers.



Featured International Projects

RCPsych visit to the Ghana

As part of the Global Health Workforce Development programme, managed by Global Health Partnerships (formerly THET), between the Ghana College of Physicians and Surgeons, a team of RCPsych volunteers had the privilege of visiting the Ghana to facilitate the delivery of in-person subspecialty training to a psychiatric trainees. The visits included representatives from 4 different College faculties; Addictions (Dr Anna Walder & Dr Shivanthi Sanathandan), Child and Adolescent, and Old Age Psychiatry (Dr Ama Addo & Dr Mani Krishnan). The subspecialties were identified by the leadership of the Ghana College of Physicians and Surgeons as priority areas for this collaboration.



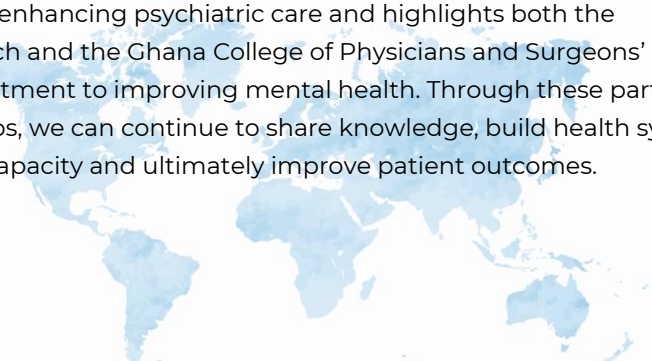
The agenda for the visits consisted of a comprehensive programme that included training workshops and seminars that equipped trainees with in-depth knowledge and skills in the fields of Addictions, Child and Adolescent, Forensic and Old Age psychiatry. Each workshop aimed to provide actionable strategies that could be applied within the unique healthcare settings in Ghana.

The topics addressed were not only to trainees' current clinical practice but also focused on empowering them with leadership skills, essential to tackling the specific clinical and social challenges they may encounter in their day-to-day work. Professor Mohammed Al-Uzri provided valuable insights into the importance of strong leadership and supervision in supporting professional development to improve patient care. The session on leadership highlighted the way leadership can act as a means for advocacy and social inclusion of those with ill mental health.



Throughout the training, trainees demonstrated an unwavering interest and commitment to being champions of mental health and working to improve attitudes and services despite challenges.

Overall, both volunteers psychiatrists and trainees agreed the initiative underscores the importance of international collaboration in enhancing psychiatric care and highlights both the RCPsych and the Ghana College of Physicians and Surgeons' commitment to improving mental health. Through these partnerships, we can continue to share knowledge, build health systems capacity and ultimately improve patient outcomes.





International Divisions Update

Updates from RCPsych International Divisions

Western Pacific Division

Prof Steve Kisely, Chair

The Western Pacific division held a Deans Grand Round webinar focusing on perinatal psychiatry.

Chaired by Dr Rebecca Horne, Vice Chair of Western Pacific Division and Dr Livia Martucci, Chair, RCPsych Perinatal Faculty, this event sought to highlight the health inequalities in global perinatal mental health, sharing evidence and steps forward.

Speakers shared data and evidence from two services, in the UK (ROSHNI) and Australia (E-PIMH) presented country experiences showing how they have adapted their models of care to improve access to perinatal infant mental health services considering the unique needs of their communities

This event is available to [watch online](#).

African Division

Dr Neil Horn, Chair

The African division has been well represented at a number of conferences across the region. In November 2024, Dr Horn is pleased to have attended two conferences, including the African Global Mental Health Institute Conference in Nairobi, followed by the Diaspora conference. Both events were attended by many from all over the world. Division members as well as members of the Associations of Black Psychiatrists, Dr Chinwe Obinwa and Dr Mona-Lisa Kwentoh attended and were enthused by this event. Dr Horn has since discussed initiatives for collaboration with the ABP. The group are working to organise an Africa-centred case conference or series which spotlight trauma and conflict cases in the Africa.

Middle Eastern Division

Dr Ovais Wadoo, Chair

The Middle Eastern Division has been actively engaged in a series of significant events, showcasing the Colleges support and presence for psychiatrists in the Middle East.

The college and members were well represented at the 4th APAA Conference and at the Establishment of the Middle East and North Africa research Alliance Forum.

During these conferences, division executive took part in numerous activities, including the formal launch of the Dementia Alliance Forum, in a dedicated pre-conference workshop.

During the conference, the division's executive organised a well attended members' reception and a CASC training workshop, during which members had the opportunity to share insights, address important regional concerns and take part in role play exercises that sought to prepare and enhance clinical skills ahead of exams. Delegates had the opportunity to hear from RCPsych Chief Examiner Dr Vivek Agarwal, who delivered an insightful talk on the MRCPsych exams and provided valuable guidance.

In late January, the Pakistani Doctors Group Riyadh, the British Pakistani Psychiatrists Association and Navigo NHS UK successfully facilitated the International Medical Symposium at the Pakistan Embassy in Riyadh. The event focused on promoting shared learning and collaboration, providing an excellent opportunity for professional engagement and networking for members from the Middle East, the UK and Pakistan.

During the beginning of February, division executive team attended the 5th Abu Dhabi Integrated Mental Health Conference. This brought together global experts, healthcare professionals and policy makers. All driven by efforts to foster dialogue, innovation and interdisciplinary collaboration, reinforcing Abu Dhabi's commitment to mental health.



Featured International Updates

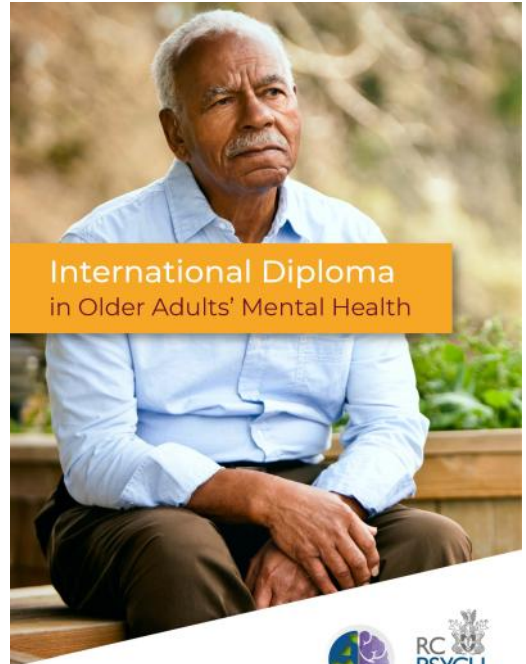
International Diploma in Older Adults' Mental Health

We are delighted to announce that applications are now open for the [International Diploma in Older Adults' Mental Health](#) for the 2025/26 cohort.

This knowledge enhancement programme is designed for doctors working outside the UK and wish to refresh or enhance their knowledge of the most common mental disorders in older adult and how these are managed.

The programme will allow learners to broaden their understanding of clinical and service-related complexities of working within older adults' mental health. In addition, learners will contribute to, and benefit from a growing international community of practice for psychiatry of older people, sharing skills and knowledge to develop services for older people within their clinical practice.

We are accepting applications for the 2025/26 cohort with a proposed course start date in September 2025. Please see the [webpage](#) for further details and [instructions on how to apply](#).



QNPMHS International Membership Pilot

The Quality Network for Prison Mental Health Services (QNPMHS) is excited to announce the launch of the new International Membership offer.

We are piloting QNPMHS International Membership, with hopes to continue to expand the membership and develop an international learning community where members can engage in a knowledge exchange, sharing ideas, good practice and mitigating challenges to improve services.

Members will engage in a 'virtual visit' focused on open-discussion, with a peer-review team made up of an other international service plus UK/Ireland-based peers.

We held a webinar discussing the new International Membership offer, and its benefits. Speakers shared presentations about Prison Psychiatry in Australia and the College's International Strategy. You can watch the recording of the webinar, and further information about the new membership via our [website](#).

International Colleagues can [use this link](#) to express an interest in joining the membership and colleagues can [sign up here to become a peer reviewer](#).





Events

You may be interested in the following upcoming events:

Title: Deans Grand Rounds: BioPsychoSocial Psychiatry

Date: 13 March 2025

Where: Online– via Zoom

Description: Exposure to and engagement in psychotherapeutic practice is central to person-centred compassionate good medical care and essential for psychiatric practice within the bio-psycho-social model and NICE guidance for the treatment of mental health problems, and burnout.

[Find out more >](#)

Title: Quality Network for Older Adult Mental Health Services Annual Forum 2025

Date: 07 May 2025

Where: Virtual event, via MS Teams

Description: The Quality Network for Older Adult Mental Health services will be hosting its annual forum. The theme for this year's event is 'Beyond Medication: Non-pharmacological interventions for Older Adults'.

[Find out more >](#)

Keep in contact



Submissions for Spring 2025, issue 15

April 7 2025

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

The deadline for submissions for the Spring edition is in **Monday, 07 April.**

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