



JULY –August 2018

PRCP: Pacific Rim College of Psychiatrists

President: Prof Pichet Udomratn, Thailand

Secretary General: Prof Tsuyoshi Akiyama, Japan

Newsletter Editor: Prof Philip Morris, Australia.

18th International Congress of the Pacific Rim College of Psychiatrists In Yangon, MYANMAR

The 18th International Congress of the Pacific Rim College of Psychiatrists will be held on 26th-28th October 2018 in Yangon, Myanmar with the theme “Mental Health Development in the Pacific Rim: Future Challenges and Solutions”. It is endorsed by 9 international and academic organizations including the Myanmar Mental Health Society who co-hosted the meeting and will conjoin with the 5th Myanmar Mental Health Conference.

Abstract submission for oral and poster presentations is now opened and the deadline will be on 30th June 2018. There will be travel awards for outstanding presenters/researchers.

Keynote speech on wide range of interesting topics will be delivered by distinguished speakers : Prof Helen Herrman (Australia), Prof Norman Sartorius (Switzerland), Prof Kym Jenkins (Australia), Prpf Cesar Alfonso (USA), Prpf Michael Maes (Thailand) and Prof Ayal Schaffer (Canada). Young psychiatrists will have great chance to participate in leadership development workshop by Prof Norman Sartorius, and workshop on “Papers and presentations: how to get published and deliver effective talks” organized by Prof Alan Teo and colleagues. There will also be a workshop on mindfulness based therapy chaired by Prpf Yongyud Wongpiromsarn, and other compelling workshops led by Prof César A. Alfonso and Prof Ayal Schaffer.

Registration fee is set according to the country categories and early birds will have special privilege till 31st July 2018. Special rate is set for trainee, non-psychiatrists and accompanying persons. The congress will be held at the Sedona hotel which is one of the five-stars hotels in Yangon. Room fees are ranged from 120 USD to 250 USD. Other economically sound hotels are situated 5-15 minutes-drive distance from the venue hotels.

Guests will be able to feel the taste of venue city during free sightseeing tour to famous places like Shwe Dagon Pagoda, Bogyoke Aung San Market, and National Museum. There will be complementary welcome dinner to honour all the participants at pool side of the venue hotel. For those who want to enjoy Myanmar cultural show, Gala dinner (fee will be applied) is arranged at one of the famous floating mythical bird (Karaweik) restaurant.

For more detail information, please visit www.prcp2018.org. We are looking forward to seeing you all in coming October.

Kyi Min Tun

Tin Oo

On behalf of the Local Organization Committee



18th International Congress of PRCP

Date: Oct 26-28, 2018

Venue: Sedona Hotel

www.sedonahotels.com.sg

Address: No (1), Kabaraye Pagoda Road, Yankin Township, Yangon. MYANMAR

Keynote Speakers



Helen Herrman

Australia

Topic: Women mental health (to be confirmed)



Norman Sartorius

Switzerland

Topic: Challenges to mental health programs towards 2030



Kym Jenkins

Australia

pic: Addressing physician mental health and wellness: pathways and progress



Cesar Alfonso

USA



Michael Maes

Thailand

Topic: Mood disorders are immune disorders?



Ayal Schaffer

Canada

【Registration Fee】

(USD)

Category	Early Bird	Regular	Onsite
Cat. A Countries	400	450	500
Cat. B Countries	350	400	450
Cat. C Countries	300	350	400
Non-psychiatrist	200	250	300
Trainee	150	200	250
Accompanying	150	150	150
Gala Dinner (Please choose "Yes" in the registration form if dinner included.)			
	50	50	50

Early Bird registration until 31st July 2018 11:30 PM (GMT+6:30)

Regular registration from 1st August to 19th October 2018 11:30 PM (GMT+6:30)

Onsite registration from 20th October 2018

- All registration fees are in **USD**
- Registrations are confirmed upon receipt of full payment
- Registration fee applied will be based on the date of payment
- Country Categories: <http://www.isa-sociology.org/en/about-isa/membership/table-of-economies-by-category/>



Tentative Schedule of the 18th Congress of the Pacific Rim College of Psychiatrists (PRCP)

Sedona Hotel, Yangon, Myanmar

Pre-congress		Day 1		Day 2		Day 3	
Time	Oct 25, 2018 (Thursday)	Time	Oct 26, 2018 (Friday)	Time	Oct 27, 2018 (Saturday)	Time	Oct 28, 2018 (Sunday)
0800-0900	Registration	0730-	Registration	0730-	Registration	0730-	Registration
		0800-0900	Opening	0800-0850	Keynote 4: Cesar Alfonso	0800-0850	Keynote 6: Michael Maes
0900-1700	Workshop 1: Professional leadership skills for early career psychiatrists	0900-0930	Coffee Break <i>Opening of Booth & Poster Display by the Minister</i>	0850-0940	Keynote 5: Gangadhar BN	0850-0940	Keynote 7: Ayal Schaffer
		0930-1020	Keynote 1: Helen Herrman	0940-1030	Breakfast symposium (Sanofi)	0940-1030	Breakfast symposium Phillip Mitchell/ James C Harris
		1020-1110	Keynote 2: Norman Sartorius	1030-1120	Sponsored Symposium (HelpAge)	1030-1120	MMHS Lecture: Treatment resistant depression
	Workshop 2: Mindfulness therapy in clinical practice	1110-1200	Keynote 3: Kym Jenkins	1120-1200	Workshop 5: Suicide prevention	1120-1200	PRCP General Assembly Closing
	Workshop 3: Skills for academic psychiatrists	1200-1300	Buffet Lunch Poster presentations	1200-1300	Buffet Lunch Poster presentations	**Rooms: Grand Ball (GB)/ Mindon (MD) <i>Opening:</i> GB Room I+II <i>Keynote:</i> GB Room I+II <i>MMHS meeting:</i> GB Room I+II <i>Breakfast symposium:</i> GB Room I+II <i>Buffet Lunch:</i> D'Cusine Restaurant <i>Symposium:</i> GB I, II/ MD I, II, III <i>Poster:</i> GB III <i>Workshop:</i> GB/MD <i>Board Meeting:</i> Ahlone MMHS: Myanmar Mental Health Society TAPE: Taiwan Academy of Psychiatric Epidemiology	
		1300-1410	MMHS Forum: Mental Health Policy	1300-1410	Parallel Symposium 5-9		
		1410-1520	Board Meeting	1410-1520	Parallel Symposium 10-14		
			Workshop: 4 Psychodynamic psychotherapy				
1500-1530	Coffee Break	1520-1550	Coffee Break	1520-1550	Coffee Break		
1530-1700	TAPE symposium	1550-1700	MMHS Forum: Mental Health Policy	1550-1700	Parallel Symposium 15-19		
			Sponsored Symposium (Pfizer)				
			Sponsored Symposium (Servier)				
		1730-2030	Welcome Dinner (Sedona Pool Side)	1730-2030	Gala Dinner (Karaweik Restaurant)		

Welcome from the Newsletter Editor



Dear PRCP colleague,

I am getting more and more excited by the day! I am so looking forward to the PRCP Congress in Yangon, Burma from 26-28 October 2018. I hope you share my excitement. I look forward to meeting Yangon and Myanmar colleagues at the Congress and also meeting PRCP colleagues from the Asia-Pacific. This promises to be an excellent meeting! Details of the conference program and registration procedures are enclosed with this newsletter. We only have 12 weeks to go before this meeting starts. Please register soon!

Other topics covered in this newsletter include:

The President and President-elect's reports;

The Secretary General's report;

A report on the World Psychiatric Association by the current WPA President and PRCP Board Director, Prof Helen Herrman;

A number of articles on Special Interest Group topics - these articles provide an introduction to Special Interest Group symposiums at the October Congress; and

Finally, there is a form to join the PRCP. If you are not a member please join us. If you are a member please lookout for colleagues who you can nominate to join the PRCP.

I look forward to seeing you in Yangon from 26 to 28 October. I hope you find this newsletter informative.

Yours sincerely, Prof Philip Morris.

President's report



During the past few months, the PRCP has a growing list of achievements. The Asian Federation of Psychiatric Associations (AFPA) has requested to become a partner of Asia-Pacific Psychiatry, which is the esteemed and official journal of the PRCP. Therefore, the journal will not only be read by PRCP members and journal subscribers but will also be widely accessible by members of Asian psychiatric associations.

From the time I was President Elect of the PRCP we have developed a strong relationship with the Royal Australian and New Zealand College of Psychiatrists (RANZCP). Again this year I was invited to attend the annual academic meeting of RANZCP held in Auckland, New Zealand during 13-17 May 2018.

I enjoyed participating in the session titled "Pacific Mental Health Forum" chaired by Dr. Kym Jenkins who is President of RANZCP.

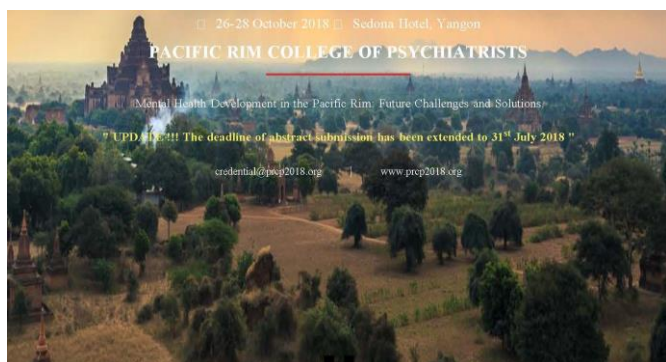


Prof Pichet Udomratn and Dr. Kym Jenkins

Learning the challenges and opportunities in education in both undergraduate and post-graduate levels in the Pacific nations such as Papua New Guinea, Fiji, Vanatu, Samosir Island, and Cook Islands made me realize the importance of including these countries within the PRCP borderland. Individual members of the PRCP who would like to volunteer to be mentors in teaching or supervising using Skype or in-person teaching with students and trainees of these nations are much more than welcome. The PRCP will work closely with RANZCP to improve the education and training of psychiatry among these Pacific nations in the future.

Lastly, I would like to remind you that the 18th International Congress of PRCP will be held in Yangon, Myanmar during 26 – 28 October this year. We have a very interesting scientific program including many keynote lectures by prominent speakers, such as Prof Helen Herrman, Prof. Norman Sartorius, Prof. Cesar Alfonso, Prof. Ayal Schaffer, Prof. Michael Maes, and Dr. Kym Jenkins. Please register at the congress website (www.prcp2018.org) as soon as possible to enjoy the reduced registration fee. I look forward to seeing all of you at our PRCP international congress this October.

Prof. Pichet Udomratn, M.D



The 18th International Congress of PRCP
26th -28th October 2018
Sedona Hotel, Yangon, Myanmar
<http://www.prcp2018.org/>

President elect's report



It is my great honor being appointed as the chair of the Scientific Program Committee of the 18th Congress of PRCP to be held from Oct 25-28, 2018 at Sedona Hotel, Yangon, Myanmar. In last November, I made a short visit to Yangon and had a fruitful meeting with the local organization committee chaired by Professor Tin Oo. Other than scientific program, we had a broad discussion over organization of the congress, including the dates, time, venue, budget, accommodation, web design, travel, visa, dinners, social events, possible sponsors, promotion, and other logistics. The report had been made to the Board, and it has also been followed by the Secretary General, Professor Tsuyoshi Akiyama and the President, Professor Pichet Udomratn during the AFPA meeting at Manila in January and at the coming Bangkok International Mental Health Conference in August.

The theme of the 18th PRCP congress is **"Mental Health Development in the Pacific Rim: Future Challenges and Solutions"** and it will focus more on educational and training program than the research reports. Such arrangement will meet the demand of our host and the region. The program will include 7 keynote speeches, 8 educational workshops, 8 keynote speeches, 8 educational workshops and panels, and parallel symposium and poster presentations. Topics including challenges in the development of professional skill and career, mental health of women and medical professionals, development of regional mental health and training program, de-stigmatization campaign, suicide

prevention, psychiatric treatment, psychotherapy, and others. Travel awards for distinguished poster presentations will be awarded to several young psychiatrists. Participants are encouraged in the discussions of these and many topics for future solutions of the development of mental health in the region.



Meeting with the local organization committee, Nov 20, 2017, Yangon, Myanmar

The program seems to be a bit squeezed for the meeting of 2.5 days, and one way to solve the problem is to move some of the educational workshops that targeted at young psychiatrists to a day before the congress on Oct 25, 2018, as the pre-congress event. It is also conjoined with the annual meeting of Myanmar Mental Health Society, and the Taiwan Academy of Psychiatric Epidemiology (TAPE) where I am the president of this academic society. Having a conjoint meeting with PRCP will bring more participants to the congress. As a supporting partner, the TAPE will organize a pre-congress symposium on “problems with psychiatric treatment” with topics related to the use of psychotropic drugs in patients with diabetes, cancer and children using epidemiological studies on big data. All participants are welcome, and I also hope that there could be more conjoint meetings in any future PRCP congress.

We are most grateful to the HelpAge International, a global charity organization working with and for older people, who supports our congress and will share with us their experiences of long-term work for the elderly in Asia and the world. Aging is a worldwide phenomenon but in this part of the world, there is still short of mental health policy and program for older people. The research consortium REAP (Research on Asian Psychotropic prescription) will organize a workshop to discuss their ongoing collaborative survey on bipolar disorders, and hopefully will target on the population of old age in their future agenda. The REAP with its members from 15 Asian countries is the longest surviving collaborative psychiatric research group in Asia and will celebrate its 20th anniversary next year.

What next after this congress? We have received several requests to bid for our next meeting. Since our meeting is held biannually, it is better to decide early than late. Many societies choose ahead the host of the next two international meetings, perhaps we could adopt this policy and allowing more time to prepare a well-function meeting. Competitors will be invited to present their proposals at the general assembly and hope we could choose as soon as possible the ideal host for the next or the following next meetings. No matter who is the host or wherever the meeting is held, it is the participants that make the difference. I pray for the success of this congress and would like to thank our local host, the Myanmar Mental Health Society for putting all their resources and efforts into the congress. I hope we can also take this opportunity to enjoy our stay and holidays in Myanmar, a mystical land with multi-ethnicities, religions, culture and rich traditions.

Mian-Yoon Chong, MD., PhD., FRCPsych

*President-Elect, PRCP President, Taiwan
Academy of Psychiatric
Epidemiology Professor of Psychiatry, Chang
Gung Memorial Hospital & Chang Gung
University, Taiwan*

Secretary-General's report



Since the last news letter was sent to the members, the secretariat has been engaged to assist preparing for the Yangon international congress. The secretariat was instrumental to establish various committee structure and secure co-sponsorship from various esteemed international mental health / psychiatric organizations. Thanks to everyone, the preparation is proceeding smoothly. Also, the secretariat invited Dr Takahiro Kato and Dr Alan Teo to lead special interest group on Hikikomori. Hikikomori is now recognized as global mental health issue and it is of academic and practical interest to gather information / data about Hikikomori in Pacific Rim region.

The secretariat assists all the initiatives, including this newsletter, to widen the network among the PRCP members.

If you have any inquiry about the PRCP activities, please contact the secretariat at info@prcp.org.

With warmest regards

Secretary General
Tsuyoshi Akiyama

The 18th International Congress of PRCP
Save the Date 26th -28th October 2018
Sedona Hotel, Yangon, Myanmar

<http://www.prcp2018.org/>

PRCP Officers and Board of Directors

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Report from WPA



As the one-year milestone of my World Psychiatric Association (WPA) presidency all too quickly approaches (with two more years to go), and as my term of office on the PRCP Board ends, I am delighted to reflect on the activities of these two special organisations. The experiences of working with colleagues in the PRCP have been important in shaping the WPA 2017-2020 Action Plan. The Pacific Rim is special in its diversity and the range of challenges and solutions it offers for psychiatrists working and collaborating in the region.

I am pleased to share with readers just one of the ways in which we are bringing to life the WPA 2017-2020 Action Plan. With each new term of Presidency at WPA, an Action Plan is implemented that builds on the Association's preceding work and refreshes focus on how we can increase psychiatry's positive impact on mental health globally. Our 2017-2020 Plan focuses on how we can strengthen the contribution of psychiatrists in regional or national responses to conflicts, emergencies and adversity. In particular, it provides a targeted strategy for reaching people, particularly young women and young men, who face adversity and disadvantage.

Earlier this year, we took our first major steps toward executing this strategy when WPA representatives met in Madrid with colleagues from citiesRISE and the Juan José López-Ibor

Foundation to discuss its practical implementation. Over two days, seventeen leaders representing the three organisations worked together to plan and define the necessary actions, people, resources and knowledge required to move ahead.

We made good progress. Our vision of "a world in which young people are supported to grow up, develop resilience and lead productive lives by mainstreaming mental health," provided a good starting point for planning. We talked about how, through our collective efforts, we can link local action with our global network to accelerate uptake and spread of best practices and approaches – and build conditions in society that support psychiatrists to contribute to community efforts in practical and creative ways. We considered how WPA working in partnership with citiesRISE, the Foundation and others might best support those at high risk of developing mental health problems (for any reason) and those who are already experiencing mental health problems. We talked about how, through prevention and promotion, we can also support those without health problems.

A long-term goal of WPA has been to develop and leverage partnerships that will enable psychiatry to have a stronger, clearer voice in the mental health sphere. Recognising the role of technology in today's world, we made a commitment to consult with innovators in the development and use of digital technologies in psychiatry. This recognises the opportunities technology provides to harness the energies and commitment of young people working to improve mental health in cities and their surroundings.

Many organizations have worked for a long time to tackle the global challenges in mental health that also concern WPA and PRCP. By utilizing the citiesRISE platform, mobilising the

professional knowledge and resources of WPA, and collaborating with the Juan José López-Ibor Foundation among others, we have a very real opportunity to effect change. Community resilience and early action are critical for responding to mental health needs in adversities and emergencies – and through this program WPA will enable psychiatrists to play their critical role as advocates, facilitators, trainers and clinicians. I hope that colleagues in PRCP will be interested to join in our efforts.

Three of the five initial city sites are located on the Pacific Rim. These are our two sites in the USA – Seattle and Sacramento – and Bogota in Colombia. The two other sites are located in Chennai, India and Nairobi in Kenya. I look forward to continuing contact with friends and colleagues in PRCP as we develop the program's activities.

Helen Herrman

WPA President
Past President PRCP (2014-2016)
Melbourne, Australia, July 2018

SIG on Depression: Letter from Songkhia, Thailand

As most developing countries in Asia, depressive disorders were ignored by societies because lacking of knowledge. But currently few years, Thai media represents more about mental health which the most popular topic is depression. However, some information by social and mass media is not always accurate, and may misrepresent the disease to Thai people.

Another problem is that there are only 700 Thai psychiatrists throughout the country, whilst the Thai population is about 70 million. Because of this, the major role of taking care of Thai, depressive patients are general practitioners)GP(, as the Thai government

has created depression guidelines for these GP's)Thai CPG-MDD-GP. The limitation is; the guidelines enhance pharmacological practice much more than psychosocial treatment)Jatchajvala,2018(.

My main, service role is campus-based psychiatry, thus, most of my patients are university students)18-24 years old(, and I agree with Prof. Yong Chon Park in that; the types of depressive patient's complaint are now changing in Asian countries. Most of these complaints are more about "depressive feelings" or "feeling bored", with almost all of them have having searched "Google" in concerns to their own symptoms. However, not all of them, who complained about depressive feelings, and suspected themselves of having depressive disorders, were diagnosed with depression. Hence, psychiatrists should be aware of suggestive data from young patients, due to sometimes being misled by erroneous information from media.

I would like to re-endorse Prof. Park opinions that; mental illness behavior is "*dynamically acculturation paradigm*" in Asian countries, because somatic complaints of depressive disorders are still frequently found among late adult and aging patients with depressive disorders. For these reasons, the changing generation of patients should be kept in mind for clinical data interpretation.

This letter is my first article for the PRCP community, and I sincerely hope it is helpful, as I am also interested in participating in special interest groups of depression, especially the topic of adolescent, and young adult depression.

Chonnakarn Jatchavala M.D.,

MSc.,FRCPsychT
Fellow lecturer and psychiatrist staff
Department of Psychiatry, Faculty of Medicine
Prince of Songkla University, Songkhla Thailand



New members

We welcome new members. To join the PRCP please complete the following application form and return with your **CV** and **one passport photo** to the **PRCP Secretariat** located at:

Department of Neuropsychiatry, NTT MEDICAL CENTER TOKYO

5-9-22 Higashi-godanda, Shinagawa-ku Tokyo 141-8625 JAPAN

Phone: + 81 3 3448 6508 | Facsimile: + 81 3 3448 6507 | E mail: info@prcp.org

Membership costs between USD\$15 and USD150 depending on region (see <http://www.prcp.org/members.html>)

APPLICATION FORM FOR MEMBERSHIP OF THE PACIFIC RIM COLLEGE OF PSYCHIATRISTS

DATE: _____

TITLE: _____ FIRST NAME: _____ LAST NAME: _____

DATE OF BIRTH: _____ GENDER: _____ COUNTRY: _____

CURRENT POSITION: _____

MAILING ADDRESS: _____

HOME PHONE: _____ OFFICE PHONE: _____ FAX: _____

EMAIL: _____

SPECIALIST BOARD: DATE RECEIVED:

☐ PSYCHIATRY: _____

☐ NEUROLOGY: _____

☐ OTHERS (PLEASE SPECIFY): _____

SPECIALIST TRAINING: _____

QUALIFICATIONS: _____

YEARS WORKED AS PSYCHIATRISTS: _____

MEMBERSHIP OF NATIONAL ASSOCIATIONS: _____

INTERNATIONAL ACTIVITIES: _____