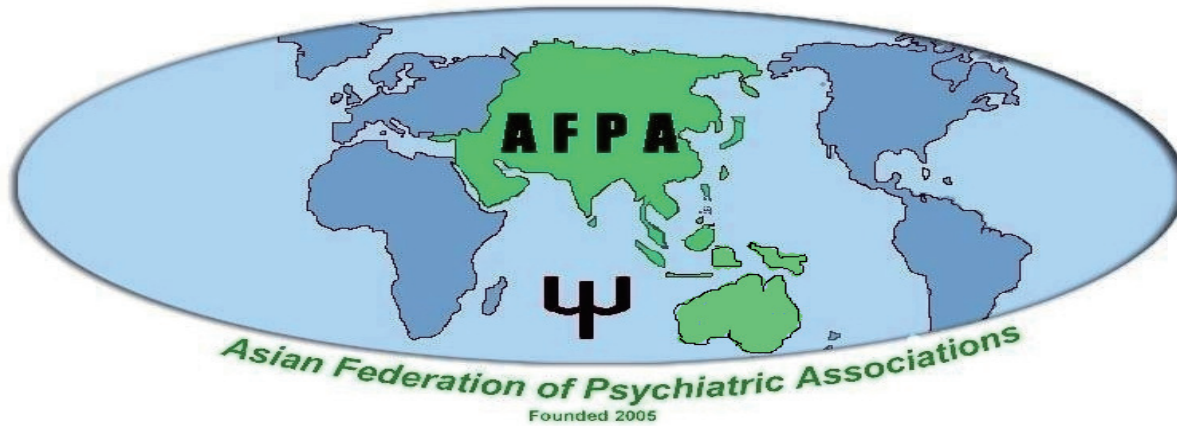


The Bulletin of the AFPA

The Summer 2014 Issue



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AFPA President's Message



First of all, I would like to express my sincere thanks to all of you who supported me for the leadership of the Asian Federation of Psychiatric Associations. Many thanks to Prof. Naotaka Shinfuku, our AFPA immediate past president, who provided me with very useful advice. Moreover, many suggestions from the AFPA council members led by Prof. Norman Sartorius were much appreciated.

Since August 2013, after the successful 4th World Congress of Asian Psychiatry (4th WCAP 2013) held 20-23 August, 2013 in Bangkok, Thailand, the unity

among Asian psychiatrists through national associations and societies has been strengthened more than before.

Last year, AFPA joined many organizations to co-sponsor their meetings which were held in Asia such as being a co-sponsor with the World Association for Psychosocial Rehabilitation (WAPR) to organize the 3rd WAPR Asia Pacific Conference which was held in Lahore, Pakistan during 1-4 November, 2013.

Another co-sponsored meeting of AFPA was with the Macau Psychiatric Association to organise an evening symposium on mood disorders at the Mandarin Oriental Macau Hotel on 6 November, 2013.

This year, AFPA held the first Regional Congress of Asian Psychiatry (1st RCAP) with the help of the Malaysian Psychiatric Association during 22-24 May, 2014 at Kuala Lumpur, Malaysia. Details of the report of this congress can be found in this issue of *the Bulletin*.

AFPA has also joined the Psychiatrists' Association of Nepal (PAN) to co-sponsor the 8th International Conference of SPF (SAARC Psychiatric Federation) which will be held in Lumbini, Nepal during 27-29 November this year.

One of the AFPA initiative activities is the AFPA lifetime achievement award (AFPA LAA) for prominent



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Web site address: www.afpa.asia

Publisher: Pichet Udomratn*

*Corresponding address: Prince of Songkla University, Hat Yai, Songkhla 90110, Thailand

E-mail: Pichet Udomratn
<upichet@medicine.psu.ac.th>

Editor: Winston W. Shen**

**Corresponding address: Taipei Medical University-Wan Fang Medical Center, 111, Section 3,

Hsing Long Road, Taipei 116, Taiwan
E-mail: Winston W. Shen <Shenwinw@gmail.com>

Asian psychiatrists who have devoted themselves to the betterment of mental health services for persons with mental disorders, not only in their own country but also in other Asian countries. The first two AFPA LAA go to Prof. Naotaka Shinfuku and Prof. Lourdes Ladrido-Ignacio. (See the next feature of *the Bulletin*.)

During the first year of my term as the president, AFPA has joined many national organisations such as the Psychiatric Association of Thailand and the Malaysian Psychiatric Association to organise workshops on “How to write for scientific publication?” in Bangkok in 2013 and in Kuala Lumpur in 2014. Moreover, AFPA joined the Royal Australian and New Zealand College of Psychiatrists (RANZCP) to organise the 2nd Asia Pacific Mental Health Forum in Kuala Lumpur in May 2014.

Lastly, AFPA joined the Bangladesh Association of Psychiatrists (BAP) to co-sponsor and collaborate with the Association for the Study of Mental Health in Bangladesh. Also, the Association for the Improvement of Mental Health Programmes organised a training programme on “co-morbid diabetes and depression” at Dhaka from 27-29 June 2014.

Next year, our official biennial congress of AFPA, WCAP will be held in Fukuoka, Japan on 3-6 March 2015. The main theme of 5th WCAP 2015 is “Trend and Innovation of Psychiatry in Asia.” Prof. Shigenobu Kanba, the congress director of 5th WCAP 2015, has devoted himself to organise an excellent academic programme and provide some supporting funds to young Asian psychiatrists who have been nominated by national psychiatric associations/societies. I look forward

to meeting and seeing all of you at the 5thWCAP in Fukuoka, Japan.

Pichet Udomratn*

Department of Psychiatry, Faculty of Medicine, Prince of Songkla University, Hat Yai, Songkhla, Thailand

*Corresponding address: Hat Yai, Songkhla 90110 Thailand

E-mail: Pichet Udomratn <upichet@medicine.psu.ac.th>

(Editor note: Pichet Udomratn is president of the AFPA, 2013-2015.)

Shinfuku and Ignacio Received Awards at the 1st RCAP Kuala Lumpur, Malaysia, 22-24 May, 2014

The executive committee of the Asian Federation of Psychiatric Associations (AFPA) made a decision in Bangkok in August 2013 that AFPA would hold its regional meeting in the year between the World Congress of Asian Psychiatry (WCAP). This meeting has now been called the Regional Congress of Asian Psychiatry (RCAP). With the help of Malaysian Psychiatric Association (MPA), the 1st RCAP was successfully held at the Sheraton Imperial Kuala Lumpur Hotel, Kuala Lumpur, Malaysia on 22-24 May, 2014 in conjunction with the 18th Malaysian Conference on Psychological Medicine. The theme of the congress “Transforming Mental Health : Managing Transitions” was chosen to emphasize the tremendous therapeutic advancement and service transformation in the mental health care and also the future direction of mental health services among Asian countries.

The highlight of this 1st RCAP is the presentation of AFPA lifetime achievement award (AFPA LAA) for prominent Asian psychiatrists who have devoted him/herself for the betterment of mental health service for persons with mental disorders, not only in their own country but also in other Asian countries. In recognition of their significant achievements and extraordinary contributions to the betterment of Asian psychiatry, the current AFPA executive committee have initiated a special award called AFA LAA. The first 2 AFPA LAA go to Prof. Naotaka Shinfuku from Japan and Prof. Lourdes Ladrido-Ignacio from the Philippines.

I know both AFPA LAA recipients well personally and professionally. Due to space limitation of *the Bulletin of the AFPA*, I would like to introduce both of them briefly here.



Naotaka Shinfuku (Japan) and Lourdes Ladrido-Ignacio (Philippines) received the AFPA Lifetime Achievement Award 2014 at the first RCAP, held in Kuala Lumpur, Malaysia. From left to right: Abdul Kadir Abu Bakar (president of Malaysian Psychiatric Association), Naotaka Shinfuku, Ladrido-Ignacio, Pichet Udomratn (president of the AFPA), and Nik Ruzyanee (MPA member)

Prof. Naotaka Shinfuku is well-known to Asian psychiatrists. He has made a great contribution to promote Asian psychiatry since he became WHO Regional Advisor in mental health in 1981. He was relentless in his work to improve services for the mentally ill and visited many countries in East Asia, Southeast Asia and the Pacific islands during this notable efforts. At the 13th World Congress of Psychiatry in Cairo in 2005, he was elected as WPA zonal representative for East Asia. At the same time, he was recommended unanimously by Asian psychiatrists as the first president of AFPA.

The other awardee, Prof. Emeritus Lourdes Ladriodo-Ignacio, has devoted much of herself in working towards the betterment of mental health service. One of her most significant contributions was her work as the chairperson of the Mental Health Task Force in disaster management. Her books on disaster management are recognized as important references for psychosocial intervention programs in the aftermath of disasters. She has been extensively involved in various international agencies and organizations, notably the WHO and World Association for Psychosocial Rehabilitation (WAPR) of which she is now the immediate past president.

After receiving AFPA LAA, both awardees gave keynote addresses. Shinfuku gave a presentation on “Transforming Mental Health in Asia” while Ignacio presented on “Transforming Lives : A Framework for Disaster Mental Health.”

There were more than 350 participants who attended the 1st RCAP. Delegates came from many Asia Pacific countries including Malaysia, Thailand, Indonesia,

Vietnam, Cambodia, Philippines, Taiwan, Japan, Hong Kong SAR, India, Pakistan, Bangladesh, Sri Lanka, Australia, New Zealand, Fiji, Solomon Islands, Papua New Guinea, and Vanuatu. The scientific programme was excellent. There were 10 symposia, 2 lunch symposia, 8 plenary sessions, 4 workshops, 1 forum, 22 oral presentations, and 23 poster presentations.

Regarding one of the workshops, AFPA joined with the World Association of Psychosocial Rehabilitation (WAPR) to organize a full-day workshop on “Developing Psychosocial Rehabilitation in Asian Countries.” At the end of this workshop, a set of recommendations/guidelines was approved as WAPR-KL Declaration. Dr. Afzal Javed, president of WAPR said that “This document will help in setting priorities for developing psychosocial rehabilitation services in different countries, especially in Asia.”

Moreover, AFPA joined with the Royal Australian and New Zealand College of Psychiatrists (RANZCP) to organize the Asia Pacific Mental Health Forum during the 1st RCAP. Both current presidents (Dr. Murray Patton) and immediate past president (Dr. Maria Tomasic) of RANZCP chaired this forum. The forum delegates from 18 countries were divided into 4 groups to discuss and to brainstorm 4 key topics:

- mental health legislation and involuntary treatment
- how to better share resources regionally
- how to tackle the lack of mental health workforce and services in the region, and
- how to best use psychiatric expertise in areas where the mental health workforce generally is relatively under-developed.



Speakers of the World Association of Psychosocial Rehabilitation and some participants who attended WAPR workshop on 22 May, 2014. From left to right: Marhani Midin (Malaysia), Pichet Udomratn (president of the AFPA), Afzal Javed (UK, Pakistan), Abdul Kadir Abu Bakar (Malaysia), Nalaka Mendis (Sri Lanka), T. Murali (India), Nor Zuraida Zainal (Malaysia), Tun Kurniasih (Indonesia) and G. Pandu Setiawan (Indonesia)



There was an AFPA executive committee and council members meeting and also an AFPA board members meeting where many new faces of presidents from national societies met each other and established mutual relationships.

Finally, AFPA would like to thank to Abdul Kadir Abu Bakar, Nor Zuraida Zainal, Marhani Midin and their team of MPA in making the 1stRCAP a fruitful meeting and, to their kind hospitality to all AFPA officers during their stay in Malaysia. (The author declares no conflict of interest in writing this report.)

Pichet Udomratn*

Department of Psychiatry, Faculty of Medicine, Prince of Songkla University, Hat Yai, Songkhla, Thailand

*Corresponding address: Hat Yai, Songkhla 90110, Thailand

E-mail: Pichet Udomratn <upichet@medicine.psu.ac.th>

The 5th WCAP in Fukuoka, 3-6 March, 2015



I am delighted to welcome you to the beautiful city of Fukuoka where the 5th World Congress of Asian Psychiatry will be held from 3-6 March, 2015.

The theme for our meeting “Trend and Innovation of Psychiatry in Asia” emphasizes the compelling need to work together in spite of diversity in the field of mental health in Asia and neighbouring lands. Please visit our website: www.wcap2015.org/index.html.

Our congress will allow us to address that need. The program committee has assembled an array of specialists in all the disciplines of psychiatry working in Asia and elsewhere. They will present their experience and the results of their research as well as ideas on the variety of topics which are relevant to clinicians, researchers and teachers in the field of mental health. Now we have confirmed that Prof. Norman Sartorius (Switzerland) and Prof. Dinesh Bhugra (UK) are going to be with us at the 5th WCAP.

We hope that the Fukuoka Congress will provide a platform to discuss our presentations and develop strategies for new research and for innovative training and service programmes in Asia. I am certain that you will find this conference enriching, meaningful, and stimulating. (The author declares no conflict of interest in writing this report.)

Shigenobu Kanba*

Department of Neuropsychiatry, Graduate School of Medical Sciences, Kyushu University, Fukuoka, Japan

*Corresponding address: 3-1-1 Maidashi, Higashi-ku, Fukuoka 812-8582, Japan

E-mail: Shigenobu Kanba

<skanba@npsych.med.kyushu-u.ac.jp>

(Editor note: Kanba is the president-elect of the AFPA and congress director of 5th WCAP 2015.)

DOCUMENTS OF THE AFPA: A SPECIAL COLUMN

AFPA Member Societies and Associations As of August 2014

The Asian Federation of Psychiatric Associations (AFPA) is a federation of Asian national psychiatric societies and associations who support the goal to achieve the excellence in Asian psychiatry.

Countries of the Association of Southeast Asian Nations (ASEAN)

- Indonesian Psychiatric Association
- Malaysian Psychiatric Association
- Myanmar Mental Health Society
- Philippine Psychiatric Association
- Psychiatric Association of Thailand
- Singapore Psychiatric Association
- Mental Health Association of Cambodia (MHAC)
- Vietnam Psychiatric Association

Eastern Asia

- Chinese Society of Psychiatry
- Hong Kong College of Psychiatrists
- Japanese Society of Psychiatry and Neurology
- Korean Neuropsychiatric Association
- Mongolian Mental Health Association
- Taiwanese Society of Psychiatry

Southern Asia

- Bangladesh Association of Psychiatrists
- Indian Association for Social Psychiatry
- Indian Psychiatric Society
- Psychiatrists' Association of Nepal

Central and Western Asia

- Armenian Psychiatric Association (ArPA)
- Iranian Psychiatric Association
- Pakistan Psychiatric Society

South Pacific

- Papua New Guinea Psychiatric Association
- The Royal Australian and New Zealand College of Psychiatrists

AFPA Office Bearers (2013-2015)

Executive committee

- President : Pichet Udomratn (Thailand)
- President-elect: Shigenobu Kanba (Japan)
- Secretary general: Abdul Kadir Abu Bakar (Malaysia)
- Secretary for finance : Yongyud Wongpiromsarn (Thailand)
- Secretary for science : Winston W. Shen (Taiwan)
- Secretary for education and training : Ahmad Jalili (Iran)
- Immediate past president : Naotaka Shinfuku (Japan)

Board members

- Ahmad Jalili (Iran)
- Abdul Kadir Abu Bakar (Malaysia)
- Carlos Duarte (Macao)
- Cheng Lee (Singapore)
- Frank Huang-Chih Chou (Taiwan)
- Golam Rabbani (Bangladesh)
- Kim Savoun (Cambodia)
- Linda Lam (Hong Kong)
- Mazhar Malik (Pakistan)
- Masatoshi Takeda (Japan)
- Min-Soo Lee (Korea)
- Murray Patton (RANZCP)
- Tun Kurniasih Bastaman (Indonesia)
- Roy Abraham Kallivayalil (India)
- Xin Yu (China)
- Yongyud Wongpiromsarn (Thailand)

Council members

- Afzal Javed (Pakistan and UK)
- Mohan Issac (Australia and India)
- Maria Tomasic (RAZCP immediate past president)
- Manickam Thirunavukarasu (India WPA ZR)
- Nalaka Mendis (Sri Lanka)
- Norman Sartorius (Switzerland)



A Brief History of the AFPA from August 2002 to August 2013

August 2002

The Japanese Society of Psychiatry and Neurology (JSPN) marked the 100th Anniversary in 2002 and hosted the 12th World Congress of World Psychiatric Association (WPA) first time in Asia in 2002 in Yokohama, Japan. At the WPA World Congress in Yokohama in 2002, a dozens of leading Asian psychiatrists and WPA board members who attended the Congress exchanged the views to form the network of Asian psychiatrists. The name of Asian Federation of Psychiatric Associations (AFPA) was proposed and adopted for the network.

September 2005

In September 2005, at the 13th World Congress in Cairo Egypt, more than 30-40 Asian leading psychiatrists gathered together and they agreed to form the AFPA.

February 2007

The AFPA was launched in Lahore, Pakistan, in February 2007, with the blessing of leading international and national psychiatric societies. The list included, among others, World Psychiatric Association (WPA), World Federation of Mental Health (WFMH), World Association for Psychosocial Rehabilitation (WAPR), American Psychiatric Association (APA), The Royal College of Psychiatrists (RCP), Indian Psychiatric Society (IPS). The AFPA was welcomed in Asia. Harmony, friendship and consensus were stressed as a guiding principle of the AFPA.

August 2007

The First World Congress of Asian Psychiatry (1st WCAP) was held 2-5 August, 2007 in Goa, India. Indian Society of Biological Psychiatry and SAARC Psychiatric Federation hosted the Congress. More than 300 psychiatrists and mental health workers attended and mostly from countries in South Asia.

November 2009

The 2nd World Congress of Psychiatry (2nd WCAP) was held from 7 to 10 November, 2009 in Taipei. The Congress was hosted by the Taiwanese Society of Psychiatry. The Congress had more than 700 participants, half from overseas and the rest from Taiwan. This became the largest international psychiatric congress ever held in Taiwan. At the first AFPA board meeting in Taipei, it was suggested to prepare the AFPA constitution in consultation with member societies and associations.

August 2011

The 3rd WCAP was held in Melbourne on 31 July to 4 August, 2011. The congress was hosted by Indo-Australian Initiative. Many eminent Indian psychiatrists from overseas made the scientific program attractive. More than 500 psychiatrists attended the 3rd WCAP.

August 2013

The 4th WCAP was convened 20-23 August, 2013, in Bangkok with full support by Department of Mental Health (DOH) of Ministry of Public Health, Thailand, Psychiatric Association of Thailand (PAT) and Thai Society for Geriatric Psychiatry and Neuropsychiatry (TSGN). The congress was attended by more than 1,512 participants coming from 42 countries and areas. The congress was opened by HRH Princess Ubolratana Rajakanya of Thailand. AFPA board meeting attended by 16 presidents and representatives of national psychiatric society elected new office bearers and adopted the resolution which stressed the unity and collaboration of psychiatric societies in Asia.

The 2013 Bangkok Resolution

The presidents and representatives of psychiatric societies of Asian countries who signed this document, met in Bangkok, Thailand on 20 August, 2013 and agreed unanimously that

- The unity and collaboration of psychiatric societies in Asia is a major asset in the promotion of mental health and the betterment of psychiatry in Asia.
- They have elected the AFPA executive committee and council members listed on the attached document to serve the Federation until the next congress of the AFPA in 2015.
- They have requested the executive committee to prepare the draft Statutes of the Association for approval by the member associations as soon as possible and not later than the end of 2014. The draft Statutes should be submitted for formal approval to all member societies for comment and approval as soon as they are prepared.
- The name Asian Federation of Psychiatric Associations (AFPA) and the logo used by the Federation belong to all the psychiatric societies who agreed to be members of the Federation and that therefore neither the name nor the logo should be used by anyone without the explicit approval of the executive committee of the Federation.
- They condemn any individual or group who might be

harming the Federation by separatist action or by using the name of the association for any purpose without the full approval of all the member societies.

- They wish to invite associations of psychiatrists in Asian countries that have not yet joined the Federation to do so as soon as possible
- They wish to express their thanks to the Department of Mental Health of the Ministry of Public Health, the Psychiatric Association of Thailand and others who have organised the 4th Congress of the Federation.

Signatures of the Bangkok Resolution on 20 August, 2013 in Bangkok, Thailand

Presidents of National Psychiatric Societies

Countries of the Association of Southeast Asian Nations (ASEAN)

- Indonesian Psychiatric Association
Tun Kurniasih Bastaman (president)
- Malaysian Psychiatric Association
Abdul Kadir Abu Bakar (president)
- Psychiatric Association of Thailand
Yongyud Wongpiromsarn (president)
- Singapore Psychiatric Association
Cheng Lee (president)
- Mental Health Association of Cambodia
Kim Savoun (president)

Eastern Asia

- Chinese Society of Psychiatry
Xin Yu (president)
- Hong Kong College of psychiatrists
Wai-Chi Chan (board member)
- Japanese Society of Psychiatry and Neurology
Shigenobu Kanba (vice president)
- Korean Neuropsychiatric Association
Min-Soo Lee (president)
- Macao Psychiatric Association
Carlos Duarte (chairman)
- Taiwanese Society of Psychiatry
Frank Huang-Chih Chou (president)

Southern Asia

- Bangladesh Association of Psychiatrists
Golam Rabbani (president)

- Indian Psychiatric Society
Roy Abraham Kallivayalil (immediate past president)

Central and Western Asia

- Iranian Psychiatric Association
Behrang Shadloo (board member)
- Pakistan Psychiatric Society
Mazhar Malik (president)

South Pacific

- The Royal Australian and New Zealand College of Psychiatrists (RANZCP)
Murray Patton (president)

Fifteen Leading Asian Psychiatrists

- Naotaka Shinfuku (Japan)
president of AFPA
- Afzal Javed (Pakistan UK)
secretary general of AFPA
- Pichet Udomratn (Thailand)
AFPA vice president
- M. Thirunavukarasu (India)
WPA Zonal Representative for South Asia and ASEAN
- Helen Herrman (Australia)
President-elect PRCP
- Maria Tomasic (RANZCP)
immediate past president of RANZCP
- Andrew Peter (RANZCP)
CEO of RANZCP
- Winston W. Shen (Taiwan)
Editor-in-chief, *Taiwanese Journal of Psychiatry*
- Hai-Gwo Hwu (Taiwan)
AFPA vice president
- Min-Wei Huang (Taiwan)
general secretary, Taiwanese Society of Psychiatry
- Joao Picarra (Macao)
general secretary, Macao Psychiatric Association
- Nalaka Mendis (Sri Lanka)
council member of AFPA
- Ziad Kronfol (Qatar)
representative of AFPA
- Petrin Redayani (Indonesia)
treasurer, Indonesian Psychiatric Association
- Mohan Issac (Australia and India)
council member of AFPA
- Norman Sartorius (Switzerland)
council member of AFPA

(Editor's note: All documents in this column are provided by Naotaka Shinfuku, the immediate past president of the AFPA.)



FROM PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

The Singapore Mental Health Conference to Be Held, 17 to 18 October, 2014

Singapore Psychiatric Association has recently revamped its website (www.singaporepsychiatry.org.sg).

If your association or society would like SPA to put up conferences organised by your association/society, kindly e-mail me.

Singapore will be having a Singapore Mental Health Conference (SMHC) from 17 to 18 October 2014. If you are interested to find out more about SMHC, please write to Mr Arthur Lim (Arthur_tm_lim@imh.com.sg). (I declare no conflict of interest in writing this news.)

Cheng Lee*

*Corresponding address: Institute of Mental Health 10
Buangkok View 539747, Singapore
E-mail: Cheng Lee <cheng_lee@imh.com.sg>
(*Editor note: Lee is the president of Singapore Psychiatric Association.*)

The WPA Congress in Hong Kong, 12-14 December, 2014

I would like to extend our warmest invitation to you to participate in the World Psychiatric Association Regional Congress to be held in Hong Kong, China during 12-14 December, 2014 at the Hong Kong Convention and Exhibition Centre. The Congress is jointly organised by the WPA, the Hong Kong College of Psychiatrists, and in collaboration with the Department of Psychiatry, the Chinese University of Hong Kong and the Department of Psychiatry, the University of Hong Kong.

It is our great privilege and honour to host the WPA Regional Congress in Hong Kong. Leveraging on Hong Kong's strategic location, world-class convention and exhibition facilities as well as many unrivalled attributes, we pledge to make the Congress a fruitful and memorable experience for our participants.

Hong Kong is a unique blend of East and West, featuring Chinese traditions, colonial heritage, high-tech modernity and Cantonese gusto. The theme of the Congress is 'Yin and Yang of Mental Health in Asia –

Balancing polarities', reflecting the emphasis of Asian culture as to strike a middle ground between extremes of views and practices, so as to achieve harmony with mankind and the environment. The Congress aims to bring together overseas and local clinicians, researchers and mental health professionals for the interflow of knowledge and advancement in the field of psychiatry. We are honoured that the following prominent clinicians/scientists from Europe and the Asia-Pacific region will present plenary lectures in the Congress: Tsuyoshi Akiyama (Japan), Dinesh Bhugra (UK), Eric Chen (HK), Ian B. Hickie (Australia), Linda Lam (HK), Jim van Os (Netherlands), Graham Thornicroft (UK), Xin Yu (China).

There will also be lectures held in concurrent sessions, together with workshops and poster exhibitions that cover a wide range of topics in mental health. As young people will become the leaders of the future, an early career young psychiatrists programme has been arranged to encourage young clinicians and practitioners to participate in the event.

The Congress organisers have made block reservations in a number of hotels of various categories nearby the Congress venue, at special reduced rates for participants of the WPA Regional Congress Hong Kong 2014. More information is available at <www.wpa2014hongkong.org/accommodation/accommodation.html>.

The organising committee is also planning an impressive programme of social functions to provide delegates the opportunity to relax, renew old friendships and make new acquaintances. The gala dinner of the Congress will be held on 13th December 2014 at the fun and festive Jumbo Floating Restaurant with a short boat ride from the Aberdeen Harbour pier. A Chinese dinner with seafood and beverages will be served while delightful cultural performances will be staged.

For further details, please visit our website: www.wpa2014hongkong.org. E-mail address of the Congress secretariat is <wpa2014@hkam.org.hk>. I look forward to seeing you at the Congress in Hong Kong in December 2014! (I declare no conflict of interest in writing this news.)

Linda C.M. Lam*

Department of Psychiatry, Faculty of Medicine,
The Chinese University of Hong Kong, China

*Corresponding address: Multicentre Centre, Tai Po Hospital, 9 Chuen On Road, Tai Po, N. T., Hong Kong
E-mail: Linda C. M. Lam <cwlam@cuhk.edu.hk>
(Editor's note: Lam is the president of the Hong Kong College of Psychiatrists, director of WPA Regional Meeting 2014, in Hong Kong.)

WPAIC 2015 in Taiwan



The World Psychiatric Association International Congress 2015 (WPAIC 2015) will be hosted by the Taiwanese Society of Psychiatry (TSOP) and held in Taipei International Convention Center, Taipei from 18 November, Wednesday, to 22 November, Sunday, 2015.

The aim of WPAIC is to increase knowledge and skills necessary for work in the field of mental health and the care for the mentally ill. TSOP is honored to be appointed by WPA to host the WPAIC 2015 in Taiwan. TSOP was established in 1960, has been continuously developing the research and medical treatments of psychiatry and mental health, furthermore to communicate and collaborate with local members and international societies. To follow the steps from the past WPA congresses, WPAIC 2015 is ready to promote the advanced research and treatments of psychiatry and mental health for humanity.

WPAIC 2015 in Taiwan is focusing on "Bridging Asia to the World: A New Era for Psychiatric Treatment" and to discuss the interaction and ideal concept between the Asia and world in the field of psychiatry and mental health. With the world-known specialists participants, including Dinesh Bhugra (UK), Julio Licinio (Australia), Akira Sawa (USA), Rutger Jan van der Gaag (Netherlands), Li-Huei Tsai (USA), Ming-Tso Tsuang (USA), Edmund Sonuga-Barke (UK) and Kathleen Merikangas (USA), we are expecting more than 4,000 colleagues to join us for the congress. WPAIC 2015 is going to provide a great opportunity for psychiatric physicians to stimulate and exchange the most up-to-date medical knowledge. And we also plan to carry on the goal of WPA to keep making great contribution and development to the field of psychiatric treatment, discover and bring the better life to our world.

Taking this wonderful opportunity of a world union,

we sincerely invite you to attend the congress and take advantage of this special occasion to renew contacts, exchange ideas and research of the advancement development of psychiatry and mental health. I believe with your support and participation, we will make WPAIC 2015 successful and remarkable! More importantly, you can not miss the chance to explore and discover the beauty of Formosa, and to experience the great hospitality of this island. With open arms and warm regards, we welcome you to join the WPAIC 2015 in Taiwan. (I declare no potential conflict of interest in writing this news.)

Frank H. Chou*

Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Kaohsiung, Taiwan

*Corresponding address: 130 Kai-Syuan, Second Road, Kaohsiung 80276, Taiwan

E-mail: Frank H. Chou <f50911.tw@yahoo.com.tw>

(Editor's note: Chou is the president of the TSOP, 2011-2015, director of WPAIC 2015 in Taiwan.)

The 110th Annual Meeting of the JSPN, 2014

It is my pleasure to report the successful 110th annual meeting of Japanese Society of Psychiatry and Neurology (JSPN) in Yokohama, June 26th-28th, 2014 under the chair of Hitoshi Miyaoaka (Kitazato University). We had 8,300 meeting registrants, including overseas invited speakers, Darrel Regier (USA), Murray Patton (Australia), Helen Herrman (Australia), Dinesh Bhugra (UK), and 15 foreign early career psychiatrists who received JSPN travel awards to participate in international symposia. The two-and-a-half day program took place in 17 meeting rooms of Yokohama Convention Center, covering many important psychiatric topics with high scientific caliber, and providing the platforms of vivid discussions among meeting participants.

Many of you may remember that Yokohama Convention Center is the venue used to accommodate for the World Psychiatric Association (WPA) Congress in 2002 in Yokohama. The WPA 2002 Yokohama Congress was the first international psychiatric meeting organized by the JSPN, in which we hosted 6,300 participants from 111 regions and countries including 3,000 Japanese colleagues. The number of participants of the JSPN annual meeting in 2014 is 8,200, that is more than that



of the WPA 2002 Congress, with the increase, from 3,000 to 8,200 in 12 years.



A photo at the JSPN annual meeting in Yokohama, 28 June, 2014. Masatoshi Takeda, Norito Kawakami, Helen Herrman (Australia), Tsuyoshi Akiyama, Pichet Udomratn (Thailand), Shinji Hosoda, Toshiko Kamo, Naotaka Shinfuku (from left to right)

Looking back the history, the WPA 2002 Yokohama Congress was an epoch-making event for the JSPN and Japanese psychiatry to catch up to the global level, because JSPN had been struggling with political issues since the 66th Kanazawa annual meeting in 1969 in which all scientific program was cancelled out due to political movement [1]. The JSPN had been involved too much political discussions and gradually lost the function as the academic organization. During the period of 70s to 90s, JSPN had only 1,000 participants to attend the JSPN annual meeting each year. In those days, the JSPN had decided to organize the first WPA Congress in Asia under the leadership Jiro Suzuki, then president of the JSPN, and its decision was succeeded by Mitsumoto Sato, the next president. The 96th JSPN Sendai annual meeting in 2000 had 1,191 participants and Sato asked me to double the number of participants of the 97th Osaka JSPN annual meeting in 2001 because we needed to have at least 3,000 Japanese registrants to make the WPA Congress even in budgeting. We worked hard for that goal and we achieved it. The WPA 2002 Yokohama Congress was held successfully with 6,300 participants

in conjunction with the 98th JSPN annual meeting, which also celebrated the 100th anniversary of the JSPN.

After WPA Yokohama Congress, Japanese psychiatry and the JSPN, in my opinion, have grown up as a member of international psychiatric community during these 12 years. Through the open communication and collaboration with oversea colleagues, especially with Asian colleagues, we have been mutually learning and trying to develop better psychiatric service. Furthermore, the JSPN is organizing the WPA Regional Congress in Osaka in conjunction with the 111th annual meeting, 4-6 June, 2015, which will be the second stage for the JSPN to have better communication with colleagues in Asia and the world aiming for the mutual merits from each other. I would like to invite all of you to attend both the 5th APFA Congress in Fukuoka, 3-6 March, 2015, and the WPA Regional Congress in Osaka, 4-6 June, 2015. All JSPN members are looking forward to the pleasure of hosting you soon with real *omotenashi*, which is the word for “hospitality” in Japanese. (The author declares no potential conflict interest in writing this feature.)

Reference

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Masatoshi Takeda*

Department of Psychiatry, Osaka University Graduate School of Medicine, Osaka, Japan

*Corresponding address: 2-2 Suita City, Osaka 565-0871, Japan

E-mail: Masatoshi Takeda

<mtakeda@psy.med.osaka-u.ac.jp>

(Editor's note: Takeda is the president of the JSPN, 2013-2015.)

FROM PRESIDENTS OF AFPA ALLIED SOCIETIES

Plan to Attend the 12th WFSBP in Athens, Greece, 14-18 June, 2015

The 12th World Federation of Societies of Biological Psychiatry Congress will be held in Megaron, Athens, 14-18 June, 2015. The meeting is to be organized and chaired by Constantin Soldatos (Greece). Florence Thibaut (France), the current president of the WFSBP, chairs scientific programme committee, which have already selected the symposia out of more than one hundred submitted proposals.



Exterior view of Megaron, Athens



Interior of Dimitri Mitropoulos Hall, Megaron, Athens

Calls for abstracts for free communication, young scientist awards, and poster are open until 10 December, 2014. During the 12th WFSBP Congress in Athens, worldwide opinion leaders will share with us the recent innovations in their respective fields which impact on diagnosis, treatment and quality of life of our patients. High scientific level sessions will be organised including plenary lectures, symposia, interactive workshops and debates. I hope many Asian colleagues will join the 12th WFSBP Congress in Athens.

Masatoshi Takeda*

Department of Psychiatry, Osaka University Graduate School of Medicine

*Corresponding address: 2-2 Suita City, Osaka 565-0871, Japan
E-mail: Masatoshi Takeda
<mtakeda@psy.med.osaka-u.ac.jp>

(Editor's note: Takeda chaired the organising committee of the 11th WFSBP Congress in Kyoto, June 2013. He was also then elected as president-elect of the WFSBP. He will become president of the WFSBP at the 12th WFSBP Congress in Athens, June 2015.)

Training Programme on Co-morbid Diabetes and Depression Dhaka, Bangladesh, 27-29 June, 2014

A training programme "Co-morbid Diabetes and Depression" took place in Dhaka, Bangladesh from 27 to 29 June, 2014. This programme was organized by the Association for the Improvement of Mental Health Programmes (AMH) in collaboration with Association for Study of Mental Health in Bangladesh. The Bangladesh Psychiatric Association (BPA) and the Asian Federation of Psychiatric Associations (AFPA) co-sponsored this programme and collaborated in its organization.

The course attracted some 80 professionals including psychiatrists, diabetologists and family physicians. The course was one of the series of such programmes focused on the recognition and management of comorbidity of mental and physical disorders that are being organised by AMH and Norman Sartorius in different parts of the world. The faculty for the course included Sartorius, Linda Gask, S. Chaturvedi, Golam Rabbani, Zofar Latif and Afzal Javed.

The course included lectures, rôle-play, discussions and group work, facilitating the acquisition of skills useful in recognising and treating comorbid conditions. The participants found the training a valuable addition to their professional knowledge and hoped that this will help them in treating their patients in a better way. (The reporter declares no conflict of interest in writing this feature.)

Afzal Javed

E-mail : Afzal Javed <afzal.javed@ntlworld.com>

(Editor's note: Javed is a council member of the AFPA, and a current president of World Association for Psychosocial Rehabilitation. The author did not provide corresponding address.)



LETTERS TO THE EDITOR

WPAIC in Cape Town, 18-22 November, 2016



The South African Society of Psychiatrists (SASOP) is hosting a World Psychiatric Association International Congress during November 2016 in Cape Town, South Africa. The congress will be held at the Cape Town International Convention Centre (CTICC) from 18 to 22 November, 2016. The congress presidents will be the current WPA's president-elect, Dinesh Bhugra, and the current president-elect of the SASOP, Mvuyiso Talatala.

With the recent death of Nelson Mandela in December 2013, there was a fairly general realization in South Africa, and elsewhere, that reconciliation, transformation and integration of our communities and of our clinical practice, have not been completed or, in some instances, not even undertaken yet. The theme of this congress will therefore be "Psychiatry: Integrative Care for the Community" and will explore concepts, controversies and consequences of Psychiatry's responsibility and accountability to society in terms of its scope of practice and of what can be considered as Psychiatry's social contract.

The congress will consider how to integrate the developing scope of current psychiatric practice with emphasis on illness prevention, health promotion, clinical care, as well as rehabilitative interventions over the course of people's life time. The congress will deliberate on the expanding systems required for all four dimensions of care to be integrated, including: Psychiatry's core neuroscience content and evidence-base for clinical care (biological); established psychotherapeutic process (psychological) and active social involvement (social); undertaken within particular cultural, religious and spiritual contexts (spiritual).

In the process, the question of what aspects of psychiatric care and practice require further integration

will be posed to member associations and delegates from the 18 different WPA Zones, as well as to the more than 65 different Sections focusing on different interests within the WPA. Concurrent local interactive community events, such as exhibitions and music productions, as well as communication forums and awareness programs are being planned in Cape Town and in other parts of South Africa in the months leading up to the congress.

During the next two and a half years, interactive discussions amongst members and delegates on related congress topics will be pursued and encouraged through the use of available social media and electronic communication. Key contributions and regular updates to the process will be made available on this website including on issues such as: new developments in neuroscience and psychopharmacology; delivery systems for rural and urban mental health; human rights and ethics; practice treatment guidelines; as well as incorporating measures for outcomes assessment.

On behalf of the SASOP and the WPA, we cordially invite you to reserve this date on the 2016 calendar, to actively participate in the process, and to prepare for your attendance and presentation on your specific local practice, or area of interest, at this important meeting. (The author declares no potential conflict of interest in writing this letter.)

Reference

1. Mandela N: Transformation also includes reconciliation and creating a nation united in the rich diversity of communities previously forced apart. State of the Nation Address, SA Parliament, 10 February, 1999.

Bernard Janse van Rensburg*

*Corresponding address: C/o Healthman, Unit 16 Office Park, 203 Beyers Naude Drive, Northcliff, Johannesburg, South Africa
E-mail: Bernard Janse van Rensburg <bernard.sasop@mweb.co.za> or <charlene@soafrica.com>

(Editor note: van Rensburg is SASOP honorary secretary and chair of local organising committee, WPAIC in Cape Town 2016.)

Psychosocial Rehabilitation Projects/Programs in Asia

Understanding of the importance of psychosocial disability among people with mental disorders is growing throughout Asia and there is increasingly active development of rehabilitation and other programs designed to respond more effectively to disability. The World Association for Psychosocial Rehabilitation (WAPR) wishes to document such programs, particularly those that have been evaluated and have been found to be effective and programs that have particularly innovative features. It is intended to publish descriptions of the best programs so that they may serve as an inspiration and as a guide to others.

If you would like to receive more information about this project or wish to contribute to it please contact me. (The author declares no potential conflict of interest in writing this letter.)

Harry Minas*

Global and Cultural Mental Health Unit, Centre for Mental Health, School of Population and Global Health, University of Melbourne, Melbourne, Australia

*Corresponding address: 207 Bouverie Street, Carlton, Victoria 3053, Australia

E-mail: Harry Minas <h.minas@unimelb.edu.au>

(Editor's note: Minas is the chair of the WAPR Asia-Pacific Taskforce on Project Development and Dissemination, and editor-in-chief of International Journal of Mental Health Systems.)

FROM THE EDITOR OF *THE BULLETIN of THE AFPA*

Editing *the Bulletin of the AFPA*: Printing Persons' Names

Through Naokata Shinfuku's recommendation, I was elected as "the secretary of science" of the Asian Federation of Psychiatric Associations at the 4th World Congress of Asian Psychiatry (4th WCAP) in Bangkok, in August 2014. Unbeknownst to the exact job description for this title, I was told that I need to do publication for the membership right before I attended the 18th Malaysian Conference of Psychological Medicine/1st RCAP in Kuala Lumpur, Malaysia, 22-24 May, 2014. It was decided at the AFPA board meeting that the publication would be a bi-annual newsletter form. In a later communication, Pichet Udomratn, the AFPA president, suggested the use of the Bulletin of the AFPA because we may contain some peer-refereed academic articles in the future issues.

With this assignment in mind, I consulted with Frank Chih-Hung Chou, the president of Taiwanese Society of Psychiatry in Taiwan. I decided to do the publication without the support of the TSOP. The plan is to do the first issue of *the Bulletin* on 1 August, 2014. The AFPA will post it at the AFPA web-site (www.afpa.asia). No superlink design is made because the AFPA plans to print some hard copies of *the Bulletin* for distribution at the WPAC at Madrid, Spain and/or the 5th WCAP at Fukuoka, Japan.

A 1988 Japanese movie, *Hotaru no Haka (The Grave of Fireflies)* [1] describes a sibling pair (a

teenager boy and his baby sister) surviving the war time and living in an abandoned bomb shelter, lit only by the released light of fireflies. They buried each dead insect with a wooden tome stick given a name for each one at the insistence of the 4.5-year-old sister, Setsuko (starring by Ayano Shiraishi) who believed that each firefly should have its own name. Dale Carnegie in USA once said that the best music to an individual's ears is his/her own name [2]. Identifying the name in each accompanied photo for any feature is a basic journalistic rule. Please do not send me any feature with photos, in which the persons' names are not identified. The printing of the names of Asian psychiatrists who have done wonderful job in caring their patients, or improving the standard of our profession, is one of the main functions of *the Bulletin*.

The next *Bulletin of the AFPA* is to be published on 1 February, 2015. The date is chosen because the hard copies of that issue are to be printed for distribution at the 5th WCAP in Fukuoka, Japan, 2-5 March, 2015. (See the feature in this issue on the 5th WCAP written by Shigenobu Kanba.) As a volunteer editor without any staff support, I understand that *the Bulletin* is a reader-written newsletter, which is *of* the members, *by* the members, and *for* the members of the AFPA. The deadline for the next winter issue of *the Bulletin* is 20 January, 2015. I am looking forward to the pleasure of receiving your interesting contribution. (Besides soliciting contribution of features, I declare no potential conflict of interest in writing this report.)



Addendum in proof

I have found that the majority of features in this issue of the Bulletin is recapturing the events of past meetings and announcing future meetings. In fact, all those news can be listed with one single table. Being uninspiring in this issue, I have got two strong messages: (A) to prepare more funds to go to most psychiatric meetings, and (B) to attend only one meeting if your goal is to meet or to see Professor Wonderful, because he/she is at most of the meetings. I wonder whether there is anything else worthwhile reporting from your psychiatric societies/associations? Send me contributions with stimulating contents for next issue of *the Bulletin*.

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1. Takahata I: *Hataru no Haka* (a movie), Tokyo: Toho Kabushiki Gaisha, 1988.
2. Carnegie D: *How to Win Friends and Influence People*. New York: Simon and Schuster, 1936.

Winston W. Shen^{1,2*}

Departments of Psychiatry, ¹Wan Fang Medical Center
and ²School of Medicine, Taipei Medical University,
Taipei, Taiwan

^{1*}Corresponding address: 111, Hsing Long Road, Taipei
116, Taiwan

E-mail: Winston W. Shen <Shenwinw@gmail.com>

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