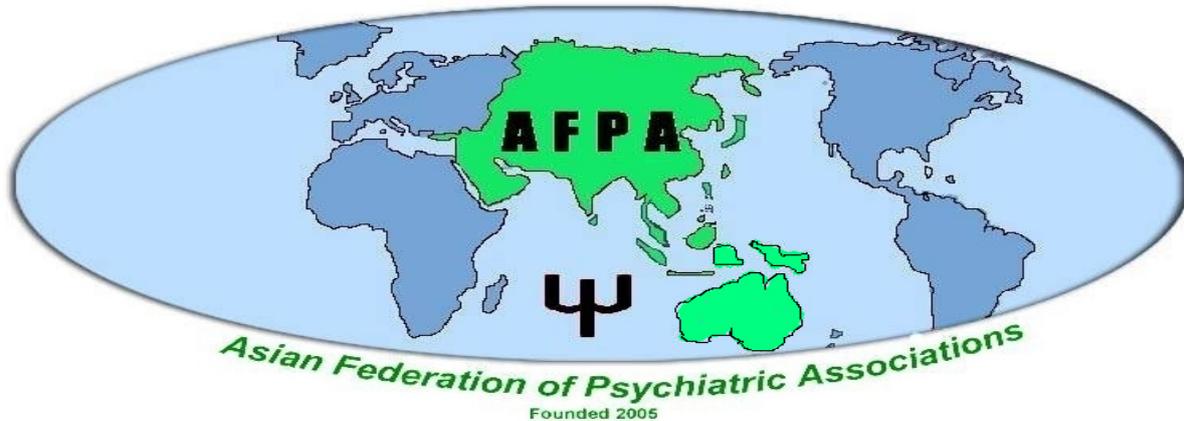


The Bulletin of the AFPA

The Summer 2017 Issue



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President's Address



Welcome and greetings!

Let me first express my sincere thanks to all of you for supporting me for the leadership of the Asian Federation of Psychiatric Associations. This is indeed an honour and privilege to work with Asian leaders in psychiatry and contribute towards collective efforts for improving mental health in our continent.

I am personally grateful to Shigenobu Kanba (Japan), our immediate past AFPA president, who had played a vital rôle for not only his leadership in this organisation but also importantly for his exceptional work to strengthen Asian solidarity and improving the

vision and philosophy of AFPA. Our past presidents including Naotaka Shinfuku (Japan) and Pichet Udomratan (Thailand) also need to be acknowledged for their rôle in leading this organisation in the difficult periods of time. Similarly AFPA's executive committee, council members and the honorary fellows continuously provided and guided with their wisdom and expertise.

The success of our recently held 2017 WCAP in Abu Dhabi will always be remembered as an important milestone in AFPA's history. The local organising team under the leadership of Samia Abul (United Arab Emirates) and the scientific committee under the patronage of Norman Sartorius (Switzerland) provided us an opportunity to enjoy a high standard scientific programme and unforgettable hospitality.

AFPA has now emerged as an important regional association and its affiliation with World Psychiatric Association is going to be an important aspect of its future rôle in international psychiatry. The active partnership of all our Asian member societies in the functioning of AFPA is continuously supporting AFPA's mission and philosophy. It is true that we are witnessing a global change in our underdoing of the mental health issues; we are still far behind in many aspects of provision of an ideal mental health care for our patients.



The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Associations®

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The Asian Federation of Psychiatric Associations® (AFPA®) was registered in Tokyo, Japan on 12 December 2016.

Asia, the biggest continent in the world, is also faced with the enormous challenges in mental health and struggling in many aspects of policy and provision of care. Although it is claimed that this is the century for Asia as many Asian countries are showing excellence in areas of economy, financial stability and social development but unfortunately we are still struggling on the mental health scene. We do have some highly developed countries in some parts of our continent with impressive mental health policies but most of our population is still suffering and experiencing numerous difficulties in availing even basic mental health services. The limited provision of infrastructure along with a lack of resources and capacity building is posing a major challenge in the field of psychiatry. We do live in the 21st century but when it comes to stigma and discrimination for our patients and equally for our profession, we are still struggling a lot and stay far behind the acceptable standards of modern civilisation. Furthermore mental health is marginalised in many other perspectives. Whereas there is a general consensus that around one fourth of our general population suffer from mental health difficulties and problems, the provision of care is not prioritised in the national health policies. Despite the growing burden of urbanisation, less emphasis is placed on mental well-being as compared to other physical health issues. The issues relating to the physical well-being of the mentally ill are equally neglected especially due to lack of recognition of these problems both by mental health and other health professionals. Similarly lack of recognition of our speciality in medical education and training programmes, limited opportunities for

nurses, psychologists and social workers training are norms rather than exception in many Asian countries.

AFPA now assumes an important position in the profession and as a represented organisation for mental health; its rôle is gaining more importance especially for raising and highlighting the professional issues. This is also what we foresee as our future work at our organisational level and also as a guideline for our future role in supporting the mental health professionals and policy makers for their work. We do acknowledge that there are a number of areas that require urgent attention. During the Abu Dhabi WCAP we could concentrate on some of the emerging needs by organising three round table plenary sessions on teaching and training in psychiatry, urban mental health and physical comorbidity of mental health disorders. These are not the only issues that we need to concentrate but are definitely on our list of priority. We hope that with the support of our member societies and with the continuous guidance from our leaders in psychiatry, AFPA will also be able to highlight all other challenges and problems in our speciality.

AFPA would therefore request your active involvement in our future activities and also your advice in planning and delivering further programmes in different fields of mental health will be highly appreciated.

I once again thank all of you for your support to AFPA and look forward for receiving your feedback and further input to our future work.

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(Editor's note: Javed is AFPA president 2017-2019.)

Report on The 6th WCAP in Abu Dhabi, 23-26 March, 1917

It is a matter of great pleasure for hosting the WCAP at Abu Dhabi that attracted a lot of interest from almost all Asian countries. A record registration of more than 550 delegates from regional and Asian countries for the congress made this meeting a real success. The response from our executive meeting has been exceptional and their help to promote this congress proved an important milestone in the history of AFPA.

We were pleased with the participation of following presidents of national psychiatric associations: Australia, Bangladesh, Hong Kong, India, Jordan, Kuwait, Malaysia, Myanmar, Pakistan, Philippines, Sri Lanka, Singapore, and UAE. Furthermore, representatives (including vice presidents, president-elect, secretaries and executive committee members) from the following national societies were also at Abu Dhabi. Those countries included Armenia, Bahrain, China, Japan, Indonesia, Korea, Egypt, Nepal, Taiwan, and Thailand.

The 6th WCAP also received an enthusiastic support from many international organisations. Representation and office bearers of World Psychiatric Association (Dinesh Bhugra [United Kingdom], Helen Herman [Australia], Ahmed Okasha [Egypt], Norman Sartorius [Switzerland]), American Psychiatric Association (Edmond Pi [USA]), Psychosocial Rehabilitation Khalid Muft [Pakistan]), European Psychiatry [USA], World Association for Social Psychiatry (Tom Craig [UK]), European Psychiatric Association (Silvana Galaderisi [Italy] African Association (Solly Rataemane [South Africa]), Arab Psychiatric Federation (Nasser Shurique [Jordan], Walid Sarhan [Jordan]) and Latin American Association APAL immediate past president Rodrigo Cordob (Columbia) very kindly participated and took part in the scientific deliberations of the 6th WCAP.



His Excellency Sheikh Nahyan Mubarak Al Nahyan was welcoming and addressing to the delegates of the AFPA audience.

He is UAE Cabinet Member and Minister of Culture and Knowledge Development.

Thanks to Norman Sartorius and the scientific committee (Murray Patton [New Zealand], Mohamed Fayek [UAE], Naotaka Shinfuku [Japan], Pichet Udomratn [Thailand], Afzal Javed [Pakistan], and Naddia

Dabbagh [UAE]) for their guidance and advice for the excellent scientific programme.



Shigenobu Kanba (left) gave an award to Norman Sartorius (right) for his outstanding contribution to the AFPA.

Although it was difficult to get all submitted proposals accommodated as the programme was for only two-and-a-half day, but we have been able to include:

- Teaching and training workshops on cognitive behavioural therapy
- Learning disability and examination skills
- An extensive and comprehensive programme for young psychiatrists
- Three plenary sessions
- Three plenary round table sessions
- Plenary session where president of EPA (Silvana Galderisi [Italy]), African Association (Solly Rataemane [South Africa]), Arab Psychiatric Federation (Nasser Shurique [Jordan]), and Latin American Association APAL (immediate past president Rodrigo Cordoba [Columbia]) are participating.
- Three special sessions in collaboration with EPA, PRCP, SAARAC Psychiatric Federation
- Two presidential symposia
- Collaborative Research in Asia
- Problems of mental health care in low and high income countries in collaboration with Royal College of Psychiatrists overseas Divisions
- 13 regular symposia on different clinical and academic topics
- WPA forum, chaired by Dinesh Bhugra (UK) and attended by members of WPA executive committee members (Helen Herrman [Australia], Afzal Javed [Pakistan]) and zonal representatives (Khalid Mufti [Pakistan], Walid Sarhan [Jordan] and Edmond H. Pi [USA])
- Poster session

- 4-5 satellite symposia supported by pharmaceutical industry

The support from UAE Society (Samia Abul and her team) and her local UAE organising committee Khawla Al Meer, Medhat El Sabbahy, Mohamed Al Gahry, Gamal Mousa, Samer and Mona Al Monsoori . . . along with local PCO (Gerard Moore) had been superb.

Last but not the least, Kanba and other AFPA office bearers' support helped tremendously, and their guidance at each step helped the organisers for the outstanding outcome of the meeting. The support from our past presidents, Shinfuku, Pichet Udomaratn, council members, and honorary fellows has been superb, and AFPA is indeed proud of their leadership.



A group photo taken at the concluding section of the 6th WCAP

From left: Naotaka Shinfuku (Japan), Afzal Javed (Pakistan), Helen Herrman (Australia), Samia Adul (UAE), Norman Sartorius (Switzerland), Malcolm Hopwood (Australia), Shigenobu Kanba (JP)

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(Editor's note: Javed and Abul are co-directors of the 6th WCAP. Javed was then president-elect of the AFPA 2015-17. Abul is the president of Emirates Society of Mental Health and chair of organising committee of 6th WCAP.)



Delegates touring Burj Khalifa and Fountain of Fortune in Dubai after the 6th WCAP

Frank H. Chou (Taiwan) and two other delegates from Taiwan and their families

The AFPA/EPA Joint Symposium at 6th WCAP in Abu Dhabi

Since 2015, a joint symposium between the Asian Federation of Psychiatric Associations (AFPA) and European Psychiatric Association (EPA) has been scheduled regularly. The joint symposium has been taking place at the WCAP of the AFPA every two years, and at the EPA annual meeting every other year. The latest joint symposium took place at the 6th World Congress of Asian Psychiatry (WCAP) held in 24-26 March, 2017 in Abu Dhabi, United Arab Emirates (UAE).

At the 6th WCAP, the AFPA/EPA joint symposium had three symposium speakers. They were Silvana Galderisi (Italy, president of EPA), Shigenobu Kanba (Japan, president of the AFPA), and Toru Horinouchi (Japan) on behalf of AFPA, EPA, and Japan Young Psychiatrists Organisation (JYPO).



A photo of Silvan Galderisi with Japanese symposium participants: photo taken after the joint AFPA/EPA symposium.

From left: Nozomu Oya (Japan), Toru Horinouchi (JP), Shigenobu Kanba (JP), Silvana Galderisi (Italy), Masuo Tanaka (JP), Tetsuji Cho (JP), and Kuga Hironori (JP)

Silvana Galderisi gave a symposium lecture "Integrated and Personalised Treatment for Patients with Schizophrenia." In her symposium speech, she first reviewed current treatment status and remission/recovery rates of schizophrenia. Then, she stressed on the importance of early intervention for schizophrenia, emphasizing the need to minimise the duration of untreated psychosis. Finally, she recommended to implement integrated treatment programmes for patients with schizophrenia. In fact, to achieve both symptom improvement and functional recovery, besides antipsychotic drugs, persons with schizophrenia also need psycho-social treatments (e.g. self-help groups, rehabilitation programs, medication education, psychoeducation).

Kanba gave the symposium lecture "Microglia Hypothesis of Schizophrenia and Clinical Application of Induced Microglia-like Cells in Psychiatric Research." Based on the findings of several research, he suggested that microglia respond rapidly to even minor pathological changes in the brain and may contribute directly to the neuronal degeneration by producing various pro-inflammatory cytokines and free radicals, and that the microglia hypothesis of schizophrenia may shed new light on the therapeutic strategy for schizophrenia.

Then, I was given an opportunity to talk "The Young Psychiatrists' Network in Japan." I focused mainly on the activities of JYPO, that was established in 2002 with the idea that that young psychiatrists should be educated on academic career development and leadership skills training. Norman Sartorius (Switzerland) and Mitsumoto Sato (Japan) were two key persons in establishing the JYPO in 2002 when the Japanese Society of Psychiatry hosted the World Psychiatric Association in Yokohama, Japan. The JYPO has been keeping those established principles, and enthusiastically continuing the academic and leadership training.

In my opinion, such an opportunity for my giving a presentation in a great international academic meeting like WCAP is extremely effective to motivate young psychiatrists to commit themselves to participate in international activities. Although I was overwhelmed by the enthusiastic attitude of fellow attendees from around the world who made helpful and interesting remarks at every chance, my time in the programme was especially rewarding because I could discuss differences in psychiatric health care systems among countries, and have lively conversations with other attendees about mutual acquaintances.

I hope that the joint AFPA/EPA symposium will continue in the future. I also appreciate Kanba, Galderisi and the others who organised this symposium. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: The congresses of the EPA and the AFPA will be held in Nice, France 3-6 March, 2018, and in Sidney, Australia in 2019, respectively.)



A photo of young psychiatrist Supriya Agarwal (India), visiting Sheikh Zayed Grand Mosque in Abu Dhabi

Activities of Young Psychiatrists at 6th WCAP in Abu Dhabi

The overview of programme for young psychiatrists

This is a report on my participation in the programme for young psychiatrists at the 6th World Congress of Asian Psychiatry held in Abu Dhabi by the Asian Federation of Psychiatric Associations (AFPA).

At the 6th WCAP in Abu Dhabi, Norman Sartorius (Switzerland), former president of the World Psychiatric Association, prepared a programme for young psychiatrists that was attended by 18 members from various countries. See the companion photo for young psychiatrist attendees and their nationalities.



A group photo at the programme for young psychiatrists at 6th WCAP in Abu Dhabi

Back row standing, from left: Tribowo Tuahta Ginting (Indonesia), Satti Raja Sitanggang (Indonesia), Vipula Wijesiri (Sri Lanka), Oluwaseun Akosile (Australia), Omar Al Dori (Iraq/UAE), Shigenobu Kanba (Japan), Sabahat Hameed (Parkistan), Norman Sartorius (Switzerland), Aneel Kumar (PK), Omar Al Dori (Iraq/UAE), Supriya Agarwal (India), Toru Horinouchi (JP), Nahida Ahmed (UAE), Sumaiya Iqbal Maklai (UAE), and Hind Majid (UAE)

Front row sitting, from left: Feras Al Saif (Bahrain), Kuga Hironori (JP), Tetsuji Cho (JP), Nozomu Oya (JP), Helal Uddin Ahmed (Bangladesh), Masuo Tanaka (JP), Marwa Khamis (Egypt), and Zeinab Elnaggar (Egypt)

The pre-congress briefing and workshops

The programme started at 13: 00, on Thursday, 23 Mary 2017, one day before the opening of the Congress on Friday, 24 March. The programme consisted of one-hour “Briefing for young psychiatrists.” Farooq Naeem Ashley (Canada) conducted a three-hour workshop on the training for cognitive behavioral therapy in the afternoon. Then, and a two-hour training workshop on learning disability was given from UK psychiatrists, including Sabiyasachi Bhaumik, Ashok Roy, Sherva Cooray and Meera Roy. All of those faculty were from United Kingdom.

At “Meet the Expert” young psychiatrists session, had the chance to meet Thomas Schulze (Germany), Dinesh Bhugra (UK), Perminder Sachdev (Australia), and Silvana Galdersisi (Italy), Helen Herrman (Australia), and Leena Amiri (UAE). All young psychiatrist participants were granted exclusive access to ask renowned experts from around the world questions and Sartorius personally conducted a special lecture for young psychiatrists.

Special sessions

At a segment called “the Art of Introduction,” we learned the essence of introducing others. The

instructions, which are similar to those for a chair introducing a panel, include points on describing the person such as refraining from reading notes, avoiding private matters, and being creative to make an impression.



Young psychiatrists with Dinesh Bhugra (WPA president) at the 6th WCAP.

Back row from left: Helal Uddin Ahmed (Bangladesh), Supriya Agarwal (India), Masuo Tanaka (Japan), Kuga Hironori (JP), Dinesh Bhugra (United Kingdom), Zeinab Elnaggar (Egypt), Marwa Khamis (Egypt), Toru Horinouchi (JP), and Oluwaseun Akosile (Australia)

Front row from left: Tetsuji Cho (JP), Nozomu Oya (JP), Satti Raja Sitanggang (Indonesia), Tribowo Tuahta Ginting (Indonesia), and Aneel Kumar (Pakistan)

In the next segment called “How to Make a Presentation,” orations given by several participants

were used as real examples to learn techniques such as conveying messages and designing slides in a manner that can be easily understood. Oya from Japan was chosen to explain the Course for Academic Development of Psychiatrists, a training programme offered by the Japan Young Psychiatrists Organisation (JYPO), and the talk attracted much interest.

In the last segment on “How to Be Elected,” participants including myself gave campaign speeches in a rôle-play that simulated our run for presidency of a given organisation. I was told that acting proud can be effective but I could lose trust if I seemed overconfident, and acting modest could help me look reliable but I risk becoming less appealing. The biggest lessons for me were that it is crucial to grasp “what the audience wants to hear” when giving a speech and that I should adjust

Other activities of young psychiatrists

Outside of the main conference, I could take part in a diverse range of activities. I was invited to the presidential dinner where I enjoyed sumptuous Abu Dhabi dishes. I marveled at the epic scale and my delivery to find an optimal level within the spectrum between pride and modesty that suits the particular audience to whom I am addressing. It was a practical learning experience that made me look forward to applying the feedback I received when the opportunity to give a speech arises.

During the breaks, we took photos of ourselves and posted them on Facebook. In addition, I could rekindle friendships with past recipients of the fellowship award of the Japanese Society of Psychiatry and Neurology (JSPN) who were also at the event.

Tour to visit the Sheikh Zayed Grand Mosque and was touched by the gentleness of the local residents who seemed unsmiling and intimidating at first glance but were actually very kind at heart. All things considered, my four-day stay was very fulfilling.

Conclusion

I would like to extend my heartfelt gratitude to Shigenobu Kanba for inviting the JYPO to the conference and providing the opportunity to give presentations; to Norman Sartorius, Afzal Javed (Parkistan), Naotaka Shinfuku (Japan), Toshifumi Kishimoto (Japan) and Tsuyoshi Akiyama (Japan) for their broad support; and to the members of the AFPA and JSPN for their assistance. This year’s programme was a great chance for young Asian psychiatrists to inspire

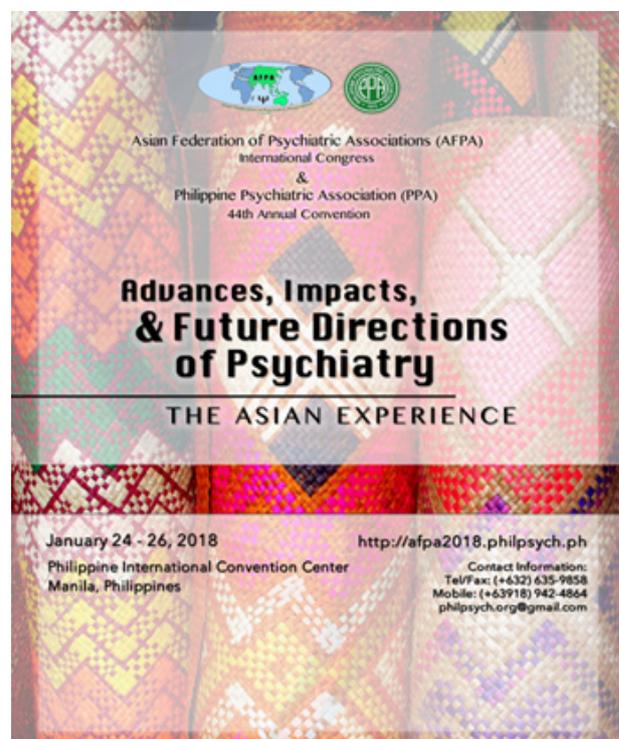
each other, and I hope that we can continue to strengthen the bonds between us in the years to come. (The author declares no conflicts of interest in writing this report.)

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It is with great pride and enthusiasm that the Asian Federation of Psychiatric Associations (AFPA) invites you to participate in its international congress to be held in Manila, Philippines, 24-26 January, 2018. The event, which will be locally hosted by the Philippine Psychiatric Association (PPA), is to coincide with the PPA’s 44th Annual Convention. It features the timely theme, “Advances, Impacts, and Future Directions of Psychiatry: The Asian Experience,” with the goal of portraying the distinctiveness of psychiatry in Asia. The program is poised to enhance and update the participants on scientific momentums, its impacts on current clinical practice, and future directions in the field, with a special focus on the Asian backdrop.



Despite psychiatry's prevailing strengths, it is limited and intimidated, and the Asian backdrop is no exception. Currently, it deals with its diverse concerns in mental health such as the dearth of mental health professionals, the lack or uneven distribution and delivery of mental health services, the inadequate financial resources allocated to mental health and ultimately, the absence of fundamental national mental health legislation. Thus, the confederation and sharing of proficiencies among Asian countries are imperative as we concurrently open ourselves to emerging global prospects and breakthroughs.

With such mental health issues firmly gaining increasing global recognition and importance in the overall health agenda, this three-day congress serves as a timely occasion for us to examine and look into social, therapeutic, and etiological expansions in the psychiatric domain and consider how they influence our clinical practice today and beyond.

Finally, the strategic location of the congress at the Philippine International Convention Center (PICC) allows both international and local delegates to experience the vibrant heart of the Philippine capital. The

venue city is a lively fusion of modernity and tradition, where world-class business centers and old walled cities alike are infused with Filipino warmth and hospitality. It is likewise a jump-off point (a mere 45-minute aerial journey) for the many islands for which the country is internationally famed for, including Boracay, Palawan, Cebu, and Bohol.

We look forward to welcoming you in Manila!
(The author declares no conflicts of interest in writing this feature.)

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(Editor's note: Samaniego is the PPA president.)

FROM THE OFFICE OF THE AFPA

Malcolm J. Hopwood Becomes AFPA President-elect



Malcolm John Hopwood graduated from the University of Melbourne, Australia in 1986 with a bachelor of medicine and bachelor of surgery (MBBS), and gained his fellowship of the Royal Australian and New Zealand College of Psychiatrists in 1994, along with a master of psychological medicine from Monash University. In 1997, he also completed a doctor of medicine (MD) from the University of Melbourne.

After working in the public health-care system for many years, Hopwood now holds the positions of professor of psychiatry with Ramsay Health Care

at the University of Melbourne and clinical director, professorial psychiatry unit at the Albert Road Clinic.

Hopwood's research areas of interest include clinical aspects of mood and anxiety disorders, psychopharmacology, as well as psychiatric aspects of acquired brain injury.

Hopwood has contributed to a number of committees, including the Victorian Department of Human Services Bushfire Psychosocial Recovery Evaluation Advisory Committee, the Victorian Psychosurgery Review Board, the Commonwealth Department of Veterans' Affairs National Clinical Advisory Group and the Multidisciplinary Panel for the Revision of the Australian NHMRC Guidelines for Acute Stress Disorder and Posttraumatic Stress Disorder. He is also a member and previous chairman of the Board of the Summer Foundation, which provides advocacy, support, and sector development for young people with acquired brain injuries living in nursing homes.

In RANZCP, Hopwood has held a number of rôles, including as Victorian Branch Chair (2009 -2013). He was a member of general council (2007 - 2009) , and a member of the board of research for 10 years. He is

also a member of the Faculty of Psychiatry of Old Age and the Section of Neuropsychiatry. He was elected to the RANZCP's inaugural board as president-elect in 2013 and served as president (2015 – 2017). He just completed a two-year term presidency at the close of RANZCP annual congress 30 April - 4 May, 2017, in Adelaide.

Since 2013, Hopwood has been actively participating in Asian Federation of Psychiatric Associations as delegates, speakers, and faculty members for training workshops in teaching young psychiatrists at various AFPA congresses. In 2017, he was elected as president-elect of the AFPA at the executive council meeting at 6th World Congress of Asian Psychiatry in Abu Dhabi, United Arab Emirates. (The author reports no conflicts of interest in making this feature.)

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(Editor's note: Shinfuku is a founding president
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AFPA Office Bearers of Executive Committee

At the 6th World Congress of the Asian Federation of Psychiatric Association (6th WCAP) in Abu Dhabi, 24-26 March, 2017, AFPA executive committee, council members, editor of the Bulletin of the AFPA, and honour fellows were elected or appointed. Please refer to the AFPA website at www.afpa.asia.org for the e-mail addresses of those office bearers.

Executive committee (2017-19)

- President : Afzal Javed (Pakistan)
- President-elect: Malcolm Hopwood (Australia)
- Immediate past president : Shigenobu Kanba (Japan)
- Secretary general : Nor Zuraida Zainal (Malaysia)
- Secretary for science: Xin Yu (China)
- Secretary for education and training : G. Prasad Rao (India)

- Secretary for finance : Samia Abul (United Arab Emirates)

Council members

- Naotaka Shinfuku (Japan)
- Abdul Kadir Abu Bakar (Malaysia)
- Ahmad Jalili (Iran)
- Yongyud Wongpironsarn (Thailand)
- Norman Sartorius (Switzerland)
- Pichet Udomratn (Thailand)

Editor of the Bulletin of the AFPA

- Winston W. Shen (Taiwan)

Honorary fellows

- Maria Tomasic (Australia)
- Nalaka Mendis (Sri Lanka)
- Mohan Isaac (Australia/India)
- Thirunavukarasu Manickam (India)

(The author reports no conflicts of interest in making this feature.)

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The Emirates Society of Mental Health Joins the AFPA

After the Asian Federation of Psychiatric Associations' 6th World Congress of Asian Psychiatry in Abu Dhabi, 24-26 March, 2017, Emirates Society of Mental Health initiated the membership application. ESMH was approved by the AFPA's executive meeting to the AFPA membership. The president of ESMH is Samia Abul, who was one of co-directors and the chair of organising committee of the 6th WCAP in Abu Dhabi. Currently, she is also a member of AFPA executive council member as the secretary for finance.

At the time of 5th WCAP in Fukuoka, Japan, March 2015, the AFPA had the membership of 24

national psychiatric societies. Now the AFPA has 25 Asian psychiatric societies/associations in membership. (The author reports no conflicts of interest in writing this feature.)

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FROM PRESIDENTS OF AFPA NATIONAL SOCIETIES

(The features are arranged in chronological orders of the events.)

Activities of the Vietnam Psychiatric Association in the First Half of 2017

In the first six months of the 2017, the Vietnam Psychiatric Association has continued to be active for improving for patients in Vietnam. The highlights of VPA activities since January 2017 include:

One more VPA chapter added

Nam Dinh is newly created chapter of the VPA in first half of 2017. Now the VPA has 36 chapters across the country.

One scientific conference took place

The VPA organised one conference in April 2017 at Bien Hoa City (Dong Nai). At this conference, we attracted 300 participants, including international participants from France (Marianne Mazodier and Nhi Barte), Australia (Victor Storm and Malcom Hopwood) as well as Canada (Louis Letellier).

Attend one International Conferences attended by VPA members

- Four VPA members (see the companion photo) attended the Conference on International Academy of Law Mental Health at Bangalore, India, 15-17 December, 2016.
- The VPA had a programme to work and exchange with psychiatrists in Canada at Toronto, Canada.
- From 30 April to 4 May, Tran Van Cuong was invited by Malcolm Hopwood (Australia) to attend the annual congress of the Royal Australia and New Zealand College of Psychiatrists at Adelaide, Australia. Duong Van Luong and Tran Viet Hung also attended the RANZCP annual congress in Adelaide.



A photo of VPA members at the Conference at Bangalore, India, 15 -17 December, 2016

From left: Ngo Van Vinh, Tran Van Cuong, Hoang Tat Thanh, and Nguyen Ngoc Quang

Social Activities for the Government

- Vietnam Medical Association and VPA jointly participated in social debates hosted by Vietnam Parliament on laws of the prevention of tobacco harm, on alcohol abuse, and universal health insurance.
- VPA did a social debate for Ministry of Justice and Ministry of Health to review of forensic mental health assessment and development of training materials for forensic experts.

Other professional work

- VPA coordinated with Department of Psychiatry's Military Medical Institute, to organise an epidemiological study of 10 common military mental disorders, including schizophrenia, epilepsy, traumatic brain injury, substance abuse, depression, anxiety, etc.
- VPA also coordinated with the Vietnam Medical Association to organise a scientific workshop in early October 2017.
- VPA has been planning a scientific conference of the

VPA in November 2017, to be in Hai Phong City. The theme and subject are tentatively to focus on depression, autism, attention deficit hyperactivity disorder.

(The author declares no conflicts of interest in writing this feature.)

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is www.hoitamthanhoc.com.)

Second Pakistan Psychiatric Society Executive Body Meeting Held in Abu Dhabi, 27 March, 2017

The meeting was attended by majority of the executive council members of Pakistan Psychiatric Society (PPS). This meeting was targeted to formulate the working agenda for the coming year. The following points were discussed and highlighted beside the confirmation and endorsing of the agenda items of the first meeting.

- A memorandum of understanding (MoU) is proposed to be signed for reducing stigma regarding the psychiatric disorders in general population. This MoU will encourage all the executive members to have a link with approximately twelve hundred family physicians in the country and to train them in basic of psychiatric disorders in order to ensure the better understanding and communication of these illnesses so that we shall be able to reduce stigma and enhance the referral to specialists if required.
- A policy implementation in the mental health legislation was discussed. Finally it was concluded that we have to increase our communication with beaurocracy and the politicians to ensure that mental health legislation in the country is renewed

and implemented. There is a dire need of formulation of mental health authority in every province of the country and also to implement the mental health law. This will ensure the precise evaluation of the people who are arrested due to their psychiatric morbidity and will reduce the penalties and punishments in our legal system and proper disposal and treatment strategies will be made to reduce crime and law and order situation.

- Systemic and better prescribing guidelines are need of the time related to the cultural and social domains. The new prescribing guidelines will be easy to understand and disseminate the knowledge to the psychiatrists and other mental health professionals regarding the management of the psychiatric disorders. A task force was established to address the issues and they were given the deadline to work and complete the task before the next executive body meeting.
- Close collaboration in the areas of mental health research, training and education was formulated to have collateral benefits. In this regard a policy was formulated to have outstanding and close relations with Indian Psychiatric Society, Nepal Association of Psychiatrists, Association of Psychiatric in Bangladesh, Maldives, Sri Lanka, Japan and Hong Kong. The task was assigned to specific member's to increase the liaison with the member societies of SAARC and build up the strategies for the better future prospects.
- The generation of funds is an integral part of the promising future strategies. In this regard various strategies were discussed and some more suggestion were inquired to enhance the educational and research programs.
- The relationship with the College of Physicians and Surgeons of Pakistan and Higher Education Commission with better and quality research and education was discussed. It was also discussed to implement strategies to have close ties and relations with other member's societies of the region to have more research in genetics, developmental disabilities and other psychiatric morbidity.

The PPS is geared up for new challenges and new horizons to work for the improvement of mental services not only in the country but also in the region.



The next PPS National Psychiatric Conference will be held in Hyderabad, Sindh, in the middle of November 2017. We have invited all the presidents of the member societies in the region and hope to have big participation in this meeting. The next meeting will be in Karachi in the First week of July 2017 to be hosted by the President-elect of the society. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Khan is the PPS president 2017-18.)

The Philippine Mental Health Act Is Passed in the Senate

On 27 April, 2017, in a historic vote, the Senate of the Philippines conducted its third and final reading and subsequently the passage of the Senate Bill 1354, otherwise known as the Philippine MH Act of 2017. This most recent watermark brings the Philippines one step closer to the realisation of its first ever mental MH law, carrying with it the promise of comprehensively addressing at the national level the Filipinos' MH needs and ensuring that the rights of such individuals are protected and secured.

Despite the international recognition of MH as an integral and essential component of health, The Philippines remains as one of the minority countries without a national MH law. While no such law is yet in place, the current administration through Department of Health has publicly conveyed to make MH a top priority. Measures that have been executed thus far includes establishing a national suicide prevention line called Hopeline, the signing of an administrative order rolling out MH on the local levels, and the proposed increase of the MH programme's fund for 2017 to almost eight-fold of its original budget.

The Philippines has been in the thick of advocating and working towards the passage of the first ever MH Law which is in keeping with the existing administration's aim of having MH in the forefront of its health agenda. Thus, the Philippine Psychiatric Association and its allied MH affiliates are in full

espousal of the Senate Bill 1354 known as the MH Act of 2017, and House Bill 00349 known as the Comprehensive MH Act.

The Philippine MH act is founded on four important grounds to:

- to acknowledge and respond to a critical national issue
- to protect the rights of patients and concerned individuals
- to honour international treaties and conventions, and
- to be a broad multi-sectoral initiative.

Two major summits in addition to numerous smaller meetings were steered through the initiative of the PPA in coordination with the DOH. The Philippine MH Act has four objectives:

- to strengthen effective leadership and governance for MH by, among others, formulating, developing, and implementing national policies, strategies, programmes, and regulations relating to MH
- to develop and establish a comprehensive, integrated, effective, and efficient national MH care system responsive to the psychiatric, neurologic, and psychosocial needs of the Filipino people
- to protect the rights and freedoms of persons with psychiatric, neurologic, and psychosocial health needs; and
- to strengthen information systems, evidence, and research for MH.

At this moment, the history of Philippine psychiatry reaches one of its summits as it comes closer to the critical aspiration of having its first MH law. All of its exponents and advocates are now looking ahead to put forth as much effort in effecting the passage of its counterpart bill in the Lower House of Representatives, with the hopes of paving the way for the brighter future in MH that the country merits. To know more about the Philippine MH Act, please visit website at www.mhactnow.org.ph. (The author declares no conflicts of interest in writing this feature.)

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RANZCP 2017 Congress, Adelaide, Australia 30 April - 4 May, 2017

Royal Australian and New Zealand College of Psychiatrists' annual congress was held in Adelaide, Australia, 30 April to 4 May, 2017. The RANZCP welcomed 1,200 delegates over five days from across Australia and New Zealand, as well as foreign countries.

Based on the theme "Speaking our Minds: Telling our Stories," the interesting and stimulating scientific programme included a number of international keynote speakers including Anthony Bateman (UK), Sir Mason Durie (New Zealand), Navneet Kapur (UK), Charles Kellner (USA), Helen Milroy (Australia), and Til Wykes (UK). This programme was complemented by well attended social events; the RANZCP ceremony where we welcomed 197 new RANZCP fellows into the profession; formal clinical updates on psychotherapy, anxiety disorders and PTSD; and debates on psychiatric hospitalisation, community treatment orders and internet gaming disorder.

International guests participated in the Asia-Pacific Mental Health Forum, which provided regional leaders with the opportunity to present challenges and successes in mental health within their countries; and a joint RANZCP and Japanese Society of Psychiatry and Neurology symposium on "manifestations and treatments of anxiety in Japan and Australia." Both were well attended and received positive feedback.

We look forward to welcoming you to next year's Congress under the theme "Becoming Well Together: Partnerships in Mental Health" which will be held in Auckland, New Zealand, from 13 to 17 May, 2018. (The author declares no conflicts of interest in writing this report.)

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The 4th Emirates Society of Mental Health Congress Took Place 18 May, 2017

Emirates Society of Mental Health (ESMH) in collaboration with Dubai Health Authority organised the 4th Emirates Mental Health Congress on 18 May, 2017, in Rashid Medical Library Auditorium, Dubai City.

The sensibly chosen theme "Bad Touch and Mental Disorder," has underpinned the need for collaboration and cooperation of individuals from a wide range of professional backgrounds. One of the priorities when it comes to mental health services is the long-term consequences of sexual abuse, and integrating the complex interventions that survivors of sexual abuse require can pose a significant challenge to healthcare systems.

At this congress, particular emphasis has been highlighted on mental disorders that would be faced by the survivors of sexual abuse, including depression, suicide, post-traumatic stress, personality disruptions, eating disorder, and identity problems. The meeting has presented an impressive roster of highly respected and renowned speakers who lead it.

Samia Abul, president of ESMH and chairperson of the 4th Emirates Mental Health Congress 2017, averred during her opening speech "it is so important to hold such meeting to alarm everyone about sexual abuse's issues and to figure out some solutions." Followed by giving certificates of appreciation to all the



A group photo taken at the 4th ESMH Congress in Dubai, UAE
From left: Shazya Rashid Lakadawala, Samia Abul, Othman Ibrahim ElSayed, Asad Sadiq, and Mohamed Abdelbadie

The congress attracted more than 204 participants from all seven Emirates of UAE. The morning congress

sessions were held from 9: 00 a.m. to 12: 00 noon, and was divided into three scientific subjects. Reem El Gaili, specialist psychiatrist, Rashid Hospital and Dubai Health Authority, Dubai, UAE, discussed about “Sexual Abuse and Identity Problem: Case Study. Asad Sadiq, consultant psychiatrist of The Psychiatry and Therapy Centre, Dubai, UAE, discussed about “Sexual Abuse and Eating Disorder.” Ghanima Al Bahri, Care and Rehabilitation at Dubai Foundation for Women and Children, Dubai, UAE, gave a details lecture “Sexual Abuse Population: Care and Rehabilitation in UAE.”

The afternoon sessions from 1: 00 to 5: 00 p.m. included a paper by Othman Ibrahim ElSayed, consultant psychiatrist at Al Amal Psychiatric Hospital, discussing the “The Personality Disorder in Sexual Abuse Population.” The rôle local associations in facing this phenomenon and its psychological effects was discussed by Shazya Rashid Lakadawala, clinical psychologist of Psychology Section at Rashid Hospital, Dubai Health Authority, Dubai, UAE. Mohamed Abdelbadie, specialist psychiatrist at Khorfakkan Hospital, Sharjah, UAE, discussed “The Long-term Mental Health Outcomes of Sexual Abuse.”

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(Editor's note: Abul was a co-director of the 6th WCAP in Abu Dhabi, March 2017.

Abul is also a council member for finance of the Asian Federation of Psychiatric Associations.)

New 2017 Leadership of the Japanese Society of Psychiatry and Neurology

The 113rd annual meeting of the Japanese Society of Psychiatry and Neurology (JSPN) was held June 22-24, 2017 at Nagoya International Convention Center, Nagoya, Japan. The theme of the annual meeting was “Linking Psychiatric Research, Education and Care: Bi-directional Talk,” which attracted more than 6,000 participants.

The JSPN has the official election of 150 fellows every four years, and 20 board members in every two

years. This year, the JSPN has selected new fellows by postal election in February 2017, and elected new 20 board members at the fellow meeting held on 21 June, 2017 at the JSPN annual meeting.

The new board members elected the new executive committee members just after the election. Shigenobu Kanba (Kyushu University) was elected as the president of the JSPN. Ichiro Kusumi (Hokkaido University), and Shinji Hosoda (Shimane, representing for Psychiatric Clinics Association) as two vice presidents. Further, Hiroshi Matsuda (Niigata, representing for Psychiatric Hospital Association), as executive committee member for finance. All those two-year term office bearers took office at the close of the JSPN meeting.



A photo of new Japanese Society of Psychiatry and Neurology executive members taken at the 2017 annual meeting. From left: Hiroshi Matsuda, Ichiro Kusumi, Shigenobu Kanba, and Shinji Hosoda. On the stage in the background: Norio Ozaki

The 114th JSPN annual meeting will be held 21 - 23 June, 2018, at Kobe International Conference Center/ Kobe International Exhibition Hall and Kobe Portopia Hotel under the chair of Hiroshi Yoneda (Osaka Medical College). (The author declares no conflicts of interest in writing this feature.)

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(Editor's note: Kanba is the immediate past president of Asian Federation of Psychiatric Associations. Takeda is the immediate past president of the JSPN. He is also the president of the World Federation of Society of Biological Psychiatry [2015 - 2019] and secretary for meetings on the executive committee of the World Psychiatric Association. Ozaki, a JSPN board member, is the chair of the 113rd JSPN annual meeting.)

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Implementing Psychiatry Board Certification System in Japan

In Japan, the medical subspecialty certification is not yet formally implemented although Japanese Society of Psychiatry and Neurology certifies the quality of residency training hospitals. Therefore, the implementation of subspecialty psychiatry certification has been an important issue for the past executive meeting of the JSPN. The new executive meeting under the leadership of new JSPN president Shigenobu Kanba, will develop a psychiatry subspecialty board certification system, which has been discussed for many years in coordination with Japan Medical Specialty Board (JMSB).

This new board certification system is an issue of training, and is intimately related to the healthcare issue of training psychiatrists who provide healthcare in rural areas throughout Japan. In the same way, the JMSB simultaneously prioritises the objective of providing standard medical care that patients can trust and consider for local medical care. The JMSB also emphasises on cultivating a research mind for specialists, and the JSPN's policy is also to understand the latest advances in medicine and healthcare, to heed the importance of mastering a scientific way of thinking, and to encourage senior residents to participate in research. A feature of the upgraded programme for the new board certification system is that it will be offered by core institutions and associated organisations, and will only be put into practice on the basis of a collaborative framework between the various different organisations providing psychiatric care. The JSPN has decided to implement the new board certification programme in April 2018.

(The author declares no conflicts of interest in writing this story.)

Special Commemoration Lectures for 10-year Anniversary of the 2007 Amended Mental Health Act in Taiwan

In 1983, the legislature of Mental Health Act was originally passed in Taiwan through the hard-working of colleagues of the Taiwanese Society of Psychiatry (TSOP), other mental health-related group, and advocates for psychiatric patients and their family. This legislature is a milestone for psychiatric care because the government has budgeted for the care of the mentally ill and has the legal ground to keep dangerous patients committed as inpatients.

But the care takers and patients' families were still frustrated because some patients would stop taking all their needs medications shortly after they were discharged home. Thus, another legislature was needed to have an the original 1983 MH law amended to make sure that the patients can continuously committed in the community to receive their needed medications.

In the past 10 years, all psychiatrists have witnessed the decrease of number of committed inpatients. In the determination for outpatient commitment, the patients have better protected in patients human rights because assessments by panel of MH have been more strictly. Thus, the TSOP has decided to have a commemoration lectures for this piece of legislature implemented 10 years ago.

Commemoration lectures at Taipei City Psychiatric Center on 1 July, 2017, were attended by about 108 TSOP psychiatrists, who received review of historical review of the 2007 amended MH Act and training for the procedures of outpatient forced treatment. Another similar commemoration lectures will be scheduled in later part of 2017 in a southern city for TSOP members.

Taiwan could have been the first country in Asia to have outpatients' commitment law. (The author declares no conflict of interest in writing this report.)

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FROM PRESIDENTS OF AFPA-ALLIED SOCIETIES

The AsCNP Congress 27-29 April, 2017, Took Place in Nusa Dua Bali, Indonesia

The 5th Congress of Asian College of Neuropsychopharmacology (AsCNP) was held in Bali International Convention Centre, Nusa Dua Bali, Indonesia, 27-29 April, 2017. Under the theme "Leap of Recent Neuropsychopharmacology Achievements of this Decade," this congress successfully brought various updated science in neuropsychopharmacology field from many professional backgrounds and countries. The congress attracted 595 registrants from many countries including Indonesia (288), Japan (109), Taiwan (53), China (39), South Korea (30), Bangladesh (23), Philippines (14), Singapore (10), Australia (8), USA (5), Canada (4), Malaysia (3), Hong Kong (2), Thailand (2), Egypt (1), India (1), Tunisia (1), Holland (1), and New Zealand (1).

The mission of the AsCNP is to raise awareness of developments in the field of neuropsychopharmacology at the level of clinical, translational, and basic science. This mission is highlighted by the programme of the 5th AsCNP congress which includes plenary lectures and special lectures covering all aspects of current findings in the field and then highlighted by the 24 symposia, 2 oral and poster sessions, divided in three days. This congress began with keynote lectures given by John H. Krystal (USA) on ketamine's rapid acting antidepressant use, and Pierre Blier (Canada) on remission of major depressive episode, and Anthony A. Grace (USA) on animal models of schizophrenia. Being divided into 2 days, 4 plenary lectures were given by Kazuyuki Nakagome (Japan), Lakshmi Yatham (Canada), Norio Ozaki (Japan), and Brian Dean (Australia).

During the congress, AcCNP Board Meeting was gathered, and Kazutaka Ikeda (Japan) was elected as the

next president of AsCNP. He will assume the position after 6th AsCNP in Fukuoka, Japan, 2019. The college also made a symbolic event to show an honor to Shigeto Yamawaki (Japan) as an honorary president of AsCNP. There were also several joint meetings such as AsCNP-CINP, AsCNP-JSNP, and Early Career Psychiatrists to enhance the scientific atmosphere and collaboration between colleges.



A photo taken after the joint symposium meeting of AsCNP and Japanese Society of Psychiatry and Neurology

From left: Atsumi Nitta (Japan), Ichiro Sora (JP), Andi J. Tanra (Indonesia), Minoru Narita (JP), Shih-Ku Lin (Taiwan), and Kazutaka Ikeda (JP)

Overall, the congress of 5th AsCNP has brought a great achievement of scientific exchange of all attendances especially members of colleges. Following the great success of the 5th Congress of AsCNP, we hope that we can reach out the new insights towards understanding in neuropsychopharmacology field in Asia. (The author declares no conflicts of interest in writing this feature.)

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(Editor's note: Tanra is the president of the AsCNP.)

The 5th APSAAR-TSA Conference Was Held 31 May - 3 June, 2017, Taipei, Taiwan

The joint conference between the Asia-Pacific Society for Alcohol and Addiction Research and the Taiwanese Society of Addition (TSA) took place 31 May - 3 June, 2017 at Tri-Service General Hospital Conference Room, Taipei, Taiwan.

Under the theme "The Challenge of Addiction: From Basic Research to Clinical Treatment," the 5th APSAAR-TSA conference attracted 306 delegates from 12 countries – Taiwan (217), South Korea (41), Japan(13) United States (11), Thailand (9), Australia (7), Hong Kong (2), France (2), as well as India, Norway, Lithuania, and China (1 each). Over 250 abstracts for oral and poster presentations were received, and 232 abstracts were accepted for lecture and discussion. This four-day conference had 43 different sessions, 6 key note sessions, 24 symposia, 3 special lecture sessions, 9 oral sessions (including 45 individual free oral presentations), and 1 poster programme with 84 poster presentations.



A photo of delegates taken at the 5th APSAAR-TSA Conference
From left: San-Yuan Huang (Taiwan), Saito Toshikazu (Japan), Ellen Lee (TW), Alfreda Stadlin (Saudi Arabia), Yun-Hsuan Chang (TW), Peter Dodd (Australia), and Ru-Band Lu (TW)

This 5th APSAAR-TSA conference provided a dedicated platform to share cutting-edge scientific findings, medical practices, caregiver initiatives related

to addiction research, and therapy. It engaged a global audience focused on exchanging ideas and perspectives for better understanding of basic, preclinical, clinical, and translation science knowledge on addiction-related biomedical phenomena.

The conference delegates appreciated the broad range of topics covered, and the opportunities provided for young researchers and professionals from different region to present their work in oral and poster presentations. We are keen to encourage interactions across different disciplines, and hope that this conference has contributed to developing collaborations in the Asia-Pacific region for helping better understand and combat alcohol misuse and other addictions.

The next APSAAR Conference will be held in Kuala Lumpur, Malaysia in 2019. (The author declares no conflicts of interest in writing this feature.)

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(Editor's note: Huang is the president of TSA.)

The Neuroscience Society of Taiwan Joins the AsCNP

Asian College of Neuropsychopharmacology (AsCNP) has five (society, individual, corresponding, corporate, and honorable) classes of membership.

AsCNP's society members consist of Japanese Society of Neuropsychopharmacology (JSNP), the Japanese Society of Clinical Neuropsychopharmacology (JSCNP), Korean College of Neuropsychopharmacology (KCNP), Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN), Indonesian Society of Biological Psychiatry and Psychopharmacology (ISBPP), and Philippine College of Psychopharmacology (PCPsych).

AsCNP's individual members include Xin Yu, Tianmei Si, Yanling He, and Gang Zhu (China); : Chay Hoon Tan, Chun Man Ho, and Su Hui Ho (Singapore); Brian Dean and Suresh Sundram (Australia); Naren Rao and Venkatasubramanian Ganesan (India); as well as Pichet Udomratn (Thailand).

AsCNP has only one honorable member, Shigeto Yamawaki (Japan), and one corresponding member, Roumen Milev (Canada).

Lih-Chu Chiou, president (2017-2019) of the Neuroscience Society of Taiwan (NST) was approached by Atsumi Nitta (Japan) and me for membership recruitment at the congress of AsCNP in Bali, Indonesia. NST was accepted as a society member of AsCNP on June 11, 2017. But its AsCNP membership is pending the formal approval of NST's board meeting.

The NST was founded in 1992 as an academic non-governmental organization, a not-for-profit organization. The NST aims to promote scientific research in neuroscience and facilitate communications and collaborations between local and international research associations. Its stated mission has five aims: to promote neuroscience research and its application, to participate in international neuroscience meetings and activities, to host academic conferences and meetings, to bring out publications for neuroscience research, as well as to assist with interactions and cooperation between members. Currently, the NST has 95 regular members and 33 student members. Recently, NST has been sponsoring "Taiwan Night" at the venue of the annual meeting of the Society for Neuroscience. Taiwan Night in 2016 which was held in San Diego, California, USA, attracted 350 Taiwanese or Taiwanese-American participants. Newly revised website of NST will be available soon.

NST and TSBPN had a first joint annual meeting in Taipei in October 2016. The second joint annual meeting is planned to meet in Taipei on September 23, 2017. (The author declares no conflicts of interests in writing this feature.)



A group photo of five Taiwanese delegates at the congress of the 5th AsCNP in Bali, Indonesia

From left: Hsien-Yuan Lane, Chieh-Hsin Lin, Lih-Chu Chiou, Po-Yu Chen, and Jin-Chung Chen

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elect and secretary, respectively, of AsCNP.)

The ACSR 2017 Congress in Bangkok, 1-3 September, 2017

In the wake of the tremendous success of the 4th Asian Congress of Schizophrenia Research (the 4th ACSR), held in Taipei, Taiwan, the 5th ACSR Congress is to be held at Asia Hotel, Ratchathewi, Bangkok, Thailand 1-3 September, 2017.

The objectives of this biannual conference are to stimulate great interest and understanding in schizophrenia as well as the clinical practice for managing other psychotic disorders, including psychosocial rehabilitation. There will be 4 plenary lectures, 2 plenary symposia, 14 regular symposia, 3 workshops and free communications both oral and poster presentations. Also, we are certain that this meeting will be such an opportune moment for all participants to exchange their knowledge and input their most recent findings as well as to receive latest updates on schizophrenia and other psychotic disorders particularly in the Asian culture setting.

Apart from the academic session, the congress will provide the participants with great opportunities to establish relationship, strengthen friendship, and broaden professional network among colleagues and mental health workers.

Asian Federation of Psychiatric Associations (AFPA) is one of the supporting organisations for this congress. Many AFPA leaders will be speakers in this meeting such as Naotaka Shinfuku (Japan), Afzal Javed (Pakistan), Winston W. Shen (Taiwan), etc. With AFPA's great sponsorship, the local organizing committee and the ACSR are strongly convinced that this congress will succeed and achieve its aims.

For those who are interested in attending the meeting, please visit the congress website at www.

acsr2017.com. (The author declares no conflicts of interest in writing this announcement.)

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Mental Health Society of Myanmar Will Host the 18th PRCP Meeting in 2018

I am pleased to announce that Mental Health Society of Myanmar will host the biennial meeting of the 18th Pacific Rim College of Psychiatrists at Sedona Hotel, Yangon, Myanmar, 26-28 October, 2018.

The 17th PRCP meeting was held in Kaohsiung, Taiwan, 3-6 November, 2016. The scientific programme of the 18th PRCP meeting in Yangon at this moment is still in planning stage.

In the future issues of *the Bulletin of the AFPA*, I will keep writing to inform you more details of the scientific programme of the 18th PRCP meeting, Mental Health Society of Myanmar, and the country Myanmar.

Please check the meeting website at www.prcp2018.org for the meeting development, and please plan to attend the 18th PRCP meeting. (The author declares no conflicts of interest in writing this announcement.)

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LETTERS-TO-THE EDITOR

RANZCP Your Health in Mind Website

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is delighted to announce the launch of our new Your Health in Mind website, a dedicated site which has been developed to provide expert, trusted information for the public on mental health. Your Health in Mind features expert information – written in plain English – about mental illnesses, treatments, the rôle of psychiatrists, and how to get help. It's been designed especially for Australians and New Zealanders, can be easily shared, and is based on the best available evidence.

Your Health in Mind provides patients, families and the general public with:

- more than 35 easy-to-read fact sheets about mental illnesses, treatments and the health system
- videos to help explain what it's like to visit a psychiatrist or a psychiatric hospital

- the RANZCP's "Find a Psychiatrist" directory of psychiatrists working in private practice in Australia
- answers to frequently asked questions, and
- links to recommended services and support organisations.

All content has been written and reviewed by psychiatrists with expertise in each area, and with significant contribution from consumers and carers.

Take a look at www.yourhealthinmind.org now, or follow Your Health in Mind on Facebook.

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To Commemorate Universal Children's Day on 20 November, 2017 in Lahore, Pakistan

All over the world, 20 November is commemorated as Universal Children's Day and we talk about the birth rights of children that is "Health, Education and Security." Governments of any country cannot fulfill all societal needs, and it remains for the social/voluntary sector to come forward and extend a helping hand.

In Pakistan, about 49% of the population is under 18 years of age, and Pakistan also has one of the world's highest rates of disability, particularly intellectual disability. Many non-government organizations (NGOs) are working in the field of health, education and rehabilitation of children with various impairments.

In Pakistan, the National Society for Mentally

and Emotionally Handicapped Children (www.specialeducationcenter.pk) is one of those organisations. The Society was established in 1979 by a group of psychiatrists, psychologists, paediatricians, social workers, and other people who like to help those children. The project and activities of the Society include a special education and training centre, a vocational training centre, and a resource centre. It is my pleasure and a privilege to work with those young people.

Please join us to commemorate Universal Children's Day this year, and support them continuously on their journey in striving for success. (The author declares no conflicts of interest).

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COMMENTARIES

(The opinions expressed here are authors' personal opinion, and do not necessarily reflect those of the Asian Federation of Psychiatric Associations and *the Bulletin of the AFPA*.)

The RANZCP Leadership

I was honoured to take on the rôle of president of the Royal Australian and New Zealand College of Psychiatrists (RANZCP) at the RANZCP annual congress, held in Adelaide 30 April to 4 May, 2017. I look forward to this responsibility which will, I am sure, bring many challenges and opportunities. The chance to focus on the RANZCP's rôle in mental health advocacy and policy, as well as looking after our members, reflecting their views, and working towards improving the conditions in which they work are among the priorities. While we have already made considerable improvements in that area, I want to carry on with this work to increase the RANZCP's relevance and transparency to members.

In writing my first article for Bulletin of the AFPA as RANZCP president, I'd like to whole-heartedly acknowledge the hard work of our immediate past

president, Professor Malcolm Hopwood, who has been such a strong voice for the RANZCP, its members and the community in the past couple of year years.

I also would like to take this opportunity to acknowledge Hopwood's recent election as president-elect of AFPA and I look forward to working with AFPA president, Afzal Javed, and Hopwood on ways to improve the mental health and provision of mental health services to all in the Asia Pacific Region.

Since my commencement in the rôle of RANZCP president, I had the opportunities to meet with many presidents and leaders of international psychiatric colleges and associations during my trips to the annual meetings in San Diego for the American Psychiatric Association, in Nagoya for the Japanese Society of Psychiatry and Neurology, and in Edinburgh for the Royal College of Psychiatrists in May, June, and June 2017, respectively.

I look forward to meeting many of you in the coming months to continue to develop the close connections established during Hopwood's term as

RANZCP president. (The author declares no potential conflicts of interest in writing this communication.)

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(Editor's note: Jenkins is the RANZCP president
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Asabiya and Libido: A Cultural Note to Understand Arabs

"Be melting snow. Wash yourself of yourself."

Jalaluddin Rumi, *The Essential Rumi* 2004 [1]

When Winston W. Shen, an old friend and sensei (an honorable title sir in Japanese), asked me to write a commentary on a general topic like the Middle East, the Arabs, or Islam in general. I felt like an "offer that couldn't be refused," yet could not be complied with to a satisfactory degree by a mere psychiatrist like myself. There is always the temptation to take sides, slip into politics and ideology. So with hesitation, I proceed, asking for the readers' indulgence.

The Arab world, enclosed within the Middle East, itself surrounded by the Islamic world seems to always be full of crises and strife, and bloodshed, at least that is the impression the outside world receives from the media. Are there sectors where unity, peace and stability reign. Was there ever progress and stability? What can psychiatry say about the continuing turmoil?

The great Arab historian Ibn Khaldun (1332-1406) distinguished between the surface meaning of history, i.e., information about "political events and dynasties" and the "inner meaning" of history involving an attempt to get at the truth, to explain the causes and origins and to discover the how and why of events (Lessons from History, an unpublished pamphlet in 1960's, printed in Karachi, Pakistan). Ibn Khaldun theorised "the binding elements" or "group feeling," which he termed "Asabiya," which is almost analogous to Freud's life instincts which serve to connect people, promote attachments or community feelings. According

to this historian, Asabiya is bolstered by religion. This, according to him, was what led to the establishment, in the 7th and 8th centuries of the great Islamic civilisation and empire stretching between India and China on one side and Spain on the other. The Arab "Asabiya," rather fragmented heretofore, was energised by the arrival of Islam; later on it extended to non-Arab Muslims and, to some extent, I believe, even to the non-Muslim denizens of the empire as they made lasting contributions to the science and culture.

Infrastructure and monetary arrangements were good enough to permit active and brisk commerce and exchange, both material and intellectual between the Islamic world and China and India. Ibn Sina (Avicenna, 980-1037), one of the most eminent Muslim physicians was familiar with and influenced by the teachings of Confucius, and by Chinese Medicine, including Hwang Ti, as well as by Ayurveda, not to mention Greco-Roman medicine [3]. This article goes on to speculate that Ibn Sina and other Islamic physicians "seem" to have been impressed by the "inspiring words of Buddha": "Do not accept anything by mere tradition . . . because it seems acceptable. Do not accept anything because it accords with your scriptures."

Traditional medicine, as in other areas, seems to be gaining momentum: in the Middle East, it is often termed "Traditional Arabic and Islamic Medicine (TAIM)," and includes important concepts and elements derived from Chinese Medicine.

Inevitably, this group feeling has a natural history, and does not last for ever. According to Ibn Khaldun, Asabiya rises to a plateau and then declines. Hence, dynasties rise and fall, as do civilisations.

The Arab countries, as mentioned, are part of the vast Islamic world and, closer still, the Middle East, which includes a few non-Arab nations like Iran and Turkey. Five of the Arab countries are in Africa: Egypt, Libya, Algeria, Morocco, Tunisia, and Sudan (where the Japanese Self-defense Forces are stationed currently and provide medical aid, among other things). The rest are in the "Fertile Crescent" (Jordan, Lebanon, Syria, and Iraq) and in the Arabian Peninsula (Saudi Arabia, Yemen, United Arab Emirates, and other several Gulf States). They speak Arabic as their mother tongue, many are Muslims, though there are significant Christian minorities, particularly in Lebanon. Israel is part of the Middle East, has a majority of Jews, speaking Hebrew, but also Muslim and Christian minorities.

Ibn Khaldun, the historian, remarks on the "wild," unruly character of the Bedouin Arabs, toward authority, resistant to the "group feeling" mentioned. This



recalcitrance, he thinks, is the negation of civilisation [2]. Thus, like Freud's Thanatos, or destructive/disruptive force, which oppose libido or the force that leads to attachments and connections, the Asabiya seems to be dialectically engaged with its antithesis, awaiting some new synthesis. In my opinion, one factor that seems to interfere with resolution of clinging excessively to the past, and fear of change, both individually and collectively, is the reluctance to mourn losses, i.e., to accept the reality of loss and acceptance of one's own, and one's generation's, limitations, an excessive resort to what Bion, the famous British psychoanalyst, born in India and influenced by Eastern philosophy, terms "resort to omnipotence."

"Be melting snow. Wash yourself of yourself" is a quote from Jalaluddin Rumi [1]. This is an insight, but we have to be careful. Wallahu ya'alam (God knows better). (The author declares no conflicts of interest in writing this article.)

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FROM THE EDITOR OF *THE BULLETIN OF THE AFPA*

To Know Arabic Culture: My Anecdotal Experiences in UAE and Beyond

When I attended the World Psychiatric Association Congress for my first time was in Honolulu, Hawaii, USA, 1977,. I remember clearly that the then WPA president Ahmed Okasha (Egypt) made the Hawaii Declaration condemning the improper application of psychiatry in countries in the former Soviet Union, Rumania, and South Africa. At the 6th World Congress of Asian Federation of Psychiatric Associations in Abu Dhabi, United Arab Emirates, March 2017, A. Okasha gave a lecture on Arabic psychiatry, I have learned that there are 22 Arab countries in the world. Arab countries that have population more than Taiwan (23.1 million) include Egypt (90 M), Algeria (40.1 M), Sudan (38.4 M), Iraq (36.6 M), Morocco (33.7 M), Saudi Arabs (31.5 M), Yemen (26,7 M), Syria (23.3 M) . The UAE (9.5 M) is ranked number 11 in population among the Arab countries, but the gross domestic product (GDP) of the UAE is ranked number 3 after Saudi Arab, and Egypt

while Qatar (2.2 M) has the highest income per capital among all Arab countries.

After the 6th WCAP, my wife and I moved to Jumeirah at Etihad Towers Abu Dhabi for more tourist pursuit. In a grocery the Westrose there, we found a sign "For non-Muslims." Out of my curiosity, I consult Wikipedia and I found that besides 22 Arab countries, Muslims also include Indonesia (200 M) , Iran (75 M), Turkey (75 M), Malaysia (31 M), Afghanistan (29 M), and so on.

All people in Arab countries speak Arab language. There is only one Arab language although some regional variations exist. Children in Pakistan and Afganistan are taught Arabs in elementary or junior high schools. Granem Li Al Hassani (UAE) and I co-chaired a 6th WCPA symposium "Advances in Pharmacological Treatment." He told me that Arab language is always written from right to left. Ahmed Al Kashaf (UAE) gave the last symposium lecture "Update on Psychopharmacology of Addiction." Then, the symposium was followed by a heated question-and-answer session between only Al Kashaf and at least 10 delegates in the audience. The backdrop of the Q and A discussion was a busy distribution to the audience of a

flyer announcing the 26-29 October, 2017 international substance abuse conference to be held at Emirates Palace, Abu Dhabi. Other two symposium speakers were ignored completely by those in the audience. I was amazed by Arab psychiatrists' interest in addiction. I started to ask myself: Is addiction a big problem in Arab countries, at least in the UAE?

Later, my wife and I bought a desert safari tour in Dubai. In this precious moment of 15-minute riding on the camel for my first time, I witnessed an Iraqi non-psychiatrist physician was still busy wiping his smart phone while riding on a camel. As shown in the companion photo, I saw this scene near Al Ain, UAE with my own eyes! I realize that Internet addiction is rampant in the whole world. Since this anecdotal experience, my amazement of Arabs' interest in addiction has turned into a puzzle: The smart phone addiction has deluged to even UAE desert, and flooded up to the camel's back.



A photo taken at a desert safari near Al Ain, UAE

From left: unidentified non-psychiatrist physician tourist (Iraq), Nellie H. Shen (Taiwan), and Winston W. Shen (TW)

After being exposed to chicken shawarma at Carrefour, my family and I even went to tour Al Mamzar Beach Park in Dubai in an attempt to see more easily how Arabs prepare meat. But the whole park is predominant with Philippine and Indian cookings because UAE has about only 19% in Arabian population. After my re-watching the movies the 1962 *Lawrence of Arab* starring Peter O'Toole and the 2015 *Queen of the Desert* starring Nicole Kidman, I serendipitously saw an old colleague Modaser Shah's e-mail correspondence relating to an election of the American Psychiatric Association. He replied me: I am the onaji Shah (the same Shah in Japanese) right away when I contacted him whether he is the same Shah. I still remember that Shah is a scholar on Arabs, and that he taught me the word "bedouin" for the first time of my life. "With care do you realize your opportunities," he accepted to write a commentary right after he was invited by me. The readers are recommended to read the onaji Shah's commentary elsewhere in this issue of the Bulletin of the AFPA for your epicurean taste. (The opinions expressed in this article are his personal opinions. They are not necessarily reflecting to those of the Asian Federation of Psychiatric Associations and *the Bulletin of the AFPA*. The author also declares no conflicts of interest I in writing this commentary.)

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