



EUROPEAN PSYCHIATRIC ASSOCIATION

Association Européenne de Psychiatrie  
European Psychiatric Association  
Europäische Psychiatrische Assoziation



Issue 11

# EPA NEWSLETTER

Winter 2008



Cyril Höschl, EPA President

When I ran for EPA presidency, my goal was to reinforce the EPA mission, develop EPA vision for the future and consolidate our European identity. The 15th European Congress of Psychiatry in Madrid was the most successful congress in EPA history and this year in

Nice the congress attendance was very good too. The European Congress of Psychiatry is the fastest growing congress in Europe in the last two years.

EPA developed collaborative projects with other major organisations. In Nairobi, Kenya on 21–23 March 2007 EPA organised a joint symposium with the Pan African psychiatric association. Joint symposia and educational courses with APA and ECNP were organised. Our partnership is consolidated with the German Research Network on Schizophrenia and the 1st International Congress on Neurobiology and Clinical Psychopharmacology (November 2009 in Thessaloniki, Greece), together with EPA conference on Treatment Guidance.

EPA launched the European Platform of Psychiatrists in order to develop a basis of exchange with the national psychiatric societies, to build a spirit of belonging to the European Psychiatry community. EPA decided to extend and enrich its educational programme under the aegis of EPA Academia for Excellence in European Psychiatry.

EPA has enabled its members to publish free communication pages and promote projects and activities developed in relation with our association. In each issue of the European Psychiatry journal four pages are reserved for this purpose.

Continued on page 4

## Welcome to the 17th European Congress of Psychiatry



Parque das Nações in Lisbon, Portugal

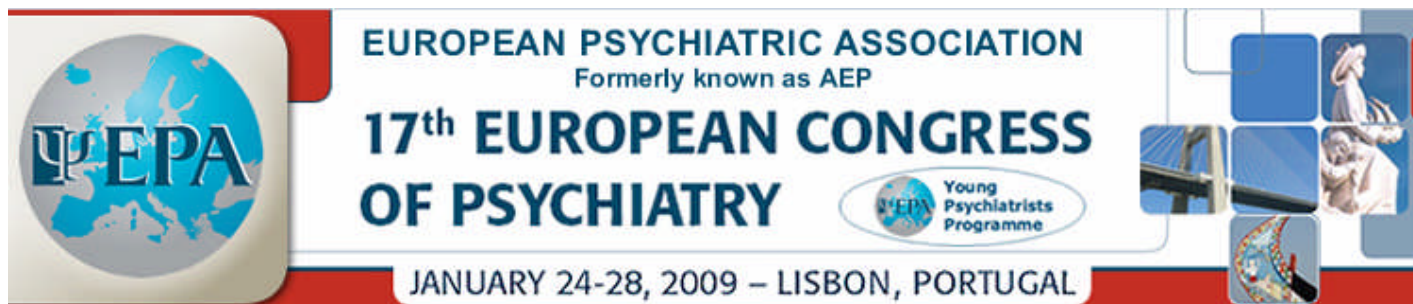
**Lisbon, Portugal**

**24 to 28 January 2009**

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HAPPY NEW YEAR – GUTES NEUES JAHR – PROSPERO AÑO NUEVO – GODT NYTÅR – FELICE ANNO NUOVO – ONNELLISTA UUTTA VUOTTA – BOLD OG UJ EVET – S NOVIM GODOM – GOTT NYTT ÅR – ŠTASTNÝ NOVÝ ROK – GELUKKIG NIEUWJAAR – GODT NYTTÅR – SRETNJA NOVA GODINA – KALI XRONIA – UN AN NOU FERICIT – SRECNA NOVA GODIN – BONNE ANNEE – SZCZESLIWEGO NOWEGO ROKU – SRECNO NOVO LETO – LAIMIGU JAUNO GADU – YENI YILINIZ KUTLU OLSUN – FARSÆLT KOMANDI AR – CHESTITA NOVA GODINA – FELIZ AÑO NOVO – SHNORHAVOR NOR TARI – Z NOVYM ROKOM



## **“New Diagnostic Approaches in Psychiatry: Relevance for Research and Practice in Europe”**

The 17th European Congress of Psychiatry will take place in Lisbon from January 24 – 28, 2009, under the presidency of Hans-Jürgen Möller (EPA President elect) and Maria Luisa Figueira (EPA Local Organising Committee President). The congress has applied for accreditation by the European Accreditation Committee for Continuing Medical Education of the UEMS and will provide a full update on the most important aspects of treatment in psychiatry and on the latest achievements in this field.

### **Presidential Forum**

A Presidential Forum entitled “Ethical issues related to Diagnosis and Classification of Psychiatric disorders” (chaired by N. Sartorius and H.J. Möller) will highlight topics such as: “The differential diagnosis between depression and ‘normal sadness’: a clinical, scientific and ethical issue to be addressed by the DSM-V and the ICD-11” (M. Maj), “Ethical issues relevant to the definition of mental disorders” (M. Weiss), “The usefulness, use and undesirable effects of diagnosis of mental disorders” (S. Steffen) and “ICD-11 and DSM-V in the making: dealing with ethical issues” (N. Sartorius).

### **State-of-the-Art Lectures**

The State-of-the-Art lectures will be delivered by top European experts and will provide a complete update on some significant aspects of current clinical treatments in European psychiatry.

How to deal with comorbidity in major psychoses	C. Altamura (Italy)
Neuroimaging findings and diagnosis	S. Kasper (Austria)
Personality disorders	S. Herpertz (Germany)

### **Core Symposia**

There will be 11 Core Symposia focusing on clinical issues. They will constitute the central element of the congress and will concentrate on specific treatment issues.

Coercive measures across Europe	T. Kallert (Germany)
Impact of psychopathology and phenomenology in Psychiatric classification	H. Sass (Germany)
Gene environment interaction	P. McGuffin (United Kingdom)
Does the first experience with addictive substances predict future dependence?	P. Gorwood (France)
Impact of Neurobiology on future Classification in Psychiatry	W. Maier (Germany)
Conceptualisation of psychotic spectrum	C. Höschl (Czech Republic)
Animal models and psychiatric disorders	P. Boyer (France)
Disability, distress and the classification of mental disorders in the view of the ICF	M. Linden (Germany)
Suicide across Europe: from epidemiology to prevention	D. Wasserman (Sweden)
The complex relationship between psychiatric classification and decision making in psychopharmacotherapy	H-J. Möller (Germany) S. Kasper (Austria)
European Guidance on the Prevention of Cardiovascular Disease and Diabetes in People with Severe Mental Illness	M. De Hert (The Netherlands)

## Education: CME Courses

The Congress will serve the educational mission of the EPA by providing several **high-quality Continuing Medical Education courses**, covering all aspects of psychiatry. The CME Courses enhance learning experiences by actively involving participants and including an opportunity for informal exchange with the EPA faculty. This year's CME course offer will include new courses in the fields of early-career psychiatrists, concept of recovery, CL-psychiatry and suicidology.

## Cooperation with International Psychiatric Associations

The EPA/ECNP joint symposium is entitled "Use and misuse of second generation antipsychotics in anxiety and bipolar disorders" (chaired by J. Zohar and C. Höschl) with C. Allgulander (Sweden), D. Souery (Belgium) and J. Zohar (Israel). The Pan European Symposium (chaired by J. Bobes) will include the following topics: Pan European Studies in Schizophrenia, Pan European Studies on patients with Affective Disorders – J.L. Ayuso-Mateos (Spain) and Pan European Studies on Suicidal Behaviour.

## Young Psychiatrists Programme

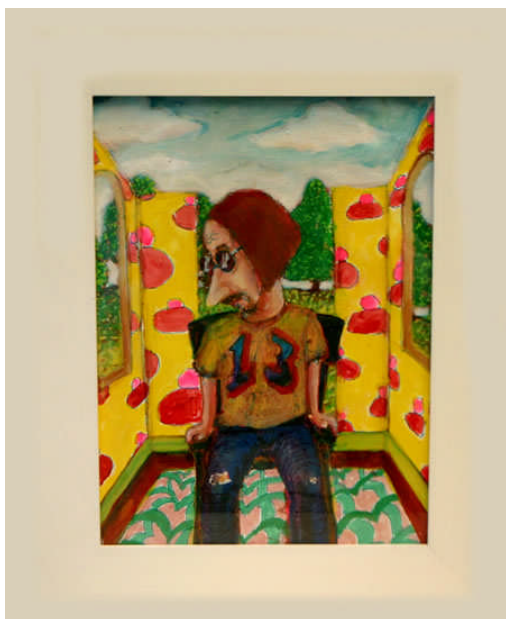
The 17<sup>th</sup> European Congress of Psychiatry invites recent graduates to its programme tailored to the needs of the young psychiatrists. In keeping with the Congress' focus on research in Europe, new psychiatrists will be exposed to a highly informative and diverse programme with many opportunities to network with experts in their field. The awards ceremony celebrating the recipients of the EPA Research prizes 2009 and EPA Scholarship Programme 2009 for young psychiatrists will be organised during the Opening Ceremony starting at 18.00 on 24.01.2009.

## Social events during the congress

The **Opening Ceremony** will offer 4 piano pieces (Balada, Valsa, Chula and Barcarola) of J. Vianna Da Motta, the Portuguese composer, which will be played by the world renowned Russian Pianist, **Mr. Alexey Shakitko**. Sonata by Schumann will be performed by **Professor Patrice Boyer** while Hans-Jürgen Möller will articulate the presidential speech. The opening ceremony will be followed by a colourful folklore get-together reception.

The **Presidential Dinner** will be organised on Tuesday, January 27, 2009 at 20.30. Congress participants have the possibility to attend. Seats are limited and will be distributed on a "first come, first serve" basis. Please approach the registration desk to purchase your ticket.

## Special Art Exhibition to be held during EPA Congress - Art Against Stigma: Social Experience of Illness



Today when we are constantly reminded of the dangers of thinking in exclusive terms, art affords us a model of dialogue in which the other is accepted as an equal conversation partner. Art fosters cooperative communication in which dignity and individuality of a mental health patient may be reaffirmed. At the same time, art allows for critical distance, retrospection, and vast opportunities for individual choice, and thus may be conducive to an improved self-image and self-esteem. This exhibition will emphasize the role of art in facilitating personal empowerment, fostering the healing process, and confronting stigma. It will also invite to a multidisciplinary discussion of human creativity as a function of the brain. The selection of artworks will bring together exemplary pieces from various countries around the world, including artists represented in museums and galleries as well as those working in hospitals or even in hidden isolation.

**Curators: Drs. Ekaterina Sukhanova and Hans-Otto Thomashoff**

Richard Smith (born 1947)  
Man, Metaphysics and Its Subtleties, 2005



*Continued from cover page*

On the EPA internal level many improvements have been made. In August 2007 the association opened its new office strengthening consequently its groundwork in Strasbourg. This city represents Europe, as it is the seat of over twenty international institutions, such as the Council of Europe and the European Parliament and is thus an ideal location for illustrating a European dimension.

In order to suit better the needs of a growing organisation in a competing environment, the EPA statutes were amended at the last General Assembly. The association changed its name and our new website will be launched in 2009. The EPA office has recruited new staff members that are giving their full support to the association.

Despite the current alarming economic situation at the world level, I am optimistic about the future of EPA. The positive changes in our association during the last years have been considerable and represent a direction that will serve the association even better on the long run. I have enjoyed my term as EPA president and would like to extend a special thank to you all who have helped to serve EPA. I am sure that the president elect, Hans-Jürgen Möller, will be an excellent leader for EPA. We have worked together to assure a fluent transition and we both look forward to meeting you at the 17th European Congress of Psychiatry in Lisbon, Portugal!

Cyril Höschl, EPA President 2007/2008

### **The 3<sup>rd</sup> European Platform of Psychiatrists: “Sustainability of the Platform: why and how?”**



**Workshop during the 2<sup>nd</sup> European Platform of Psychiatrists in Nice, France**

*Photo © M. Chareton and N. Roses*

The European Psychiatric Association is pleased to renew its invitation to the representatives of European National Psychiatric Associations to the 3rd EPA European Platform of Psychiatrists. It will take place on 23 January 2009 in Lisbon, Portugal from 13.00 to 18.00.

After discussing topics of common interests between EPA and National Psychiatric Associations (1st Platform, Brussels 2007), which led to the set up projects for joint implementation (2nd Platform, Nice 2008), it seems appropriate to propose a reflection on the *raison d'être* of this grouping, its sustainability and development potential.

Under the motto “Sustainability of the Platform: why and how?” this meeting will aim to further define the key topics, which need to be addressed in the future at the European level. The Platform participants will also be able to imagine and propose

the best framework to consolidate their partnership and to pave the way to a common voice for National Psychiatric Associations in Europe.

### **EPA Academia for Excellence in European Psychiatry**

Since the 2nd EPA European Platform of Psychiatrists meeting, where the participants contributed to the elaboration of a project plan, several stakeholders have entered into action. The Academia Task Force was set up, it is composed by: Henning Sass, Norman Sartorius, Jean-Pierre Lépine, Marc Hermans, Nadja Maric, Amit Malik and Dinesh Bhugra. A survey of the existing Continuing Medical Education (CME) courses at European level was drafted, with comments from the Task Force members. This survey highlights strategic activities to be developed by the EPA Academia: reinforced Itinerant and Congress CME courses offer, Continuing Professional Development activities (in peer group meetings) and skills-based training. New technologies could be explored in the frame of e-learning.

The market survey also raises issues for further discussions: accreditation of new activities, harmonisation of courses format, increased involvement of the Faculty, registration/access fees and differentiation from other organisations. The next steps will include the establishment of partnerships, fundraising, the launch of new activities and the organisation of an inauguration symposium in 2009. The Academia Task Force members will be invited to the next Committee on Education meeting on 25 January 2009 in Lisbon, during the 17th European Congress of Psychiatry.

## WHO – Launch of mental health Gap Action Programme (mhGAP)



Pr. Cyril Höschl with Dr. Margaret Chan

The mhGAP was formally launched in Geneva, on 9 October 2008 and attended by WHO leaders including the Director General Dr. Margaret Chan and Director of the department of mental health and substance dependence, Dr. Benedetto Saraceno, ambassadors of countries from all continents, and representatives of professional societies, providers, family groups as well as EPA President Cyril Höschl. The mhGAP mobilises all stakeholders in the field of mental health over the globe to fight against the gap between the social burden, that mental, neurological and substance use disorders represent, and the support, which is provided by governments and other bodies. For example, the proportion of health care budget that is allocated for mental health varies usually between 1% to 7%. On the other

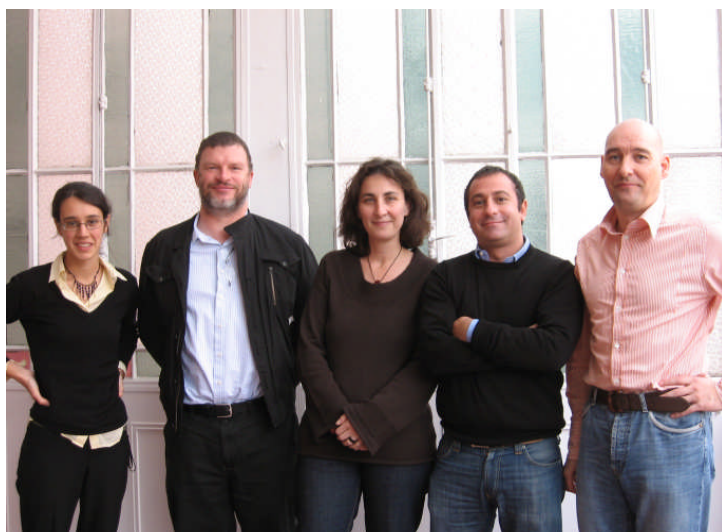
hand the proportion of the burden, that mental, neurological and substance use disorders represent among other diseases, is more than 30%. Mental Health Gap Action Programme is a WHO action plan to scale up services for mental, neurological and substance use disorders for countries especially with low and lower middle incomes. The essence of mhGAP is building partnerships for collective action and to reinforce the commitment of governments, international organisations and other stakeholders.

## The EPA YP committee met in Strasbourg

The Young Psychiatrists Committee (YPC) met on 11–12 October 2008 in Strasbourg to further discuss and develop its activities.

The Young Psychiatrists Programme 2009 will offer in Lisbon, an “**Alumni–Mentors’ Luncheon**”, accessible only to awardees 2007, 2008 and 2009 of the YP Scholarship Programme. The objective of this luncheon is for the scholars to meet EPA leaders in an informal way and to lead to a “Mentor–Mentee” relationship on the long run.

**Psychiatric training questionnaires** prepared by the YPC will be spread at the EPA congress to collect information regarding training and education standard in home country. The results will help to better meet the young psychiatrists’ expectations and needs. This survey will be further available online and accessible to any young psychiatrist or trainee interested in filling it in.



From left to right: Bénédicte Jeannequin (EPA Headquarters), Julian Beezhold, Cécile Hanon, Andrea Fiorillo and Kai Treichel

## The YP Committee will be partly renewed from 1 January 2009

**Kai Treichel** (Germany) and **Julian Beezhold** (UK) will step down but will both pursue their activities within EPA respectively in the Committee on Education, and in the Board. The YPC will therefore welcome two new members, **Martina Rojnic Kuzman** (Croatia) and **Umberto Volpe** (Italy), who will work with **Iris Calliess** (Chair; Germany), **Andrea Fiorillo** (Co-chair; Italy) and **Cécile Hanon** (France).

## Upcoming conferences and events in 2009

- **2nd European Brain Policy Forum – A Focus on Depression and the European Society** in Brussels, Belgium on 25–26 February 2009
- **2nd European Conference on Schizophrenia Research 2009** in Berlin, Germany on 21–23 September 2009
- **1st International Congress on Neurobiology and Clinical Psychopharmacology** in Thessaloniki, Greece on 19–22 November 2009

## The European Pact for Mental Health and Well-being

By Ms Georgina Georgiou, Member of Cabinet, Cabinet of European Commissioner for Health Ms Androulla Vassiliou

During the past years, mental health has moved up on the European policy agenda, with important initiatives such as the WHO's Mental Health Declaration and Action Plan, a European Commission Green Paper and, in June 2008, the launch of the European Pact for Mental Health and Well-being on the occasion of the EU-high level conference "Together for Mental Health and Well-being". This conference was hosted by the European Commissioner for Health, Ms Androulla Vassiliou, in cooperation with European Commissioner for Employment, Social Affairs and Equal Opportunities, Mr Vladimír Špidla.

The Pact is a symbol of the willingness of participants, including representatives of Member State Governments and relevant nongovernmental actors, to work together, exchange and cooperate on key mental health challenges and opportunities.

The purpose of the Pact is to raise awareness about the relevance of mental health for Community and Member State policies, and for stakeholders. The intention is to engage relevant actors from key sectors (such as health, social, education, workplace, civil society), to collect information about good practices in the identified priority areas, and to reach broadly endorsed recommendations for action encouraging this way self-commitments and action plans. It focuses on aspects of promoting mental health, preventing mental disorders, supporting the social inclusion of people with mental disorders, and on mental health information and research.

The five priority themes of the Pact are as follows:

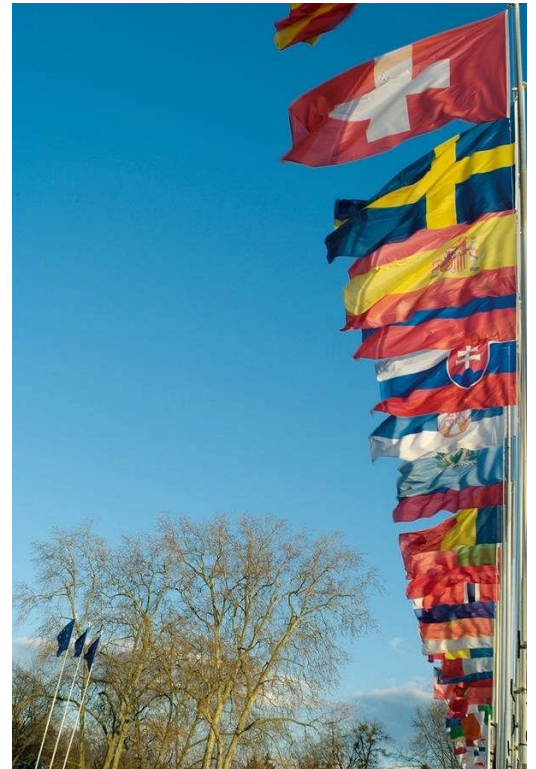
- Prevention of Depression and Suicide
- Mental Health in Youth and Education
- Mental Health in Workplace Settings
- Mental Health of Older People
- Combating Stigma and Social Exclusion

To implement the Pact, thematic conferences around the priority themes will take place over the coming years in cooperation with Member State Governments. The 'consensus papers' developed for the June 2008 conference serve as a starting point for the preparation of these events.

The Pact opened up a Platform for EU-wide exchange and cooperation. It will create more transparency on mental health action in the EU, with a focus on good practices. Contributions from Governmental and nongovernmental stakeholders are critical to the success of the Pact. The European Psychiatric Association is a key stakeholder in the field of mental health and its valuable contribution in this field of public health is well recognised. That is why the contribution of EPA would be of major importance in supporting the implementation of the Pact through informing about its activities, contributing scientific advice, participating in the identification of good practices and in showing up gaps which need to be addressed.

**More information** about the Pact and its implementation can be found on the website of the Commission's Directorate General for Health and Consumers:

[http://ec.europa.eu/health/ph\\_determinants/life\\_style/mental/mental\\_health\\_en.htm](http://ec.europa.eu/health/ph_determinants/life_style/mental/mental_health_en.htm).



Place de l'Étoile in Strasbourg, France

Photo © M. Chareton and N. Roses

## The elections of the EPA Executive Committee

On 24 January 2009, at 13h00, on the occasion of the 17th European Congress of Psychiatry in Lisbon, the Board members will meet officially and proceed to the EPA Executive Committee elections for the mandate 2009–2010. Following seats will be assigned: **President Elect, Secretary General, Treasurer, Sections Secretary, Secretary for Education** and possibly 1 adviser.

The results of the elections will be announced in Lisbon!



### Highlight on Neuroimaging Section



Edinburgh, United Kingdom

registration opens on January 2<sup>nd</sup> 2009. For more information, please e-mail [epaneuroimaging2009@iop.kcl.ac.uk](mailto:epaneuroimaging2009@iop.kcl.ac.uk).

The EPA section on Neuroimaging is pleased to invite you to the **5<sup>th</sup> Annual Meeting 'Genes, Brain, Behaviour'**. The conference will take place on **9–10 April 2009** in the beautiful surroundings of the Playfair Library, Old College, University of Edinburgh. This year the section will focus on the power of human brain imaging to elucidate the effects of genetic markers of complex behaviours and genetic risk factors for specific disorders on a range of psychiatric phenotypes. On the website of the EPA section on Neuroimaging you will find the registration form as well as more information about the instructions for abstract and poster submissions, venue and accommodation. Please note that the

### Future EPA internal meetings

#### EPA Section Coordination Meeting – “Sections Reloaded”

*Friday 12– Saturday 13 December 2008 at 9:00–17:30* at Academy Palace, rue Ducale, Brussels

Chairman: M. Musalek, EPA Sections Secretary; Invited: EPA Sections chairmen

During the 17th European Congress of Psychiatry in Lisbon, at Centro De Congressos De Lisboa, Praça Das Indústrias, EPA will organise the following meetings:

<b>European Platform of Psychiatrists III</b> Chairman: H.J. Möller EPA President 2009/2010	<b><i>Friday 23 January 2009 at 13:00–18:00</i></b> Invited: Representatives of National Societies of Psychiatry in Europe and EPA Board members
<b>European Leaders in Psychiatry – Task Force meeting</b> Chairmen: H.J. Möller and C. Höschl EPA President 2007/2008	<b><i>Saturday, January 24, 2009 at 09:00 – 12:00</i></b> Invited: Task Force EPA, WPA, UEMS and WHO
<b>Election of the new EPA Executive Committee followed by EPA Board Meeting</b> Chairman: H.J. Möller	<b><i>Saturday, January 24, 2009 at 13:00 – 17:00</i></b> Invited: EPA Board members elected or re-elected in Nice 2008
<b>EPA Committee on Education and Academia Task Force meeting</b> Chairman: H. Sass, EPA Chairman for Education	<b><i>Sunday, January 25, 2009 at 11:00 – 13:00</i></b> Invited: Committee on education and Academia Task force members
<b>EPA Section Coordination meeting</b> Chairman: Michael Musalek, EPA Section secretary	<b><i>Sunday, January 25, 2009 at 13:00 – 14:30</i></b> Invited: EPA Section chairmen, EPA President
<b>EPA Young Psychiatrists Committee Meeting</b> Chairman: Iris Calliess, YP Committee Chairman	<b><i>Monday, January 26, 2009 at 10:30 – 11:30</i></b> Invited: EPA YP Committee, EPA Chairman for Education
<b>EPA General Assemblies</b> Chairman: H.J. Möller	<b><i>Monday, January 26, 2009 at 18:00 – 20:00</i></b> Invited: EPA members
<b>EPA Membership Round Table</b> Chairman: M. Kastrup	<b><i>Monday, January 26, 2009 at 20:00 – 21:30</i></b> Invited: EPA members
<b>EPA COSC Meeting</b> Chairman: H.J. Möller	<b><i>Tuesday, January 27, 2009 at 8:30 – 10:00</i></b> Invited: COSC members, LOC Portugal
<b>EPA EC Meeting</b> Chairman: H.J. Möller	<b><i>Wednesday, January 28, 2009 at 8:00 – 11:00</i></b> Invited: EC Members elected or re-elected

### The Membership Round Table

For the very first time the EPA organises during the 17th European Congress of Psychiatry, in Lisbon Portugal, a special event reserved to its members. The Membership Round Table will be held on **Monday 26 January 2008 from 20h at the congress centre**. You will have the opportunity to meet your EPA colleagues and the leaders of the association in a friendly atmosphere. It will be the occasion to influence the EPA future by discussing in group the activities of the EPA (membership, congress, website development, etc.). For your comfort, a buffet will be served. Invitations will be sent to each EPA member, as well as for the General Assemblies taking place the same day. You can however already save the date in your diary – Monday 26 January 2008:

**18h–18h30 – Extraordinary General Assembly**

**18h30–20h – General Assembly**

**20h–21h30 – Membership Round Table**

### Improvement of EPA website

The EPA is currently working to renew the association's website. One of the major improvements planned for 2009 will be a corner specially designed to its members. Once connected online, you will be able to communicate directly with EPA members and leaders, through an EPA intranet system with interactive forum of discussions. You will access a large data base of information and enjoy the new fee payment facilities.

### Welcome to new EPA members

The EPA is glad to welcome **23 new members** since July 2008:

**July & August 2008:** BRIESS David (UK), LATIF Zahid (Ireland), MORLET BARJAU Arturo (Mexico), O'HARA Jean (UK) and OMAR Adnan (UK).

**September 2008:** EL KISSI Yousri (Tunisia), HERMANS Marc (Belgium), OGUNREMI Stephen (UK) and WILLIAMS Gay (USA).

**October 2008:** ABED Mohammed Dheyab (Iraq), AHMED Sohail (Pakistan), FARUQUI Rafey (UK), LINDQVIST Per (Sweden) NAVA Ana Sofia (Portugal), NIKOLIC Gordana (Serbia), SANDHU Tanveer (UK).

**November 2008:** HARSH Durga (UK), MILJEVIC Snezana (Serbia), NAKHLI Jaafar (Tunisia), PLOUMPIDIS Dimitrios (Greece), REISSNER Volker (Germany), ROJNIK KUZMAN Martina (Croatia) and URBANIOK Frank (Switzerland).

### Join us



If you are not yet a member of EPA and would like additional information, **contact the EPA membership team** at +33 3 8823 9930 or [hq@europsy.net](mailto:hq@europsy.net).

### EPA headquarters closed during the holiday season



The EPA secretariat will be closed from **24.12.2008 to 02.01.2009 included**. All EPA leaders and Clarisse, Bénédicte, Caroline and Marika from the head office team extend their best wishes for the holiday season and wish you Happy New Year!

En raison des fêtes de Noël, **notre bureau à Strasbourg sera fermé du 24.12.2008 au 02.01.2009 inclus**. Tous les leaders de l'AEP et Clarisse, Bénédicte, Caroline et Marika de l'équipe de secrétariat vous souhaitent de joyeuses fêtes et une bonne année!

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