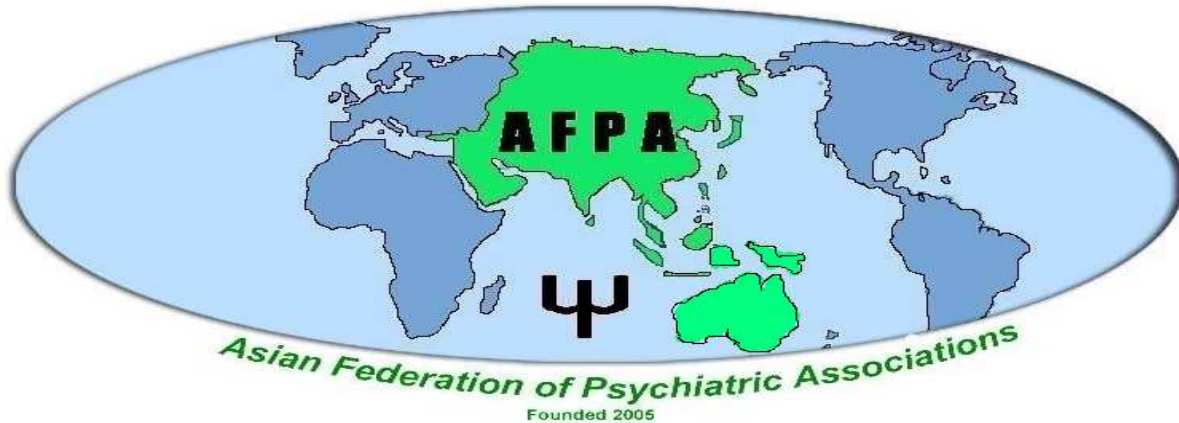


The Bulletin of the AFPA

The Summer 2019 Issue



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AFPA President's Messages



It is a great privilege to be writing this for The Bulletin of the AFPA as I assume the rôle and responsibilities of the president of the Asian Federation of Psychiatric Associations (AFPA). I am honoured to have the opportunity to work with you all for the next two years.

As my first step, I would like to express my deep appreciation to our immediate past president Afzal Javed

(Pakistan) for his leadership and efforts to raise the profile of the AFPA and its initiatives and activities. I would also like to thank the executive committee (2017 - 2019), council members and honorary fellows for their guidance.

I am looking forward to continuing an active engagement with member societies to progress AFPA's objectives, in particular to share psychiatric knowledge, skills and practices among Asia and Pacific countries to improve care of the mentally ill in the AFPA region. Among the issues we would particularly like to focus on, and potentially develop joint positions around, are the recruitment and retention of an appropriate workforce to meet the population's mental health needs, the promotion of mental health issues to Asian communities and the rôle and scope of mental health legislation.

In this issue of the Bulletin, you will find a summary of the 7th World Congress of Asian Psychiatry (WCAP) held in Sydney 22 - 24 February, 2019. The WCAP was a great success, attended by more than 350 participants from more than 30 countries. I would like to thank the hosts, the Royal Australian and New Zealand College of Psychiatrists for their organisation and a most enjoyable congress.



The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Association®

Web site address: www.afpa.asia

Publisher: Malcolm J. Hopwood *

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The Asian Federation of Psychiatric

*Associations® (AFPA®) was registered in Tokyo, Japan
on 12 December, 2016.*

During the 7th WCAP in Sydney, the AFPA executive committee for 2019–2021 were appointed as follows:

- President: Malcolm Hopwood (Australia)
- President elect: Gundugurti Prasad Rao (India)
- Immediate past President: Afzal Javed (Pakistan)
- Secretary general: Nova Riyanti Yusuf (Indonesia)
- Secretary for science: Roger Ng (Hong Kong)
- Secretary for education and training: René M. Samaniego (Philippines)
- Secretary for finance: Samudra kathriarachchi (Sri Lanka)

I look forward to working with this committee to further the aims of objectives of AFPA over the next two years. (The author declares no conflicts of interest in writing this address.)

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Report on the 7th WCAP in Sydney, 21-24 February, 2019

The 7th World Congress of Asian Psychiatry (WCAP) was held in Sydney, Australia, 21-24 February, 2019. The WCAP attracted over 350 delegates from more than 30 countries and provided a forum for showcasing our work and addressing some of the many difficult challenges our profession experiences in this region of the Asian Federation of Psychiatric Association. .

Based on the theme “Mental health care across Asia: Union in diversity,” the strong scientific programme included renowned speakers from across the region including:

- Eric Chen (Hong Kong) – Doctor can I stop my medication? Maintenance or discontinuation after first-episode psychosis
- Shigenobu Kanba (Japan) – New methods to explore brain pathology of psychiatric diseases
- Norman Sartorius (Switzerland) – The not so usual tasks for psychiatrists in the future
- Henry Brodaty (Australia) – Psychosocial research for dementia: Past, present and future
- Paul Fung (Australia) – The future of psychiatry
- Dan Lubman (Australia) – Working effectively in an Ice Age: A toolkit for psychiatrists.

There were also pre-congress workshops on “Professionalism, health and wellbeing for the medical practitioners” presented by Kym Jenkins (Australia) and “Mindfulness based therapy and counselling developed from Thailand” presented by Yongyud Wongpiromsarn (Thailand). There were also two AFPA Presidential Symposia – on training and workforce in psychiatry and mental health promotion.

The programme was complemented by two special sessions with the AFPA board on mental health legislation and promoting psychiatry as a career for medical students. We hope the strategies discussed at these breakfast sessions will help our member societies in these important areas. (The author declares no conflicts of interest in writing this report.)



From left: Andrew Peters (Australia), Shigenobu Kanba (Japan), John Allan (AU), and Tsuyoshi Akiyama (JP)



From left: Paul Robertson (Australia), John Allan (AU)



Norman Sartorius (Switzerland)



From left: Petr Morozov (Russia), Prasad Rao (India), and Eric Chen (Hong Kong)

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*(Editor's note: Hopwood is the AFPA president,
 2019 - 2021.)*

FROM THE OFFICE OF AFPA

Office Bearers of Executive Council and Council Members of the AFPA, 2019-2021

The 7th World Congress of Asian Psychiatry took place 22-24 February, 2019, in Sydney, Australia. During the Congress, the board meetings of the Asian Federation of Psychiatric Associations were convened and chaired by Afzal Javed (Pakistan, AFPA president) and Malcolm J. Hopwood (Australia, AFPA president-elect).

The board agreed the list of 7 executive committee members, 6 council members, 1 editor, and 5 honorary fellows. The list of new office bearers are listed below:

Executive council members

- President: Malcolm J Hopwood (Australia)
- President-elect : Gundugurti Prasad Rao (India)
- Immediate past president: Afzal Javed (Pakistan)
- Secretary general: Nova Riyanti Yusuf (Indonesia)
- Secretary for science : Ng Roger (Hong Kong)

- Secretary for education and training : René M. Samaniego (Philippines)
- Secretary for finance : Samudra Kathriarachchi (Sri Lanka)

Council members

- Norman Sartorius (Switzerland)
- Naotaka Shinfuku (Japan)
- Pichet Udomratn (Thailand)
- Shigenobu Kanba (Japan)
- Nor Zuraida Zainal (Malaysia)
- Samia Abul (UAE)

Editor

- Winston W. Shen (Taiwan)

Honorary fellows

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

(The author declares no conflicts of interest.)



A photo taken at the executive board meeting

From left: Norman Sartorius (Switzerland), Gundugurti Prasad Rao (India), Afzal Javed (Pakistan), Kym Jenkins (Australia), Naotaka Shinfuku (Japan), Nor Zuraida (Malaysia), and Malcolm J. Hopwood (AU)

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(Editor's note: Shinfuku is a founding president
of the AFPA.)

Highlighted Items Discussed at the AFPA Council in February 2019

The 7th World Congress of Asian Psychiatry was held, 22-24 February, 2019, in Sydney, Australia. During the Congress, the board meetings of the Asian Federation of Psychiatric Associations were convened and chaired by Afzal Javed (Pakistan, AFPA president) and Malcolm J. Hopwood (Australia, AFPA president-elect). The majority of board members attended this board meeting. The board agreed the list of 7 executive committee members, 6 council members, 1 editor, and 5 honorary fellows. The list is printed in a separate feature.

Many items AFPA statute were discussed at this February 2019 council. Among them, those with relevancy to the readers of the Bulletin of the AFPA are listed:

- Item 15. Even distribution

It shall be the policy of the Federation that an equitable distribution of the positions in the executive council be made by consensus to reflect representation from different countries/regions that members represent in the Federation.

- Item 19: Structure

Executive council shall have seven members with defined function. The executive council members will be elected by the board to serve for a period of two years. The AFPA executive council president will serve for six years (including 2 years as president-elect, 2 years as president, and 2 years as immediate past president).

- Item 36: Terms of the council members

Council members who have previously been members of the executive council, will serve for two years. Council member from outside Asia will also serve for two years in the first instance, but can be invited to continue his/her membership of the council by the executive council. Total number of AFPA council member is limited to six. After his or her term as a council member, he or she becomes an AFPA honorary fellow.

- Item 44: Honorary fellows

AFPA council members will become honorary fellows of the AFPA after the end of their services on the council. Honorary fellow will be proposed by the president and approved by the council. Honorary fellows will receive information on AFPA activities and may attend board councils as observers. Honorary members can attend the board council as observers. He or she will provide advises if invited to do so by the AFPA president.

All incoming executive council members have served presidents of national psychiatric society of their respective countries and have actively participated in several activities organised by AFPA. Their contribution will strengthen AFPA in Asia and Oceania. (The author declares no conflicts of interest.)



A photo at the restaurant of Sofitel Wentworth after all the WCAP business was over

Clockwise from the left: Norman Sartorius (Switzerland), Mian-Yoon Chong (TW), Naotaka Shinfuku (Japan), Shu-Yu Yang (TW), Nellie Shen (TW), Winston W. Shen (TW) and Vera Sartorius (Switzerland)

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(Editor's note: Shinfuku is a founding president
of the AFPA.)

FROM PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

The Annual Congress of the RANZCP in 2019

The annual congress of the Royal Australian and New Zealand College of Psychiatrists (RANZCP) was held in Cairns, Australia, 12-16 May, 2019. With a strong scientific programme, the Congress was a great success attracting over 1,300 delegates from across the world.

Based on the theme "Continuity in a world of change: culture, diversity and mutual learning," the stimulating scientific programme included a number of eminent keynote speakers including:

- Sam Harvey (Australia) – The mental health of junior doctors
- Ernest Hunter (Australia) – Dreamers of the day: interrogating changing patterns of mental disorders in remote Indigenous Australia
- Felice Jacka (Australia) – Can we prevent and treat depression using diet
- Patricia Resick (USA) – The evolution of cognitive processing therapy for PTSD
- Mark Taylor (Australia) – Insight or intrusion? Correlating routinely collected data with health risks
- Naomi Wray (Australia) – Advances in genetics and pharmacogenetics in psychiatry: towards precision medicine.

There were also formal clinical updates on attention-deficit/hyperactivity disorder, eating disorders, forensic psychiatry and neuropsychiatry where delegates could hear the latest research and treatment advances.

The programme was complemented by well-attended social events: a welcome reception, the college ceremony, where we welcomed 201 new RANZCP fellows into the profession, and a gala dinner.

We were pleased to hold a joint symposium with

the Japanese Society of Psychiatry and Neurology on "innovations in psychiatric continuing professional development" and a Pacific Mental Health Forum which provided regional leaders an important opportunity to discuss challenges and opportunities in mental health within the Pacific region.

We invite you to join us at next year's Congress with a theme of 'Influencing and being influenced by the world around us'. Save the date for 17–21 May 2020, in Hobart, Australia. (The author declares no conflicts of interest.)



A photo from RANZCP Congress, May 2019.

From left: Vinay Lakra (Australia), John Allan (AU), Kym Jenkins (AU)



A photo from RANZCP Congress gala dinner, May 2019.

From left: Yosuke Takatsuru (Japan), Yasunari Yamaguchi (JP), Toshifumi Kishimoto (JP).

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2019 - 2021.)



Bangladesh Association of Psychiatrists (BAP) is to host the International Conference on Psychiatry (ICP) 2019 in Srimongal, Bangladesh. The ICP is the official congress of the BAP for all psychiatrists and mental health practitioners around the globe. It is a biennial congress which has been conducted by BAP Since 2001, the executive committee of the BAP has rotated the venues around Bangladesh every two years.

In 2017, the ICP was held in Cox's Bazar, the longest sandy sea beach of the world, and around 350 national and international participants were present there to share their experiences and knowledge. This year, the venue of the 10th ICP will be in Srimongal, located in the tea capital of Bangladesh. Srimongal is an upazila of Maulvibazar district in the Sylhet Division. Sylhet is world famous for nature, tea gardens, forests and wild life which make it a prime destination in Bangladesh.

The 10th ICP will be held in Grand Sultan Tea Resort and Golf, Srimongal, Bangladesh from 9-10 December, 2019. The theme of the ICP is "Forced Migration: Psychosocial Issues and Concerns." Speakers from different countries of the world are expected to attend this conference.

Scientific committee is pleased to invite you to participate in symposium, workshop, oral/poster presentations, or case report. The last date of abstract

submission is 31 August, 2019.

Honorable participants are invited to communicate with us at the e-mail address of the ICP of the BAP <icp.bdbd@gmail.com>. For details about abstract submission and registration, please visit the BAP website at www.bapbd.org.

Please join the 10th ICP for an exciting and learning experience in December 2019 in Srimongal, Bangladesh. (The author declares no potential conflicts of interest besides promoting the attendance.)



Tea garden in Srimongal



Ratargul swamp forest in Sylhet

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(Editor's note: Alam is the member secretary, the
organising committee of the 10th ICP of BAP.

He is also the general-secretary,
BAP as well as the executive editor,
of the Journal Archives of NIMH.)

Psychiatric Association of Thailand Will Host the World Congress of Psychiatry in October 2020

The World Congress of Psychiatry (WCP) is the official congress of the World Psychiatric Association (WPA) for all psychiatrists and mental health practitioners around the globe. Formerly, it was held every three years. Since 2017, the executive committee of the WPA has changed to hold its congress annually and to rotate to different continents.

The first WCP held in Asia was in Yokohama, Japan in 2002. After waiting for nearly 18 years, it is a good news for all Asian mental health professionals that in 2020, the WCP will be held again in Asia. This time the WCP venue will be at Bangkok International Trade and Exhibition Center in Thailand, 14 - 17 October, 2020.

The main host of the congress is the Psychiatric Association of Thailand (PAT), a member society of WPA. The PAT is in partnership with WPA for this congress. The Royal College of Psychiatrists of Thailand and Asian Federation of Psychiatric Associations (AFPA) are in supportive rôles for this congress. We expect a large number of delegates from Thailand and AFPA member associations to attend this WCP.

We have the privilege and honour to host the WCP 2020 in Bangkok's strategic location, world-class convention and exhibition facilities as well as many unrivalled attributes. We will put all effort to make this congress a fruitful and remarkable experience for our participants.

The WPA has decided to choose Bangkok as the venue for the congress in the year 2020 as Bangkok, and Thailand in general, has a very old and rich cultural heritage, yet it is a dynamic and thriving country in which historical elements are freely mixed with modern developments. Therefore, aside from scientific sessions we hope that the social programme will give all participants pleasurable and memorable experiences of the WCP. Delegates will also find the opportunity to relax, renew old friendships, and make new acquaintants.

Please come and share your experiences with both senior and junior psychiatrists and other mental health colleagues who are interested in mental health from both inside and outside Asia. We look forward to seeing you in Bangkok in October 2020. (All authors declare

no potential conflicts of interest besides promoting the attendance.



A photo taken in New York City where first deciding Bangkok as venue for the 2020 WCP.

From left: Darut Aniwattanapong (Thailand), Pichai Ittasakul (TH), Helen Herrman (Australia), Chawanun Charnsil (TH), and Afzal Javed (Parkistan)



Wat Arun, a temple that dates back centuries stands as a landmark for tourists.

Afzal Javed

Pichet Udomratn*

Chawanun Charnsil

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(Editor's note: Herrman and Javed are the president and the president-elect of the WPA, respectively. Udomratn is a past AFPA president and the vice president of World Association for Psychosocial Rehabilitation and WPA section chair on psychiatric rehabilitation. Charnsil is the president of Psychiatric Association of Thailand.)

FROM PRESIDENTS OF AFPA-ALLIED SOCIETIES

The 18th IC of the PRCP Took Place in Yangon, Myanmar, 26-28 October, 2018,

The 18th International Congress of the Pacific Rim College of Psychiatrists and the 5th Myanmar Mental Health Conference were successfully held at Sedona Hotel in Yangon, Myanmar, 26-28 October, 2018. The sponsorships and supports were from Myanmar Mental Health Society (MMHS), HelpAge International Myanmar (funded by European Union and World Diabetes Foundation), 9 regional and international psychiatric associations, as well as 23 pharmaceutical companies. Serviers Private Limited and Sun Pharmaceutical Industries Limited contributed platinum and gold sponsorships, respectively.



A photo at the stage at the opening ceremony of the PRCP Congress
From left: Sun Lin (Myanmar), Khin Maung Gye (MM), unidentified, Aung Thaw (MM), James C Harris (USA), Edmond Pi (USA), Kym Jensens (Australia), Ye Mya (MM), unidentified, Helen Herrman (Au), unidentified, Yi Yi Myint (MM), unidentified, Pichet Udomaratn (Thailand), Alan Teo (USA), Norman Sartorius (Switzerland), Tin Oo (MM), Akiyama (Japan), Mian Yoon Chong (Taiwan), Ayal Schaffer (Canada), Susan Gau (TW), Godfred Paul (India), unidentified, unidentified, Nyan Win Kyaw (MM), Yongyud Wongpiromsarn (Thailand), unidentified, Zaw Sein Lwin (MM), Kyaw Win (MM), Sao Sai Lone (MM), Ba Thaug (MM), Raymond Tint Way (Au), Yoshiaki Katsuda (JP), Win Aung Myint (MM), Maung Maung Lwin (MM)

Under the theme “mental health development in the Pacific Rim: future challenges and solutions” and from the strong partnership among the colleagues of Asia Pacific region, the two-and-half day programme of

the PRCP Congress had 7 keynote speeches, 6 lectures, 4 workshops (3 being in pre-congress), 20 parallel symposia, 1 forum, and 60 poster presentations.

The PRCP Congress had 427 participants from 24 countries (Myanmar 238, Poland 33, Taiwan 29, Thailand 25, Japan 18, South Korea 18, Malaysia 13, Australia 12, Indonesia 7, Canada 4, China 4, Netherlands 4, Singapore 4, United States 4, Cambodia 3, India 2, Denmark 1, Germany 1, Nepal 1, New Zealand 1, Norway 1, and Switzerland 1). The PRCP Congress gave awards to 9 young psychiatrists, and 3 best for their best-poster presentations.

Taiwanese Academy of Psychiatric Epidemiology (TAPE) gave a welcome reception at the Belmond Governor's Residence on the eve of the Congress. The presidential dinner with entertainments was hosted by Myanmar Mental Health Society on the congress opening day at the pool-side of congress hotel. Gala dinner (with additional fees) took place at floating Karaweik (mythical bird) Palace on congress day 2. After the gala dinner, delegates visited famous Shwe Dagon Pagoda.



Delegates of the PRCP Congress making an evening tour at Swedagon Pago.

Back row standing from left: Win Aung Myint (Myanmar), Soe Min (MM), unidentified, Mamidipalli Sai Spoorthy (India), James C Harris (USA), Yongyud Wongpiromsarn (Thailand), unidentified, Norman Sartorius (Switzerland), Winston W. Shen (Taiwan), unidentified, Susan Gau (TW), unidentified, unidentified, unidentified, Shih-Ku Lin (TW), Loi Khim Chin (Malaysia), Kok Yoon Chee (MY), Helen Herrman (Australia), Mathew Varghese (India), Sharon L. How (Malaysia), and an unidentified pilgrim.

Front row sitting from from left: Anoop Krishna Gupta (Nepal), Moan Thawdar (MM), Le Le Khaing (MM), Kyi Min Tun (MM), and an unidentified tour guide

On behalf of Myanmar Mental Health Society, I would like to express our gratitude towards the board of the PRCP, especially Pichet Udomratn (Thailand, president of PRCP, now immediate past president); Mian-Yoon Chong (Taiwan, president-elect of PRCP, now president); and Tsuyoshi Akiyama (Japan, general secretary of PRCP), for constant support and active participation, PRCP officials, all the speakers, delegates, and local organising committee members. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Os is congress vice-president of the PRCP, and the president of Myanmar Mental Health Society.)

Young Asia Pacific Psychiatrists' Network

At the international congress of the Pacific Rim College of Psychiatrists 26-28 October 2018 at Yangon, Myanmar, a pre-congress workshop on leadership and professional development training was organised by Norman Sartorius (Switzerland), 25 October 2018.

In the opening morning workshop, Sartorius lectured the participants basic points in leadership training. In one of two afternoon workshops on skills for professional development, Alan Teo (USA) taught how to improve conference presentation skills, Winston W. Shen (Taiwan) gave tips on how to improve the writing for English scientific papers, and Takahiro A. Kato (Japan) shared his experience how to conduct psychiatric research with international colleagues. In the second afternoon workshop on doing epidemiologic studies, Mian Yoon Chong (TW), Yu Lee (TW), and Andrew TA Cheng (TW) on behalf of the Academy of Taiwanese Epidemiology taught the participants how to do epidemiologic studies in psychiatry.

The international young psychiatrist awards were given to nine psychiatrists from various Asia Pacific countries, including China (3), Indonesia (2), Malaysia

(2), and India (1). Out of total 26 participants, 17 psychiatrists were from the host country, Myanmar.



Photo 1. A group photo of pre-congress workshop on leadership and professional development training, 25 October, 2018)

Back row from left: Kyaw Swar Aye (Myanmar), Aung Myo Thet (MM), Thant Zaw (MM), Ravivama Rao Paniirselvan (Malaysia), Bintang Arroyanti Prananjaya (Indonesia), Elisabet Citra Dewi (ID), Ei Thandar Soe (MM), Mamidipalli Said Spoorthy (MY), Khin Yadana Soe (MM), Nay Chi Htoo (MM), Jiann Lin Loo (MY), Paing Phyto Aung (MM), Aung Hlaing Phyto (MM), Htoon Kyaw Zin (MM), Kyaw Moe Hein (MM), and Win Than Naing (MM)

Middle row from left: Ye Maung Maung (MM), Lin Xiao (China), Yang Xiaorui (CN), Yang Lu (CN), Febriant Santiardi Danasamita (ID), Myat Thuzar (MM), Norman Sartorius (Switzerland), Myint Myint Sein (MM), and Su Myat Yadanar (MM)

Front row from left: Thet Thet New (MM), Htoo Htoo Kyaw (MM), Hnin Mi Mi Than (MM), and Nyein Nanda Aung (MM)



A photo of faculty members and some workshop participants after the skills training workshop.

Back row standing from left: Ye Min Htet (Myanmar), Paing Soe (MM), Htet Linn Aung (MM), unidentified, Nyo Nyo Aung (MM), Zin Wai Wai Soe (MM), Pyone Aye Kyi (MM), Win Maung Maung (MM), Nang Yu Yu Lwin (MM), Anawar Yee Nyo (MM), Satt Toe Naing (MM), Htun Sandar Linn (MM), Thant Sin Tun (MM), Le Le Khaing (MM), Ko Ko Zaw (MM), Myint Myint Sein (MM), Myo Kyaw Thu (MM), Htein Linn Han (MM), May Hninn Wai (MM), Linn Linn Htun (MM), and Thurain Myint (MM)

Front row sitting: Winston W. Shen (Taiwan), Alan Teo (USA), and Takahiro A. Kato (Japan)

The idea of the formation of Young Asia Pacific Network (YAPNET) was conceived by young psychiatrists following the workshops attended by those 26 psychiatrists from China, Indonesia, India, Malaysia and Myanmar. To support regional young psychiatrists, the PRCP led by the current president, Chong Mian-Yoon and immediate past president, Pichet Udomratn (Thailand), together with their board members have agreed to strengthen the international collaboration through conjoint effort of young psychiatrists under the YAPPNET, which is a chapter under the PRCP. The group is formed with the motto of “Support accessibility, competency, and collaboration: from young psychiatrists, for young psychiatrists.” A working committee is also formed to facilitate and organise the establishment of YAPPNET, and Loo Jiann Lin (Malaysia) is acting as the president and Thant Zaw (Myanmar) as the vice president. (The author declares no conflicts of interest in writing this report.)

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*(Editor's note: Tun is a member of young psychiatrists
in Myanmar and a member of the local organization
committee of the PRCP.)*

The Wrap up Report of the AsCNP-ASEAN International Congress of Neuropsychopharmacology 2019

The Asian College of Neuropsychopharmacology - Association of South East Asian Nations International Congress 2019, was held in Yogyakarta, Indonesia, 28 February - 2 March, 2019. For the first time, the AsCNP organised a congress between the biennial congress for ASEAN region. The theme of the congress was “Breakthrough in neuropsychopharmacology intervention, from ASEAN platform to global perspective.” This congress was successfully brought various updated science in neuropsychopharmacology field from many professional presenters and countries.

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A photo taken at the opening ceremony

From left: Andi J. Tanra (Indonesia), Nasrum Massi (ID), Sonny T. Lisal (ID), Nurmiati Amir (ID), Kazutaka Ikeda (Japan), and Budu Mangu (ID)

The congress attracted 529 registrants from many countries including Indonesia (428), Japan (39), Taiwan (18), Malaysia (13), Thailand (5), Korea (4), Singapore (8), Australia (4), USA (4), Netherlands (2), Switzerland (2), India (1), and the Philippines (1). Our intended purpose was to improve the awareness and to foster the level of knowledge of the colleagues about neuropsychopharmacology especially in South-East Asian countries. This purpose was highlighted by the programme of the AsCNP-ASEAN International Congress.

Two welcome lectures included “Peripubertal stress and hippocampal damage as risk factors in the pathophysiology of schizophrenia: implications for treatment and prevention” given by Anthony Grace (USA) and “Neuroimaging advances for depression: toward innovative diagnosis and treatment” given by Shigeto Yamawaki (Japan).

Four plenary lectures were given by Masatoshi Takeda (Japan), Malcolm Hopwood (Australia), Toshikazu Saito (Japan), and Roger Ho (Singapore). Four morning lectures were given by Kazutaka Ikeda (Japan), Edmond H. Pi (USA), Kazuyuki Nakagome (Japan), and Shih-Ku Lin (Taiwan). Other programmes included 5 special lectures, 7 educational lectures, 2 expert meetings, 2 lunch symposia, and 20 parallel symposia, young psychiatrist award presentations, oral presentation, and poster presentations.

During the congress, AsCNP board meeting was gathered, and the preparation of the 6th AsCNP Congress in Fukuoka, Japan, 11-13 October, 2019. Presidential dinner brought the relaxing atmosphere in building networking among the congress registrants.

Overall, the congress of AsCNP-ASEAN 2019 has brought a great achievement as the ideal platform

in exchanging and to promoting our innovative knowledge in the neuropsychopharmacology field among of all attendances especially members of colleges. Following the great success of the AsCNP-ASEAN 2019 International Congress, we hope that we can reach out the new insights towards understanding in neuropsychopharmacology field in South-East Asia. (The author declares no conflicts of interest in writing this feature.)



A photo taken after the council meeting of Asian College of Neuropsychopharmacology

Back row standing from left: Min-Chicy Huang (Taiwan), Winston W. Shen (TW), Shih-Ku Lin (TW), Kristian Liaury (Indonesia), and Shinya Kasai (Japan)

Front row sitting from left: Shigenobu Yamawaki (JP), Kazutaka Ikeda (JP), Andi J. Tanra (ID), and Gavin Dawe (Singapore)

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(Editor's note: Tanra is the congress chair of this congress. He is the immediate past president of AsCNP. Ikeda is the president of AsCNP.)

The First IC of REBAMP in Tainan, Taiwan, 26-28 April, 2019

The first in international conference of Research and Education Center of Bridging Asian Mental Health

and Psychiatry (REBAMP) took place at the College of Medicine, Cheng-Hsing Campus, National Cheng Kung University, Tainan, Taiwan, 26-28 April, 2019.

The REBAMP project is launched by the Ministry of Health and Welfare, Taiwan, and is organised by National Cheng Kung University (NCKU) since 2018. Following Taiwan's New Southbound Policy, the main purpose of REBAMP is to promote international collaboration on psychiatry and mental health between Taiwan and other countries from Southeast Asia, South Asia, and Oceania, including Indonesia, Thailand, Philippines, Malaysia, Singapore, Brunei, Vietnam, Myanmar, Cambodia, Laos, India, Pakistan, Bangladesh, Nepal, Sri Lanka, Bhutan, Australia, and New Zealand. This international conference was aimed at promoting the project and providing a platform for relevant participants to communicate and collaborate, and it is the first step of the REBAMP.

Under the witness of Li-Chung Shen, the director of Department of Mental and Oral Health, Ministry of Health and Welfare, Memorandum of Agreement between NCKU medical college and Rajanagarindra Institute of Child Development (RICD), Chiang Mai, Thailand was signed by Yen Kuang Yang, National Cheng Kung University and Hospital, Dou-Liu Branch, Taiwan, and Samai Sirithongthaworn, Department of Mental Health, Ministry of Public Health, Thailand. RICD makes efforts on children mental health development in Thailand, and the cooperation between RICD and NCKUH child and adolescent psychiatry department in the future is highly anticipated.

Chun-Yen Chang of NCKU, and Azimatul Karimah, Department of Psychiatry, Universitas Airlangga signed memorandum of understanding between NCKU medical college and Universitas Airlangga, Indonesia. The department of psychiatry of Universitas Airlangga committed to community psychiatry and medical education, and the interaction between two universities will be an important part of REBAMP.

Young psychiatrist sessions were held on 26 April, 2019 with vibrant discussions during the sessions. Under the assistance of Kuan-Pin Su and Pei-Chen Chang, China Medical University, the two leading figures of Taiwanese Young Psychiatrist Organisation (TYPO), many young psychiatrists from New Southbound countries reported their new investigation of psychiatric research. Addiction is the hot issue during the discussion. Varoth (Thailand), reported "Phubbing: The Other Side of Smartphone Addiction," and Satti Raja Sitanggang talked about "Carisoprodol-induced Psychosis in a Rural



Area in South Kalimantan, Indonesia.” After the young psychiatrist session, the discussions and interactions continued, “the beautiful friendship is built,” said by one of the young psychiatrists, and the on-line research group is established for further cooperation.

During the keynote speech on 27 April, Matthew Large from University of New South Wales, Australia, reported the viewpoint of suicide prevention: “The Role of Prediction in Suicide Prevention” and Samai Sirithongthaworn, from the Ministry of Public Health, Thailand, shared the topic of “The Current Thailand National Programme on Autism.” The topics of suicide prevention, substance use, child and adolescent mental health, medical education collaboration, disaster mental health, early psychosis, etc. were well-discussed during the conference. These topics are critical mental health issues among New Southbound countries. Sue-Huei Chen, from National Taiwan University, reported: “Gaining Enough Resources Is Not Enough: A Study of Psychological Health Following Typhoon Morakot,” is one example that showed the deep concerns of numerous excellent research groups dedicated into these topics in Taiwan.

All participants showed the passion of international interaction and it will be a wonderful academic collaboration through the REBAMP in the future. (The authors report no conflicts of interest.)



A group photo of delegates of the first IC of REBAMP at National Cheng Kung University, Tainan, Taiwan.

From left: Dang Duy Thanh (Vietnam), Tu Trung Lam (VN), Preechaya Phrommin (Thailand), Yi-Ting Hsieh (Taiwan), Shu-Hui Wang (TW), Shu-Ling Lai (TW), Somchai Teaukul (TH), Hathaichonnee Booncharoen (TH), Samai Sirithongthaworn (TH), Lih-Jong Shen (TW), Yen Kuang Yang (TW), (Back) Joseph Tell (TH), Happy Kuy-Lok Tan (TW), Kao Chin Chen (TW), Tjhin Wiguna (Indonesia), Winston W. Shen (TW), Huai-Hsuan Tseng (TW), Nataworn Kitikannakorn (TH), Penkarn Kanjanarat (TH), Shih-Hsien Lin (TW), and Kim Savuon (Cambodia)

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World Congress of WFSBP Was Held in Vancouver, Canada, June 2-6 June, 2019

The biennial World Congress of Biological Psychiatry hosted by the World Federation of Societies of Biological Psychiatry (WFSBP) and the local society, the Canadian Network for Mood and Anxiety Treatments (CANMAT), was successfully held in Vancouver, Canada, 2-6 June, 2019, with nearly 1200 international delegates attending.

Highlights included an outstanding plenary talk on “Telomeres – What they do and don’t tell us” by Nobel Laureate Elizabeth Blackburn from University of California, San Francisco. The photo here was taken with session chair Lashmi Yatham and session co-chair Siegfried Kasper (Austria), scientific programme chair, as well as Raymond Lam (Canada), local organizing committee chair.

Also popular in the congress programme were the debates, especially Gin Malhi (University of Sydney, Australia) and Andrew Nierenberg (Harvard University, Boston, USA) squaring off on “Bipolar II is a myth,” and the educational programme for young investigators featuring sessions on neuroimaging, neurostimulation, and evidence-based psychiatry.

Come join us in 2021 for the next congress in Vienna, Austria for the next Congress of the WFSBP. (The author declares no conflicts of interest.)



From left: Siegfried Kasper (Austria), Lakshmi Yatham (Canada), Elizabeth Blackburn (USA), and Raymond Lam (CA)

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(Editor's note: Masatoshi Takeda [Japan], Yatham, and Kasper are WFSBP immediate past president, president, and president-elect, respectively.)

A Report of the 2019 TSBPN-WFSBP Joint Spring Meeting and Taiwan Research Symposium, 2 June, 2019 in Vancouver, Canada

The 2019 Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) – the World Federation of Society of Biological Psychiatry (WFSBP) joint spring meeting and Taiwanese Research Symposium was held at Vancouver Convention Centre, Vancouver, Canada, 2 June 2019. Six Taiwanese researchers were invited to present various topics covering major depressive disorder, bipolar disorder, attention deficit/hyperactivity disorder, and schizophrenia in both basic research and clinical aspect, chaired by Yen Kuang Yang, the current president of TSBPN.

The mission of TSBPN is to encourage research, to facilitate international interactions between basic and clinical neuroscience, and to make innovation and development of pharmacotherapy in the field of neuropsychopharmacology in Taiwan. Since the establishment of TSBPN in 2002, international meetings of TSBPN have been held in Bali, Indonesia (2017) and Kobe, Japan (2018) with success as this time in Vancouver, Canada. This joint spring meeting was organised in conjunction with the 14th World Congress of Biological Psychiatry, 2-6 June, 2019 (president, Masatoshi Takeda of Japan; chair, international scientific committee; Lakshmi N. Yatham of Canada). Researchers and clinicians in the field of basic and clinical psychiatry and psychology research in Taiwan gathered to present and exchange their newest findings.

During the meeting, both senior and young researchers had chances to share their recent study

findings, introducing neural and basis of clinical phenomena (aggressive behaviours, Po-Wu Gean), newly introduced psychological concepts (boredom, Chia-Fen Hsu), a new application of the existing rating scale (catatonia rating scales, Chin-Chuen Lin), the neurocognitive and neuroimaging findings of clinical illnesses (bipolar disorder, Huai-Hsuan Tseng and Shyh-Yuh Wei), also results of a randomised controlled study using a new treatment procedure (repetitive transcranial magnetic stimulation, Chih-Ming Cheng). The wide range of topics was from basic to clinical, from bench to bedside, not only displayed the vigorous academic activity in Taiwan, but also represented the good interaction between different disciplines with the facilitation of TSBPN.



A photo of Taiwanese participants taken at the joint spring meeting
Back row standing from the left: Chin-Chuen Lin, Huai-Hsuan Tseng, Shyh-Yuh Wei, Nan-Ying Chiu, Hsien-Yuan Lane, Ya-Mei Bai, Ming-Chyi Huang, Jane Pei-Chen Chang, Chau-Shoun Lee, Chia-Fen Hsu, Shih-Cheng Liao, Chih-Ming Cheng, Chih-Hua Chang, Yee-Lam E. Chan, Ying-Chih Cheng, and Mao-Hsuan Huang.
Front row sitting from the left: Tiao-Lai Huang, Yen Kuang Yang, Shih-Ku Lin, Po-Wu Gean, and Po See Chen.

The discussion after the talk was intense and enthusiastic, with many good comments and suggestions that helped the researchers re-examine their research findings. All the participants left satisfactorily and brought their enriched mind to attend the excellent congress of WFSBP in the following days.

The next TSBPN international meeting will be held in October 2019 in joining with 6th Congress of AsCNP in Fukuoka, Japan. We look forward to another high-quality meeting with Taiwanese and international researchers! (The author declares no conflicts of interest in writing this report.)

Po See Chen
Huai-Hsuan Tseng



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Recent Activities and the Changes of Presidents of the JYPO

The Japan Young Psychiatrists' Organization (JYPO) is a certified non-profit organisation in Japan. The aims of the JYPO are to improve young psychiatrists' skills, and to broaden their perspective in psychiatric field. In this report, I am reporting recent activities including the changes of its presidents.

The 18th CADP of the JYPO

The Course for Academic Development of Psychiatrists (CADP) is one of the biggest annual events sponsored by the JYPO. About 30 participants from Japan and foreign countries participated in a three-day course for the training for academic and leadership skills. English was used in the course. The 18th CADP directed by Hiroyuki Fukushima was held 14-16 February, 2019 at Kansai Kenshu Center in Osaka, Japan. Various valuable programmes included how to make a presentation/poster, to be chairperson at a meeting, to conduct a meeting, and to write a copy of curriculum vitae. Additionally, we invited several special lecturers, including Hidehiko Takahashi (Tokyo Medical and Dental University), Naoki Uchida (Taro Clinic), Marcellus Nealy (Juntendo University), and Norman Sartorius (the Association for the Improvement of Mental Health Programmes, Switzerland). The 18th CADP was supported by many advisors. At this course, 24 participants were from Japan, and another 6 guest psychiatrist participants from Thailand, Hong-Kong, Poland, and Belgium. All of them made a formal and personal strong relationship among themselves. I believe that such programmes are unique and highly effective not only to improve young psychiatrists' skills, but also to create their strong friendship.

The next 19th CADP's venue has not been chosen, but we will hold it in the month of February in 2020.

Application from overseas will be highly appreciated. If you are interested in the CADP in 2010, please let us know at the e-mail address of the JYPO secretary <jypo@mecenat-net.co.jp>.

JYPO activities in the 115th annual meeting the JSPN

The 115th annual meeting the Japanese Society of Psychiatry and Neurology (JSPN) was held 20-22 June, 2019 at Niigata, Japan. There was a big earthquake right before the JSPN annual meeting in the Niigata area, but there was almost no damage on the venue and people, we could hold the annual meeting safely. The JSPN international committee invites 12 international young psychiatrists every year and holds a specific programme called Fellowship Award Program because the committee wants to facilitate international collaboration between young psychiatrists from Japan and those from foreign countries.

Based on the offer from the JSPN, the JYPO cooperates with them and actively participates in this programme. This year, we had four international collaborative symposia related to procedures for coercive treatment and gaming disorder. Both of topics are attractive, and the participants took part actively in the discussion. The Research Design Competition which JYPO collaborated, was one of the activities in the Fellowship Award Program. Japanese young psychiatrists and all awardees were invited to apply a new research plan. In fact, four research designs were presented in the competition, and evaluated according to the evaluation sheet used at the National Institutes of Health in the United States of America. Rashmi Patel (the United Kingdom) won the competition award with the research which explored mental symptoms' prevalence using data from the electric medical records.



A photo of the second party at a Japanese bar in Niigata.

Clockwise direction from the left: Akiko Iba (Japan), Camille Noël (Belgium), Anna Szczegieliak (Poland), Toshitaka Ii (JP), Oscar Soto (Spain), Loo Jiann Lin (Malaysia), Kumi Aoyama (JP), Marcus Tan (UK), Michael Wallies (Switzerland), Toru Horinouchi (JP), and Yuki Matsui (JP)

Additionally, 2 former fellowship awardees and 2 Japanese young psychiatrists held a symposium on international collaborative research on *hikikomori*.

We had a get-together party every evening and shared our experience in the clinical, research, and educational settings. We believe that our friendship has been deepened through those activities and our mutual collaboration will continue in future.

The changes of JYPO presidents

The JYPO has a six-year graduation system in to keep the organisation young. I had been the JYPO president for two years. This was the time to graduate from the JYPO. During my presidency period, many members, supporting members, and JYPO graduates had cooperated and supported our activities. I highly appreciated their help and kindness. At the annual assembly of JYPO which was held 21 on June 21 at Niigata, Nozomu Oya (Kyoto Prefectural University of Medicine) was elected as the new president of the JYPO. I strongly believe that the new JYPO board members will keep the core concept of the JYPO and make JYPO more effective. (The author declares no conflicts of interest.)



A photo taken after the annual assembly of the JYPO. Japanese young psychiatrists make heart shapes with hands to express “try it with a big heart”.

The rear row from the left: Ryo Sawagashira, Tetsuji Cho, Akiko Iba, Yuto Satake, Yuki Matsui, Akihisa Iriki, and Toshitaka Ii.

The front row from the left: Toru Horinouchi, Masuo Tanaka, Yukako Nakagami, Nozomu Oya, and Moriou Aki.

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(Editor's note: Horinouchi is the immediate past
president of the JYPO.)

An ECP Programme at the World Congress of Psychiatry, Lisbon, Portugal, 21-24 August, 2019

This year, the World Psychiatry Association's 19th World Psychiatry Congress will be held in Lisbon, Portugal, 21-24 August, 2019.

Chaired by Professor Helen Herrmann (Australia) and in collaboration with Portugal's Psychiatry and Mental Health Society, the event will gather psychiatrists and other mental health professionals from all over the world, allowing for valuable scientific debates and networking opportunities.

Taking place in one of the most exciting and beautiful European cities, elected this year as Europe's number one tourism destination, the congress will be dedicated over 70 relevant topics, encompassing virtually every relevant theme for psychiatrists and psychiatric trainees all over the world, such as digital psychiatry, early interventions in psychiatry, exercise and sports psychiatry, neuromodulation, among many others.

The programme will include several simultaneous sessions, distributed by 11 auditoriums and pavilions, each devoted to different themes and featuring the most prominent investigators, psychiatrists and opinion-makers in the field. Among the aforementioned events, plenary and presidential sessions will be held during the entire WPA Congress, and address a wide variety of themes. In the beginning of the Congress, 10 courses with an overarching reach will take place, addressing themes ranging from “How to write a scientific paper and get it published” to “Neuromodulation treatments,” delivered by some of the top leaders in the field.

State-of-the art symposia will also be held every day, focusing on specific themes and providing the newest advances and updates available on those fields, allowing for an enriching experience and valuable



knowledge exchange for psychiatrists worldwide, while interorganisational collaboration symposia will bring the work of several mental health organisations to light, allowing to share experiences and to discuss different views.

Early Career Psychiatrists (ECPs) contribution in helping provide and organise the WCP should be highlighted. Several ECPs from various countries and five continents have been working together, contributing to the development of scientific sessions and social time of the WCP, aiming to provide an enriching and remarkable Congress to anyone attending. This Committee has received support from Norman Sartorius (Switzerland), being headed by Mariana Pinto da Costa (UK/Portugal). Among the activities scheduled to take place, there are dinners and social gatherings, visits to two Lisbon psychiatric units (one of them integrated in a general hospital, and the other a former psychiatric hospital), and a house sharing programme promoted by Portugal's Psychiatry Trainee Association (APIP) to grant accommodation to other ECPs and trainees during the days of the Congress.

Taking place in the summer, in one of the most astounding and heart-warming countries in Europe and granting a programme filled with valuable knowledge and contributions from the best in the field, this year's WCP will surely be an event to attend. (The authors declare no conflicts of interest.)



Lisbon's thriving social life, overlooking River Tejo



A traditional Lisbon tram

Pedro Frias Goncalves[§]

Mariana Pinto da Costa*

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(Editor's note: Frias Goncalves is the president of APIP
and a member of the ECP Committee of the 19th WCP.

Pinto da Costa is the chair of the ECP Committee
of the 19th WCP.)



The 6th Congress of AsCNP, 11-13 October, 2019

We are delighted to invite you to attend the 6th Congress of Asian College of Neuropsychopharmacology (AsCNP), a biennial conference of AsCNP, in Fukuoka, Japan, one of the most attractive cities in the world, 11 to 13 October, 2019.

The theme of the congress is "Neuropsychopharmacology to the next generation: New wave from Asia." Five special lecture sessions include speakers of George F. Koob, National Institute of Alcohol Abuse and Alcoholism, USA; Masayo Tada, Sumitomo Dainippon Pharmaceuticals, Japan; Hailan Hu, Zhejiang University, China; Allan Young, King's College, United Kingdom, Lakshmi Yatham, University of British Columbia, Canada; John M. Kane, The Zucker Hillside Hospital, USA; Herbert Y. Meltzer, Northwestern Feinberg School of Medicine, USA. There are 62 selected symposia, 5 sponsored symposia, 7 oral presentation sessions, 3 poster sessions, and 6 luncheon seminars. So far, 281 abstracts have been submitted for

oral and poster Sessions. Examples of the symposia are as follows:

- Maintenance treatment following remitted first episode psychosis, organised by Yu-Hai, Eric Chen (Hong Kong)
- Translation of research to clinical practice, organised by Roumen Milev (Canada)
- Noteworthy drug discovery: research and development – aiming for innovation, organised by Tetsuro Kikuchi (Japan)
- Regulatory collaboration to accelerate drug development, organised by Tetsuo Nakabayashi (Japan)
- Current and future management of major depressive disorder: challenges and perspectives – CINP symposium, organised by Siegfried Kasper (Austria)

This biennial congress of the AsCNP together with JSNP/JSCNP2019 Meetings is expected to attract close to 2,000 delegates from not only Asia but also around the world. The deadlines for late breaking abstract submission for posters and discounted early registration are 31 July, 2019. So, please submit abstracts to present your research work and make use of the early discounted registration.

Finally, Fukuoka is a very convenient and attractive city. There are many direct flights from most of the main Asian cities. It is only two stops from the Fukuoka airport to Fukuoka (Hakata) station. Fukuoka is an international and cultural city. We can enjoy delicious foods and nature.

We very much look forward to seeing you in Fukuoka. (The author declares no conflicts of interest in writing this announcement other than promoting the AsCNP 2019.)

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(Editor's note, Ikeda is the AsCNP president, 2019-20.)

City of Fukuoka (upper photo, courtesy of Fukuoka City): Fukuoka is the economic and cultural heart of the Kyushu island. Facing Korea and China, the city has been the gateway to foreign influences in Japan. Sakamoto Hachiman Shrine in Dazaifu (lower photo, courtesy of Soramimi and Wikipedia): Rei-wa, the new era of Japan began on 1 May, 2019, the day on which the Crown Prince ascended to the throne

as the new Emperor. The Kanji (Chinese characters) for Rei-wa are derived from a headnote of the Manyōshū, an 8th century anthology of poetry. "It is in new spring, in a fair (Rei) month, when the air is clear and the wind a gentle (wa) breeze." This headnote composed on the occasion of a poetic gathering to view the plum blossoms, that is thought to be held at the place where Sakamoto Hachiman, a small shrine is currently located. (The author declares no conflicts of interest.)



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(Editor's note: Koshimizu is associate editor of
Neuropsychopharmacology Reports,
the official journal of the Japanese Society of
Neuropsychopharmacology.)



**23rd WORLD CONGRESS
OF SOCIAL PSYCHIATRY**
THE SOCIAL DETERMINANTS OF HEALTH/
MENTAL HEALTH AND ACCESS TO CARE
25-28 October 2019 / Bucharest, Romania
www.wssp2019bucharest.org



I am delighted to invite you to the 23rd Congress of the World Association of Social Psychiatry at Bucharest 25-28 October, 2019. As you know, this is a special occasion for all of us including our member societies, social psychiatrists and mental health professionals all over the world to meet together and engage in scientific deliberations. As you know, we are coming to Bucharest after our highly successful 22nd World Congress at New Delhi-2016.

The theme of the Congress, “social determinants of mental health and access to care” is contemporary and relevant. It reflects our concern for mental health in this age of globalisation, commercialisation and the merging of boundaries between nations. Despite rapid advances in all fields, enough attention has not been devoted to the social determinants of mental health. And access to care remains severely limited in most parts of the world including high income countries. Our world is changing as never before, which has profound implications for mental health. I am sure, the deliberations of the Congress will give us newer insights into the emerging dynamics in all these areas.

WASP is one of the oldest global mental health organisations. Having been founded in London in 1964, the United Kingdom by Joshua Bierer, now we have number societies from all parts of the globe. The Romanian Association of Psychiatry and the Romanian Association of Social Psychiatry are hosting this Congress. Let me thank them and especially Doina Cozman and Alexandru Paziuc for the invitation and for their hard work in organising this event.

We will have four days of rich scientific programme with invited lectures, symposia, workshops, free papers and posters. There will be also be cultural events and get togethers which will be very entertaining to you and families. Please see www.wpanet.org and www.waspsocialpsychiatry.com for more information and registration. (Besides soliciting for attendance, the author declares of conflicts of interest.)

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*(Editor's note: Kllivayali
 is the president of WASP.
 He is also the general secretary*

*of the executive council
 of the World Psychiatric Association.)*



Taiwan will Host the World Congress of International College of Neuropsychopharmacology in 2020.

Leading edge meetings of major impact. The biennial CINP World Congress is held in major cities around the world, provides a forum for the presentation of the latest findings in neuropsychopharmacology and allow the world's leading scientists and clinicians to exchange ideas and information. They include plenary lectures, cutting edge scientific symposia, poster sessions and educational and scientific workshops and are acknowledged to be among the very highest quality scientific programmes in this field. Delegates from all around the world and an excellent mixture of clinicians and basic scientists from all backgrounds get together to share their knowledge and expertise in the field of neuropsychopharmacology. We hope to see you at the next CINP World Congress 2020 in Taipei, Taiwan. (The author declares no conflicts of interest.)

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*(Editor's Lin was the TSBNP president 2015-2018, and
 now the vice president of CINP 2018-2022.)*



Taipei 101, used to be the highest building in the world



A historic market place in downtown Taipei



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