

Pacific Rim college of Psychiatrists

Newsletter

March-April 2003

Philip Morris, Editor

Bruce Singh, President

President's Report



Professor Bruce Singh

This report is being written at a time of great uncertainty for the world and instability in the Asia Pacific region. The combination of the campaign of the 'Coalition of the Willing' (of which Australia is a part) against Iraq and the consequent fall out amongst the countries in the region with large Muslim communities combined with instability on the Korean peninsula all contribute to create an atmosphere of uncertainty unmatched since the immediate aftermath of September 11.

War on Iraq will undoubtedly generate a significant flow of refugees and the mental health consequences for many should not be underestimated. As psychiatrists working in the countries of the Pacific Rim our expertise may well be called upon to deal with individual and community anxieties about the situation as it unfolds and its consequences for the region and the world as they become apparent. The situation in Korea is particularly

disappointing in the light of presentations at the last two PRCP meetings by our Korean colleagues on the 'Sunshine Policy' of narrowing the gap between the two Koreas. Again in the presentations the mental health consequences for individuals and their families resulting from the divisions and tensions between the two countries were highlighted.

In Melbourne we recently welcomed the second cohort of psychiatrists from the region coming to participate in the 2nd International Mental Health Leadership Program run jointly by the University of Melbourne and Harvard University, China, Korea, Indonesia, Malaysia, Taiwan, Philippines, Hong Kong, Japan, Cambodia, and Thailand. Leadership for mental health reform and advocacy for the rights of the mentally ill continue to be two of the major needs in the region and this program run by my Department and funded by the Lilly Corporation is hopefully playing some part in filling the gap.

I am looking forward to Chairing the meeting of the PRCP Board of Directors in San Francisco at the APA and participating in the symposium our college will be delivering there. I also plan to attend the Kun-po Soo Award 2003 that will be presented to Professor Masahisa Nishizono who is a founding member of the PRCP.

A call for those wishing to nominate for directorship was circulated in the

last newsletter and I urge all Members and Fellows to nominate appropriately qualified candidates.

I understand that planning is well advanced for the 11th PRCP Congress to be held in Hong Kong later this year. Professor Chiu and her team are doing excellent work in their preparation for this event.

In the PRCP secretariat A/Professor Eng-Seong Tan continues to do a fine job and we were pleased to welcome back Ms Alis Gordon as the Administrative Officer for our organization due to the resignation of Ms Dominique Wiegand.

I have just attended the Biennial Congress of the World Federation of Mental Health in Melbourne from 21-26 February, 2003. Approximately 700 delegates attended from 47 countries around the world.

The theme of the meeting was partnership between consumers and carers, non government organizations, governments, health institutions both public and private, and industry. Such partnerships are important for the future of PRCP and I know that Prof Helen Chiu is interested in PRCP developing these partnerships more actively in the first instance with other mental health professionals. I hope she will have the support of the Members and Fellows.

Secretary-General's Report



Associate Professor Eng-Seong Tan

The PRCP US Dollar account in the National Australia Bank in Melbourne has been closed. The decision to do this was taken at the last Board Meeting in August 2002 in Yokohama, Japan. The reason for taking this step was the large expense in maintaining a US dollar bank account in an Australian bank.

We encourage people to make payments with cheques in Australian dollars or by credit card. Any cheques in US dollars will cost the secretariat a conversion fee. We estimate, however, that this

expense will be less than of the cost to maintain the account in US dollars.

Members are reminded to inform the secretariat of their e-mail addresses if they have not done so already, as we are trying to send PRCP information electronically to save paper and money.

Our application to the Australian Tax Office has come up against a hitch. We are still exploring other possible avenues to circumvent this obstacle.

Our former administrative secretary, Ms Dominique Wiegand, who left on a temporary leave of absence to go overseas, has indicated that she will not be returning. Ms Alis Gordon will continue to serve in this role on a part-time basis.

The PRCP website is up and functioning well. The website is now available for the posting of notices for various PRCP activities. The notice for the 11th Congress of the

PRCP in Hong Kong 28-30 October, 2003 are currently posted on the website.

The alarming finding in our College statistics is that of the 186 fellows and members only 40 have paid their dues for the year 2002. Unless this situation improves significantly the financial status of the PRCP is not viable. Many of our notices for dues to fellows and members have been returned. It would appear that fellows and members have retired from their former appointments or changed their addresses and not informed us.

Similarly hard copies of the PRCP Newsletter sent to these fellows and members have been returned. This is a great waste of postage and a drain on our already strained financial resources. We would like to appeal to all members to keep us updated with any changes of address and please inform us if you know of others who have moved.

President-Elect's Report



Professor Helen Chiu

The preparation of the 11th Scientific Meeting of the Pacific Rim College of Psychiatrists is well underway now. The theme is "Innovation and Development in Mental Health in the Pacific Rim". The meeting will be held on Oct 27-30, 2003 at the Sheraton Hotel, Hong Kong.

We have invited a number of world-renowned speakers to present in our conference. These include:

Prof. B Saraceno (Head of Mental Health Division of WHO), Prof. N Sartorius (Switzerland), Prof. B Singh (Australia), Prof. N Shinfuku (Japan), Prof. A Tasman (USA), Prof. SK Min (South Korea), Prof. L Kopala (Canada), Prof. KM Lin (USA), Prof. P McGorry (Australia), Prof. H Minas (Australia), Prof. P Mullen (Australia), Prof. Yu Xin (China), Prof. E Chen (Hong Kong SAR, China), Prof. H Chiu (Hong Kong SAR, China).

The scientific program is a very rich one. We have various invited symposia covering a wide range of topics. Information on the program is available on our website: www.prcp.org

I cordially invite you to submit a paper for oral or poster presentation. Please show your support for the PRCP by participating in the meeting.

The Board of Directors is now considering ways to expand the membership of the PRCP. We would like to ask your views and advice on this issue. Please send your comment to me via e-mail: helenchiu@cuhk.edu.hk

Editor's Report



Professor Philip Morris

Dear Colleagues welcome to the first newsletter for 2003. You will probably receive this newsletter as the clouds of war threaten the Persian Gulf region. At this time individuals and nations are anxious. As psychiatrists we are very aware of the acute and long-term consequences of war, particularly on the mental health of those who are exposed among the civilian population and military personnel. I hope sincerely that if at all possible war can be avoided. If war proceeds, however, there may be a role for psychiatrists from the PRCP to assist in the aftercare of affected individuals.

Putting aside these difficult international circumstances, many positive things are planned for our College in 2003.

First, the College will be sponsoring a workshop on the meaning of the

Pacific Rim for world and American Psychiatry at the Annual Meeting of the APA on Thursday 22 May, 2003. Second, the 11th Congress of our College will be held in Hong Kong from 28-30 October, 2003. Third, a number of working parties of the College Board (Education, Research, and Service Development) have been active over passed months. These working parties provide tangible evidence of how our College is forging ahead in a number of domains.

In addition to the regular reports from the President and the Secretary General, this newsletter contains some special items of interest. Dr Judith Gold (Brisbane, Australia) reviews the state of Psychotherapy in Pacific Rim Countries and explores the possibility of a Psychotherapy Interest Group for our College. Ms Nerissa Soh (Sydney, Australia, PhD student of Prof Pierre Beumont) canvasses the spectrum of eating disorders seen in non-Western countries. Another section of the newsletter profiles the careers and personal achievements of new members of our College. Please make new members feel welcome by making contact.

The e-mail chat list continues and can be accessed by <http://au.groups.yahoo.com/group/prcp>

Traffic on this list has been light so far but this provides a wonderful opportunity to pass on your thoughts, questions or suggestions to colleagues who are connected electronically. While on the topic of electronic communications, I note that this newsletter is now sent out by email to about half the College members. The remaining half of the College receive the newsletter by regular mail

Three newsletters are planned for 2003 (April, July and November) with the College symposium at the APA Meeting in May and the College Congress in Hong Kong in October, there will be much to report on. I am, however, very keen to receive contributions (100-400 words is fine) by members on any topic. Letters to the Editor are encouraged and will be published. I look forward to your contributions and to any suggestions you may have regarding this newsletter. Please contact me via the PRCP secretariat.

PRCP Secretariat
Department of Psychiatry
7th Floor
Charles Connibere Building
Royal Melbourne Hospital
Victoria, Australia 3050

or e-mail: info@prcp.org

Best wishes for 2003.

Congratulations

On behalf of the PRCP I would like to extend my congratulations to Professor Masahisa Nishizono for being presented with the Kunpo Soo Award for 2003. This award is presented by the APA to a psychiatrist who has made

significant contributions to psychiatry in Asia. To be a Kunpo Soo Award recipient is a great honour and is well deserved by Professor Nishizono, whose long-standing commitment to psychiatry has produced many

new initiatives in the field.

Professor Nishizono is a Founding Fellow of the PRCP and his contributions to our organization are invaluable.

Bruce Singh, President

PRCP Initiative

Psychotherapy Interest Group

By Dr Judith H Gold

I would like to invite all interested member of the PRCP to participate in this Interest group, newly established by the Council, with the aim of promoting both training in the psychotherapies in the educational programs in all of our countries, and for an exchange of ideas, information and research related to the psychotherapies.

As researchers, clinicians and educators are realizing the efficacy of treating the psychiatric disorders from a psychotherapeutic perspective as well as with medication, we in the PRCP could benefit from sharing our experiences and knowledge. There is much to learn also from the different

cultural approaches to disorders and to patients, and much that can be taught about the psychotherapies to our trainees.

This Interest Group will encompass all of the psychotherapies in an effort to encourage training in the psychotherapies in the Pacific Rim countries, and to further the continuing education of all of our members.

If you would like to be part of this new PRCP initiative please contact me by mail:

**PO Box 13012, George St PO,
Brisbane Qld 4003**

or e-mail:
judithgold@compuserve.com

Hopefully, the 2003 PRCP Congress in Hong Kong will see many presentations about various aspects of psychotherapy. The Psychotherapy Interest Group will plan to hold its first meeting then as well. I look forward to hearing from you.

There will be a symposium during the Hong Kong Meeting from this group that I will chair, on Psychotherapy Teaching and Practice in Pacific Rim countries. Confirmed speakers to date are Dr Allan Tasman, Professor Masahisa Nishizono, and myself. We will welcome audience participation to exchange ideas, teaching methods, and clinical experiences and expertise in the various psychotherapies as practiced in the different countries and cultures.

JOIN YOUR COLLEAGUES for the PRCP Symposium at APA, May 2003

The PRCP is holding a symposium in conjunction with the 2003 APA Meeting. The symposium is entitled: "The Meaning of the Pacific Rim for World and American Psychiatry" and will take place on Thursday
22 May, 2003

9.00am-10.30am in Salons 1 and 2, Lower B-2 Level, Marriott, San Francisco, USA.

The APA Meeting schedule is available at: www.psych.org
For more information on the PRCP presentation please contact Dr Francis Lu via e-mail: francis.lu@sfdph.org

Eating Disorders Across Cultures

Eating Disorders Across Cultures – A New Study

By Nerissa L Soh and Professor
Pierre JV Beumont

Although eating disorders (EDs) have been formally identified in Western Europe since the 19th century, EDs in non-Western societies have been reported in the international literature only since the 1980s. Long considered “Western culture-bound syndromes”, non-Western groups were believed to be protected against EDs by virtue of their differing values of success and body image.

The conventional view that EDs develop in non-Western societies only on exposure to and adoption of Western values of beauty and success may not be true. For example, “non-eating illness” (fushokubyo) has been documented in 17-18th century Japan. The prevalence of EDs in non-Western groups and societies is generally lower than that of the Western world, but it is not necessarily so. The apparent low prevalence may be due to under-representation of these groups at treatment centres, possibly because potential patients prefer traditional therapies to orthodox “Western” treatments.

An extensive review of the literature has revealed

conflicting findings in regard to EDs across cultures. Many studies support North-European Caucasian subjects having significantly greater body image dissatisfaction, weight concern and higher levels of restrained eating than their non-Western counterparts, but there are also several studies which suggest that non-Western subjects have the higher levels of eating pathology. It has been suggested that non-Western ED patients may present differently. For example, patients who have had little exposure to Western culture may express less weight concern. Changes in a society’s level of affluence and industrialisation may also influence clinical presentation.

Anorexia nervosa patients are conventionally believed to be enmeshed in their families, but a high level of family cohesion and dependence on the family is not only normal in Asian societies but also seen as desirable. There is also growing evidence that body composition differs across ethnic groups and hence the universal application of body mass index (BMI) cut-off points based on North-European Caucasians is likely to be inappropriate. South-European Caucasians and Asians have been found to have higher levels of body fat than North-European Caucasians for the same

BMI and modified cut-off point for overweight and obesity have been proposed for some ethnic groups. To date, similar modifications for underweight have not been suggested and such values may be of clinical importance when assessing and managing ED patients of different ethnic backgrounds.

The presentation of ED patients from different cultural and ethnic backgrounds is likely to be influenced by their body composition and the combination of the traditional values they have retained and the Western values they have adopted. This in turn may influence their subsequent treatment and management. The Department of Psychological Medicine at The University of Sydney is at present conducting a study investigating body image, body composition, psychological control, family cohesion, diet composition and acculturation across different cultural groups in metropolitan Australia and Singapore.

Expressions of interest in collaborating in this study are invited: please contact Professor Pierre Beumont, email: pbeumont@psychiat.usyd.edu.au



Profiles on New PRCP Fellows



Dr Zheng Lu is a Chinese clinical and academic psychiatrist who specializes in psychiatry and medical psychology.

Dr Lu is an Associate Professor of Psychiatry and Medical Psychology at Tong Ji University. He is also the Director of the Department of Psychiatry at the Shanghai Mental Health Centre. Dr Lu is the Vice Director of the Department of Psychiatry at Tong Ji Hospital and a mentor for postgraduates at Tong Ji University.

Dr Lu's extensive experience with psychiatry in the Asia Pacific Region will be of great benefit to the PRCP. We are very happy to welcome Dr Lu as a Fellow of the PRCP.



Dr Zeping Xiao is a Chinese clinical and academic psychiatrist who is currently the President of the Shanghai Mental Health Centre.

Dr Xiao is a Professor of Psychiatry at the Shanghai Second Medical University, she is also the Deputy Director of the Shanghai Mental Health Institute. Dr Xiao was also the main organizer of the WHO Cooperative Research & Training Centre on Mental Health in Shanghai. Her expertise and experience will be a great asset to the PRCP.

Dr Xiao is an inspiring leader and we welcome her as a Fellow of the PRCP and we look forward to her involvement with the College.



Dr Peter Forster is an American clinical and academic psychiatrist who specialises in emergency psychiatry.

Dr Forster currently holds several positions. He is the Associate Clinical Professor of Psychiatry at the University of California, San Francisco; the Vice President of the International Association for Emergency Psychiatry; a contributing Editor for the Journal of Emergency Psychiatry; and the Director of Gateway Psychiatric Services, A Medical Corporation.

We are very pleased to welcome Dr Forster to the PRCP as a Fellow, and look forward to his participation in PRCP activities.

PRCP Membership

I would like to take this opportunity to extend a warm welcome to our new Fellows.

Membership is the backbone of the PRCP and it is essential that we continue to revitalize the College by bringing in new members. This will expand the resources of the PRCP and build on the traditions of founding fellows and original members.

New input into our College from mental health professional in the Asia Pacific region will continue the

momentum of the College in its activities addressing the mental health needs in our region.

I would like to draw your attention to the ATLAS Mental Health Project undertaken by the World Health Organisation. This project is designed to collect, compile and disseminate systematic information on mental health resources in all countries in order to map and monitor the situation.

The aim of this project is to provide information and incentives for the

improvement of mental health resources and their better utilization.

Information resulting from this project should be useful to the PRCP in focusing our future activities.

For information on this project please visit the website:
<http://www.who.int/whr2001/2001/main/en/media/project-atlas.html>

Bruce Singh, President

Financial Summary

Expenditure & Income Statement

National Bank Account, AU\$

Balance as of 14/11/02	\$32,917.80
Income from subscriptions	\$11,960.90
Funds transf. from USD Account	\$15,921.98

Expenditure

postage	126.04
website	132.00
printing	2,275.88
bank charges	333.30
salaries	4,385.00
gst on salaries	438.50
total	7,690.72

Balance as of 31/03/03 **\$53,109.96**

PLEASE NOTE the below list of PRCP members cannot be contacted by the Secretariat as their addresses have changed and they have not notified us. If anyone knows the current contact details for any of the below people the Secretariat would greatly appreciate it if you could forward the details to us.

E-mail: info@prcp.org

Fax: +61 3 9347 3457

Post: PRCP, 7th Floor

Charles Connibere Bldg
Royal Melbourne Hospital
Victoria, Australia 3050

1. Dr Won Sum Hahn (Korea)
2. Dr Dong-Yul Oh (Korea)
3. Dr Ton-That Niem (USA)

NOT TO BE MISSED

11th Congress of the PRCP, 28 – 30 October 2003

Sheraton Hotel, Hong Kong

"Innovations and Development in Mental Health in the Pacific Rim"

For details please visit: <http://www.prcp.org/newsite/>

Or contact: Meeting Planners International (HK) Ltd.
22/F, Pico Tower, 66 Gloucester Road, Wanchai, Hong Kong

Tel: (852) 2509 3430 **Fax:** (852) 2667 6927

Email: PRCP@mphk.com



PRCP BOARD OF DIRECTORS NOMINATION FORM

Please complete and return to the PRCP Secretariat by fax: +61 3 9347 3457 or post: PRCP, 7th Floor Charles Connibere Bldg, Royal Melbourne Hospital, Victoria, Australia 3050

I.....(Name in block letters) being a Member/ Fellow of the PRCP nominatewho is a Fellow of the PRCP for election to the Board of Directors.

Signature Date

Seconded by Member/ Fellow of PRCP.

Signature Date



PLACE
PHOTO
HERE

**APPLICATION FORM FOR
MEMBERSHIP OF THE
PACIFIC RIM COLLEGE OF PSYCHIATRISTS**

Please return to:
University of Melbourne Department of Psychiatry, 7th Floor Charles Connibere Building
Royal Melbourne Hospital, Victoria, Australia 3050. Fax: (+61 03) 9347 3457

DATE: _____ NAME: _____

DATE OF BIRTH: _____ COUNTRY: _____ SEX: _____

MEDICAL QUALIFICATION: _____ YEAR OF GRADUATION: _____

POST GRADUATE QUALIFICATION: _____

CURRENT INTERESTS:

CLINICAL: _____

TEACHING: _____

TRANS-CULTURAL: _____

CURRENT POSITION: _____

MAILING ADDRESS: _____

HOME PHONE: _____ OFFICE PHONE: _____

FAX: _____ E-MAIL: _____

PLEASE ATTACH COPY OF YOUR CURRICULUM VITAE (abbreviated version acceptable) AND ONE PASSPORT PHOTOGRAPH. We will also need two letters of recommendation from Members of the College

SIGNATURE X _____

Initiation Fee: AU\$400.00 Annual Subscription: (Member) AU\$150.00 (Fellow) AU\$200.00