



World Association of Cultural Psychiatry

Newsletter

Editor: Prof. Kamaldeep Bhui

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Associate Editors: Dr Micol Ascoli, Dr Marta Dell'Aringa, Dr Nasir Warfa

Editorial Office: Centre for Psychiatry, Barts & The London School of Medicine & Dentistry, Old Anatomy Building, Charterhouse Square. London EC1M 6BQ. Email: k.s.bhui@qmul.ac.uk, Tel: 02078822012, Fax: 02078825728

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Editorial

Welcome to the Newsletter for WACP. This is an exciting year for WACP with its second World Congress in Norcia, an election of officers taking place, whilst continuing to build on an excellent series of specialist and regional international meetings.

The Association grows from strength to strength and continues to actively engage all organisations with interests in cultural psychiatry across the globe to provide greater opportunity for knowledge exchange, friendships, scholarships and academic excellence in cultural psychiatry. Members are invited to submit articles, book reviews, notices of conferences, and local initiatives of clinical, service, or research relevance to cultural psychiatry. The World Cultural Psychiatry Research Review is now established as a cutting edge online journal; you are invited to submit scholarly articles to promote discussion and debate about research and clinical practice, and about the discipline of cultural psychiatry.

Visit the website for the 2nd World Congress and register now for an exciting academic, social and cultural programme. I look forward to seeing you all there.

Kamaldeep Bhui

Forthcoming Conferences

REGISTER NOW: Cultural Brain & Living Societies. The 2nd World Congress of the World Association of Cultural Psychiatry. September 27th-30th, Norcia, Italy. <http://www.wacp2009congress.org/home.html>

Careif: Careif is an international mental health charity. It aims to share knowledge about mental health in order to improve people's wellbeing. Careif does this through four main areas of work: learning and teaching; culture and wellbeing; volunteering; exchange and twinning; young people, sport and wellbeing. Careif is offering two meetings this year (www.careif.org).

Sport, Education and Culture

Promoting health, wellbeing and positive identities for young people

September 11th 2009, Barbican Centre, London, UK.

This meeting will include young people, sports personalities, health professionals, including psychiatrists and psychologists, to consider the mental health and well being of culturally diverse young people. The conference will include performances and demonstrations as well as academic presentations and forms part of a series of meetings working towards an Olympic legacy in 2012. The venue is also where the 3rd World Congress for Cultural Psychiatry is being held in March of 2012. The meeting primarily addresses psychiatric disorders, and cultural diversity in a non-stigmatising manner and encourages actions around physical activity and educational interventions. A social programme includes historic walks, attendance of the Barbican theatre.

“Race, Culture and Psychological Treatments – Cultural perspectives and implications for practice”, 30th April 2009.

Venue: Schofield Centre, Greenclose Lane, Loughborough, Leicestershire, LE11 5AS, United Kingdom

The conference will present delegates with a unique opportunity to explore the relevance of culture and the impact of race in particular in the formulation and application of psychological interventions. There is a special focus on people of African, African Caribbean and South Asian heritage.

Delegates will be invited to explore and challenge the established wisdom, inherent bias and assumptions within a predominantly euro-centric approach to conceptualising, formulating and practice of psychological treatments and their application in diverse clinical/educational and socio-economic settings.

Learning objectives: by the end of the meeting delegates will be able to:

- Think about the challenges of providing psychological treatments to diverse cultural groups
- Appreciate the limitations of applying existing theoretical models of psychological distress and therapy and how to adapt these models in practice
- Understand and harness techniques for improving the effectiveness of psychological treatments for diverse cultural groups

Further details including speakers and programme for the day will be available shortly (see www.careif.org) . Any queries please contact **Ingrid Joseph on 0044 20 7882 2037** or email Ingrid.joseph@careif.org

Congress Reports

**“East meets West: the global challenge in Psychotherapy”
5th World Congress of Psychotherapy, of the World Council for
Psychotherapy, China Association for Mental Health, Chinese
Psychological Society
Held at the Department of Psychology of Peking University
October 12 – 15, 2008, Beijing, China**

The 5th World Congress for Psychotherapy was held in Beijing, China, under the auspices of the World Council for Psychotherapy (WCP). The Congress was organized by the China Association for Mental Health, the Chinese Psychological Society, and the Department of Psychology at Peking University (PU). The Congress was chaired by Professor Mingyi Qian from the Department of Psychology (PU) and WCP President Alfred Pritz. Dr. Zhao Xudong was the Chair of the Scientific Committee.

More than 1000 psychiatrists and psychologists, many of whom were Chinese, took part in the Congress. Internationally renowned psychotherapists were invited to serve as keynote speakers and state-of-the-art lecturers, representing different fields of Psychotherapy, Counselling and related disciplines.

Over half of the scheduled Symposia were dealing directly with the subject of culture and psychotherapy in accord with the theme of the Congress “East meets West, The global challenges in psychotherapy”.

Several WACP members organized and chaired symposia during the congress, i.e. Drs. Cong Zhong and Lin Hong (Culture and psychotherapy for the Chinese), Dr. Jung-Kwang Wen (Culture and psychotherapy experience of Chinese in Taiwan), Dr. Jing Hsu (Culture and therapy for family in Asia), Dr. Zhao Xudong (Culture and family therapy for the Chinese), Drs. Kenji Kitanishi and Kei Nakamura (Morita therapy, the situation in Japan and the experiences in other countries) and Dr. Zhu Jingfu (Daoistic cognitive therapy in China). Prof. Wen-Shing Tseng was invited by the congress to give a state-of-art lecture on the topic “Eastern culture and psychotherapy.”

The congress facilitated the exchange of knowledge and experiences between Eastern and Western colleagues; it highlighted how the provision of culturally competent psychotherapy is currently one of the biggest challenges and a strong focus for academic interest for scholars around the world.

As an echo of this, Professor Ulrich Schnyder, President of the International Federation for Psychotherapy (IFP), announced that the topic of the 20th IFP World Congress of Psychotherapy (Lucerne, Switzerland, June 16-19, 2010) will be: “Psychotherapy: Science and Culture”. For more details about this forthcoming congress, please contact Professor Schnyder, the head of the Department of Psychiatry, Zurich University Hospital (ulrich.schnyder@psyp.uzh.ch).

Prof. W.S. Tseng
President, WACP

**International Conference “Culture, Mind, Body”
September 15 – 16, 2008, Moscow, Russia
World Association of Cultural Psychiatry, International Association of
Ethnopsychologists and Ethnopsychotherapists, Russian Academic
Medical Science.**

“Culture, Mind, Body” was the first international conference in Cultural Psychiatry to be held in Moscow. This historical event was cosponsored by the World Association of Cultural Psychiatry (WACP) and the International Association of Ethnopsychologists and Ethnopsychotherapists (IAEE). It was locally organized by the Russian Academy of Medical Science (RAMSci), the Blokhin Russian Oncologic Scientific Centre, Mental Health Research Institute and the Oncology Research Institute of Tomsk (Siberian Branch). Professor Valentine Ya. Semke, Director of the Mental Health Research Institute and Head of IAEE, was the Conference President; Dr. Irina Kupriyanova, Vice Chair of IAEE, served as the Chair of the Local Organizing Committee.

Nearly twenty international colleagues joined by thirty Russian colleagues participated to the conference and presented their work related to its main theme (culture, body, and mind) amongst many other topics to illustrate the broad scope of Cultural Psychiatry. Language differences are always a challenge in international meetings that are pioneering. However, it was a pleasant surprise to learn that most of the English articles from international delegates had already been published in Russian and English in the Siberian Journal of Psychiatry and Addiction Psychiatry.

It is usually a very difficult task to balance the time allocated to individual presentations and the time to allow a meaningful discussion among the participants, especially where the subjects were of global and local significance. This was particularly true for this conference, as half of the participants were English speaking, and the other half spoke Russian. The language barrier was overcome by many cross translations by delegates, and interesting and challenging dialogue arose between international delegates and Russian delegates, especially on the second day; many felt that this was indeed the highlight of the conference.

International speakers encountered difficulties securing visas to attend the conference, however, despite these challenges, the feedback provided by the participants was unanimously positive and they all enjoyed this very successful

conference. Many colleagues felt that the visit to the heart of Moscow city, the Red Square, and the performance of Russian opera “Boris Godunov” at the Bolshoi Theatre helped them to better understand and experience the rich historical, artistic and cultural heritage of Russia. As for the “Russian evening” held on the 15th of September, it was very special; the performance organized and led by Dr. Irina Kupriyanova was fantastic. We all enjoyed this truly unforgettable event.

The hard work of the local organizers was very much appreciated, as this landmark conference accomplished one of the main purposes of the WACP, namely to promote the development of Cultural Psychiatry worldwide as well as the dialogue between scholars around the world. In this respect, “Culture, Mind, Body” was very significant for establishing meaningful links and opportunities for future collaboration between Russian and international colleagues.

Prof. W. S. Tseng
President, WACP

Election of the Board of Directors 2010 - 2012

According to the WACP by-laws drafted on the 1st of November 2006, within the initial period of establishment for the Association, the members of the first WACP Board of Directors were appointed by the Founding Officers. However, once the formal establishment of the Association was complete, the members of the Board of Directors were to be elected through a process of nomination and election for a three-year term.

The present members of the Board of Directors will therefore serve until the end of 2009, when the second World Congress of Cultural Psychiatry will be held in Norcia (Italy). The election of the new Board of Directors for the term of 2010-2012 will be held in March 2009. According to the by-laws, the Association will follow the principle that “the members of the Board of Directors shall be drawn from various regions of the world and over-representation of any region, country, or ethnic/cultural group shall be avoided.”

Taking into considerations the number of cultural psychiatrists operating around the world, it was decided to have a number of members of the Board of Directors from each region as follows: North America (4), Western Europe (4), Eastern and Northern Europe (1), Eastern Asia (3), South Asia (1), Middle East (1), Africa (1), Australia (1), and South America (1). The number of members representing from each region might be subject to change pending approval of the Board of Directors.

A Nomination Committee will be set up, to draw a list of suitable candidates who will

run for the election to the Board of Directors. The Nomination Committee will be chaired by the current WACP President. Members of the Nomination Committee will be the WACP President-Elect, the WACP Secretary and additional members will be appointed by the Chair to form a Nomination Committee of five to seven members in total.

In addition to those nominated by the Committee, current members of the Board of Directors who will not run for re-election will be allowed to submit their nominations to the Committee.

The Committee will also consider candidates nominated by any WACP member and supported by at least ten other members of the WACP. The total number of the candidates selected in this way will be limited to a maximum of five. The Nomination Committee, having noted all the submissions, will draw the final list of candidates for the election.

The election of the new Board of Directors will take place in March 2009. Only those members who have paid their membership fees during the term will be eligible to take part in the ballot, with the exception of colleagues from group D countries whose membership fees are waived.

Only candidates with the highest number of votes within the permitted regional quotas will be elected. In other words, the maximum of 4 members to be elected from North America and Western Europe respectively, 3 from Asia; and 1 member from the rest of the region, namely: Eastern and Central Europe, Mid-East, Africa, Australasia, and South America.

Any individual member of the Association who wishes to be considered by the Nomination Committee as a candidate for the Board of Directors is warmly invited to contact the Chair of the Nomination Committee (Prof. W. S. Tseng) either by mail (see address below for correspondence) or email (TsengW@dop.Hawaii.edu) by the 28th of February 2009, and to provide a list of at least ten cultural psychiatrists who support his/her nomination. The supporting colleagues have to be from the same region as the individual member who wishes to be considered and who, if elected, will be representing that geographic region. The email addresses of the supporting colleagues will need to be provided, to enable the Nomination Committee to get in touch with them. The final list of candidates accepted by the Nomination Committee will be circulated in March 2009 and those members eligible to take part to the ballot will be asked to vote by mail or by email. The results of the election will be announced in May 2009. The elected members will be expected to participate to the Second World Congress of Cultural Psychiatry (Norcia, Italy, September 2009), when the new Board of Directors will officially be established for the term 2010-2012.

Wen-Shing Tseng, M.D.

President of the WACP (2006-2009)

Chair of Nomination Committee (2009)

Email address: TsengW@dop.Hawaii.edu Mail address: Department of Psychiatry,
University of Hawaii School of Medicine 1356 Lusitana Street, Honolulu, HI 96813-
2421, USA

(Editorial Note: apologies to Professor Tseng and the members for the delayed publication of this newsletter. This notice was submitted in January 2009, regrettably

due to a delay in the publication of this newsletter, the notices had to be sent out directly rather than through the newsletter.)

WACP Membership Committee

Further to the President's suggestion and subsequent approval by the Board of Directors, the World Association of Cultural Psychiatry is in the process of establishing a Membership Committee. Whilst the Board of Directors provides consultation to the President for any general issues and decisions related to the Association, the Membership Committee will assist the President in continuous efforts to promote WACP worldwide and to broaden its membership. The Committee members will circulate news about WACP, its aims, its scientific initiatives and will encourage suitable interested colleagues to join the Association as members. The current WACP affiliated organizations will be asked by the President to nominate one member each to represent their organization within the Membership Committee. In addition, the President will appoint other suitable candidates from around the world and from a variety of cultural and ethnic backgrounds, including those areas currently not represented, within WACP, by any affiliated organization. The members of the Committee (about a dozen or more in total) will serve one term in between two World Congresses of Cultural Psychiatry. The existing members of the Board of Directors will be not appointed within the Membership Committee. It is hoped that the Membership Committee will ensure a wider involvement of young colleagues in the work of the WACP.

Wen-Shing Tseng
WACP President (2006-2009)

New Publications from our Members

Apuntes para una Ethnopsiquiatría Mexicana (Notes for a Mexican Ethnopsychiatry) by Sergio Javier Villaseñor Bayardo, Universidad de Guadalajara, 2008, pp232.

This book, written in Spanish, is authored by Professor Sergio Javier Villaseñor Bayardo from Mexico and was published in 2008 by the University of Guadalajara, Mexico.

After completing his training in Psychiatry in Mexico the author moved to Paris to study Anthropology, which broadened his academic horizons. He then returned to Mexico to serve as a faculty member at the University of Guadalajara Medical School, where he continued to carry out his studies related to Cultural Anthropology and Ethnopsychiatry, collected and published in this book. This book consists of 15 article-chapters dealing with various topics such as the origin of Ethnopsychiatry, the concept of disease and medicine in the

American pre-Columbian cultures, the concept of mental illness among the Wixàrika ethnic group of Tuxpan de Bolaños (Jalisco, Mexico), the religious influences in the expression of psychotic symptoms, the therapeutic rituals with psychotropic plants, the transcultural conceptualizations of depression and the Latin-American cultural syndromes among which, beside *susto* and *ataque de nervios*, the author also describes *molem*, *blah*, *derrame de la billis*, *mat de ojo*, *brujeria*, *atontado*, and others which are still unknown by scholars outside of Mexico.

Prof. W. S. Tseng
President, WACP

Additions to the library shelf

Transcultural Addictology by V. Ya. Semke, and N. A. Bokhan, Tomsk University, 2008

This book, written in Russian, is the first on cultural aspects of addiction in Russia. The Editor, Professor Valentine Ya. Semke, is the Director of Mental Health Institute, Tomsk Scientific Center, Siberian Branch of Russian Academy of Medical Sciences and the Head of the International Association of Ethnopsychologists and Ethnopsychotherapists.

This book is nearly 600 pages and includes a number of articles mostly focusing on the addiction problems observed in Russia, particularly in the region of Siberia, with the results contrasting with the data obtained from different countries within the Eurasian Continent, such as Kazakhstan, Mongolia, China, Germany, Hungary and so on.

According to the Russian reviewers (L.I. Aftanas, and A.M. Seidetsove), the book deals with the topic from a bio-psycho-social-spiritual perspective, where attention is paid to the assessment of the role of the social-cultural environment in the onset of addiction problems. The book will be particularly interesting for general psychiatrists, addiction psychiatrists, clinical and social psychologists and healthcare providers.

Prof. W. S. Tseng
President, WACP

The Cultural Consultation Club East London and the City NHS Foundation Trust

The Cultural Consultation Club was established in 2006 East London and the City NHS Foundation Trust in direct response to National Policy on improving the cultural capability of the workforce. Clinical leadership is provided by Prof. Kamaldeep Bhui, Dr Micol Ascoli and Dr Marta Dell'Aringa. Three meetings in the Autumn of 2006 were characterised by honest and open discussion about entangled and perplexing experiences in practice. The first meeting reflected on the purpose of club, models of cultural capability and, with the attendees and students from the MSc Transcultural Mental Healthcare, considered what future meetings should address. There was a strong multidisciplinary presence which

significantly enhanced the quality of the discourse on the role of culture in the expression and management of mental distress.

Cultural capability of specific working practices, and attention to racism and discrimination experiences were felt by all to need airing as there seemed to be much confusion and concern about how to manage these in everyday clinical practice.

A personal experience was presented. A white patient was referred for psychological treatment and for consideration of cultural issues. This led to disquiet amongst staff regarding the perceived privileged treatment of non-White patients. A similar related issue emerged when a locality Away Day was proposed by a white consultant, in order to focus on culture and race. This was not supported by the community team but was supported by the inpatient team. The proposal was seen as a survival threat; some staff preferred an alternative Away Day format including pleasurable experiences such as team games, banquets, sports events and murder mystery games. The group considered the range of feelings involved including shame, confusion, perplexity, fear, vulnerability, hostility and wondered to what the anxiety and uncertainty were related: gender politics in the relationship between the female consultant and the male members of the team? Racial dynamics where a white consultant was seen to be advocating special consideration of cultural factors to black staff? Perhaps the whole episode was linked to the general team suffering, race being a vehicle to express disquiet and discomfort about other matters, particularly in terms of work overload and managing risk in the community? There was a very constructive discussion which emphasised the challenge involved in consideration of culture, ethnicity and race. Not least because the issue touches very deeply in people's psyche and personal experience and can lead to reactions which are much more personal and yet they have to be managed in the public sphere. The second meeting unpacked these issues further. A clinical presentation was of a patient who was verbally abusive, using racist language to attack staff. The team were split about whether they could work with the onslaught. Was this due to psychosis, a transference manifestation or simply prejudice? The team were unable to work with this patient. We wondered how this might be managed differently, and understood the complex presentation included elements of psychosis, transference and prejudice which acted as a vehicle for the expression of other conflicts.

Another personal experience was of a tribunal in which racial politics emerged leaving a white female consultant vulnerable to intimidation by a male black member of the patients' family. The chair of the tribunal was unable to act to restore equilibrium without the experience being very uncomfortable. The adversarial nature of tribunals was aired and how this gave way to a bullying and intimidatory atmosphere which could be uncomfortable for staff, patients and the tribunal members. There is very little training offered to staff about how to manage legal issues and conflicts. Indeed, staff is not necessarily trained in the adversarial methods of a tribunal. In fact, pursuing an adversarial approach might be considered to be unprofessional if patient, family or staff had to be discredited in order to protect the delivery of care. Another meeting was a presentation of a film in which discrimination experiences were gendered and sexualised. A main learning point was for a professional in the film, a

policeman in this instance, who had to reconcile strong private feelings of prejudice with a public role. The public ones were governed by rules and regulations and standards. The latter seemed to lead to a better outcome whereas when personal accommodations were made, motivated by private good intentions, disastrous consequences occurred. The nature of discrimination was also seen to be complex and multi-faceted with it being the beginning of a cycle of conflicts and abuses leading to an escalation of mistrusts. Further meetings were dedicated to discuss complex clinical scenarios where western models of mental health care and traditional healing procedures coexisted and contributed to the therapeutic success of the clinical intervention.

The club so far has been extremely successful in engaging and giving voice to clinicians and practitioners who were unable previously to discuss these complex experiences. There have been international guest presenters and commentators. Locally, the staff have felt they can seek specialist advice on a number of cultural issues that influence clinical practices, and that there is not another space like this. The club is open to all disciplines and levels of seniority across mental health providers in London. The Club meets once a month at various sites across London, but usually at the centre for psychiatry at Barts & The London Medical School, at Charterhouse Square, Queen Mary University of London. The Club also organizes one Academic meeting a year, for the East London NHS Foundation Trust, with international speakers invited to present the results of their research, and clinical practice innovations.

If you wish to make a presentation, or if you are visiting London and would like to just attend, please contact Professor Kamaldeep Bhui, Centre for Psychiatry, Barts & The London, Queen Mary's School of Medicine & Dentistry & Hon Consultant Psychiatrist in Psychotherapy. Tel: 0044 20 7882 2021. Email: k.s.bhui@qmul.ac.uk
Prof. K. S. Bhui