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of two educational courses focusing upon cultural psychiatry.

We hope you enjoy it!

Simon Dein

Hans Rohlof

Marianne Kastrup

A NOTE FROM THE EDITORS

Welcome to World Healer. Hope your summer was peaceful . We have lots of exciting material for you. We begin with the outgoing chair's report. There follows the action plan 2014-2017.

There is a review of Wielant Machleidt and Andreas Heinz (Eds.): *Praxis der interkulturellen Psychiatrie und Psychotherapie. Migration und psychische Gesundheit*. [Practice of intercultural psychiatry and psychotherapy. Migration and mental health.] Urban & Fischer Elsevier, München, p. 612, 2011. We present past and future conferences. Finally we provide details



WPA-TPS Former CHAIR'S REPORT

Hans Rohlof, MD
Chair, WPA-TPS

Report of the activities of WPA-TPS from 2011 till 2014

By Hans Rohlof, Chair 2012-2014



1. Conferences

WPA-TPS has sponsored or cosponsored many successful conferences in the world during the last 3 years:

- a. Symposiums during the 15th World Conference on Psychiatry in Buenos Aires. The TPS was able to organise twelve symposiums with fifty presentations during this World Congress. Many of them had a large audience. Some of the symposiums were: the Cultural Context of Person-Oriented Psychiatry, and Cultural Research in different Countries of the World. There were also symposiums on cultural diagnostics and on migrants and refugees.
- b. The TPS cosponsored the third World Conference on Cultural psychiatry, organised by the World Association of Cultural psychiatry, which was held in London, UK, March 9-11, 2012. During this conference almost all the members of the TPS were present giving lectures and workshops about their research and clinical work. There were almost 400 participants and 250 speakers from 37 different countries. Lively debates took place about the future of cultural psychiatry in the DSM-5-era. A number of themes at the conference were discussed which included conflict, displacement, violence, slavery, terrorism, trauma, war and natural disasters, globalisation, young people, sports and resilience, humanities and media, religion and spirituality, traditional healing, psychotherapy and mental health legislation among many others. Many old contacts were renewed, and new contacts

with young researchers were established.

- c. From 17-20 October, 2012, The WPA organised a World Conference in Prague, Czech Republic. This was a medium large conference with about 1800 colleagues and 10 parallel programs of sessions, and about 800 lectures and workshops. Our Section succeeded in organising several symposiums on this conference, i.e. about epidemiological research and about racism in psychiatry. Also, on this conference plans were made about collaboration with other sections of the WPA.
- d. From 5-7 November, 2012, the TPS organised the first international conference on Transcultural psychiatry in Mediterranean Countries in Tel Aviv, Israel, together with the Israeli Association of Psychiatry. 200 participants from Israel and other Mediterranean countries, but also from Europe, Asia and North America joined this conference. The conference itself was a great success, bringing the scientific research on cultural psychiatry to a higher level in this part of the world. Before the conference some non-members tried to have the conference banished, but the TPS kept his line to organise conferences everywhere, without political influence.
- e. In 2013, on the 9th and 10th of February, the TPS organised a small conference in Hamm, Germany, together with the German Federation of Transcultural Organisations. 70 participants, mostly from Denmark, The Netherlands and Germany had a nice and intimate coming

together in this small city. There were about 40 lectures. So the majority of the attendants had the chance to speak. On this conference, plans were made for a greater conference in 2015 in Poland.

- f. On the 27th till the 30th of October, 2013, the WPA organised a conference in Vienna, Austria. About 1300 participants came to this conference. The TPS organised two symposiums which were quite good attended. The topic of both symposiums was 'cultural psychiatry in the DSM-5-era'. The Section participated also in the Sections' Chairs symposium on 'Suicide from different psychiatric viewpoints'.
- g. On the 3rd till the 5th of April, 2014, the TPS cosponsored together with the WACP a conference in Dubai, the first Conference on Transcultural Psychiatry in the Emirates. There were nine symposiums with about 25 speakers, and the lectures were of very good quality, all held in English. Contacts were made with Arabic and Iranian colleagues.
- h. From 9-11 May, 2014, the 21th International Conference on Psychotherapy took place in Shanghai. This was cosponsored by the TPS, because we thought that making acquaintance with Chinese colleagues would be of great importance. The TPS had only a few lectures, but attending this conference with 1500 participants, mostly Chinese, was a great experience. New contacts were made.
- i. TPS also decided to sponsor annual conferences in Tanzania, organised by a Dutch organisation in collaboration with

the Tanzanian Society for Mental health. These conferences take place every year in November.

- j. At last, not to forget the current Conference, the 16th World Conference of Psychiatry in Madrid. The TPS organised two parallel sessions with the Section on Psychiatry and Religion, and 12 symposiums on transcultural psychiatric issues. A great achievement. More on this later.

2. Courses

There were announcements of different courses on transcultural psychiatry which were organised by institutes. The TPS did not organise courses and education activities for young people on his own. This should be a challenge in the future.

3. Publications.

In the three year period five Newsletters, the so-called World Healer, were published by the TPS. In these Newsletters extensive conference reports, book reviews, and announcements of upcoming events were published. The Newsletter was sent by e-mail to the members, and later published on the website.

The journal Transcultural psychiatry, a peer reviewed scientific journal with an impact factor, is the official scientific

journal of the TPS. The TPS can publish one issue a year on his own.

In 2013 an issue was published containing articles from different TPS members about the current state of transcultural research in his/her country.

In 2014/2015 an issue will be published containing research from young researchers (to be defined as not having published before, or very few), especially from Low and Middle Income Countries. This issue is in preparation and we expect to publish it in 2015.

4. Website and social media.

Although the website was renewed not long ago, in 2011, the board decided that it was necessary to renew the website and make it accessible for all devices, like mobile phones and tablets. To reach this goal, the TPS agreed in working together with a web designer who made a complete new website in Word Press, a tool which can easily be changed by persons who are not familiar with building websites. This website gets a lot of attraction by unique visitors, as we discovered in the statistics: in 2014 we had a mean of 1500 unique visitors per month.

Next to this, the TPS got an account on Facebook and Twitter.

On Facebook we have 108 likes, from

people around the world, most of them young colleagues. Facebook is an ideal medium to promote your organisation among young people.

On Twitter we have at the moment 15 followers: this has to grow, but of course we are not a group of people with short messages. We use Twitter to announce new events in a short message: all Twitter messages are put on our website, too.

5. Contact with other organisations.

We have personal contacts with the World Association of Cultural Psychiatry and with the Society for the Study of Psychiatry and Culture.

About the WACP first. The current president of the WACP, Kamaldeep Bhui, was a board member of the TPS, and the next president of the WACP, Sergio Villaseñor Bayardo, will be a board member of TPS in the new period. So, the personal contacts are intense. Next to this, we sponsor or cosponsor the same meetings. Cooperation on other fields, like education, have to be prepared for the next years.

With the SSPC we have contacts in term of visiting each others meetings. An idea to start with a common research project ended in good planning but did not continue.

With other organisations, like the

Transcultural Section of the European Association of Psychiatry (EPA), we will have personal contacts in the future, in the person of Meryam Schouler-Ocak, who will be a new board member of TPS.

We have also contacts with national organisations, like DTPPP in Germany, in the person of Solmaz Golsabahi-Broclavski. As is written before, we have commonly organised a conference, and will organise another one in 2015.

6. Awards

TPS started with a new award, the Young Researcher Award, to stimulate young researchers to write manuscripts about transcultural psychiatry. The Award was given in 2013 to Charlotte Sonne from Denmark, and the Runner Up Award was given to Ying Zhang from China. The award winners were given the opportunity to publish their manuscript in Transcultural Psychiatry.

The other award, the Lectureship Award, was not given in the last period.

7. Scientific progress

Although not an accomplishment of the TPS, but of the members, some words have to be said of the scientific results of the last three years. Numerous articles were published in the scientific journals. As well as books came out in the field of

transcultural psychiatry, as for instance the books of Samuel Okpaku, and of Joop de Jong in Dutch and Sofie Bäärnhielm in Swedish. And there was the development of DSM-5, where culture got an own important chapter, with the Cultural Formulation and the new designed Cultural Formulation Interview.

The growing importance of the field showed also in the rising impact factors of journals like Transcultural Psychiatry, and Culture, Medicine and Psychiatry, which are both around 1.5 at the moment. The own journal of the WPA, World Psychiatry, has a super high impact factor of about 12.8, which made it the 4th important journal in psychiatry.

8. In Memoriam

Three beloved and much respected members passed away in the last three years.

Marco Scarpinati Rosso, a very active researcher from Sweden, passed away on an unacceptable young age.

Wen-Shing Tseng, professor in Hawaii and founder of the TPS and former chair, passed away to our great regrets. We will remember him by his active participation, and by his numerous books and other writings in our field.

Ray Prince, one of the godfathers of transcultural psychiatry, passed away in

his homeland Canada.

9. Board

The Board consisted in 2011 of eight persons: Rachid Bennegadi, chair, Marianne Kastrup, Co Chair, Hans Rohlof, Secretary, John de Figueiredo, Treasurer, Simon Dein, Editor Newsletter, Kamaldeep Bhui, Xudong Zhao, Joseba Achotegui Loizate and Thomas Stompe, members. In 2012 Rachid Bennegadi resigned as Chair, and Hans Rohlof took over. Joseba Achotegui became Secretary in Hans' place.

The board members regularly had meetings together during conferences, to discuss running activities. Also, direct e-mail and telephone contacts improved the communication within the board.

10. Missed opportunities

It is good to end with some missed opportunities.

What we still lack, is a view on a general introduction in transcultural psychiatry for residents and other professionals in psychiatry. This is something for the future.

Another subject would be a common view on which kind of research we should promote in our field, and which kind of funds are available to support the research.

Within the board, it would be better to

have regular meetings with everybody by collect calls, or collective Skype contacts.

Better contacts and common meetings with other organisations stay important.

With all this, and with a new active board and active members, the TPS will flourish in the future!

WPA Madrid





The document should be fairly brief and comprise the following:

a. A number of questions that undergraduate medical students should be able to answer related to migrant mental health.

b. A brief summary of what the postgraduate curriculum of medicine need to know about the topic

c. What is required for CME/CPO for psychiatrists on the topic?

Both b. and c. should include research aspects.

d. What are the implications for policy makers? This should be a 2 page document that WPA could use when discussing with decision makers.

Marianne Kastrup & Meryam Schouler-Ocak

WPA Transcultural Section Action Plan 2014-2017:

Invitation to take part in WPA Action Plan 2014-17:

One of the priorities of the WPA President Dinesh Bhugra Action Plan refers to Minority Mental Health comprising Migrant Mental Health.

Dinesh Bhugra has asked Marianne Kastrup and Meryam Schouler- Ocak to chair a Task Force with participants covering all areas of the world on the **Needs of Migrants, Refugees and Asylum Seeker Patients around the Globe.** The Task includes:

To produce a document to be submitted to Dinesh Bhugra with the deadline September 2015. It has to be ready for the WPA Congress in Taiwan in November and there should be time for exchange of comments.

Obligations according to by-laws:

In accordance to the WPA by-laws all sections are required to carry out certain tasks: (see also WPA website: WPA Bylaws)

“(i) have at least 20 members.

(ii) have held an election for the Section Committee, including a Chair and a Secretary, in accord with its By-laws.

(iii) have presented at least one symposium at a WPA sponsored Scientific Meeting without counting

Section Conferences during the immediately preceding three years; and/or have scientific educational material authorized to carry the WPA logo by the WPA Executive Committee.

(iv) have carried out activities described in its plan of work or presented valid reasons for not having done”

The TPS will fulfill these tasks also in this triennial period.

Membership of WPA Transcultural Section (TPS):

Members of the TPS are required to pay an annual fee for membership. The size of the fee is decided at the World Congress Business Meeting of the Section.

Membership of the Section has to be approved by the Board.

Plan of Action for the period 2014-17:

1. Newsletter:

The Section intends to continue editing the TPS Newsletter, the so-called World Healer, as part of the TPS. The Newsletter contains e.g.

conference reports, book reviews, and announcements of upcoming events. The Newsletter has been sent by e-mail to the members of TPS, and is later published on the website. This procedure is going to continue. Simon Dein who was the editor of the TPS Newsletter during the last triennium is willing to continue.

2. Publications:

The journal Transcultural psychiatry, a peer reviewed scientific journal with an impact factor of and with Laurence Kirmayer as the editor-in-chief, is the official scientific journal of the TPS currently with an impact factor around 1.5. This implies that the TPS may publish one special issue a year as part of the journal.

In 2015, an issue will be published containing research from young researchers (defined as not having published more than very few papers before), with a particular focus on contributions from Low and Middle Income Countries. This issue is in preparation and TPS members are asked to review the submitted papers.

The Board members of the TPS are suggesting topics for subsequent issues of Transcultural Psychiatry.

The members of TPS are all publishing on the transcultural aspects of psychiatry and will be asked to provide a list of their publications to be published on the website to create awareness of the diversity of the activities of the TPS members.

3. Conferences and congresses:

Following a long tradition the WPA-TPS is planning to sponsor and cosponsor conferences in the world during the next 3 years:

The TPS intends to present symposia at the upcoming WPA International Congresses as well as the next World Congress in Berlin 2017.

The TPS also intends to organise stand-alone transcultural conferences, both as events where the TPS is the organiser, as well as conferences in collaboration with other organisations.

The TPS is organising a conference in Gdynia, Poland April 24-26, 2015 together with the German Federation of Transcultural Organisations (DTPPP). The topic of the conference will be: First International Conference of Transcultural

Psychiatry in Central European Countries and will have a focus on contributions from the region with the intention to increase regional awareness and interest in transcultural issues.

The TPS will also take part in the WPA International Congress in Bucharest to take place June 24-27, 2015. The topic of the conference will be: Primary Care Mental Health.

The TPS is involved in increasing the transcultural focus in the WPA International Congress to take place in Istanbul July 6-10, 2016 with the intention to let cultural aspects of psychiatry be a main topic there. The topic of the conference will be: Integrating Clinical, Community and Public Health in Psychiatry. TPS may organise a stand-alone cultural symposium in connection with the congress.

The TPS will be actively involved in the upcoming World Conference on Cultural Psychiatry, organised by the World Association of Cultural psychiatry, to take place in Puerto Vallerto, Mexico, October 29 – November 2, 2015. The conference will have Sergio Villasenor Bayardo as congress president and the topic will be Global Challenges and Cultural Psychiatry.

The TPS is planning in collaboration with the transcultural section of the DGPPN as well as the EPA Cultural Section chaired by Meryam Schouler-Ocak to organise a symposium on Refugees and asylum seekers in Europe at the next DGPPN congress in November 2015 and also in 2016.

The TPS is planning to co-sponsor transcultural symposium at the EPA Congress in Madrid in 2016.

The TPS may cosponsor in 2016 the DTGPP (German-Turkish Association for Psychiatry, Psychotherapy and Psychosocial Health) planned congress from 21st – 24th September 2016 in Hamburg.

TPS decided in the last triennium to sponsor annual conferences in Tanzania, organised by a Dutch organisation in collaboration with the Tanzanian Society for Mental health. These conferences take place every year in November and the co-sponsorship is planned to continue.

The TPS will cosponsor a meeting on Cultural Psychiatry in July 16-19, 2015 in China.

The TPS has contact with the Athena Network that on October 17,2015,is organizing a conference in London on the mental health of immigrants in

collaboration with the SOAS University of London

4. Website:

Our current website has been renewed in order to make it accessible for all devices, like mobile phones and tablets. The website is made in Word Press, a tool which can easily be changed by persons who are not familiar with building websites. The website attracts many visitors - in 2014 with a mean of 1500 unique visitors per month. The intention is to keep the current version for the next triennial period and follow how successful it is.

TPS will give its website higher priorities than the social media in the next triennial period and increase the new information uploaded.

5. Social Media:

The TPS established accounts on Facebook and on Twitter during the last triennium.

The likes on Facebook come from people around the world, mostly young colleagues. The intention is to use Facebook as a tool to promote the TPS and its activities.

Similarly on Twitter the intention is to increase the use of the Twitter

account and use it to announce new events in a short message: all Twitter messages are put on our website, too.

6. WPA oriented activities:

In the Presidential Action Plan for 2014-17 there is a focus on migrant, refugees and asylum seekers. The TPS is co-chairing the Task Force on this topic.

The chair of the TPS is also a consultant to the WPA Planning Committee for the next triennium.

7. Link to other transcultural sections and societies:

In this triennium TPS shall intensify such collaboration. A number of activities are already planned and others are in the pipeline. Among such societies/sections are: SSPC, WACP, EPA Cultural Section, DGPPN Cultural Section, DTGPP. The collaboration could include co-sponsoring of events; linking to section activities; organizing symposia.

TPS has close contact with the World Association of Cultural Psychiatry as the President of the WACP, Sergio Villaseñor Bayardo, is

a board member of TPS.

The TPS also will have contact with the Society for the Study of Psychiatry and Culture.

The TPS has close contact with the Cultural Section of the European Association of Psychiatry (EPA), as the President Meryam Schouler-Ocak is a Board member of TPS.

The TPS has also contacts with national organisations, like DTPPP in Germany, in the person of Solmaz Golsabahi-Broclavski

The TPS is supporting the establishment of a Cultural Section of the Chinese Psychiatric Association.

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8. Committee on Research and Education:

The TPS is planning to establish a Committee on Research and Education in this triennial period. Thomas Stompe and Kneginja Richter have both expressed an interest to be part of this committee. .

9. Awards

TPS started in the last Triennium with a new award, the Young Researcher Award, to stimulate young researchers

to write manuscripts about transcultural psychiatry and the first award was given in 2013 together with a runner-up award. The award winners were given the opportunity to publish their manuscript in Transcultural Psychiatry. The intention is repeat this successful endeavour and again announce an award in this triennium.

On behalf of the WPA Transcultural Section

Marianne Kastrup



CONFERENCE REPORTS

Gdynia

This First International Conference on Transcultural Psychiatry in Central European Countries, held in Gdynia, Poland, in April 2015, attracted the participation of 110 colleagues from 26 countries and 5 continents. It offered participants very good opportunities for sharing experiences and knowledge on topics such as adaptation to migration, asylum, acculturative stress and transcultural education.

The scientific program of the Conference included six thematic workshops, 12 symposia and plenary presentations comprising some 30 lectures, in addition to 10 poster presentations. Topics of the

conference in 2015 included:

- *) National Immigration Policies and Their Mental Health Implications,
- *) Transcultural Positive Family Therapy,
- *) Psychological Aspects of "Asylum shopping"

*) Treatment of Migrants and Asylum Seekers

Topics of practical focus included:

- *) Migration and the Daily Life of Migrants,
- *) Best Practice Models,
- *) Development of Cross-cultural and Transcultural Approaches in Psychotherapeutic Practice and Research,
- *) Transcultural Balint Groups,
- *) Cross-cultural Supervision

Our colleagues from Russia were, unfortunately, not able to participate in the conference because of unanticipated visa problems and related circumstances. Nevertheless, their lectures will be published along with those of the other conference participants, because we want to emphasize the point that scientific concepts and their associated clinical experiences are not limited by political restrictions and will survive current obstacles in professional sharing and communication.

We will post some of the pictures from the conference on our website (www.mtk.eu) so that you can get an impression of the atmosphere of these three cordial and productive days.

Gdynia has proven to be an especially attractive location for the conference; in part, because Gdynia is an example of major community development over the past two decades, strongly influenced by the effects of migration. This part of Poland has a long history of trade with the world, and has been the locus of extensive and protracted international conflict, occupation and fight for freedom and independence during the 19th and 20th centuries. Thanks to intense migration and the dynamic growth of its commercial port over the past 20 years, Gdynia has become transformed from a fishing village into a city with international connections and a vibrant cultural life. Drawing on comments made by participants in the evaluation forms for the conference in

Gdynia/2015, we plan to divide the conference in 2017 into two parts: the first part being scientific symposia and plenary sessions and the second part being a practical component focusing on the everyday work in the clinical area, including Balint group discussion, case supervision and transcultural educational lectures. On behalf of the international Organizing Committee we want to thank Mrs Yasmin Haunold (CE Management, Vienna). She has been responsible for the administrative organization of the DTPPP conferences since long.



Cultural Psychiatry Conference

16-19 July, 2015

Pu'er, China

Under sponsorship of the WPA-TPS a conference was held in Pu'er, China, for our Chinese colleagues. The venue was the Pu'er King Land Hotel, an excellent place for larger groups. The organisation was in hands of the Psychiatry Department of the Second Affiliated Hospital of Kunming Medical University, YunNan, and of the Pu'er People's Hospital.

Prof Yang Jiangzhong and dr Wei Xian Wen were the primary organisers of this excellent conference. They succeeded in bringing

together about 280 colleagues, who came to this beautiful but rather eccentric city in the south of China to discuss the topic, and listen to Chinese and foreign lecturers. Pu'er lies in the centre of tea plantations, and Pu'er tea is known as the finest Chinese tea. Not far away is Xishuangbanna, where the Chinese rainforests are located.

Before the conference the People's Hospital invited the lecturers for a visit. Impressive was the clean ward of psychiatry and neurology, and the modern way of medical care. All files were electronically accessible, no paper was used. And this, while in most Western hospitals the transition to electronic files is not everywhere performed!



The lecturers in front of the People's Hospital of Pu'er



Visit in the hospital: the clinician's room

This conference was an example of how this topic can be dealt in a country where psychiatry is developing. General talks about research and clinical practice in the field of cultural psychiatry, and cultural genetics, were combined with lectures about minorities, and how they deal with health and illness. The English lectures were all good translated into Chinese, and a Chinese interpreter gave an excellent translation for the English lecturers.

Cultural psychiatry is considered as lying close to sociology in theoretical view, and to psychotherapy in practical view. Lectures by Li Jian Hua and by Huang Xuan Yin about these topics were good to follow. The saying that a Chinese audience is passive and humble was denied here: discussions after each lecture were vivid and full of quite relevant issues.



Start of the conference



Conference hall



The main participants

We do hope that a continuation of these conferences will be assured!

Hans Rohlf & Jianzhong Yang. September 2015

BOOK REPORT

Review for publication in “World Healer”

Wielant Machleidt and Andreas Heinz (Eds.):
Praxis der interkulturellen Psychiatrie und Psychotherapie. Migration und psychische Gesundheit. [Practice of intercultural psychiatry and psychotherapy. Migration and mental health.] Urban & Fischer Elsevier, München, p. 612, 2011.

The expansion and maturation of the European Union over the past three decades has led to greater interaction and communication between the national populations that comprise the EU. It has also witnessed a much greater inflow of migrants from countries outside the EU. As the numbers of migrants from both European and other countries have increased, the national populations of many European countries have become steadily more culturally diverse. Migrants now comprise 10-20% of the national populations of many European countries. This new

multiculturalism in European countries has opened up new fields of research and areas of clinical focus for psychiatry, psychotherapy and psychology in central Europe, as well as for sociology and ethnology.

This volume brings together major themes and findings of the resulting intercultural scientific research and experience from clinical practice, in the form of a textbook on the practice of cultural psychiatry and psychotherapy, edited by Wielant Machleidt and Andreas Heinz that includes chapters by more than eighty experienced contributors to this burgeoning field. This is the first such comprehensive textbook on cultural psychiatry and psychotherapy published in continental Europe, and responds to the growing need over the past two decades for just such a comprehensive textbook

The textbook contains 70 individual articles gathered together in eight chapters addressing the central themes of migration psychiatry and psychology, in addition to important but often overlooked special topics. The text begins with a review of models of understanding of the phenomenon of

migration. Section One, titled “Theoretical aspects” presents multi-dimensional approaches towards the understanding of migration including philosophical, ethnological, and ethno-psychiatric approaches, followed by a lively debate between the editors and individual authors on the strengths and weaknesses of the main theoretical positions in ethno-psychiatry. This theoretical section leads to a detailed review of the processes of migration, through discussion of the themes of integration, acculturation, identity and religiosity. The societal obstacles resulting from discrimination and racism are also analysed in depth. The section ends with an overview of the patterns of migration encountered in central Europe.

Under what conditions do migrants come into contact with the local population? Section Two, titled “General requirements for the care of migrants” includes contributions on this topic by researchers experienced in studies of migration to German-speaking countries and of people who themselves migrated to German-speaking countries as

well: Turks, Russian Jews, Poles, Latin Americans, Chinese, and Japanese - as well as ethnic Germans who had been living for generations in areas of the former Soviet Union who have been re-settled in Germany during the past two decades. This section also addresses the complex issues of housing, educational and occupational opportunities made available to migrants, as well as health and mental health services offered to migrants by national and regional government agencies. The recommendations for psychiatric-psychotherapeutic treatment of migrants contained in the “Sonnenberger Guidelines” are presented. In addition, this section deals with practical experience in language mediation, the development of multicultural clinical service teams, and acquisition of intercultural skills. This section also addresses the politically contentious basic requirements for naturalisation of aliens (asylum seekers), as well as methods of transcultural clinical assessment for courts.

Section Three focuses on “Diagnostics” from a three-fold perspective: cultural aspects of

the clinical psychiatric exploration and examination - the cultural formulation; the objectifying of intercultural psychological test diagnostics on the basis of culturally sensitive and fair psychological test procedures; and a critical analysis of knowledge concerning the psychiatric vulnerability and risk of disease amongst people from other cultures – cultural epidemiology.

It was a particular wish of the editors that Section Four deal with “migrant groups in special problem situations” - groups that are often not seen, but are in particular need of psychiatric/psychotherapeutic help. This includes groups that differ widely, such as adolescent migrants, unaccompanied underage refugees, women and girls from central and Eastern Europe who are victims of human trafficking, false imprisonment and sexual violence, illegal or ‘undocumented’ migrants, and elderly migrants.

Section Five, titled “Disease patterns”, makes it clear that both culturally comparative and migration specific perspectives are important for clinical

diagnosis and treatment. All of the major psychiatric disease patterns are presented within the framework of the influence of their culturally- and migration-specific combinations of psychopathological symptoms. The section ends with a review of the “culture-bound syndromes”; not only because they are often seen as ethnic “exotica” of transcultural psychiatry, but also because they are exemplary in repeatedly generating critical and useful controversy around the fundamental question of what constitutes psychiatric “disease entities”.

What must be taken into account during psychotherapeutic treatment of patients from other cultures? Section Six, “Intercultural and transcultural psychotherapy” approaches the question from two perspectives. One point of view deals with psychotherapy and rehabilitation of migrants from the perspective of depth psychology, behaviour therapy and systemic therapy, while the other compares psychotherapeutic methods and their effectiveness across cultural boundaries using the example of East African shamanism and traditional healing

practices in Islamic culture. This section ends with a discussion of issues related to supervision of the treatment team in clinical practice.

At present the most intensive research activities in the psychiatric/psychotherapeutic treatment system involve the provision of culturally sensitive and competent “strategies for treatment and care” for migrants (Section Seven). Eleven contributions address in detail the important fields of care: clinical assessment and treatment of migrants in the emergency department; forensics; out-patient clinics; community psychiatry; prevention; intercultural pharmacology; as well as utilization of community mental health and clinical services by migrants. In addition the importance for the treatment environment of intercultural competence amongst nursing and social staff is considered. Finally concepts are presented that, as examples of “good practice”, can provide orientation for people wishing to expand their knowledge and clinical skills in this field.

In order to establish intercultural competence in daily practice in clinical settings,

intercultural themes need to be included as a normal component of the learning environment and be embedded in the curricula of students (medicine, psychology, sociology, ethnology, etc.), as well as in higher and vocational education modules designed for all professional groups involved in psychiatry/psychosomatics and psychotherapy. Section Eight provides examples of how this may be applied in educational terms for a number of different professional groups.

In summary this textbook integrates the experience of well-known experts for application in intercultural practice. It is bound to the therapeutic requirement to treat people from other cultures with the same high professional standards of quality received by the native populations of Central Europe. The incidence of mental illness amongst migrant groups lacking an integrative infrastructure is known to be considerably higher. Conceptually, the objective of this textbook was to focus on two major topics; 1) the complexity of the migrant process and the host country acceptance of

current migrants, and 2) the wellbeing of individuals and families of the different ethnic groups that constitute the current generation of migrants to central European countries.

Beyond this it is important for the editors to involve subject areas that are normally neglected. In the theoretical part of the book, for example, a debate is included concerning controversial standpoints in ethno psychiatry (see the internet version), psychodynamic models of migration are presented, and racist positions are delineated and discussed.

What is the value of a book in which those affected do not have their say? The answer to this question is provided by articles, well worth reading, on the “subjective aspect of migration”, by people from very diverse cultures. Still more special topics are presented in the Section, “migrant groups in special problem situations”. This section deals with unaccompanied underage refugees, the situation of women and girls, “modern slavery”, east European women who are victims of human trafficking and prostitution, undocumented irregular migrants, and aged migrants. As explained,

the interaction between psychotherapeutic methods from different cultures becomes productive only with the relativism of ones background and the analysis and exposure of the transcultural factors inherent in these procedures. The enrichment of a variety of psychotherapeutic procedures with impulses from other cultures is then not merely a vision, but can become, through further research and clinical experience, a concrete option with many uses in intercultural clinical practice. Many further themes that have been selected might be mentioned, but we will limit ourselves to two, the largely neglected prevention of mental illnesses, and the clear and inspiring concepts presented as models of "Exemplary Practice".

This practical textbook will be a help to all those in the field of psychiatry, psychosomatics, and psychotherapy who wish to enrich and deepen their treatment of people from other cultures through increasing their intercultural competence. It is intended to all professional groups in these fields, including psychiatrists, psychotherapists, psychologists, general

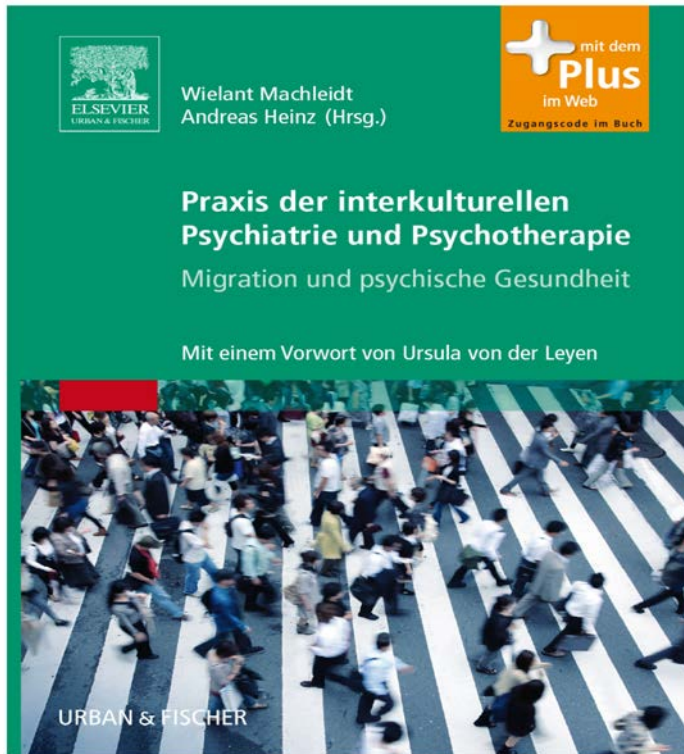
practitioners, sociologists, ethnologists, social workers, nursing staff, and those in closely related disciplines such as public policy, health administration, education, and legal services.

Hannover, January 2013

Wielant Machleidt and Andreas Heinz

PS: The editors thank Ron Wintrob for his help with the translation of the review.





Intercultural Psychiatry....

The publication of the Textbook of Intercultural Psychiatry and Psychotherapy, edited by Machleidt and Heinz, represents another landmark in the rapid growth and maturation of both the academic and the clinical components of cultural psychiatry and its related disciplines in the German-speaking world.



A textbook has to serve multiple purposes and populations. It needs to be comprehensive in its scope, address current issues of theoretical importance in its field, offer practical guidelines for practicing clinicians and for investigators who come to the field of cultural psychiatry from a variety of academic and clinical backgrounds, and it needs to address the training of the next generation of clinicians and academics. Taking all this into account comprises a sobering task for the editors of any textbook.

RW; 6 Jan 2013

Overview- Machleidt and Heinz; Textbook of

In this instance, Machleidt and Heinz

deserve congratulations for the comprehensiveness of the textbook they have generated. It is beyond the scope of this overview to elaborate on the content of specific chapters, but I would like to point out some of the unique features of the content of this textbook.

In the section on theoretical aspects, there are very welcome chapters on ‘psychodynamic models of migration’, ‘migration, culture and identity, and ‘acculturation’, as well as chapters on ‘stereotyping and discrimination’ and ‘racism’ in intercultural psychiatry and psychotherapy. These are all issues of fundamental importance to current-day cultural psychiatry that need to be given greater emphasis in articles and books addressing fundamental themes of cultural psychiatry in the years ahead.

Subsequent sections address the practical aspects of the treatment of specific immigrant groups in the German-speaking

countries; Turks, Russians, Jews, Poles, Latin Americans, Chinese and Japanese. There are chapters on ‘multicultural teams’ and on ‘intercultural competence’, both issues of great current importance in cultural psychiatry and its related disciplines.

There is a chapter on the core theoretical and pragmatic issues of ‘cultural case formulation’. And there is a ground-breaking chapter on “modern slavery” that focuses on the tragic issue of the trafficking in women for the sex trade; in this case, women from eastern European countries. There is also a chapter on the burgeoning and often overlooked issue of undocumented (illegal) immigrants.

Machleidt and Heinz have shown very good judgment in including several chapters often overlooked in similar textbooks, on how to create a clinical ambience in hospitals that is sensitive to the needs of immigrants and ethnic minority populations.

The last section of this textbook focuses on training issues; that is, on culturally sensitive training of nurses, medical students, general physicians, social scientists, psychologists and psychiatrists; the future leaders of our field.

I am confident that this textbook will have a powerful impact on students, clinicians and scholars of cultural psychiatry and its related fields in the German-speaking world. It deserves the close attention of all those interested in the growth and development of the field of cultural psychiatry far beyond the German-speaking countries for whom this textbook is directed. The editors and authors deserve congratulations for what they have achieved. I hope the textbook will soon be published in languages that will extend its impact around the world.

Ronald Wintrob MD (E-Mail:
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UPCOMING INTERNATIONAL CONFERENCES



4th WACP Congress Mexico



**Welcome message for 4th world congress
of cultural psychiatry**



Prof Kamaldeep Bhui

As President of the **World Association of Cultural Psychiatry**, I warmly welcome you to the 4th Word Congress of Cultural Psychiatry, to be held in the beautiful city of Puerto Vallarta, Mexico. The World Association of Cultural Psychiatry was founded to encourage international collaboration, friendship, scholarship, research and compassionate care around the world. Sharing and exchanging best practice, and improving the safety and quality of mental health care is our priority, whilst working with diverse cultures, legal systems, commissioning processes and the wider political and social issues like stigma and

funding that affect the quality of care. The theme of the congress is appropriately: **Global Challenges & Cultural Psychiatry:** Natural Disasters, Conflict, Insecurity, Migration and Spirituality. The congress will include high quality plenary lectures from international experts, and bring together diverse disciplines in shared learning. There will be an active social programme, and visits to local places of beauty. Most importantly, you will be in the company of the best scholars in the world on culture and mental health, and especially those that have dedicated their lives to understanding human conflict and trauma, and its psychological consequences. Of course treatment is one approach, but prevention and social, psychological and legal mechanisms to prevent conflict will be also be discussed. I look forward to seeing you all at this magnificent event, which follows previous World Congresses in London in 2012, Norcia, 2009, and Beijing 2006. Members of the World Association receive substantial discounts on registration fees, so please visit the World Association pages and become a member. The Congress President, Professor

Villaseñor-Bayardo has picked an outstanding location and wonderful accommodation within which we shall enjoy research, practice, and theoretical perspectives on culture and mental health. I look forward to welcoming you and talking to you all.

**Prof. Kamaldeep Bhui BSc MBBS MSc MD
FRCPsych**

**President of World Association of
Cultural Psychiatry**

***Professor of Cultural Psychiatry &
Epidemiology,***

***Barts & The London School of Medicine
and Dentistry***

Wolfson Institute of Preventive Medicine

Queen Mary, University of London

***Welcome message for 4th world congress
of cultural psychiatry***



Prof. Goffredo Bartocci

It is a pleasure and an honour for me to invite the scholars in Cultural Psychiatry to the IV World Congress of Cultural Psychiatry to be held in October 2015 in Puerto Vallarta, Mexico, chaired by Prof. Sergio Villaseñor-Bayardo.

As you know, the previous **World Congresses of Cultural Psychiatry** were held in Beijing, China (2006), Norcia, Italy (2009) and London, UK (2012).

Each of these three occasions of encounter for clinicians and scholars was quite exciting for the number of participants and for the

high quality of scientific sessions, and each marked a cornerstone in the progress of Cultural Psychiatry.

As the co-founder and past President of **WACP**, my task was to follow its developments even on this occasion, which is an honour and quite a commitment.

I must underline, albeit at the cost of creating a corner of sadness within this happy occasion of the IV WCCP that after the death of Wen Shing Tseng, co-founder of **WACP**, the task of promoting **Cultural Psychiatry** is up to all of us. I am sure this congress will show our will to pick up Wen Shing Tseng's legacy.

Why is this congress particularly important? It is easy to explain. Mexico is a geographic connection between North and South America, and a bridge between Latin American culture and all other cultures. In 2010, I took part in the **GLADET** congress chaired by Prof. Villaseñor-Bayardo and I could experience first-hand the energy expressed by our colleagues from **GLADET**, who have mastered the art of grooming the

two characteristics of **WACP**: science and friendship.

This congress will open up to a Psychiatry that will pay attention to cultural factors in the shaping and pathogenesis of psychiatric disorders. In line with the global challenges Cultural Psychiatry will have to face in the near future (which will be outlined in the next issue of the WCPRR), this congress, with its wide epistemological approach, will face broad topics such as human responses to natural and man-made disasters, conflicts, insecurity and the lay and theological meaning of spirituality.

Without being grandiose, I bet that after this **congress international Psychiatry** will be **Cultural Psychiatry**.

See you all soon in Mexico!

Best wishes

Goffredo Bartocci

Courses

WACP Co Founder and Past President

Spirituality, Theology and Health; Durham University

The 4th World Congress of Cultural Psychiatry

2014/09/01 - 2015/07/01



Prof Sergio J. Villaseñor-Bayardo

This is an exciting new inter-professional, inter-disciplinary programme for those interested in Christian theology and those in Health related professions.

The programme is a collaborative venture with the Department of Theology & Religion, focusing on the interdisciplinary and inter-professional issues that emerge in the study of spirituality and wellbeing, particularly in the healthcare context.

The aim of the programme:

To provide a taught postgraduate programme on which theologians• and

scientists, clergy/chaplains and healthcare workers may reflect together on their understanding of the interdisciplinary field of spirituality, theology and health.

To assist practitioners in acquiring and extending their ability to• reflect theologically on their pastoral and clinical work in spirituality and healthcare.

To provide practitioners and researchers with subject specific• knowledge and skills supportive of progression to teaching others about spirituality, theology and health.

To provide a depth of knowledge of the• literature and in research skills prior to undertaking a doctoral programme of study (PhD or DThm) in this field.

To assist those who, already having a• master's degree or doctorate in a different but related field, wish to enter this as a new academic field for research or teaching.

To allow students to• conduct, on their individual initiative, a substantial piece of academic research with a primary focus on either theology (MA route) or health (MSc route).

Venue

Durham University

Mental Health: Transcultural Mental Healthcare

Postgraduate Diploma (1 year Full-time / 2 years Part-time)

QMUL, London

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Overview

Mental health is an ever-growing field and the care for mental illness is developing accordingly worldwide. There is an overall

sense of enhanced awareness on mental health, leading to a need for new knowledge and applications of good practice. Phenomena such as globalisation, and displacements of populations, create new strengths and vulnerabilities in mental health. London, in particular, is a culturally diverse community which requires its practitioners to be culturally sensitive to the individual needs of their clients.

We offer two programme pathways: Mental Health: Psychological Therapies; and, Mental Health: Transcultural Mental Healthcare, both leading to an MSc, Postgraduate Diploma or Postgraduate Certificate. All of the courses are available by blended or distance learning modes of delivery.

The primary aims of this programme, Mental Health: Transcultural Mental Healthcare, are to develop your ability to think critically about working in mental health and mental health research, and to provide greater knowledge and skills, while also imparting the professional values and attitude necessary in health and social care.

The Transcultural Mental Healthcare pathway primarily focuses on cultural capability in health and social care, and provides training in health services research. You will develop a knowledge base derived from anthropological, medical, sociological, epidemiological, pharmacological disciplines, as well as cultural understandings of the presentation, expression and management of psychological distress amongst ethnic minorities. Students undertake a placement related to Transcultural Mental Healthcare for improving reflective practice and complete a research project or systematic literature review on a related topic.

This programme will:

- Allow you to develop a more advanced understanding of the basis of assessment, diagnosis, formulation and care management of psychological disorders in general, and then in diverse racial, ethnic and cultural groups drawing on cultural psychiatry, social sciences and allied disciplines
- Give you access to an academic

programme that prepares you to be a competent practitioner, able to deliver effective mental health treatments for people with psychological problems

- Develop your knowledge of research methods and systematic and critical review techniques Develop and give you access to a network of mental health professionals and established academics.

Why study your MSc in Mental Health:

Transcultural Mental Healthcare at Queen Mary?

Barts and the London School of Medicine and Dentistry is comprised of two world renowned teaching hospitals, St Bartholomew's and The Royal London, which have made, and continue to make, an outstanding contribution to modern medicine. We are one of the top five in the UK for medicine in the 2008 Research Assessment Exercise.

Mental Healthcare Studies is taught in the Centre for Psychiatry at the Wolfson Institute of Preventive Medicine at Barts and The

London School of Medicine and Dentistry.

The Centre for Psychiatry has research interests in psychiatric epidemiology and social psychiatry, cultural psychiatry, liaison psychiatry and forensic mental health.

Current research focuses on aetiology of common mental disorder, particularly examining the role of social factors, and on explanations for inequalities in mental health in adults, psychosomatic illness and mental health in ethnic minorities.

- This pathway equips you with invaluable skills that will be directly applied in clinical work. It enhances and sensitises people interested in acquiring in-depth knowledge on the differences between cultures, from a mental health point of view
- This course addresses the current gap in training for professionals working in multi-cultural populations where mental health issues are important
- The lectures are primarily taught by external speakers, which gives you the chance to be taught by experts in each particular field

- It provides a stimulating environment in which the curiosity about race, culture and ethnicity and management of health issues can be explored in the spirit of advancing knowledge and education in order to improve quality of care to black and ethnic minority groups
- It promotes critical thinking about research on mental health issues of black and ethnic minority groups, and develops new research methodologies to deliver high quality research outputs.

Facilities

You will have access to Queen Mary's comprehensive libraries, including the Postgraduate Reading Room, and The British Library can also be accessed as a research resource.

Specialist resources include:

- The Blizard Building. At the heart of the Whitechapel development is the Blizard Building, which houses state of-the-art facilities for students and

staff: open-plan research laboratories, office space, a 400-seat lecture theatre and a cafe

- You will have access to a large collection of basic medical and dental texts in the main library at Mile End. The Library is open seven days a week. This resource is complemented by the two large medical and dental archives based at the Royal London and at Barts in older, architecturally distinguished buildings that are well worth a visit just to experience their atmosphere.

The course director, Professor Kamaldeep Bhui, introduces this programme:

For more details please visit: www.mental-health-studies.org.uk

For further information, you can also visit [Barts and The London School of Medicine and Dentistry](http://BartsandTheLondonSchoolofMedicineandDentistry) website.

Apply now

[Full-time Part-time](#)

Admission status:

Open

Campus:

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Find out more:

[Wolfson Institute](#)

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