TPS CHAIR’S REPORT

Ronald Wintrob, MD
Chair, WPA-TPS

The past nine months have been a very active period in the life of our Section.

Over the three day holiday weekend at the end of October, known as Halloween in North America, and as All Saints Day in Latin America and much of Europe, WPA-TPS co-sponsored the ‘1st international conference on cultural psychiatry in the Spanish-speaking world’, under the leadership of our colleague Prof Joseba Achotegui, and co-sponsored by the University of Barcelona. The conference, held in the historic center of Barcelona, was a striking success and was very well attended. Reports of the conference proceedings have been prepared - in both English and Spanish versions - by Prof Achotegui and his colleagues on the Barcelona Organizing Committee, and are included in this issue of our Newsletter.

In Dec, WPA-TPS was co-sponsor of the 4th annual international conference on cultural psychiatry in the German-speaking countries, hosted and co-sponsored by DTPPP; the Association of Transcultural Psychiatry, Psychosomatic Medicine and Psychotherapy in the German-speaking World. The conference was held Dec 9-11, in Dusseldorf, at the very large and architecturally imposing contemporary building of the medical association of that
region of Germany. The conference was attended by some 250 people, including psychiatrists, psychologists and specialists in a number of other disciplines related to immigration, public health, social welfare and mental health services.

A brief report on this conference is included in this issue of the Newsletter.

In April, WPA-TPS co-sponsored, together with the Minkowska Center in Paris, the ‘1st international conference on cultural psychiatry in the French-speaking world’. Dr Rachid Bennegadi was chairman of the Paris Organizing Committee and co-chair of the conference, which was held during a stretch of glorious spring weather, from April 18 – 20. The venue for the conference was the very contemporary ‘Georges Pompidou European Hospital, within sight of the iconic Eiffel Tower.

Simultaneous translation was provided; not just for all plenary sessions, but for all symposia as well - a tremendous accomplishment.

And yet, despite the enormous draw of Paris in springtime, all the plenary sessions and symposia that were held throughout the three days of the conference attracted large numbers of participants. The atmosphere was extraordinarily cordial, and there was a great deal of lively exchange of ideas among conference participants. This same sense of pleasure in being together was very evident throughout the evening that we spent together on a dinner cruise along the Seine.

Dr Bennegadi and his colleagues on the Paris Organizing Committee have prepared both English and French versions of their report on ‘the Paris conference’. They too are included in this issue of our Newsletter.

Also in April, the 1st special issue of Transcultural Psychiatry sponsored by WPA-TPS was published. This was a double issue of the journal, comprised of twelve articles on the theme of ‘the personal and the professional; the lives and careers of cultural psychiatrists’. This special issue is the result of two years of dedicated effort by TPS, our twelve colleagues who contributed spirited, moving, thoughtful and diverse articles on the theme, and the editorial staff of Transcultural Psychiatry. It is the manifestation of an important milestone in the life of the Section; the completion of a formal agreement between WPA, WPA-
TPS, the Division of Social and Transcultural Psychiatry of McGill University, and Sage Publications, by which Transcultural Psychiatry has become the ‘official journal’ of WPA-TPS. The intention of the agreement is that this inaugural ‘special issue’ of Transcultural Psychiatry will be followed by another special issue sponsored by our Section each year. Planning is underway now for the 2nd special issue, on the theme of ‘current research on cultural psychiatry around the world’.

Our Section has been preparing over the past year to take a very active part in the scientific program of the XV World Congress of Psychiatry that will be held this year; in Buenos Aires, from Sep 18-22. Our efforts have been successful; to the extent that WPA-TPS proposed ten symposia on the overall theme of ‘current research on cultural psychiatry around the world’. All ten symposia have been accepted, They will address current cultural psychiatry research in Canada, USA, Asian countries, France, Scandinavian countries, Britain, The Netherlands, Russia, Caribbean countries, Spanish-speaking countries, and German-speaking countries.

In addition, WPA-TPS will sponsor a ‘Section symposium’ on the theme of ‘culture and person-centered psychiatry’, and will sponsor another symposium on the theme of ‘cross-cultural studies of demoralization and depression’; drawing on the theme of our WPA-funded TPS research project, directed by Dr John de Figueiredo, on ‘demoralization and depression in cancer patients’.

Taking all these symposia into account, our Section will be represented by no less than fifty individual presentations within the scientific program of the BA congress; a record we can all be proud of.

It is evident that a large number of our Section members will be participating in the BA congress, and I hope to meet many of you there in Sep.

WPA convened a major international ‘thematic conference’ in Istanbul, June 8-11. A number of members of our Section participated in that conference. Our Section sponsored a symposium on the theme of ‘acculturative stress and immigration policy in an age of fear of terrorism’, as well as a course for trainees and early-career psychiatrists on the theme of ‘clinical assessment and treatment of patients with diverse cultural backgrounds’.

During the month of June, our Section
conducted its triennial election for eight members of the Executive Committee of TPS for the term of office Sep 2011 through Sep 2014. All TPS members who have paid their membership dues through Sep 2014 were eligible to vote. In the end, 38 of the 57 members eligible to vote did cast their ballots; comprising 66% of eligible voters.

These figures are quite similar to those for the last election, in 2008, when 61.5% of eligible voters cast their ballots.

The results of the June election will be announced during the Section’s Business Meeting, which will be held Wed Sep 21, from 11 am to 12 noon, during the Buenos Aires congress. The venue is the Atalaya Room.

At the Business Meeting, the Executive Committee will also review plans for the activities of our Section in 2012 and 2013. I hope you will be able to be there for the Business Meeting on Sep 21.

The current Executive Committee’s term of office ends in Sep. During the congress in BA, a working lunch meeting will be arranged between the current EC members and those elected for the term 2011-2014.

On behalf of all nine of us who comprise the current Executive Committee, I would like to thank all of you, the members of WPA-TPS for the encouragement and support you have so generously offered us during our term of office from Sep 2008 through Sep 2011.

We all look forward to the continued vigorous life of our Section under the leadership of our newly elected Executive Committee.

Ronald Wintrob MD
Chair,
WPA-Transcultural Psychiatry Section
rwintrob@earthlink.net
Providence, RI, USA

A NOTE FROM THE EDITORS

Welcome to Vol 6 issue 1 of World Healer. It has been a great year for the WPA TPS. Following the Chair’s report by Prof Ron Wintrob, we report on three major conferences in Barcelona, Paris and the DTPP conference in Dusseldorf. We look forward to the forthcoming conference in Buenos Aires in September and the WACP London conference in March 2012. We would like to use World Healer to disseminate information about any relevant
educational activities related to cultural psychiatry; here we provide details of courses at Durham University on religion and Health, and Transcultural Mental HealthCare at Barts and the London. We are also keen to receive brief reports of ongoing research relevant to Cultural Psychiatry.

We hope you enjoy the items included in this issue of our Newsletter,

Dr Simon Dein. Editor
Dr Robert Kohn, Associate Editor

Report on the WPA-TPS Sponsored Conference on "Migration, Mental Health and Transculturalism in the 21st Century"
October 30 – November 01, 2010
Barcelona, Spain

By Pr Joseba Achotegui

Held at the conference facilities of the University of Barcelona during the long weekend holiday of ‘All Saints Day’ (Halloween weekend in USA and Canada), the conference was attended by 240 individuals from more than 30 countries; including Japan, Sudan, USA, Israel, Sweden, France, Canada and Chile. The primary focus of the conference was on mental health research with new migrants who experience situations of trauma brought on by aspects of acculturative stress. This is a socio-psychological phenomenon of increasing importance in recent years that generates challenges at the diagnostic, clinical and social service levels.

The congress was organized by a Barcelona-based steering committee and financed through participant registration fees. Most participants were young and highly motivated professionals, which resulted in high attendance and audience participation at the scientific sessions (even in light of 12 hour days and the
fact that the congress took place over a national holiday). The dedication of one participant in particular, from Bilbao, deserves special mention, inasmuch as he attended the conference during the course of his honeymoon.

The conference venue was in Barcelona’s historical city center, close to the ‘Gothic district’ and Ramblas (the tree-lined boulevard that is the city’s main shopping and outdoor arts location). More than 50% of the residents of this busy and popular area are migrants.

Ron Wintrob, chair of the WPA’s Transcultural Psychiatry Section and Rachid Benengadi, Secretary of the Section, participated in the planning and the organization of the conference, which was a continuation of many years of the Section’s work. Pr Wintrob and Dr Bennegadi were actively involved throughout the conference.

The conference is a continuation of ongoing work that includes research and mental health services for migrants in Barcelona, which began in the 1980s. The congress included the collaboration of the School of Public Health of the University of California, Berkeley.

**PROGRAM**

The scientific program of the conference included 6 plenary presentations, 31 symposia, and 3 workshops, as well as poster sessions and open communications. The focus of the conference was interdisciplinary and based on four conceptual areas:

1) Psychopathology and mental health, 2) Psychosocial health 3) Psychocultural health and 4) new lines of research in migration and mental health. This structure permitted an approach that examined migration and mental health through complimentary frameworks and allowed for participants to select those activities in each of the four conceptual areas that were of greatest interest to them.

In the area of psychopathology and
mental health, four symposia were presented on ‘The Ulysses Syndrome’ with the participation of presenters from eight countries. Other topics included psychopathology, intervention, children and adolescents, and transcultural evaluation, among others.

The psychosocial conceptual area included the topic of violence during migration, gender and migration, social exclusion, racism, homeless migrants etc.

The psychocultural area included symposia on identity, intercultural mediation, acculturation, and cultural competence, among others.

Finally, the new research area included work on families, ethics, stigma, and the influence of communication technologies on the mental health of migrants.

Three special workshops took place within the framework of the conference. Faculty from the School of Public Health of the University of California, Berkeley, conducted two workshops: 1) Public Health Program Assistance to Latino Immigrants in the United States, conducted by Xochitl Castaneda and Emily Felt, and 2) Mental Health Programs for Latino Immigrants in the US and Evaluation Scales for Determining Risk Factors in Migration and Mental Health (Ulysses Scale), conducted by Liliana Osorio and Joseba Achotegui (University of Barcelona). The third workshop was titled Focus Groups in Qualitative Research on Migration and Mental Health, and it was directed by Ani Viladrich of the University of the City of New York.

The inaugural plenary presentation was one of six, and was presented by William Vega of the University of Southern California. It concerned mental health assistance for migrants in the United States. Joseba Achotegui of the University of Barcelona gave a plenary
presentation on the Ulysses Syndrome, Joan Obiols of the University of Andorra gave a plenary presentation on the mental health of migrants in multicultural societies, and Sergio Villasenor, of the University of Guadalajara, Mexico, presented on the cultural traditions associated with commemoration of people who have died, which is an integral part of the celebration of All Saints Day in Mexico. Rose Marie Moro, of Paris V University, presented on psychopathology in migrant children, and during the closing conference, Rachid Benengadi, from the Minkowska Centre in Paris, presented on medical anthropology and migration.

The congress included 2 ‘free communication’ sessions comprising 46 communications, and 2 poster sessions that included 21 posters that spanned the four conceptual areas of the congress.

In the effort to provide congress participants with ample time and space for debate, discussion sessions were held following the workshops.

SOCIAL PROGRAM:
The opening day of the conference was celebrated at a reception held at the Palace of the Kings of Aragon in the Gothic district of Barcelona, walking distance from the conference venue at the University of Barcelona campus. During the second day of the conference, a Romanian gypsy musical presentation was organized, during which conference participants were able to show solidarity with one of Europe’s most discriminated-against ethnic migrant groups.
The closing ceremony of the conference took place at sea, outside Barcelona’s commercial harbor. In homage to the thousands of migrants who have died during perilous journeys to reach ‘safe harbors’ by boat and under other extreme circumstances during their migration, on November 1st (All Saints Day), conference participants boarded a ship at the Colon (Christopher Columbus) Pier in the Port of Barcelona, and once outside port on the open sea, threw flowers into the sea, and read passages from the Odyssey and various religious texts, in memory of migrants who lost their lives during their search for safe haven. The closing ceremony was filmed by Spanish and foreign television networks and reported in the press.

During the course of the conference, participants launched the Athena Network, a global network of providers of psychological and psychosocial support for migrants in extreme situations. The network searches for global solutions to global problems associated with migration, invoking the figure of Athena, the goddess who protected Ulysses from adversity, danger and solitude. The network was founded collaboratively, by the University of Barcelona, the University of California, Berkeley, and the Minkowska Center of Paris, and is made up of individuals from more than 20 countries.

Key government officials who attended the conference include Ana Terron, Minister of Migration in the
Spanish government, and Oriol Aroros, Director of the Secretariat of Migration of the government of Catalonia. The organizing committee of the congress included representatives of the Sant Pere Claver Hospital Foundation of Barcelona, the Autonomous University of Barcelona, and the University of California, Berkeley, as well as the WPA-Transcultural Psychiatry Section’s current and past Secretaries; Dr Rachid Bennegadi (France) and Dr Joan Obiols (Andorra).

Anecdotally, the Church of Scientology organized a protest against the conference.

Resumen Del Congreso “Migración, Salud Mental Y Trasnculturalidad En El Siglo Xxi”.

Barcelona 30-31 De Octubre Y 1 De Noviembre Del 2010

El congreso contó con 240 participantes procedentes de más de 30 países y centró especialmente sus trabajos en el estudio de la salud mental de las nuevas migraciones en situación extrema, un fenómeno social de creciente importancia en los últimos años y que están suponiendo todo un reto a nivel diagnóstico, clínico y asistencial.

Fue un congreso que se organizó de modo autogestionado y que se financió exclusivamente con las cuotas de los participantes. Los asistentes fueron mayoritariamente profesionales jóvenes, que acudieron con una alta motivación, lo que se demostró en un elevado nivel de asistencia a las sesiones, (a pesar de que la duración de las jornadas de trabajo era de 12 horas y el congreso se celebró en días festivos) Como una muestra de la motivación de los participantes señalaremos que una colega procedente de Bilbao acudió en viaje de novios.

El congreso se celebró en el centro histórico de Barcelona, muy cerca del barrio gótico y las Ramblas, un área de Barcelona que posee más de un 50% de migración y contó con participantes provenientes desde Japón a Sudán, desde Israel a Suecia, desde Canadá a Chile.

La preparación del congreso se realizó en permanente contacto con el Presidente de la Sección de Psiquiatría Transcultural Ron
Wintrob y el Secretario de la sección Rachid Bennegadi, y fue la continuación de un trabajo en común de muchos años en la sección. Asimismo el congreso es la continuación de una línea de investigación y asistencia en salud mental a los inmigrantes en Barcelona, que arranca ya de los años 80 y de la colaboración con la Escuela de Salud Pública de la Universidad de Berkeley

**PROGRAMA**

El programa del congreso constó de 31 symposiums, 3 Work-shops especiales y 6 conferencias, así como sesiones de pósteres y comunicaciones libres. El programa tuvo un enfoque interdisciplinar con 4 áreas de trabajo, basadas en cuatro recorridos conceptuales: área de la psicopatología y la salud mental, área psicosocial, área psicocultural y el área de nuevas líneas de investigación. Esta estructura permitió plantear diferentes y complementarios abordajes sobre la migración y la salud mental y que cada congresista hiciera un diseño “a la carta” de las actividades en las que quería asistir.

En relación al primer área, el área de psicopatología y salud mental señalarmos entre otros la existencia de 3 symposiums sobre el Síndrome de Ulises con participación de colegas de colegas de 8 países, se abordó también la psicopatología, la intervención, aspectos específicos de los niños y adolescentes, la evaluación transcultural, etc. En el área psicosocial se abordó el tema de la violencia en la migración, la perspectiva de género (especialmente en los inmigrantes sin papeles), la exclusión social, el racismo, los homeless, etc. En el área psicocultural hubo entre otros, symposiums sobre identidad, mediación intercultural, aculturación, competencia cultural. Y en el área de nuevas líneas de investigación se trabajó sobre la familia, aspectos éticos, estigma, la influencia de las nuevas tecnologías de la comunicación en la salud mental de los inmigrantes, etc.

En relación a los 3 Workshops especiales, señalarmos que el primero “Programas de salud pública en la atención a inmigrantes latinos en Estados Unidos” contó con la participación de Xóchitl Castañeda, Emily Felt, de la Escuela de Salud Pública de la Universidad de Berkeley. La segunda sesión especial Workshop “Programas de salud mental con hispanos en Estados Unidos y utilización de escalas de evaluación de factores de riesgo en salud mental en la migración (Escala Ulises)” estuvo a cargo de Liliana Osorio (Univ. de Berkeley) y Joseba Achotegui (Univ. de Barcelona). Y la tercera sesión especial Workshop se tituló “Los grupos focales en la investigación cualitativa en migración y salud mental” fue dirigida por Ani Viladrich de la University of the City of N. York.
Hubo 6 conferencias comenzando con la conferencia inaugural impartida por William Vega de la Universidad South of California acerca de la atención en salud mental a los inmigrantes en USA, Joseba Achotegui de la Universidad de Barcelona versó su conferencia sobre el Síndrome de Ulises, Joan Obiols sobre la salud mental de los inmigrantes en las sociedades multicultural, Sergio Vilaseñor sobre las tradiciones del día de Todos los Santos en la cultura mejicana, Rose Marie Moro sobre psicopatología infantil en la migración y la conferencia de clausura la pronunció Rachid Benengadi sobre antropología médica y migración.

Hubo 2 sesiones de presentación de 46 comunicaciones libres así como 2 sesiones de presentación de 21 pósters que se estructuraron también en las 4 áreas conceptuales del congreso.

Asimismo hubo dos debates generales con los conferenciantes y ponentes de los workshops porque en los congresos es frecuente que los participantes se encuentren con que hay poco espacio para oír las opiniones de todos y consideramos que era fundamental habilitar espacios para ello.

ACTOS SOCIALES:

El primer día del congreso se celebró una recepción en el Palacio de los Reyes de Aragón, en el barrio gótico de Barcelona. El segundo día hubo una actuación musical con un grupo de gitanos rumanos, uno de los grupos de inmigrantes más discriminados actualmente en Europa al que se quiso mostrar nuestra solidaridad, así como una fiesta hispana en una discoteca de la zona de Montjuich de Barcelona.

Y finalmente, el acto en alta mar en homenaje a los miles de inmigrantes muertos en naufragios y circunstancias extremas que se celebró el día 1 de noviembre, festividad de Todos los Santos,
día de los difuntos en la tradición cristiana. Un grupo de unas cincuenta personas salimos del muelle de Colón del puerto de Barcelona y nos dirigimos a alta mar, donde se lanzaron pétalos de flores y se leyeron poemas de la Odisea y plegarias de varias religiones en varias lenguas. El acto fue filmado por varias televisiones españolas y extranjeras y reproducido en los noticiarios y periódicos.

También en el congreso tuvo lugar la CREACIÓN DE LA RED ATENEA, una red global de ayuda psicológica y psicosocial a los inmigrantes en situación extrema que busca aportar soluciones globales a problemas globales, e invoca el nombre de la diosa Atenea que protegía y ayudaba a Ulises ante sus adversidades, peligros y soledades. La red ya sido fundada por la Universidad de Barcelona, la Univ de Berkeley y el centro Minkowska de París y consta ya con integrantes de más de 20 países.

Señalar que en la inauguración del congreso participaron, entre otras autoridades, Ana Terrón, que hace las funciones de ministra de la migración en el gobierno de España y Oriol Amorós, el Director de la secretaría de la migración del gobierno autónomo de Catalunya. El comité organizador estuvo integrado por miembros del Hospital de Sant Pere Claver de Barcelona, de la Universidad de Claver de Barcelona, de la Universidad de Barcelona, de la Universidad de Berkeley, así como por compañeros de la sección de Psiquiatría transcultural de París y el Dr. Obiols de Andorra que fue hace unos años secretario de la sección.

En el anecdotario del congreso se ha de señalar que hubo una manifestación en contra organizada por la iglesia de la cienciología.


Globalization is the modern theatre for migratory movements that compels anyone that is in a situation of international mobility to put in place complex mechanisms within the process of acculturation. Migration is a real challenge for the mental health of an individual. When the context in the country of origin and in the host country is unfavourable, when migration conditions are particularly stressful, and when resilience is reduced, an individual can be destabilized and his/her mental balance affected. Linguistic barriers and the necessary
confrontation with cultural representations have an intrapsychic cost that sometimes affects self-esteem and hinders one’s life force. Adjustments could have psychopathological consequences. Migration issues and migrant mental health are in a systemic relationship that causes public health problems on a global scale.

From April 18 to 20 2011, 200 delegates, including 83 representatives of national and international scientific societies and experts in the transcultural field, met in Paris to attend the First International Conference on Transcultural Psychiatry in the French Speaking World, on "Migration and Mental Health", co-organized by the WPA-TPS and the Françoise Minkowska Centre.

When the decision was made with Professor Ron Wintrob, Chair of the WPA-TPS, to hold this transcultural event that would bring together psychiatrists, psychologists, anthropologists and social workers from around the world, we already knew that beyond the multi-lingualism of some of us, it would be ideal to ensure effective communication by providing professional simultaneous translation for all plenary sessions…and all symposia too.

This decision was implemented during the entire three-day conference and was one of the factors that contributed to the ultimate success of this international meeting.

Conviviality coupled with the appeal of the scientific content and the desire to want to exchange knowledge, achieved the objective of this congress, which was to get to know each other better, share our best practices and demonstrate an interdisciplinary openness.

The introduction by representatives of the WPA-TPS, the World Association for Social Psychiatry (WASP), the International Organisation for Migration (IOM) and the WHO, showed that we had provided the symbolic means to discuss issues of migration and mental health.

This scientific meeting was held under the auspices of the Associations named above, and had as partners the WACP, SSPC, GLADET, ALFAPSY, the University Paris Descartes, the Sigmund Freud University of Paris, the Evolution Psychiatrique, the Euromed Netword for Migration and Mental Health.

The Scientific Program

In his opening address, Professor Norman Sartorius stressed the risk of stigma that
hangs over precarious and vulnerable populations, although this does not necessarily include migrant and refugee populations. He emphasized the need to sensitize governments and urge the psychiatric world to open up to areas ranging from medical physics to sociology, anthropology and management of health care systems. The financial aspects were not ignored, and Prof. Sartorius deplored the gap between wealthy countries and the emerging ones, who often do not even have anywhere near enough mental health professionals and health care facilities to meet the needs of their populations.

Indeed, the migration process also changes the way a migrant is ill. For example, the perception of each culture, the stress of traveling, preparing to travel and so on are all factors that influence the way in which the migrant will be affected. It is, therefore important to "transform the experience of migration, of this stress, into personal and social development for the migrant and the host country."

Plenary Sessions:

The mornings were reserved for plenary sessions. One of the key themes addressed in these sessions was the role of gender in mental health, including a presentation by Professor Marianne Kastrup (Denmark), highlighting the need to include this important topic in future public health programs.

Professor Kastrup then developed two major approaches:

- The biological approach with reproductive causes: she indicated that the role of "caregiving" (a mother caring for her baby and protecting it) could provide a protective function or a distressing function for the woman who migrates.

- The social approach, with economic, cultural, and discriminatory causes.

Professor Jim Boehnlein discussed the comparative aspects regarding education and training on transcultural themes across different countries and presented, from an American perspective, the six ACGME "core competencies":

- Patient-care
- Medical knowledge
- Practice-based learning and improvement
- Interpersonal and communication skills
- Professionalism
- Systems-based practice

Professor Driss Moussaoui, Chair of the WASP, addressed key aspects of social psychiatry, such as the necessary links between rehabilitation work and social-cultural themes. There are 4.5 million Moroccans living abroad (15% of the population) and recently Morocco has also started receiving migrants. Migration is now occurring in all directions, not just from developing countries to developed ones. Prof. Moussaoui reminded us to be aware of the importance of these changes taking place, as they would help to better understand cultural differences.

Professor Goffredo Bartocci approached the problem and the place of the sacred on the intercultural realm, and recommended that we consider the impact of spirituality in the therapeutic exchange.

A very special moment in the conference that touched all participants emotionally, were the two presentations by Professor Ron Wintrob and Professor Fumitaka Noda, who each described their personal experience of the trauma related to the very recent and massive earthquakes they witnessed in New Zealand and in Japan. These two experienced psychiatrists described the physical and emotional turmoil resulting from these tragic events.

While speaking of the consequences of the two events, they also shared their experience via striking photos and videos, making it ever more real for the audience to capture.

Professor Ron Wintrob also talked about the impressed by the impressive resilience he witnessed among New Zealanders throughout the earthquake and the weeks of after-shocks, and how the community of Christchurch came together to help each other recover and cope with the shock, the chaos and the rebuilding of the community.

Professor Noda cited some figures that spoke for themselves, and emphasized the traumatized psychological state of the Japanese population and also the importance of social resilience.

Stephanie Larchanché clearly articulated the topic of social determinants of mental health within the framework of medical
anthropology, which was addressed for the first time on a historical and clinical register. She also shed light on the ethical aspects of mental health research, and highlighted the complex role of clinically applied medical anthropology.

Dr. Boris Cyrulnik focused on the topic of resilience and the impact of cultural references on the neo-development process following traumatic psychic injury. He detailed the issues of culture and the process of child development underlying the essential notions of secure and insecure attachments.

Professor Marie Rose Moro offered an intervention on the place of cultural reference and the migrant person's past, and in particularly regarding migrant children and adolescents, and explained the psychological and social factors involved in the process of identity formation.

Dr. Richard Rechtman developed the political dimension, with reference to care policy, and the inevitable collusion between health, culture and socio-political reference, with the strong idea of not splitting major health issues and migration policy challenges.

With reference to the philosophy of the French health care system, Dr Rachid Bennegadi discussed the notion of cultural competence in psychotherapy and proposed a number of conceptual tools and communication practices. Combining practical examples with various theoretical approaches, he emphasized the importance of confronting explanatory models, the source of so many difficulties in the therapeutic relationship.

Symposia:

Each afternoon several parallel symposia were held; Many themes were developed, often echoing the plenary sessions, such as:

• Cultural Competence and DSM-5
• Cultural identity and Mental Health
• Religion and psychiatric clinical practice in Latin America and Europe
• Diagnostic Issues and Culture: The experience of cultural consultation services in East London
• Phenomenology and migration
• Immigration Policy: a comparative study between France and Japan
• Cajuns of Louisiana: The strategies, traditions, and techniques of a cultural community in a post-disaster situation

Many other interesting and compelling
themes were discussed and can be found in the conference program.

In addition, a film by Molly Blank called: “Where do I stand: Youth confronting Xenophobia in South Africa”, was presented during the conference and was commented on by Dr. Steve Wolin and Professor Marianne Kastrup.

This film is about a xenophobic act that took place in South Africa. A group of South Africans attacked Zimbabweans and looted their stores. The film shows the reactions of the victims, as well as of the people who had participated, and those who did not.

In the concluding session of this 1st International Conference On Cultural Psychiatry In The French Speaking World, both Professor Ron Wintrob and Dr. Rachid Bennegadi commented on the richness of the exchanges, the variety of interventions and the full attendance at plenary sessions and at the numerous symposia throughout the conference.

Regarding conference social events, on the evening of Tuesday April 19, delegates took their place aboard a bateau-mouche (a traditional French riverboat) called Blues Melody for a 3-hour sunset dinner cruise on the River Seine. It was a magical evening, and included a spontaneous (well...maybe planned to some extent) celebration of the engagement of one of our TPS members.
même psycho-pathologiques.

**Les enjeux migratoires et la santé mentale du sujet migrant sont dans un lien systémique qui provoque, à l'échelle mondiale, des problèmes de santé publique.**

Du 18 au 20 avril 2011, 200 congressistes dont 83 intervenants représentants de sociétés savantes nationales et internationales, expertes dans le domaine transculturel, se sont réunis à Paris pour assister à ce premier Congrès International Francophone de Psychiatrie Transculturelle, sur le thème «Enjeux migratoires et santé mentale» co-organisé par La Section de Psychiatrie Transculturelle de l'Association Mondiale de Psychiatrie et le Centre Françoise Minkowska.

Lorsque la décision fut prise avec le Pr Ron Wintrob (Président de la Section Transculturelle de l’Association Mondiale de Psychiatrie) de tenir cet événement, qui dans le cadre de la psychiatrie transculturelle, allait réunir des collègues, psychiatries, psychologues, anthropologues du monde entier, nous savions déjà que au-delà du plurilinguisme de certains d’entre nous, il valait mieux garantir une communication efficace, pragmatique et gratifiante par la mise en place d’une traduction simultanée professionnelle de toutes les séances plénières et de tous les symposia.

Cela s’est vérifié pendant les 3 jours du congrès. Bien sur, ce n’était qu’une des conditions pour la réussite de cette rencontre internationale. La convivialité s’est associée à l’intérêt des contenus scientifiques et au désir d’échanger pour que soit réalisé l’objectif de ce congrès, c’est-à-dire, mieux se connaître entre nous, échanger vraiment sur nos pratiques et faire preuve d’une ouverture d’esprit interdisciplinaire.

L’introduction faite par les personnalités de la Section Transculturelle l’Association Mondiale de Psychiatrie (WPA-TPS), de l’Association Mondiale de Psychiatrie Sociale (WASP), de l’O.I.M et de l’O.M.S., montrait déjà que nous nous étions donnés les moyens symboliques pour parler des enjeux migratoires et de la santé mentale.

Cette rencontre scientifique se faisait sur les auspices des associations ci-dessus nommées, et de partenaires comme la W.A.C.P, la S.S.P.C, la GLADET, ALFAPSY, l’Université Paris Descartes, l’Université Sigmund Freud Paris, l’Evolution
Psychiatrique, et le réseau Euromed « Migrations et Santé Mentale ».

Le Pr Norman Sartorius, dans son allocution d'ouverture, a insisté sur le risque de stigmatisation qui pèse sur les populations précarisées et vulnérables, même s'il ne faut pas forcément y inclure les populations migrantes et réfugiées. Il a mis l’accent sur la nécessité de sensibiliser les pouvoirs publics et en exhortant le monde de la psychiatrie de s’ouvrir à la médecine physique, à la sociologie, à l’anthropologie et à la gestion des systèmes de soins. Les aspects financiers ne sont pas non plus ignorés, et le Pr Norman Sartorius a dénoncé le fossé entre les pays riches et les pays émergents qui ne disposent parfois même pas du nombre suffisant de professionnels de la santé mentale et de structures de soins. En effet, le processus de migration change aussi la façon dont le migrant est malade. Par exemple, la perception de chaque culture, le stress du voyage, de la préparation au voyage etc. sont autant de facteurs qui influent dans la façon dont le migrant sera affecté. Il semble important de « transformer l’expérience de migration, de stress en développement personnel et social du migrant et du pays hôte ».

Programme :

Les matinées ont été réservées aux séances plénières.

Dans ces séances plénières ont été abordés des thèmes essentiels comme la place du genre dans la santé mentale avec une intervention du Pr Marianne Kastrup, mettant en avant la nécessité d’introduire ce concept à l’avenir dans les programmes de santé publique. Elle a ensuite développé deux approches importantes :

- l’approche biologique avec les causes reproductives : elle a indiqué que le rôle de « caregiving » (« donneuse de soins » - le fait que la mère s’occupe de son bébé et le protège) pouvait avoir pour la femme qui migre une fonction protectrice ou une fonction douloureuse.
- l’approche sociale avec les causes économiques, culturelles, et discriminatoires.

Les aspects comparatifs concernant l’enseignement et la formation sur les thèmes transculturels à travers différents pays ont été abordés avec l’intervention particulière du Pr Jim Boehnlein qui, dans la perspective américaine, a présenté les 6
« core compétences » ACGME :
- Patient care
- Medical knowledge
- Practice-based learning and improvement
- Interpersonal and communication skills
- Professionalism
- Systems-based practice

Sur les aspects essentiels de la psychiatrie sociale, le Pr Driss Moussaoui, Président de l’Association Mondiale de Psychiatrie Sociale, a développé les liens nécessaires entre le travail de réhabilitation sociale et la thématique transculturelle. Il y a 4,5 millions de Marocains à l’étranger (15% de la population) et récemment le Maroc reçoit également des migrants. La migration va dans tous les sens et pas seulement des pays en voie de développement vers des pays développés. Le Pr Moussaoui rappelle qu’il est important de se rendre compte de l’importance des changements pour mieux comprendre les différences culturelles.

Le Pr Goffredo Bartocci, dans une approche dense de la problématique et de la place du sacré sur le registre de l’interculturel, recommande de tenir compte de l’impact de la spiritualité dans les échanges thérapeutiques.

Un moment particulier a été la pierre de touche de cette rencontre, ce fut l’intervention en duo du Pr Ron Wintrob et du Pr Fumitaka Noda qui tous les deux, ont vécu, chacun à sa manière et toutes proportions gardées, le traumatisme du tremblement du terre, l’un en Nouvelle Zélande et l’autre au Japon. Ces deux psychiatres expérimentés nous ont décrit et montré des images saisissantes du fracas physique et psychique du séisme.

Tout en parlant des conséquences des deux événements, ils ont aussi partagé cette expérience via des photos et des vidéos qu’ils avaient prises ou choisies eux-mêmes, ce qui a donné un côté émouvant à leur intervention. On sentait par ailleurs à quel point l’événement était encore présent chez eux.

Le Pr Wintrob a parlé du fait qu’il avait été impressionné par la résilience des néo-zélandais et comment la communauté de Christchurch s’était entre aidée.

Le Pr Noda a également cité quelques chiffres qui parlent d’eux-mêmes, et insisté sur l’état psychique de la population Japonaise et également de l’importance de la résilience sociale.

Pour la première fois la dimension des déterminants sociaux de la santé mentale dans le cadre de l’anthropologie médicale ont été abordés sur le registre à la fois historique et clinique. Stéphanie Larchanché, en articulant clairement ce thème, a mis également la lumière sur les aspects éthiques de la recherche en santé.
mentale et souligné la part difficile de l’anthropologie appliquée à la clinique.

Le Dr Boris Cyrulnik, quant à lui, abordera le thème de la résilience et l’impact des références culturelles sur ce processus de néo-développement après une agonie psychique traumatique. Il détaillera les enjeux de la culture et des processus de développement dans l’enfance qui soutendent les notions essentielles d’attachement sécuré et insécuré.

La place de la référence culturelle et de l’histoire du sujet migrant et particulièrement l’enfant et l’adolescent migrant, ont fait l’objet de l’intervention du Pr Marie Rose Moro, qui a déroulé des éléments psychologiques et sociaux qui interviennent dans les processus identitaires.

La dimension politique au sens de la politique de soin et l’inévitable collusion entre soins, cultures et références socio-politiques a été développée par le Dr Richard Rechtman, avec l’idée de ne pas cliver les enjeux de santé et les enjeux de politique migratoire.

La notion de compétence culturelle a été interpellée dans le cadre psychothérapeutique par le Dr Rachid Bennegadi, qui, s’appuyant sur la philosophie du système de soin français, a proposé un certains nombres d’outils conceptuels pour la communication interculturelle. Joignant les exemples pratiques aux différentes approches théoriques, il insistera sur l’importance de la confrontation des modèles explicatoires, sources de tant de difficultés dans la relation thérapeutique.

Chaque après midi se sont tenus plusieurs symposia parallèles. Beaucoup de thèmes ont été développés, souvent en écho des séances plénières, comme :

- Compétence culturelle et DSM-5
- Adolescence et identité culturelle
- La place de la religion dans la pratique psychiatrique clinique en Amérique Latine et Europe
- Problèmes diagnostiques et culture : l’expérience des services de consultation culturelle à East London
- Phénoménologie et migrations
- Gestions des flux migratoires : étude comparative entre France et Japon
- Cajuns de la Louisiane : stratégies, traditions et techniques d’une communauté culturelle suite à une catastrophe naturelle
- Et bien d’autres tous aussi passionnants que les autres que l’on peut retrouver dans le programme.

A noter qu’un film de Molly Blank intitulé : « Quel est mon point de vue ? Les jeunes, face à la xénophobie en Afrique du Sud », a été présenté et commenté par le Dr Steve Wolin et le Pr Marianne Kastrup. Ce film traite d’un acte xénophobe qui s’est déroulé en Afrique du Sud. En effet, un groupe
d’Africains du Sud avaient attaqué des Zimbabwéens et avaient pillé leurs magasins. On y voit des réactions des gens qui y avaient participé, des gens qui en avaient été victimes et de certaines personnes qui n’y avaient pas participé. Ce fut un document extrêmement intéressant et la part d’humanité dans ce film ne cachait pas pour autant la problématique de la violence et de l’identité.

Lors de la soirée du mardi 19 avril, les congressistes ont pris place à bord du bateau-mouche le Melody Blues pour une croisière de 3 heures sur la Seine, à la découverte de Paris.

Lors des conclusions de ce 1er congrès international francophone de psychiatrie transculturelle, autant le Pr Ron Wintrob que le Dr Rachid Bennegadi ont souligné la richesse des échanges, la variété des interventions et l’assiduité des participants.

Report on the WPA-TPS 4th International Conference on Cultural Psychiatry in the German-Speaking World, December 9 – 11, 2010 Dusseldorf, Germany

From the 9th to the 11th December, 2010 the DTPPP organised the 4th congress of the umbrella association for transcultural psychiatry, psychotherapy and psychosomatic medicine in the German-speaking countries was held in Dusseldorf. The congress was entitled: “To settle with body and soul - mental and psychosomatic disorders in our immigration-influenced society”. The congress dealt with the complex interactions between mental, somatic and socio-cultural influences on mental and psychosomatic disorders in our modern society strongly characterized by immigration. The aspects of cultural diversity and experiences, about and around immigration, which do not merely represent exotic phenomena, but are rather a growing reality in clinical practice, were discussed. The congress also discussed the meaning of cultural factors in working with patients with migrant backgrounds, in diagnosis, treatment and psychosocial care. This congress showed that we need better understanding of the manifold symptoms and clinical manifestations of the body and soul in mental and psychosomatic disorders affecting immigrant patients.

Some of the topics of particular interest included:
- Characteristics of work practices and/or their transformation and development;
- Cultural diversity and processes of inclusion and exclusion;
- The role of physician-patient communication in the transcultural context
- The relationship between migration experiences, culture and mental and physical health
We were especially honored to be able to welcome Ron Wintrob as a participant at this congress.

UPCOMING INTERNATIONAL CONFERENCES

15th World Congress of Psychiatry
World Psychiatry 2011: Our Heritage and Our Future
September 18-22, 2011
Buenos Aires, Argentina

The World Congress of Psychiatry, organized by the World Psychiatric Association every three years, is the main international scientific event in the field of psychiatry. The 15th World Congress aims to provide a comprehensive overview of those achievements, which have stood the test of time (our heritage) and of the most promising current trends (our future) in the various areas of psychiatric research and practice, with the contribution of the most prominent experts of the various topics.

Congress Venue
Sheraton Buenos Aires Hotel & Convention Center, San Martin 1225, Buenos Aires, Argentina

President of the Congress
Mario Maj

Organizing Secretariat
MCI Buenos Aires
Avenida Santa Fe 1970, 1º Piso, Oficina 1 C1123AAO, Buenos Aires, Argentina
Phone: +54 11 5252 9801
E-mail: wpa-argentina2011@mci-group.com

World Association of Cultural Psychiatry:
3rd World Congress of Cultural Psychiatry
“Mental capital, mental disorders, resilience and wellbeing through the life-course”
March 09 - 11, 2012
London, England

The conference will feature a bio-psycho-social, and a spiritual-cultural synthesis of cultural psychiatry, with a special focus on young people and life course approaches to
cultural psychiatry:

- Young people, emotional wellbeing and recovery
- Young people, physical health and wellbeing
- The role of arts, laws and humanities in wider society in promoting the wellbeing of young people in a diverse and global village
- Cultural adaptation in the face of diverse values and religious systems that help wellness and resilience and healing

Acculturation and globalisation place unique challenges on protecting human capital, and impact on cultural practices in ways that may promote resilience or undermine mental health.

There are also threats to safety and well being because international conflict, war and terrorism. A scientific programme will have core themes (listed below) and an interconnecting theme of resilience and well being across diverse cultural groups:

- The neuro-scientific basis of violence and psychiatric symptoms
- The neurobiology of violence and psychiatric symptoms
- Terrorism and Conflict: global solutions
- Violence, self harm and suicide
- Diagnostic precision
- Culture and Psychotherapy
- Ethnopharmacology
- Pharmacogenetics and gene-culture interactions
- Complementary and traditional healing systems from around the world
- Migration, refugees and asylum seekers: risk factors and service provision
- The future of cultural psychiatry
- Spirituality, religion and mental health
- ‘State of the art’ research symposia
- The use of arts and humanities in psychiatric and psychological theory and practice.
- Performance, ritual, theatre and mental health
- Training and education
- Service organisation and health systems
- Mental Health & Public Health Policy
- Multidisciplinary critiques of cultural psychiatry theory and practice
- Trainee Workshops before and after the main programme
- Media and Mental Health
- Research, clinical practice, policy and service development to optimise wellbeing and recovery for diverse cultures, and immigrants in a host society
- Social and human capital
- Regeneration, modernisation and mental health

This event will be locally organised by
Queen Mary, University of London, in association with Careif, an international mental health charity, and Visit London.

There will be an exciting social programme that will include London venues such as the Tate Modern and Tate Art Galleries, walks of historic London, the Tower of London and London Bridge, the Wheel on the South Bank and cultural events at University venues. Non-London venues include Stratford upon Avon (Shakespeare’s birthplace), Down House (where Darwin wrote his scientific thesis on the origin of species), Stonehenge (an ancient pagan site of worship) and the neighbouring beautiful English countryside. There are short flights and frequent trains to Edinburgh and Paris, and other European venues.

WACP2012 will take place at Queen Mary, University of London which is based in the Mile End area of East London.

The self-contained university campus will host the entire congress including all plenary, keynote and parallel sessions.

For more information please contact:

Professor Kamaldeep Bhui
Centre for Psychiatry
Barts and The London School of Medicine & Dentistry
email: wacp2012@qmul.ac.uk

COURSES

Mental Health:
Transcultural Mental Healthcare

A3L5 MSc/PGDip/PGCert

Programme description

One year full-time, two years part-time
Distance learning option available

Students on this programme aim to:

• Develop 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.

• Have access to an academic programme that prepares competent practitioners to deliver effective mental health treatments for people with psychological problems.

• Develop knowledge of research methods and systematic and critical review.

• Develop and have access to a
Students on the Transcultural Mental Health programme will learn how to improve their assessment of mental health problems. The specific strength of the MSc is that students will develop a knowledge base derived from social anthropological, medical, sociological, epidemiological and pharmacological understanding of the presentation, expression and management of mental disorders and psychological distress amongst Black and Ethnic minorities.

Students on the Psychological Therapies programme will also learn and utilise an advanced level of knowledge derived from different psychological interventions including:

- Therapeutic paradigms
- Cognitive Behavioural Therapies
- Cognitive analytic therapies
- Group Therapies
- Family Therapy
- Psychoanalytic and Psychodynamic Therapies
- Bio-psycho-social model

**Entry requirements**

Applicants should have a basic degree in a related subject and/or a professional qualification and have worked in the relevant subject area for at least one year. We wish to include people from diverse backgrounds and career pathways especially people working in the independent and voluntary sector and NHS.

**Further information**

Please contact:
Dr Nasir Warfa
Tel: +44 (0)20 7882 2035
email: n.warfa@qmul.ac.uk

---

**Spirituality, Theology and Health**

A new inter-professional and inter-disciplinary programme, offered by the Durham Project for Spirituality, Theology & Health, leading to an MA or MSc, in which clergy, health professionals, theologians, anthropologists, psychologists and others may study alongside each other.

**The aims of the programme**

- To assist practitioners (clergy and healthcare professionals) in acquiring and extending pastoral and clinical skills in spirituality and healthcare
- To provide practitioners and researchers with a foundation of knowledge and skills in this inter-disciplinary and inter-professional
field in order to equip them to teach others

• To provide a basic foundation in 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 have a master’s degree or doctorate in a different but related field, who wish to enter this as a new academic field for research or teaching.

Programme structure
Two core modules and a dissertation are compulsory components of the programme:

1. Spirituality, Religion & Health – 30 credits
2. Practical Theology: Context, Practice and Methodology – 30 credits
3. Dissertation – 60 credits

Relevant modules to a total of 60 credits may be taken from other programmes in the Department of Theology & Religion, School for Medicine & Health and from the MSc in Medical Anthropology.

Find out more
www.durham.ac.uk/spirituality.health

Programme Director :
Prof. Christopher Cook
Email: c.c.h.cook@durham.ac.uk
Tel: 0191 334 3929

Department of Theology and Religion
Abbey House Palace Green
Durham DH1 3RS