



2014 Spring Edition Newsletter

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Welcome...

...to the Spring 2014 edition of the WPS Newsletter. As we spring forward into the British Summer Time we can put the long, dark and blustery nights of winter behind us and look forward in anticipation to the brighter seasons, often bringing change and hope to many.

On the subject of change, the imminent first WPS conference of the year on Friday 16th May is entitled ‘New Advances’ and promises to inform and update us on the latest research and developments in psychiatry. From ‘Brain Control’ and ‘Mindfulness’ to refractory psychosis and eating disorders, the meeting will indubitably be a captivating one.

Please take the time to read our tribute to Dr Huw Bevan Jones on page 10. The appreciative memorial of the pivotal figure in Welsh psychiatry was written by his close friend and colleague, Dr Don Williams.

It is wonderful to have a great variety of submissions again for inclusion in the Spring Edition Newsletter. There will be additional space available in the coming Summer edition, so if you would like a piece of work included simply send it directly to me at my email address below. As a multidisciplinary society we should promote the sharing of news, stories and research from all disciplines, and so I would implore you to encourage your colleagues to write a submission and to share their work.

Enjoy the read,

Owain

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Spotlight On...

Dr Mike Shooter, CBE

Dr Mike Shooter is the current President of the Welsh Psychiatric Society, is past President of the Royal College of Psychiatrists and a former Consultant Child and Adolescent Psychiatry at Gwent HealthCare Trust. He became a psychiatrist after completing a history/law degree and working in several fields including history and journalism. Clinically he has worked within multi-disciplinary Child and Adolescent teams in Wales for over 25 years, primarily in the valleys of South Wales. As an ex-journalist, he has worked with the media to promote the interests of children and young people in mental distress, mental health services and psychiatry in general. He held the position of Director of Public Education for the Royal College of Psychiatrists before attaining his position as President.

Is the 'Welsh identity' important for psychiatrists working in Wales?

"What we need are good psychiatrists and it doesn't matter where they come from. But it does help to have a "feel" for Wales, its people and their problems. And we work in a political context that is increasingly devolved with our own take on health services and their structures – whatever you might think of them."

Having the privilege of holding the position of current President of the Welsh Psychiatric Society and past President of the Royal College of Psychiatrists, what are your views on the differences between the Royal College in Wales and the WPS itself?

"At one time, the WPS was a family affair with parents and children away for the weekend together. It brought us closer and was so enjoyable that the College in London tried to quash it! No one seems to want that any more; families have better things to do with their time. But the WPS still has one big advantage over the College. It's the Welsh Psychiatric Society, not the Welsh Psychiatrists Society. It's multidisciplinary; inclusive not exclusive. And anyone who remembers how I fought (and failed) to turn the College into a College of Mental Health will know how important I think that is."

"Recruitment and retention relies on informed, optimistic and inspirational teaching..."

Dealing with Early Life Trauma in Wales

Dr Michael Shooter CBE

Children in Wales



As president of the WPS, how do you think membership can be encouraged and member participation be increased?

"It follows that we should promote the WPS to all the disciplines involved in mental health services, including the users and carers organisations, with programmes that are relevant to all of us. We work in teams after all, and the WPS should reflect that."

What are your views on the recruitment and retention of psychiatrists in Wales? Is it any different to the rest of the UK?

"Recruitment is still pretty awful everywhere in the UK. Psychiatry is hardly the most popular specialty and I'm not sure we are looking for the right people anyway. On top of that, Wales "leaks" far too many of its home-grown trainees over the border. Recruitment and retention relies on informed, optimistic and inspirational teaching from those still passionate about our profession, not some clapped-out consultant doing it reluctantly in their spare time. I'm very encouraged by some of the work being done with medical students in Wales. What about schools?"



Spotlight On...

Dr Mike Shooter, CBE

Clinically you have worked as Child and Adolescent Psychiatrist for many years. What were the influences behind you choosing psychiatry as a medical specialty and later the child and adolescent subspecialty?

"I had my first major depressive episode as a medical student and it took me out for over a year. I had superb treatment (medication and psychotherapy) from psychiatrists who would eventually become my colleagues. When I went back to the course, I did my psychiatric "slot" at Fulbourn Hospital, the home of Social Psychiatry, and it confirmed for me that this is what I wanted to do for the rest of my professional life. I went into Child Psychiatry because it seemed the subspecialty most clearly about people and their relationships, and where you could make most difference to their lives. And it is."

"...we should be getting our hands dirty, working out in the community, with problems as children and families see them..."

What was your biggest clinical challenge?

"The biggest challenge has always been to convince my colleagues that we should be getting our hands dirty, working out in the community, with problems as children and families see them, helping them to find their own solutions, not seeking safety behind the clinic desk as some sort of elite diagnostic agency dispensing treatment to passive recipients."

You have shared your personal encounters with depression openly within the profession, the wider public and the media. Do you have any particularly memorable experiences related to this, or of feedback?

"When I was Registrar of the College, part of my job was to deal with complainants. I found myself being shouted at one day by a particularly angry woman. "The trouble with you psychiatrists," she said, "is that none of you knows what it feels like to be ill." I told her I did, because I had a depressive disorder of my own and often needed treatment. "Well, it doesn't seem to be working!" she replied. Out of the mouths of babes and patients....."

What was your most important achievement in your role as president of the Royal College of Psychiatrists?

"I hope that talking openly about my depression might have done a bit to relieve the stigma that surrounds mental illness - within Medicine as well as the public. I think the biggest achievement of the College was our leadership of the Mental Health Alliance against the worst of the government's proposals for mental health legislation. It helped repair our relationships with other organisations that would not once have been seen dead climbing the steps of 17, Belgrave Square."

The successful candidate of the 2014 RCPsych presidential elections, Professor Sir Simon Wessely, is a relatively well-known public figure and likely to be a great ambassador for psychiatry. Having held the position of RCPsych president yourself, and having achieved much change during your time in this role, what do you think Simon Wessely can bring in his new role?

"Simon's biggest asset is himself. He will have his own ideas and aspirations and he should have the courage to pursue them and not be put off by those wedded to tradition. The three years will pass in a flash and he needs to hit the ground running, hard. No use regretting things left undone later."

Tell us about a book or person that has influenced your life, either personally or professionally.

"I owe much to so many - Doc Wright, Medical Director of Clare College, who took me on when I wanted to return to read Medicine and my old College wouldn't have me back; Theo Chalmers, Dean of the Medical School, who saw that I was depressed when I just thought I was useless; David Clark, senior Consultant at Fulbourn, from whom I learnt everything I know about people and my own fallibilities; Harvey Jones, the first Child Psychiatrist I worked under in Wales, who confirmed much of what I believed in; and Mary, my wife, who has always been my yardstick of what's right and wrong. And Nye Bevan, of-course!"

Tell us something that people don't know about you.

"I've written two-and-a-half down-and-dirty crime thrillers, all set in the Valleys, each one sexier and more violent than the last and all unpublished. Or unpublishable?"

Many thanks to Dr Mike Shooter for his valuable time and words. We all keenly await the publication of his crime thrillers!

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Conference Highlights

Winter 2013 – No One Gets Out of this Career Alive: Winterbourne, Francis and the Age of Anxious Practice

Joint Meeting of WPS and RCPsych in Wales
Mercure Holland House Hotel, Cardiff

The biannual joint meeting of the WPS and RCPsych in Wales continued with a South Wales conference in Cardiff. The event in December with the RCPsych in Wales was a great success and focussed on the aftermath of the recent Francis reports and Winterbourne scandal.

The warm welcome was provided by Professor Keith Lloyd, Chair of the Welsh Psychiatric Society and Professor Rob Poole, Chair of RCPsych in Wales. Professor Mark Drakeford, Minister for Health and Social Services in the Welsh Government then provided a detailed opening address, considering a variety of current issues relating to mental healthcare in Wales today.

We were then privileged to hear from Professor Sue Bailey, President of the Royal College of Psychiatrists who spoke of the importance of working with patients and their families. She also detailed the significance of working alongside colleagues and the necessity of highlighting concerns in practice.



Dr Kate Chamberlain, chief executive of the Health Inspectorate Wales, then provided the audience with an observation of current practice in Wales, specifically focussing on patient safety and experiences.

Following the morning break and poster viewings, Dr Laurence Mynors-Wallis, Registrar of the Royal College of Psychiatrists presented his views on leadership in an age of anxious practice. Providing examples of his medical leadership of Dorset Healthcare Trust, he spoke of leading the way in making changes through exigent times. Although unsuccessful in his bid for presidency for the Royal College in this years' elections, he will continue as the College Registrar.

Dr Nick Brown, Senior Assessment Advisor at the National Clinical Assessment Service delivered his observations on the apparent characteristics seen in poorly performing doctors. His speech related to the work he often performs in relation to doctors who have been referred to the GMC following concerns about their practice and abilities. This presentation led aptly into the animated panel discussion amongst all of the morning speakers.



Professor Sue Bailey, President of the Royal College of Psychiatrists



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Conference Highlights

Winter 2013 – No One Gets Out of this Career Alive: Winterbourne, Francis and the Age of Anxious Practice

Joint Meeting of WPS and RCPsych in Wales
Mercure Holland House Hotel, Cardiff

During the lunch break there was a further opportunity to explore the variety of poster presentations. A large number of posters were on display, including several from core and higher trainees in psychiatry. Prizes were awarded following the lunch break (see page 6).

With special thanks to Dr Phil Jones, Lecturer at Swansea University and active member of the WPS, for capturing and providing all of the photographs from the conference.





Conference Prizes

Winter 2013 – No One Gets Out of this Career Alive: Winterbourne, Francis and the Age of Anxious Practice

Joint Meeting of WPS and RCPsych in Wales
Mercure Holland House Hotel, Cardiff



A substantial number of high quality posters were presented at the Winter conference. The largest number of posters were submitted by the trainee groups and it is hoped that this will continue. There were again three categories with prizes for the best poster in each: Audit; Research Findings; and New Research Idea.



New Research Idea Winner

Dr Kelly Adjei, CT2 Psychiatry, Dr Catherine Bright, Sarah Staunton and Caroline Hucker, Learning Disabilities Directorate, Aneurin Bevan University Health Board, Gwent.

Exploring attitudes towards the use of unlicensed medications in the treatment of saliva management difficulties.

“There is a gap in the knowledge of the status (off-label/unlicensed) of medications being prescribed for saliva-management difficulties and limited familiarity with GMC guidance on such prescribing.”



Audit Winner

Dr Kavitha Pasunuru, ST6 CAMHS, Dr Alka Ahuja, Consultant Child and Adolescent Psychiatrist, Aneurin Bevan Health Board.

Measuring the Emperor’s New Clothes – Does the Mental Health (Wales) Measure 2010 fit Child and Adolescent Mental Health Services? – An audit.

“This study highlighted the early experiences and attitudes towards the use of the Mental Health Measure in CAMHS. It highlighted some of the challenges and the need to raise awareness and training in it’s implementation.”



Research Findings Winner

Dr Alka S Ahuja and Anne Marie McKigney, Aneurin Bevan Health Board, Ty Bryn Unit, St Cadocs Hospital.

Empowering Patients - creating a parent, child and professional partnership to improve communication and information sharing during diagnostic assessment of autism.

“Autism spectrum disorders pose challenges that are often multi-faceted and sometimes complex. The nature of autism requires a range of professionals to work together to ensure that needs are properly assessed.”



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Trainee and Student Section



The WPS continues to support students with an interest in Psychiatry. Membership is free to all undergraduates and gets you access to the newsletter, free attendance at conferences, and bursaries for travel. The Wales Students Psychiatry Society (WaSPS) at Cardiff University and the Student Psychiatry Society at Swansea University continue to grow in number. Members enjoy regular events including quizzes, film evenings, pub 'tours', and seminars all supported through the WPS and local trainees.

The fourth annual medical film festival; Medfest was held in February this year at Cardiff Student's Union. This year Medfest went international and events took place in Australia and Latvia! The theme was "From Cradle to Grave" and the films and discussion explored aspects of medicine throughout the lifespan. Panellists included Dr Dean Burnett, Dr Rhys Bevan Jones, Dr Raj Persaud and Dr Mat Hoskins. The films provoked lively discussion and debate, and the evening was a great success.

Anyone interested in supporting undergraduate psychiatry, joining the groups, or just tagging along can get in touch either through the Facebook groups or directly to me (ben.shooter@wales.nhs.uk).

Dr Ben Shooter, Specialty Doctor Mental Health Undergraduate Liaison Officer, Welsh Psychiatric Society.

"The Swansea Student Psychiatry Society had a good year, holding a pub quiz in Swansea which was very well attended and received, and by producing our first piece of research — on student perceptions of psychiatry following exposure to the speciality in the clinical environment. This has been submitted for publication and we hope to have good news soon. On a personal note I have applied to spend my elective at the Institute of Psychiatry, where I hope to spread news of Swansea's Psychiatry Society, and bring back new ideas for the next year."

Jacob Barnes — founder of Swansea Student Psychiatric Society.

Research Update

Early Intervention in Psychosis Research and Development Group

Mental Health Research Network Cymru

MHRN-C welcomes on board a new RDG on Early Intervention in Psychosis convened by Dr Mike Jackson, Dr James Walters and Dr Euan Hails.

The Early Intervention in Psychosis RDG which has been funded by MHRN-C has been formed to focus on young people developing psychotic conditions in Wales. It involves clinicians from across the region and spanning the mental health professions, with carer and service user representation. Outcomes in early psychosis patients have been intensively researched in the rest of the UK over the last ten years, as part of the broader service development which has seen the widespread implementation of specialist 'Early Intervention in Psychosis' (EIP) services. Although the clinical value and cost benefits of these services is well established, and they are clearly required in



Rhwydwaith Ymchwil Iechyd Meddwl Cymru | **MHRNC** | Mental Health Research Network Cymru

NICE guidelines, there has been little comparable service development in Wales. The first objective of this RDG then, will be to collect clinical data to allow us to evaluate the effectiveness of our generic mental health services for this group, and to make comparisons with outcomes in the rest of the UK. Our first two projects will be national audits looking at (1) medication and physical health monitoring, and (2) basic mental health outcomes. We are also keen to develop projects focussing on cognitive processes in early psychosis; and the relationship between psychotic symptoms and Autism Spectrum Disorders in young adults. Our first meeting is planned for May 12th 2014.



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Book Review

The SHOCK of the FALL

Nathan Filer

First published 2013 Harper Collins in hardback

Paperback version first published 2014 Borough Press

314 pp £7.99

Mental health care: where did it all go wrong, appeared in The Guardian on 24 January 2014, a penetrating account of the current plight of psychiatric services. In less than a week its author Andrew Filer a young psychiatric nurse in Bristol had won the Costa 2013 book of the year award for his debut novel, The Shock of the Fall. The judges of one of UK's most prestigious literary prizes heralded a major new talent for a moving account of schizophrenia and grief. In addition the reviews are unstinting in their praise. Wonderful news. Psychiatric problems and psychodynamic ideas are almost over-represented in modern fiction while members of the psychiatric professions are underrepresented as authors. Nathan Filer deserves our congratulations.

Obviously a 'must read' book and I bought it at the Uplands Bookshop, an independent book shop in Swansea. In March I read it on holiday in Lanzarote and I was not disappointed. The novel describes how a late teenager develops schizophrenia and the book is his own account of his early life and the insidious development of his tragic illness. The narrator, Matthew Homes, is writing the book at the Hope Day Centre in Bristol. He is the second son of Richard and Susan Homes, their eldest son Simon had Down's syndrome and the book explores the impact of his early death on his parents and brother.

The overall format of the novel is unusual as it is interwoven with images, letters, character headings, different fonts and is double spaced, initially this is disconcerting but it helps the reader to understand the mental state of the narrator. Clearly Matthew is in great turmoil, as his ego is disintegrating it requires tremendous effort to maintain some sort of grip on reality. There are passages revealing Matthew's thought disorder.

Reading psychiatric textbooks is not easy and it is only when one learns from patients about their problems and symptoms that mental illness becomes real. The next best



thing is to have a second hand experience through films, drama and literature. Certainly this book is highly recommended to provide the reader with an idea of what having a serious mental breakdown can be like.

The book echoes Filer's article in The Guardian. The psychiatric services providing community care for Mathew are pedestrian, lacking warmth, compassion and meaningful activity, the only person who showed him some of these qualities was a complete stranger. It reveals the shortcomings of British psychiatry with its overemphasis on medication despite its myriad problems. Custodial treatment in our old psychiatric hospitals was derided but what is described in this book is custodial care outside the old hospital but in solitary units scattered geographically in the big outside world. The patients are isolated and have no contact with their immediate community. The patient's treatment appears to be containment with the absence of any real psycho-social treatment.

The book is beautifully written and the skill of the author sustains suspense and uncertainty binding the reader to the page. I really feel I have benefitted from reading this book and I'm sure most of its readers will find doing so a rewarding experience. In addition it would be highly desirable for mental health professionals to be familiar with a highly acclaimed modern book of fiction dealing with their own field of expertise and responsibility.

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Upcoming Events

Meddygon Myddfai

The annual meeting of the Physicians of Myddfai group is on **Saturday 28th June 2014** at the Village Hall Myddfai.

Surgery is the theme of this year's conference with four excellent speakers and the presentations will be in English. Professor Robert Mansel, Cardiff, will start with a paper on David Patey. This influential surgeon was born in Abertillery; he attended Llandovery College and later qualified at the Middlesex Hospital. He stayed on at this hospital where he later made important contributions to breast surgery. The second speaker is Mr Gareth Rees, London, but originally from Llangadog speaking about Mr Ifor Lewis from Gwynfe who became a surgical pioneer at the North Middlesex Hospital in London. In addition Mr Rees will be describing the beginning of cardio-thoracic surgery.

After lunch there will be an open meeting to launch Cymdeithas Meddygon Society, Physicians of Myddfai Society. Afterwards Mr Eurig Jeffreys, Wrexham will be speaking about The Bone Setters of Anglesey and how this Welsh medical tradition played a pivotal role in the development of modern orthopaedic surgery. The fourth speaker is Dr Andrew Green who has recently stepped down as the Chief Librarian at the National Library of Wales. He will be describing the legacy of Sir John Williams another distinguished doctor from the Physicians of Myddfai country and who played a crucial role in creating our National Library at Aberystwyth.



Admission is strictly by ticket of £25 which includes coffee, lunch and tea. Further details from Dr Don Williams on 01792 202606 or 07790 265 166 or donwilliams@osduk.com

13th Annual Child Adolescent Psychiatry Higher Trainees Conference 2014

This year's conference, supported by the Welsh Psychiatric Society, will be held at the Wales Millennium Centre in Cardiff on **Friday 23rd May 2014**.

Topics (lectures/workshops):

'Future proof CAMHS'
'Consultant Interview'
'Transition in CAMHS'
'Medical Law', and more...

Speakers/Facilitators:

Dr Peter Hindley
Professor Dame Sue Bailey
Dr Dave Williams
Dr Clare Lamb, and more...

Registration costs just £40 (£5 earlybird discount if booked prior to 1st May 2014). The event is also open to core trainees, specialty doctors, research fellows and medical students (discounted rate of £20 for medical students). To register for the event, please visit: <https://sites.google.com/site/capsprs/>

For further details please contact Keir or Omer at: cap.sprs@gmail.com

All Wales Psychotherapy Network

Rhwydwaith Seicotherapi Cymru

The twelfth national conference of the All Wales Psychotherapy Network will be held on **Friday 20th June 2014** at Craig Y Nos Castle in Swansea.

This year we have two experiential keynote presentations thus bringing together a focus on the body in increasing therapist presence and mindfulness as a means to choose where to focus attention and open ourselves to details of present experience. These will be followed by our usual variety of workshops from different therapy modalities offering opportunities to network and share working practices and current thinking in Wales.

Attendance is by prior arrangement – booking forms available from, and returnable to: Dr David Crossley, Consultant Psychiatrist in Psychotherapy, 01978 726754.





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A Tribute and Appreciation

Dr Huw Bevan Jones
1934-2014

Dr Huw Bevan Jones or HBJ as he was affectionately known was a pivotal figure in Welsh Psychiatry, until serious ill-health curtailed his activities, died on February 2nd 2014.

Although he was born in London and educated in the English Public School system he was a through and through Welshman –Cymro i'r carn. He qualified at the Westminster Hospital and undertook psychiatric training in London and Birmingham. After an academic post at Birmingham University he was appointed as a consultant psychiatrist at St David's Hospital Carmarthen. At Birmingham he met Wenna from Machynlleth and the couple were married in 1975 and this spurred Huw to reconnect more closely with his Welsh roots in Llanarth and Cydweli. After his appointment at Carmarthen Huw and Wenna came to live in Llandysul where they played a prominent part in the local community. At Saint David's his main area of responsibility was rehabilitation. Huw was a cultured highly intelligent colleague who had a wide variety of interests and pursuits however it was obvious that three things took precedence, the Welsh Language and culture, the Welsh Psychiatric Society and the role of art in the treatment of mental illness, which he pursued quietly but tenaciously.

Although his formative years were in England, soon after moving to Cardiganshire Welsh became his preferred medium of conversation. Huw was an early member of Y Gymdeithas Feddygol a medical society that holds all its transactions in Welsh. His support and attendance could always be relied on.

Before the formation of the Royal college of Psychiatrists Wales was part of the south-west section of the Royal Medico-Psychological Association (RMPA), a most unsatisfactory arrangement. During the fifties of the last century psychiatrists in Wales came together to establish the Welsh Psychiatric Society (WPS). It soon became a vibrant body providing professional cohesion and quality postgraduate education. Huw was one of its early secretaries and with Dr D A Jones played a leading role in establishing an effective link between the WPS and Breton psychiatrists via La Société de Neuro-Psychiatrie de l'Ouest.



This long-term international collaboration is highly admired and I found it refreshing to mix with continental psychiatrists who placed greater importance on psychodynamic factors in mental illness. I vividly remember a presentation about young a Breton man with Bouffée délirante, precipitated by two major stressors, working in a chicken packing factory and the demise of the Breton language. Huw was a major asset in sustaining this link, fluent in French as he had worked as a young doctor at the American Hospital in Paris. Huw and Wenna had a holiday home in Brittany and over the years had established enduring friendship with colleagues in north-west France.

Huw was interested in nature, music and the arts and understood the importance of these elements in helping patients to recover. In 1986 with others Gofal Celf/Arts Care was established at St David's Hospital. Recently a new Arts Care gallery has been opened in Carmarthen and named the Bevan- Jones Gallery.

Huw is survived by his wife Wenna, two daughters Anna and Morfudd and a son Rhys a psychiatrist and gifted artist.

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Welsh Psychiatric Society Membership

Individuals	£15/yr
Couples	£20/yr
Retired Individuals	£10/yr
Students	£Free

Membership benefits include access to conferences, free newsletter, access to prizes, and of course your chance to support psychiatry in Wales. Visit our website (www.wps.swan.ac.uk) to download a membership form or request one from Karen Evans (K.J.Evans@swansea.ac.uk) and send it to our address below.

The Welsh Psychiatric Society aims to promote all cultural and scientific aspects of psychiatry in Wales, provide a social and professional network for psychiatrists and all other interested individuals in Wales, and provide an independent forum for psychiatry in Wales. The Society also promotes links with colleagues in other Celtic countries and continues to consolidate the special relationship with Brittany that has formed over the years.