



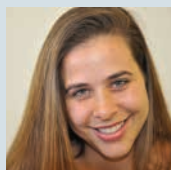
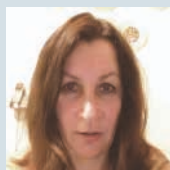
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Welcome the first edition of the Academic Psychiatry Divisional Digest. Thank you for all your numerous contributions.

Any feedback for future editions would be greatly appreciated.

Editor-in-chief: Dr Jolanta Zanelli
E: jolanta.w.zanelli@kcl.ac.uk

Co-editor: Anai Sarkis
E: anai.sarkis@kcl.ac.uk



INSIDE

News	1
Awards & Achievements	5
Events	8

e-Interview with the new Executive Dean, Professor Ian Overall

Questions supplied by Prof Tony David and various members of the Division

1. We would like to start by welcoming you to the IoPPN and the Division of Academic Psychiatry in particular. What are you looking forward to most in coming back to the IoPPN?

I have to say that I am delighted to be back, as you will be aware I have decided to make my academic affiliation with the Division of Academic Psychiatry, although most of my research will take place in Basic and Clinical Neuroscience. In terms of what I am looking forward to well that is easy, I am looking forward to 'coming home' after a 14 year journey around the world! I do regard the IoPPN as home as this is the place, together with South London and Maudsley NHS Trust (SLaM) where I grew up academically and clinically and trained and worked here for 18 years. I am also excited about leading the world's premiere psychiatric research institute and to work with the staff to develop a vision and a strategy that encompasses research, teaching, as well as engagement with our partners locally

to globally, with a culture that values our people and embraces diversity and inclusion.

2. What's the single biggest change you noticed when you visited since you were last here in 2004?

Apart from the familiar dark engineering brick exterior there are new picture windows on the outside and the inside of the main building is completely transformed! The Education Hub is an amazing new addition but I did not recognise any of the floors that I have visited recently. The old fashioned middle corridor structure has completely disappeared so I became completely disorientated as I was shown around. The great development that has occurred since my time here has been the expansion of buildings on the West side of the campus, such as the Wohl and the incorporation of the neuroscience academic groups on the Guy's campus.

Continue on page 2





PROFESSOR TONY DAVID

Welcome to the first edition of the “Divisional Digest”. When the new expanded Institute of Psychiatry, Psychology and Neuroscience (IoPPN) was inaugurated in 2013/4 it seemed natural to structure it into three component divisions. This has now become well established. As vice-dean for the Division of Psychiatry my role is to support the Executive Dean as well as all six psychiatry departments. Being part of a large university like King’s College London, which the Institute joined 20 years ago, with its multiple faculties covering the arts, humanities and sciences, brings a whole host of opportunities. On the other hand it might sometimes feel hard to be noticed. The IoPPN itself is large enough to be a faculty within KCL. In my experience, most people who work here and many students see themselves as belonging to a particular department, or perhaps a group within the department. This sense of belonging is important in terms of job satisfaction and a sense of being valued – which can be elusive in a large conglomeration. The division should be seen as an intermediate level of organisation but with a light touch. Not so huge to be impersonal but large and inclusive enough to foster exploration, teaching and learning around all aspects of mental health and life, for the exchange of ideas and knowledge, and to be a vibrant entity in its own right. With your help, the Digest will reflect this.

Professor Tony David
Vice-Dean of Academic Psychiatry
Professor of Cognitive Neuropsychiatry

Continue from page 1

I think that this is so exciting as it positions the IoPPN to be a major research centre that can truly incorporate neuroscience research into psychiatric/psychological disorders. We are probably the only psychiatric research institution that can achieve this integration.

3. Can you name one goal you expect to achieve in your first 100 days as the new Dean?

Observe and understand the research and teaching expertise landscape of the IoPPN, and then set the beginnings for a new vision and strategy to give the IoPPN a direction and outcome to aim for in the next five to ten years. We have a great foundation as we have three fabulous world class divisions: psychology, psychiatry and neuroscience that together if successfully integrated will be our unique selling point both in research and teaching.

4. What’s the biggest challenge facing psychiatry in the next decade?

One is understanding our classification system and allowing it to be revised as biology and the research evidence base informs us about the actual classification of disease. But also, how do we best serve our communities in effectively treating the preponderance of multiple morbidities so that affected individuals can be as productive as possible and enjoy a good quality of life?

5. What will you miss most (and least) about Melbourne?

Most of all I will miss my incredible colleagues, some of whom I have done some great research with such as Christos Pantelis and Ashley Bush. Then I will miss the city. Melbourne is a beautiful city, much like a mini London and the surrounding wine areas are beautiful, including Yarra Valley and Mornington Peninsula. We always enjoyed driving down the Peninsula to Red Hill, which is beautiful, and we could have lunch in a restaurant in an olive grove or in a winery such as ‘Ten Minutes by Tractor’!

6. How do you switch off from work (if at all)?

I am not that great at switching off from work and it has become worse in the last 10 years with the constant pressure of emails! But when I do I really enjoy reading and listening to music (more of

this below), going to concerts, exhibitions etc. In fact several years ago there was a great exhibit at the National Gallery of Victoria of European masters loaned to the gallery while the European gallery was being renovated. Then six months later I had just arrived in Frankfurt for a meeting and decided that I had to get out and do something to clear the jet lag so I went to Da Städel Museum and realised within five minutes that this was the same exhibition that I had seen in Melbourne! I have tried hobbies such as golf but they just don’t gel.

7. Home & Away or Corrie or EastEnders?

During my eight years in Melbourne I have not watched a single episode of Home & Away and only in the last couple of months did I watch an episode of EastEnders, I think that I was nostalgic about coming home... it was still as bad as it was in the 1990s

8. Old World or New World wines (Californian or Eastern Australian?)

This has definitely got to be new world wines as they are much more dependable. For the great old world French wines you need so much knowledge about the year and the local terrain as to whether they are good or not whereas the new world are reliable year after year. It has to be Australian wines over Californian wines every day, there were a couple of Californian wines that I liked but overall they seem a little bland compared to Aussie wines. Moving to Australia has been a great and enjoyable learning curve about local Victorian wines as compared to South Australian and Western Australian wines. My absolute favourite has become a Yarra Valley wine from the Yarra Yerring winery called Dry Red Wine No 1. This was a vineyard that was planted out by Dr Bailey Carrodus who did a PhD in horticulture at Queen’s College Oxford University and who seemed to have a penchant for naming part of the vineyard after English and French battles that the English won, such as Agincourt. Anyway it is wonderful!

9. Barbeque or Fine Dining or IoPPN Canteen?

I will hold judgement on the IoPPN canteen as it has changed so much since I last had a hot meal there. I think that I will have to choose fine dining because although we bought a huge barbecue to use in San Diego, the perfect climate,

we hardly used it. We then took it to Melbourne where we realised that valve connections in the US are imperial and Australia is definitely metric. Having spent weeks getting the converters so that we could hook up the barbecue to a gas cylinder it then sat outside unused for months until we eventually sold it!

10. *Most embarrassing moment...*

Goodness, how much should I reveal? I remember a very embarrassing 30 minute incident with the UK Customs and Excise, which I think are now part of the UK Border Patrol. I and my partner had arrived in Portsmouth on the ferry from Normandy when we were abruptly pulled over by Customs to inspect our car. It turned out to be a rookie Customs officer who was going through the drill of asking us do we have anything to declare. I was just not sure whether what I had in the car boot needed declaring so I showed her my porcelain, well I mean two brand new toilets that I had bought at a knock down price at a DIY store in Normandy. I got embarrassed at the declaration and she got embarrassed at not knowing the import tax status on toilets. After a 30 minute discussion I believe that we were allowed to pass without having to pay duty!

11. *Favourite book (and why); Favourite record/piece of music?*

I love books and music, they are like family members so it is impossible to nominate just one of each. In regard to books obviously I like the classics, especially George Eliot's *Middlemarch*, I often return to the opening description of battling your way through a bookshop in Italo Calvino's 'If on a Winter's Night a Traveller' but I suppose that if I was forced to name an author (not book) it would be Haruki Murakami for his amazing story telling, which often borders on the surreal, such as raining fish in 'Kafka on the Shore' but the most memorable was a terrible scene in 'The Wind Up Bird Chronicle' that left me unable to talk for 20 minutes. With regard to music I have always loved Bach, especially the piano works played by Glenn Gould. The one piece of music that I discovered when I was 18 years old and I have played thousands of times because I love it is Steve Reich's 'Music for Eighteen Musicians'. In pop/rock apart from the greats such as Bowie and Everything But The Girl my son introduced me to Snarky Puppy who I think are great!

Arts in Mind at the IoPPN

To celebrate the 20th anniversary of the Institute of Psychiatry, Psychology and Neuroscience joining King's College London, Prof Tony David and the Cultural Institute at King's launched *Arts in Mind*, a programme of workshops and seed-funding to support innovative collaborations between IoPPN researchers and cultural sector partners.

The *Arts in Mind* programme is testing new ways of enhancing understanding of mental health issues, the brain and mind through arts, and will support the development, delivery and evaluation of the following collaborative projects which emerged through a facilitated workshop process:

- *Creative arts Zimbabwe hub* – Dr Melanie Abas, Department of Health Services & Population Research with Tariro Chaniwa, Magitare Trust.
- *Headtrip* – Professor Ricardo Araya, Department of Health Services & Population Research with Rebecca Hatchett, S.I.D.E Projects.
- *Losing one's sense of self: exploring the effects of frontal lobe brain damage* – Dr Gerald Finnerty, Department of Basic & Clinical Neuroscience with artists Isla Millar and Iris Musel, Limbic Productions.
- *Maternal journal* – Professor Carmine Pariante, Department of Psychological Medicine with artist and midwife Laura Godfrey-Isaacs.
- *Policy, anxiety & stigma* – Dr Colette Hirsch, Department

of Psychology with theatre-practitioners Hannah Ringham and Glen Neath.

- *Sound mind* – Dr Sally Marlow, Department of Addictions with pianist Christina McMaster.
- *Talking heads* – Professor Sukhi Shergill, Department of Psychosis Studies with Somerset House Studios resident artist and RCA tutor Mel Brimfield.
- *The cerebral city* – Dr Eugenio Abela and Amber Collingwood, Department of Basic & Clinical Neuroscience with Matthew Maxwell.

This series of research and development projects is exploring, developing and testing new ideas as well as generating new knowledge relating to mental health issues through the engagement of a wider public with their work. Projects are particularly focusing on how, through artistic experiences we can better understand and enhance our own mind, brain and mental health; enhance empathy for and understanding of the disordered brain or mind; and explore the impact of our physical space on mental health. We will showcase the ideas developed and tested to an invited academic and wider audience in January 2018.

For more information, please contact Dr Anna Kolliakou, Knowledge Exchange Associate for Science anna.kolliakou@kcl.ac.uk.

Look out for announcements on the 'Arts in Mind Festival' scheduled for in June 2018.



MSc in Clinical Neuropsychiatry

The new MSc in Clinical Neuropsychiatry will welcome its' first cohort of students in September 2017.

For our first year of entry (2017/18), we received well over 100 applications and consequently competition for places was strong. We have responded to the demand and the MSc will host approximately 40 students in the first year, far exceeding our projected target of 22.

Clinical Neuropsychiatry is at the interface of neurology and psychiatry, and is an exciting and developing area of study. The MSc course allows students to develop the skills and knowledge required to specialise in neuropsychiatry as a clinician or academic.

A unique feature of our course is the clinical placements; students will gain

experience with practicing clinicians, allowing them to make choices about future career plans. They will have access to specialist services including stroke, brain injury rehabilitation, deep brain stimulation, non-motor Parkinson's, epilepsy, memory clinics, motor neurone disease and multiple sclerosis.

This MSc also places a particularly strong emphasis on developing academic skills. Modules include Research Methods and Statistics, Scientific Underpinnings of Neuropsychiatry, Neuropsychiatric Disorders and Management of Neuropsychiatric Disorders.

We welcome applications for 2018/19 from psychiatrists, neurologists and psychologists, as well as biomedical and psychology graduates.



Suyai Ehlers and Dr Paul Shotbolt

For more information please see <https://www.kcl.ac.uk/study/postgraduate/taught-courses/clinical-neuropsychiatry-msc.aspx>

Dr Paul Shotbolt
Programme Leader for MSc in Clinical Neuropsychiatry

IoPPN Canteen Gets New Name

After many months of arguments, intrigue and rumour, the café diner finally got its new name and eye-catching sign to go with it. Everyone agreed that the refurbishment deserved to be marked in some way, but how? What better way than giving it a new name to go with the makeover. People said, why not ask staff and students to nominate some titles and we can decide on a vote? However, those in authority were worried that we would end up with the equivalent

of “Boaty McBoatface” or something equally childish and rebellious. Instead, nominations were sought, a selection of which was discussed at the Institute Management Board. Contenders were Café Europa, reflecting our endorsement of café society with a touch of anti-Brexit sentiment thrown in. Another favourite was PsyKhe – as in the Greek goddess of the soul ‘Psyche’ but somehow working in the K for King’s – usually depicted as a butterfly – the Camberwell beauty

perhaps? All a bit complicated... But the name which received the most support was the good old-fashioned “Institute Canteen”. The reasons included the fact that, unlike the other suggestions, a canteen is a humble place associated with honest toil. It’s place without hierarchies, where everyone is treated equally and joined in a common purpose – at least that’s what its supporters said. A better reason is that, it’s what we call it anyway!



NIHR Senior Investigator Awards 2017

Six researchers from our division have received NIHR Senior Investigator Awards.

Senior Investigators are among the most prominent and prestigious researchers funded by the NIHR and the most outstanding leaders of patient and people-based research within the NIHR Faculty. They are appointed from NIHR Investigators through annual competitions informed by the advice of an international panel of experts.

The new appointments for 2017 include:

- **Professor Philip McGuire**, *Head of the Psychosis Studies Department*, who will also head the new NIHR Maudsley BRC's Precision Psychiatry cluster of research themes.
- **Professor Ulrike Schmidt**, *Head of the Psychological Medicine Department*, who will lead the new NIHR Maudsley BRC research theme on obesity, lifestyle and learning from extreme phenotypes.
- **Professor Carmine Pariante** *from the Psychological Medicine Department*, who leads the NIHR Maudsley BRC's research into affective disorders and their interface with medicine.
- **Professor Allan Young** *from the Psychological Medicine Department*, who leads the current NIHR Maudsley BRC's work in clinical trials, which will be expanded on in the new NIHR Maudsley BRC to

include a new cluster of research into translational therapeutics.

- **Professor Sir John Strang**, *Head of the Addictions Department*, who will lead the new NIHR Maudsley BRC research theme on lifestyle and substance use.
- **Professor Colin Drummond**, *also from the Addictions Department*.

Professor Ulrike Schmidt says: "I am very pleased to have been given this prestigious award in recognition of my leadership in people-based research in eating disorders. I will use the award to develop training and associated resources for some of the treatments I have developed. I can't help noticing how few women are members of this exclusive 'club', so ladies please do apply."

Professor Alan Young received an NIHR Senior Investigator award which recognises his previous and on-going work in translational therapeutics and clinical trials in mood and related disorders. His award will be used to support research in the Psychological Medicine and Integrated Care CAG."

Professor Carmine Pariante says "I am delighted to be one of the recently appointed Senior Investigators, who are recognized by NIHR as "the most prominent and prestigious researchers funded by the NIHR and the most outstanding leaders of patient and people-based research within the NIHR

Faculty". Being a Senior Investigator is not only a prestigious achievement: it brings tangible benefits and also carries responsibilities, providing visible leadership within the NIHR".

Professor Sir John Strang says: "It is excellent to have been awarded an NIHR Senior Investigator Award, and particularly to have been one of the recipients from IoPPN – it is a real affirmation of our important contribution to good-quality science and its constructive influence and impact on the development and provision of improved treatments across the mental health and the mind/body domains. I am particularly pleased to receive this at the same time as my addictions colleague **Professor Colin Drummond** – it is a real recognition that the addictions field is now designing and delivering research of high quality, value and impact."

The new Senior Investigators at the NIHR Maudsley join existing holders of the award Professors Anthony David, Matthew Hotopf, Emily Simonoff and Til Wykes, as well as several other award holders from the IoPPN & SLAM. Together, NIHR Senior Investigators constitute the College of Senior Investigators, a prestigious body with its own programme of events. They provide visible leadership within the NIHR, and also act as a key source of advice to the Department of Health's Chief Scientific Adviser.



PROFESSOR PHILIP MCGUIRE



PROFESSOR ULRIKE SCHMIDT



PROFESSOR CARMINE PARIANTE



PROFESSOR ALLAN YOUNG



PROFESSOR SIR JOHN STRANG



PROFESSOR COLIN DRUMMOND

Ulrike Schmidt and FREED team awarded BMJ prize for Mental Health Team of the Year

The British Medical Journal's (BMJ) prize for Mental Health Team of the Year was awarded in May 2017 to Professor Ulrike Schmidt and the SLaM FREED team. First episode and rapid early intervention for eating disorders (FREED) is a novel service for young people with a first episode of an eating disorder, which focuses on optimal delivery of rapid, personally tailored and well integrated care. The introduction of FREED has been shown to significantly improve treatment uptake, clinical outcomes and service satisfaction and reduces needs for

in-patient care. With support from the Health Foundation, FREED is currently being rolled out to three other large mental health trusts. The BMJ Awards, now in their 9th year, are the UK's leading medical awards. They recognise and celebrate the inspirational work of healthcare teams across the country. Over a 6-month period more than 350 teams submit entries which a panel of distinguished judges whittles down to 60 shortlisted teams and 15 eventual winners who are all showcased in The BMJ. The judges said about the FREED team: "[We] were extremely impressed

by the thoughtful work performed by this group that was clearly well grounded in research. They have developed a genuinely novel early intervention service for people with eating disorders based on their careful research. The judges were struck by how committed, passionate, values-based and knowledgeable the team were - there was a genuine vision and curiosity to the work."

To find out more about FREED, visit their website: http://freedfromed.co.uk/about_us



Fellowship of the Academy of Medical Sciences

We are delighted that Professor Stephen Scott and Professor Matthew Hotopf have been awarded to the prestigious Fellowship of the Academy of Medical Sciences.



PROFESSOR STEPHEN SCOTT CBE

This is a high award, only 45 individuals get it each year of whom over half are pure laboratory scientists - jobbing clinicians are relatively rare. It is particularly pleasing that the mental health field, and in particular child and adolescent psychiatry, has been recognised as being one in which top quality rigorous research is carried out, alongside sympathetic individual handling of patients. The award was made since Professor Scott has carried out more independent randomised controlled trials of interventions for children than anybody in the world, and in recognition of his work in disentangling mediators and moderators of outcome. He is particularly well known for showing the lasting effects of parenting programmes for children with conduct problems,



PROFESSOR MATTHEW HOTOPF

who, if left untreated, have very poor adult prognosis, including high rates of antisocial personality and psychosis"

Professor Hotopf has made an outstanding impact on understanding of the links between mental and physical health.

Promotions success for the Academic Psychiatry Division

Staff promotions are among our most exciting announcements and we are delighted that eleven staff from the Division of Academic Psychiatry have been successfully promoted in the 2016/17 academic promotion round.

Academic promotions recognise outstanding contributions to all areas of academic activity: research, education, innovation, academic leadership and administration, national and international esteem, as well as clinical work (where applicable). Panels of experts both within King's and externally must attest to the quality and impact of their achievements and the titles are conferred by Professor Edward Byrne AC, President & Principal, on behalf of the College Council.

We are therefore pleased to confirm the following academics have been recognised for their outstanding contributions to the Division and King's College London:

- ♦ Dr Joanne Neale has been promoted to Professor (Addictions)
- ♦ Dr Paolo Deluca has been promoted to Reader (Addictions)
- ♦ Dr Kyle Dyer has been promoted to Reader (Addictions)
- ♦ Dr Gail Gilchrist has been promoted to Reader (Addictions)
- ♦ Dr Leonie Sarah Brose has been promoted to Senior Lecturer (Addictions)
- ♦ Dr Paramala Santosh has been promoted to Professor (Child and Adol Psych)
- ♦ Dr Michael Craig has been promoted to Reader (FANS)
- ♦ Dr Stephani Hatch has been promoted to Reader (Psychological Medicine)
- ♦ Dr Gideon James Rubin has been promoted to Reader (Psychological Medicine)
- ♦ Dr Alice Egerton has been promoted to Reader (Psychosis Studies)
- ♦ Dr Paolo Fusar-Poli has been promoted to Reader (Psychosis Studies)

Congratulations to the 11 colleagues who have been recognised in this year's Academic Promotions round. The promotions take effect on the 1st September 2017.



Welcome to our Division



PROFESSOR ANDRE STRYDOM

Andre is an intellectual disabilities psychiatrist joining the Department of Forensic and Neurodevelopmental Sciences from UCL. He is particularly interested in the health and mental health phenotypes associated with genetic intellectual disability syndromes, such as Alzheimer's disease in older adults with Down syndrome. He is leading the LonDownS consortium funded by the Wellcome Trust, involving multi-disciplinary research groups from the Francis Crick Institute, UCL, Queen Mary's UoL, and Birkbeck UoL. The work of the consortium will be continued at KCL within the dementia theme of the Maudsley Biomedical Research Centre.



PROFESSOR EDMUND SONUGA-BARKE

Edmund is currently Professor of Developmental Psychology, Psychiatry and Neuroscience at the Child & Adolescent Psychiatry Department. Motivated by his own experience of growing up as young person with dyslexia and attention problems, his research focuses on improving the lives of children and adolescents with neuro-developmental disorders. To this end, he employs basic developmental science approaches to study the pathogenesis of neuro-developmental conditions; their underlying genetic and environmental risks, mediating brain mechanisms and developmental outcomes.



DR CHARLOTTE WILSON JONES

Charlotte is a Maudsley trained psychiatrist. She has worked in SLaM for 23 years. She set up the first UK undergraduate psychiatry society and facilitated the setting up of similar societies nationally. She continues to mentor KCL Psych Soc. She designed and leads the Psychiatry Early Experience Programme (PEEP). Three years ago she became the Director of Undergraduate Psychiatry for SLaM. She joins us in the role of Director of Mental Health Education MBBS. She will lead on all aspects of undergraduate psychiatry across KHP with a particular focus on integrating psychiatry into the new GKT School of Medical Education.

Professor Oliver Howes' Inaugural Lecture

Inaugural lectures are a distinguished and important part of the Institute of Psychiatry, Psychology & Neuroscience and have a scholastic tradition. On the 23rd February Oliver gave his inaugural lecture entitled "Kanye West and the cause of Psychosis". The lecture was attended by over 200 people and was chaired by Professor Sir Robin Murray and was ended with a vote of thanks from Professor Philip McGuire.



Prince Harry joined the Veterans' Mental Health Conference

Prince Harry attended the Veterans' Mental Health Conference at King's College London on 16th March, where he led a panel discussion with three veterans on the benefits of having open conversations about mental health and getting the right support.



Professor Sir Simon Wessely was announced as Regius Professor of Psychiatry

The world's first Regius Professorship of Psychiatry was inaugurated on 4th May 2017 at a special celebration at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN). Professor Sir Simon Wessely has been appointed to the prestigious role, which is King's College London's first ever Regius Professorship.

