An aerial photograph of a river flowing through a deep canyon. The river is turbulent, with white foam and rapids. The canyon walls are composed of layered, reddish-brown rock. The text is overlaid in the upper right corner.

The Course for
Academic
Development of
Psychiatrists
2018



An Introduction to the JYPO by Toru Horinouchi

The Japan Young Psychiatrists Organization (JYPO) was established in June 2002 with the cooperation of the WPA and the JSPN.

The JYPO aims to create professional networks and to enhance future collaborations between young psychiatrists in Japan and other countries. Thus, it also aims to contribute to improve care in psychiatry and mental health globally.

The JYPO has a specific graduate system, which enables young members to assume responsible positions and learn from the more experienced members. This system is the key to ensure the continuation and innovative approach of the JYPO.

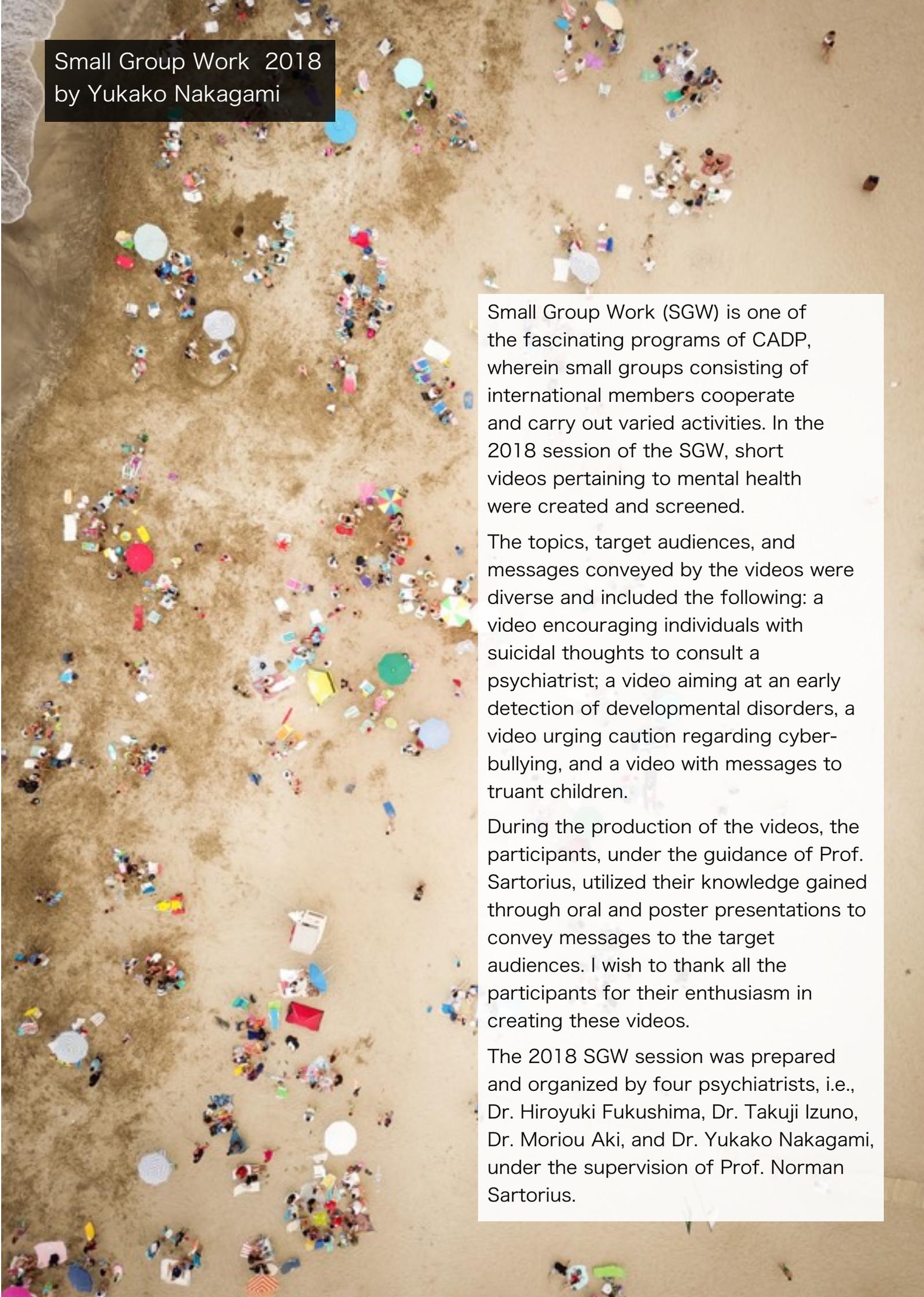
The JYPO invites early-career psychiatrists from all over the world to join its network for future collaborations.



What is CADP? by Nozomu Oya

The aim of CADP is to develop academic and leadership skills and international relations among young psychiatrists. This course was founded by Prof. Norman Sartorius [former president of the World Psychiatric Association (WPA)] and was introduced in Japan in 2002 by Prof. Mitsumoto Sato [former president of the Japanese Society of Psychiatry and Neurology (JSPN)]. Since 2008, some participants from various countries have attended this course. CADP is the biggest annual event organized by Japan Young Psychiatrists Organization. In February 2018, the 17th CADP took place at Chiba, Japan. Each participant is assigned a role such as presenter, chairperson, or reporter. Prof. Sartorius attends the course, which is held in Japan each year, and provides direct guidance to all the participants. All participants actively participate in the programs, thus building friendships that last beyond CADP. These strong relationships encourage further collaborations or symposia in the international congress.

By participating in CADP, young psychiatrists can expand their knowledge, enhancing their skills and consequently their careers and lives.



Small Group Work 2018
by Yukako Nakagami

Small Group Work (SGW) is one of the fascinating programs of CADP, wherein small groups consisting of international members cooperate and carry out varied activities. In the 2018 session of the SGW, short videos pertaining to mental health were created and screened.

The topics, target audiences, and messages conveyed by the videos were diverse and included the following: a video encouraging individuals with suicidal thoughts to consult a psychiatrist; a video aiming at an early detection of developmental disorders, a video urging caution regarding cyber-bullying, and a video with messages to truant children.

During the production of the videos, the participants, under the guidance of Prof. Sartorius, utilized their knowledge gained through oral and poster presentations to convey messages to the target audiences. I wish to thank all the participants for their enthusiasm in creating these videos.

The 2018 SGW session was prepared and organized by four psychiatrists, i.e., Dr. Hiroyuki Fukushima, Dr. Takuji Izuno, Dr. Moriou Aki, and Dr. Yukako Nakagami, under the supervision of Prof. Norman Sartorius.

Poster Presentation 2018 by Morio Aki

During this year's CADP, seven participants presented posters on their theme of their choice. All participants actively provided feedback on the presented posters. Prof. Sartorius commented on each poster and instructed the participants on the preparation of posters and presentations. The sessions provided insight on various tips for attracting the attention of the audience, preparing the posters (such as usage of color, things to carry for the event), and wearing the appropriate attire on the day of the presentation. We, as psychiatrists, rarely come across chances that educate us on how to make presentations and usually tend to take such situations lightly. This session was insightful and taught that posters can be a more effective way to communicate with colleagues and share research findings than oral presentations. I sincerely look forward to the next year's session on the presentation of posters.

The CADP Lecture by Ryo Sawagashira

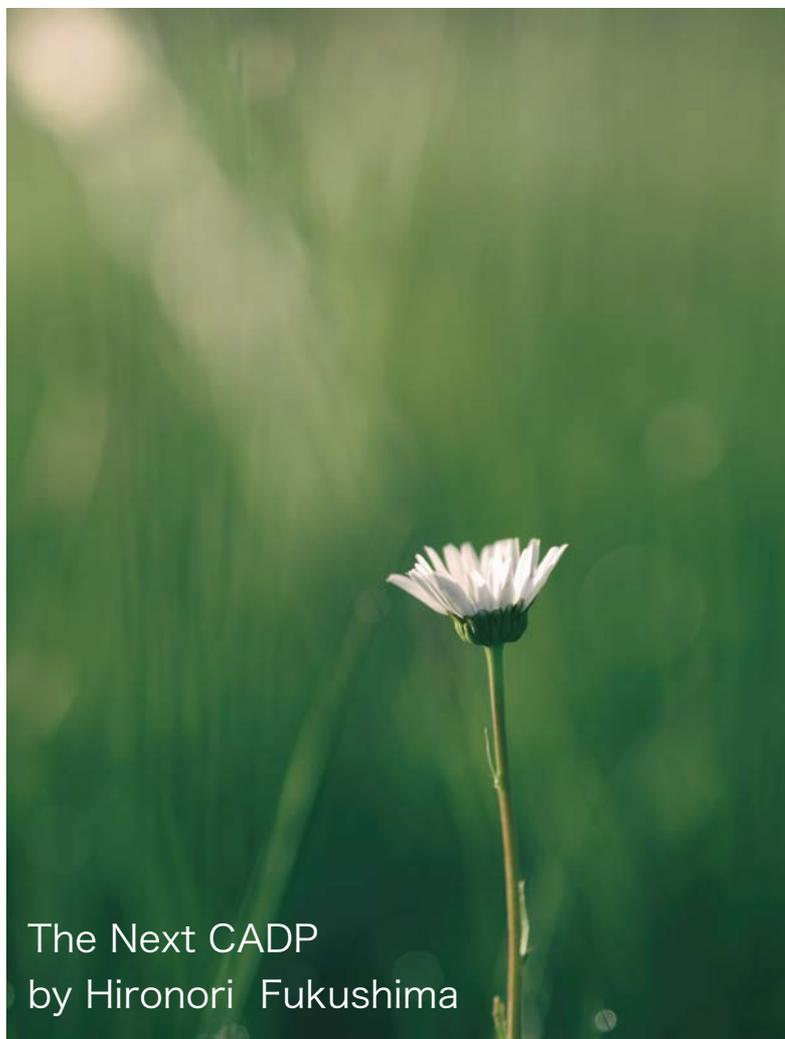
As usual, a number of renowned experts were invited as speakers in the 17th CADP. On the first day, Dr. Daisuke Fujisawa from Keio University, a respectable OB member of JYPO, delivered a lecture entitled "How to make a presentation." This lecture provided a glimpse of CADP's future. On the second day, Prof. Masanari Itokawa, a clinical psychiatrist from Tokyo Metropolitan Institute of Medical Science presented his extraordinary research achievements on schizophrenia. The lecture invoked the curiosity of the audience, inviting numerous comments and questions for Prof. Masanari Itokawa. On the last day, Prof. Kotaro Otsuka from Iwate Prefectural Medical University and a first-generation member of the JYPO delivered a lecture regarding the prevention of suicide and disaster psychiatry. The key message of this lecture was the following: "It is very important for young psychiatrists to understand mental health systems in their own community."

All the lectures had a great impact on the attendees. Therefore, the lecture session is an indispensable part of the CADP course.

Remarks from the Overseas Participants

by Felix Noppes

This year I attended the CADP for the second time. The previous conference enriched my life and motivated me to re-establish and become the president of the Young Psychiatrist's Organization of Switzerland. Additionally, I participate in the activities of the European young psychiatrist organization. I am thankful for the opportunity to participate in this course again. I obtained useful information on the preparation of posters and the characteristics of a charismatic chairperson. It was a pleasure to meet Prof. Sartorius again and all the new colleagues from Japan, China, and Thailand. During the oral presentations, I learned a lot about the Japanese culture and psychiatry and was impressed by the variety of themes being presented. My personal favorite was the presentation on the DBT program conducted in a hospital in Thailand. Moreover, I was pleased to know that my good friend from Germany, Dr. Stefanie Huber, also participated in this year's CADP. I look forward to participating again the next year and motivate colleagues from Switzerland or Germany attend the course. In my opinion, every young psychiatrist could benefit from participating in CADP. Finally, I wish to extend an invitation to all my CADP colleagues to visit Switzerland or Germany. It would be a pleasure to assist you during your visit. Thank you for all your assistance.



The Next CADP

by Hironori Fukushima

The 18th CADP will be held on 14–16 February 2019. We hope that many early-career psychiatrists from around the world will participate in the upcoming CADP. The committee continuously improves the management and formulates attractive programs for the participants. We believe that this course provides a valuable experience, assisting young psychiatrists to become good clinicians, researchers, educators, and leaders. Furthermore, we hope to enhance the relationship and collaboration between young psychiatrists around the world. We look forward to meeting you in the upcoming CADP.

For more information,
please contact the JYPO office.

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