

ACTION

for Mental Health | pour la Santé Mentale

Association for the Improvement of Mental Health Programmes
Association pour l'Amélioration des Programmes de Santé Mentale

COURSE ON LEADERSHIP AND PROFESSIONAL DEVELOPMENT OF YOUNG PSYCHIATRISTS

Timisoara - Romania, 22nd - 24th of April 2014



 Asociația Psihiatrică Timișoara



Universitatea de
Medicină și Farmacie
"Victor Babeș" Timișoara

Prof. Norman Sartorius, M.D., M.A., D.P.M., Ph.D., FRC. Psych.



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Professor Sartorius obtained his M.D. in Zagreb (Croatia). He specialized in neurology and psychiatry and subsequently obtained a Masters Degree and a Doctorate in psychology (Ph.D.). He carried out clinical work and research and taught at graduate and postgraduate levels at the University of Zagreb, at the Institute of Psychiatry in London, at the University of Geneva and elsewhere.

He joined the World Health Organization (WHO) in 1967 and soon assumed charge of the programme of epidemiology and in social psychiatry. He was the principal investigator of several major international studies on schizophrenia, on depression and on health service delivery. He was responsible for WHO's work on the classification of mental and neurological disorders. The growth of the programme under his leadership led to the elevation of the programme from a Unit to the Division of Mental Health of which he was the first director. He held this position until 1993 when he was elected President of the World Psychiatric Association (WPA). He served as the President of WPA until August 1999. Subsequently he became President of the Association of European Psychiatrists (EAP), a position held until December 2001.

He is the President of the Association for the Improvement of Mental Health Programmes and a member of the Geneva Prize Foundation having previously been its President. Professor Sartorius holds professorial appointments at the Universities of London, Prague and Zagreb and at several other universities in the USA and China.

Professor Sartorius has published more than 400 articles in scientific journals, authored or co-authored books and edited a number of others.

Professor Sartorius is a corresponding member of the Croatian Academy of Arts and Sciences and of the Spanish Royal Academy of Medicine and an honorary member of the Medical Academies of Croatia, Mexico and Peru. He holds honorary doctorates of the Universities of Bath, Copenhagen, Prague and Umea and is an honorary fellow of the Royal College of Psychiatrists of the United Kingdom of Great Britain, of the American College of Psychiatry and of the Royal Australian and New Zealand College of Psychiatrists. He is also a Distinguished Fellow of the American Psychiatric Association.

He is an Honorary Member of numerous professional associations and advisory boards, both national and international. He is the co-editor of three scientific journals and a member of editorial and advisory boards of many scientific journals. He speaks Croatian, English, French, German, Russian and Spanish.

Sir David Goldberg,
Professor Emeritus & Fellow, King's College, London
KBE, FKC, FMedSci, FRCP



Sir David has devoted his professional life to improving the teaching of psychological skills to doctors of all kinds, and to improving the quality of services for those with severe mental illnesses. He has advised the Department of Health over the years about service developments, and has been extensively used by the World Health Organisation as a mental health consultant.

He completed his psychiatric training at the Maudsley, afterward he went to Manchester, where for over 20 years he was Head of the Department of Psychiatry and Behavioural Science. In 1993 he returned to the Maudsley as Professor of Psychiatry and Director of Research and Development.

His interests are in vulnerability factors which predispose people to develop depression, and in teaching general practitioners to give a better service to psychologically distressed patients. His research over many years has been concentrated on the details of communication between GP's and their patients, and he has applied these principles to his teaching of mental health workers in developing countries. He has a major interest in the best way primary care and specialist mental health services should relate to one another. For the past 25 years his interests have extended away from doctors to the people who are in states of distress - with particular attention to the factors that make people vulnerable to stressful life events. Sir David's first book on this subject dealt with both GP's and their patients ("Mental Illness in the Community, the Pathway to Psychiatric care" with Peter Huxley) and his most recent book takes a thorough, developmental look at the determinants of this vulnerability ("The Course and Origin of Common Mental Disorders" with Ian Goodyer).

Sir Goldberg was Chairman of the Guideline Development Group for Depression for NICE, and more recently for the Guideline for Depression among those with physical illnesses. He is a Fellow of Hertford College, Oxford; King's College, London; and the Academy of Medical Sciences.

He retired in 1999, and now works part time at the Institute. He is currently Chairman of the Psychiatry Research Trust at the Institute.

Course on Leadership and Professional Development of Young Psychiatrists, Timisoara, 22nd-24th of April 2014

| time | Monday, 21 april | Tuesday, 22 april | Wednesday, 23 april | Thursday, 24 april | |
|-------------|-------------------|---|---|--|--|
| 08:30-10:00 | Arrivals | 1) Introductions 2) How to make a presentation (Norman Sartorius) | 8) Presentations by the participants | 13) How to decide on priorities (Norman Sartorius) | |
| 10:00-10:15 | | Coffee break | | | |
| 10:15-12:00 | | 3) How to select a topic for research (David Goldberg) 4) Small group work: How to prepare a proposal for a project | 9) How to chair a session (Norman Sartorius) | On 24 April the lunch break will be 11:00-14.00 | |
| 12:15-13:30 | | Launch | | | |
| 13:30-16:00 | | 5) How to read a paper (David Goldberg) | 10) How to produce a good title How to write a report on a session (David Goldberg) | 14) Presentation by participants 15) Evaluation and Closure | |
| 16:00-16:15 | | Coffee break | | | |
| 16:15-17:30 | | 6) Presentations by the participants | 11) Poster Walk (Norman Sartorius) | | |
| 17:30-18:30 | | 7) How to produce a good CV (David Goldberg) Lecture by Professor Ienciu | 12) How to present a proposal for a project | | |
| 18:30 | Welcome reception | Joint dinner | Joint dinner | | |

LOCAL COURSE FACULTY



Assoc. Prof. Monica Ienciu, MD, PhD
Head of the Neuroscience Department of the "Victor Babes" University of Medicine and Pharmacy, Timisoara, Romania
Vice-President of the Timisoara Psychiatric Association



Academician Prof. Dr. Mircea Lazarescu, MD, PhD
President of the Timisoara Psychiatric Association



Catalina Giurgi-Onocu, MD, PhD
Teaching Assistant, Neuroscience Department of the "Victor Babes" University of Medicine and Pharmacy, Timisoara, Romania
Past President of the Romanian Association of Psychiatry Trainees
President of the Organizing Committee for the "Course on Leadership and Professional Development of Young Psychiatrists"

LIST OF PARTICIPANTS FOR THE COURSE ON LEADERSHIP AND PROFESSIONAL DEVELOPMENT OF YOUNG PSYCHIATRISTS,

TIMISOARA, ROMANIA, 22nd-24th APRIL 2014

| Name | Country | E-mail address |
|-----------------------------|----------|-----------------------------------|
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Timisoara - General Informations:

Airport:

International Airport "Traian Vuia" Timisoara is located 12 km away, in the NE of Timisoara.

Access to the airport is on the European road E70 from Bucharest to Timisoara.

Express no. 4 (E4) connects the International Airport "Traian Vuia" and Timisoara.

Racing Schedule: 5:30 to 11:00 p.m. every hour. Travel time is approx. 20 minutes.

Tickets are available at offices and public transport within the Domestic Flights Terminal - tax office.

Airport contact: +40 256 493639 or www.aerotim.ro

Language:

Romanian is spoken in Timisoara, but many speak English.

Also here you will find many speakers of Hungarian, Serbian, Italian, German.

Currency:

LEU (1 Leu = 100 bani)

They are: coins - 1, 5, 10, 50 bani and banknotes - 1, 5, 10, 50, 100, 200, 500 lei.

1 EUR = approx. 4,5 lei

Foreign Currency:

Foreign currencies can be exchanged at banks, exchange offices, hotels.

Banking hours are from 9 am to 6 pm Monday to Friday and Saturday until 1 o'clock.

Credit Card:

Many hotels, restaurants and shops accept credit cards (the most common are Visa, Mastercard).

Cash only currency you can pay it.

Time Zone:

UTC/GMT +3 hours

Electricity:

220V

Taxi:

We recommend that you use in your travels only authorized taxi companies Timisoara City.

Prices charged are between 1.35 - 1.85 lei / km.

| | |
|------------|---|
| Pro taxi | +40256/942, +40723942942 |
| Radio taxi | +40256/940, +40723717171, +40744177266 |
| Taxi Grup | +40256/943 |
| Tudo Taxi | +40256/945, +40723449940, +40744449941 |
| Car Taxi | +40256/283566, +40726366660, +40744366360 |

Timpark - parking system in Timisoara:

Timpark system is a system of regulation and taxation of motor vehicle stops in Timisoara.

Parking tickets can be found at newsstands and other stores that have Timpark logo.

There is also a payment system using mobile phone by sending an SMS to (+40) 7406.

Sms contains the city area and car number (ex. RED ZONE - 111 TM77ZET)

| ZONE | EURO + VAT/60 min. | |
|----------------|--------------------|---------------|
| Green Zone 0 | 0.75 euro +VAT | 110 CARNUMBER |
| Red Zone I | 0,50 euro +VAT | 111 CARNUMBER |
| Yellow Zone II | 0,35 euro +VAT | 112 CARNUMBER |
| Blue Zone III | 0,25 euro +VAT | 113 CARNUMBER |

Useful numbers:

Romania telephone area code is +40 and one of the city is 256.

Police : 112 or 955

Fire service : 112 or 981

Ambulance: 112 or 961

Free information : 930, 931, 951

Info CFR: 952



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The Association for the Improvement of Mental Health Programmes was founded in 2004. Its objective is to make a contribution to the improvement and promotion of mental health programmes worldwide. It aims to achieve its goals by means of advice, consultation and research, by organizing talks and seminars, by initiating and coordinating studies and other theoretical and practical work, and by any other appropriate means that can improve the care of people with mental illness and their families and raise the value given to mental health by individuals and societies.