



ΕΛΛΗΝΙΚΗ  
ΨΥΧΙΑΤΡΙΚΗ  
ΕΤΑΙΡΕΙΑ

**HELLENIC PSYCHIATRIC ASSOCIATION**  
**UNITED KINGDOM DIVISION**  
**HELLENIC (UK) PSYCHIATRIC BULLETIN**  
(THE DIVISION'S NEWSLETTER)  
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Maria Filippidou

Nikolina Skandali

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## EDITOR'S REPORT

Nikos Christodoulou  
*Bulletin Editor,*  
*Hellenic Psychiatric Association, UK Division*



Dear Friends and Colleagues,

This issue of our division's Bulletin features a number of interesting pieces. Firstly, the piece you are currently reading summarises the salient moments of the division for the first half of 2014. Then, Lenia Palazidou addresses the members in her new capacity as Chairwoman of the division. This is followed by a brief introduction of the new faces in the Executive Committee of the division, and finally the Bulletin is concluded by a stimulating book review by George Ikkos.

The division's last six months were marked by the 22<sup>nd</sup> Hellenic Psychiatric Association Conference, which took place at Ioannina between 10-13 April 2014. This conference is the HPA's most important event, effectively the equivalent of a College Conference. Despite a last minute forced change of host city (It was originally meant for Pylos to host), this particular Conference was immensely successful, thanks to the remarkable leadership and readiness of the organisers. Our division's presence at Ioannina was impressive; We organised two symposia and a workshop and delivered very well attended and successful sessions in both Greek and English. Among others, the division participated in the following sessions:



- Workshop: Lenia Palazidou. Challenges in the recognition and pharmacological treatment of bipolar disorder (organised by HPA-UK)
- Symposium: Nikos Christodoulou. From DSM-IV to DSM-V: The Spectrum of Schizophrenic disorders
- Symposium: Mental illness, families and the law (organised by HPA-UK)  
Chair: Lenia Palazidou, Th. Douzenis  
Katerina Kasiakogia. Psychopathy in forensic psychiatry  
Lenia Palazidou. From child protection to eugenics
- Round table: Nikos Christodoulou. Mental health in crisis
- Plenary: George Ikkos. Pain and psychiatry: Practitioner update
- Plenary: Nikandros Bouras. Organisation and management of mental health services: Challenges and prospects
- Symposium: Comorbidity in Psychiatry (organised by HPA-UK)  
Chair: Nikos Christodoulou, Nikandros Bouras  
George Ikkos. Medically unexplained symptoms and the psychiatrist

Nikos Christodoulou. Psychiatric comorbidity in schizophrenia  
Katerina Kasiakogia. Relationship between offending and mental health  
Dimitris Anagnostopoulos. Specific developmental disorders and comorbidity  
Nikandros Bouras. Intellectual disability and ill health

Symposium: Nikos Christodoulou. The consequences of financial crises on mental health

In addition to our academic contributions, in Ioannina we held a meeting in which the new Executive Committee was ratified, and George Ikkos was made Honorary Chairman of the division:

Executive Committee:

Chair: Lenia Palazidou  
Secretary: Katerina Kasiakogia  
Treasurer: Petros Lakkos

Complementary roles:

Academic Secretary: Angela Hassiotis  
Bulletin Editor: Nikos Christodoulou  
Public Relations: Katerina Kasiakogia  
Trainee Reps:  
Pre-training and academic training rep: Nikolina Skandali  
Core training rep: Lida Panagiotopoulou  
Higher training rep: Maria Filippidou

(A further change will take place in August, when the author will step down as Bulletin Editor, to be succeeded by Nikolina Skandali and Maria Filippidou)

For those wishing to attend further conferences organised by the Hellenic Psychiatric Association, please prioritise this in your diaries:



Joint Hellenic Psychiatric Association/ World Federation for Mental Health international conference. To be held 9-11<sup>th</sup> October 2014 in Athens. The WFMH is the largest and most inclusive international mental health organisation and hosts impressive meetings.

Finally, please note that our Division's publications (including our bulletins) are published online by the HPA at [www.psych.gr](http://www.psych.gr) (link on the left). Also note that the Hellenic Psychiatric Association is on facebook (<https://www.facebook.com/groups/109477939142750/>), so stay connected!

## CHAIR'S MESSAGE

Lenia Palazidou

*Chair,*

*Hellenic Psychiatric Association, UK Division*



Dear Members,

The UK division of the Hellenic Psychiatric Association has blossomed in the last couple of years.

This would not have been achieved without the enthusiasm and commitment of Georgos Ikkos, the outgoing chairman, a hard act to follow. Georgos was particularly keen on training and under his guidance we have had a series of educational training activities including a meeting of our trainees with senior members of the Royal College of Psychiatry. Our enthusiastic and highly capable colleagues Nikos Christodoulou and Katerina Kassakogia-Worley put together a guide for Greek doctors wishing to train in Psychiatry in the UK.

We had a series of high quality academic activities and from 2014 we started what I hope will be established as yearly meetings on the subject of “Body & Mind”. These aim to bring together experts in physical and mental disorders and encourage closer clinical and research collaboration. The introduction of the Asclepian Oration helps attract high quality speakers. I am very hopeful that these meetings will continue being successful and maintain a high quality standard. Of course there are a lot of very high quality meetings in the UK but only the HPA can offer the additional bonus of the social interaction with fellow Hellenes.

I look forward to working with my colleagues on the committee, Katerina Kassakogia-Worley, Angela Hassiotis and Petros Lekkos. I am grateful to Nikos Christodoulou who has agreed to continue his valuable work as the editor of our newsletter for another issue and prepare his successor who is to take over in due course. I hope that in the next few years we'll grow further and develop closer links with fellow Hellenes from Greece, Cyprus and the diaspora beyond the bounds of the UK.

Another avenue for growth is our membership to the newly established “Diaspora Organisations Committee” of the Royal College of Psychiatrists, which gives a voice to the overseas doctors and also aims to encourage and facilitate involvement in the development of mental health provision in less privileged parts of the world.

## NEW FACES

Angela Hassiotis  
*Academic Secretary,  
Hellenic Psychiatric Association, UK Division*



Dr Angela Hassiotis, recently appointed Professor in Psychiatry at UCL is also a Consultant Psychiatrist in the Camden Learning Disability Service. She graduated from the Medical School in the University of Athens, Greece, and subsequently trained in Psychiatry in the UK. She has been involved in research using a number of methodologies but with an emphasis on tangible benefits for patients and NHS. She has a portfolio of studies evaluating a number of psychosocial interventions for people with intellectual disabilities, exploring the impact of stigma and using observational data to answer questions of morbidity in this population funded by the National Institute for Health Research and charities. She has fostered ongoing collaborations within and outside UCL and has published extensively, including editing a book on mental health problems in intellectual disability and the development of a manual for Cognitive Behaviour Therapy for common mental disorders in people with mild intellectual disabilities. Angela is committed to mentor and nurture new blood academics and several of her trainees have continued their careers in the field of developmental psychiatry. She has held office in national organisations, e.g. Faculty of the Psychiatry of Intellectual Disability, Royal College of Psychiatrists (member and then finance officer); National Institute of Health and Care Excellence (Fellow 2011-2014; member of a guideline development group) and has taught internationally including in developing countries. Most recently she has become the Associate Editor of the JARID and JPPIDD and is a member of the NIHR RfPB London Advisory Committee.

Website: <http://www.ucl.ac.uk/ciddr/chsrid-team/angela>

You can follow updates of Angela's work on twitter @UCLPsychiatry and @PBSstudy

## NEW FACES

Maria Filippidou  
*Higher Training Rep,*  
*Hellenic Psychiatric Association, UK Division*

I have recently joined the HPA-UK committee as a higher trainee representative. This constitutes a great honour for me, considering the history of HPA in Greece and also its significant presence in the UK since 2011. With my participation in the activities of the association, I aspire to be a part of the celebration of psychiatry, promoting awareness of mental illness and helping reduce the stigma that comes with it. Our very rich cultural background, can bring a unique dimension to this. The HPA-UK also provides a great platform for Greek doctors in the UK to maintain a link with the psychiatric profession in Greece.

I graduated from the Democritus University of Thrace in Greece in 2006 and following my rural service in Komotini I came to the UK where I started training initially as a foundation doctor and later on in the specialty of Psychiatry. I currently hold the post of a Specialist Registrar in General Adult Psychiatry within the Royal Free & UCL specialist training rotation in London.

## NEW FACES

Lida Panagiotopoulou  
*Core Training Rep,*  
*Hellenic Psychiatric Association, UK Division*



I am delighted to have offered the role of the core trainee representative at the HPA UK Division EC.

I envisage an active and influential Division which offers good networking opportunities to our members. Our association could engage with Greek colleagues living in the UK or in Greece and also work in partnership with other relevant organisations. It would be nice to see the Association developing stronger links with relevant bodies and societies in both the UK and in Greece or even in other countries. Increasing our membership is certainly one of our aims. We would also like to continue organising social and professional events. I finally envisage a strong HPA which is able to support our members and increase awareness around issues relevant to mental health.

I believe that I will be able to contribute to the above aspiration in view of my active engagement with core psychiatric training in the UK and other professional bodies.

I am a CT2 trainee in psychiatry at UCLP North Central London training programme. I have undertaken the role of the core trainee representative and in this capacity I attend in the London psychiatric trainees' forum and London Specialty Advisory Group. In that capacity I work with the Head of School of psychiatry in London and I have good awareness of training issues in psychiatry. I am interested in post-graduate education, medical management and leadership, patient's safety and quality improvement.

I am involved with the British Medical Association and I have a wide awareness of medical politics in the UK, including issues relevant to psychiatry.

I am also a member of the Greek Medical Society committee since January 2013 and I have been involved in organising social and professional events.

In view of these links and experience I believe I am well equipped to contribute to my aspiration for the HPA.

## NEW FACES

Nikolina Skandali

*Pre-Training and Academic Training Rep,  
Hellenic Psychiatric Association, UK Division*



I am a PhD-candidate at the Department of Psychiatry at the University of Cambridge. I graduated from Athens Medical School in 2011 and then completed my Master's degree in Clinical Neuroscience at the Institute of Neurology, University College London during which I joined the lab of Professor Ray Dolan FRS and Director of the Wellcome Trust Centre for Neuroimaging. I worked for another year at the same centre employed by Professor Ray Dolan as a clinical research associate.

I am interested in the neural mechanisms of decision making and the impact of emotion through the application of neuroimaging methodologies (fMRI) and pharmacological tools that involve neuromodulatory transmitters, such as serotonin and dopamine. My current research, funded by the Medical Research Council and the University of Cambridge Behavioural and Clinical Neuroscience Institute (BCNI), focuses on applying methods of reinforcement learning (derived from machine learning) in order to construct a computational model of decision making and describe the mechanisms involved in behaviour choice. I am currently working with Professor Barbara Sahakian FMedSci at the Department of Psychiatry and Professor Trevor Robbins FMedSci at the BCNI.

My future goal is to undertake a clinical training in psychiatry following the completion of my PhD and contribute in the translation of research findings to the clinical settings in the field of neuropsychiatry. I am delighted to join the committee of Hellenic Psychiatric Association- UK division as a training representative with a focus on academic training. I firmly believe I can contribute with my current and past research experience along with my medical training to the promotion of interest for recent advances in neuroscientific research and their implementation in clinical psychiatry.



## BOOK REVIEW

George Ikkos  
*Hon. Chairman,  
Hellenic Psychiatric Association, UK Division*



### NIKANDROS BOURAS

#### *GREEKS IN LONDON*

AKAKIA PUBLICATIONS, LONDON £24.00 (IN GREEK), 2013

My friend and mentor Nikandros Bouras, Honorary Fellow of the Hellenic Psychiatric Association, is the foremost Greek psychiatrist to have worked in London in the last quarter of the 20th Century and the first decade of the 21st. He has a distinguished record of clinical practice and research, service development and evaluation and wider social interests and contribution, including the quality assurance of academic institutions. He is currently Emeritus Professor of Psychiatry at the Institute of Psychiatry, Director of Maudsley International and Research Director of the Daedalus Trust. The years between the fall of the dictatorship in Athens Greece in 1974 and the current financial crisis constitute a distinct period in Modern Greek history and this book is a chronicle of his times and activities in London, Greece and beyond during the years 1974- 2004.



Nikandros Bouras is a reliable and insightful witness. True to his remarkable modesty and laconic character, the book is not about his extensive personal achievements in medicine and psychiatry but almost entirely about his active and creative engagement with medical, intellectual and cultural fora and organisations in London. The broad shared aims of these could be summarised as the understanding and improvement of science, medicine and society in Greece and the preservation and dissemination of Hellenic cultures and interests abroad. Nikandros Bouras was the driving force behind the establishment of the Hellenic Medical Society UK and the man who conceived the establishment of what has become The World Biomedical Hellenic Society. He has been a key

member, often on council, of such organisations as the Hellenic Cultural Centre, The Hellenic Foundation, The Foundation for Hellenic Culture, The Hellenic Forum and The Hellenic Centre etc. etc. In this clear and measured narrative he gives an account of people and events. He is generous in his appreciation of those that contributed and only hesitantly critical of those who have not. The catalogue of names that crossed his path is a valuable record for future historians and the list of people that enjoyed his and his wife Maria's generous hospitality impressive in their variety and stature. What emerges is a combination of tenacious dedication to facts with deeply felt and intelligent pursuit of his commitments, which invariably centre of science, medicine and the Hellenic heritage and culture.

Of most obvious and immediate interest for psychiatrists is his insider's account of the scandal surrounding the Psychiatric Asylum on the Island of Leros. This affair erupted through the front pages of the Observer newspaper in London in September 1989 and was played out on a global stage. The Observer exposed the poor and unacceptable conditions under which patients were maintained in the asylum on the island. Nikandros Bouras kept his cool throughout. Whilst he shared the condemnation of many for the poor facilities, he perceptively commented that he found the patients more lively and curious than the ones he was used to seeing in England. Right from the beginning he advised against simplistic formulations of "asylum: bad, community: good" and cautioned against untested radical solutions. Whilst others raced to surpass each other in criticism and condemnation, he observed how not only patients but, perhaps unexpectedly, also clinicians and islanders welcomed the visiting party which had been tasked to assess and propose remedies. To his credit he stood back from the deinstitutionalisation wave that followed in Greece, which whilst delivering better care for some became a "grave train" for others. Rightly therefore, he has been the leader of the team that recently evaluated the "Psychargos" programme of psychiatric reforms and services, richly funded by the European Union in large part as a response to the scandal.

The timing of the scandal itself appears to this reviewer to have been determined by the fact that in the same year the World Psychiatric Association (WPA), under the Presidency of Kostas Stefanis, Professor of Psychiatry at the University of Athens, was holding its conference in Athens. A burning hot issue was the political abuse of psychiatry in the Soviet Union and the, eventually successful, attempt by advocates of Human Rights to expel the Soviet Psychiatric Association from the WPA, though it has returned since. The political timing of the crisis and the misuse that opportunism may breed on such occasions does not distract from the worth of the efforts to promote the rights and dignity of the mentally and the protection and enhancement of professional standards in psychiatry.

In a quiet and non partisan way this is a deeply political book. It is, in part, an account of how its author contributed to well intentioned and repeated attempts that, ultimately, failed to ensure the establishment of effective systems of governance in academic and medical institutions in Greece and social justice in the country as a whole. His endorsement of the scathing and widely disseminated criticism of the Greek State and University establishment by Professor Charalambos Moutsopoulos is something that this reviewer shares, much to his sadness. It is only a few years ago that Professor Moutsopoulos gave the Hippocratic Oration at the Hellenic Medical Society in London. It was shocking to hear exactly the same criticisms that my father Professor Denis Ikkos

had aired in the early 1970's conversation over the dinner table at home! In a fair assessment however, Nikandros Bouras also comments that there is no doubt that, despite this, both the standards of medical practice and healthcare improved enormously in Greece during the years the book refers to. One of the consequences has been the reduction of the wave of patients that had been streaming to London for treatment in past decades.

In his conclusions Nikandros Bouras emphasises the potential contribution to Hellenic science, medicine and society that the large Diaspora academic intelligentsia can make. He laments that Greece, unlike some other countries with a varied and talented diaspora, has consistently failed to create and maintain a database of such people, who could be called intelligently to help at times of need. His hope that this may change in the future is tempered by his suspicion that conditions have changed dramatically during the years that this book covers and in an era of globalisation the commitment of diaspora talent to the motherland may be less than it may have been before. In the era of Internet and Globalisation, I share his reservations and might even argue that Greece will do best if it aims to successfully engage foreign talent rather than simply restricting its pool of scientific and other leaders to those of Greek origin. Time will tell, but Nikandros Bouras is a shining example of someone who has contributed both to his adopted country and his motherland. We are fortunate to have not only this lively chronicle but his continued engagement in service development and quality assurance and wider medical and psychiatric life.