



The 2nd JOIN Meeting

February 24th-25th 2022

Produced by
The Japan Young Psychiatrists Organization
(JYPO)



What is JYPO



Morio Aki

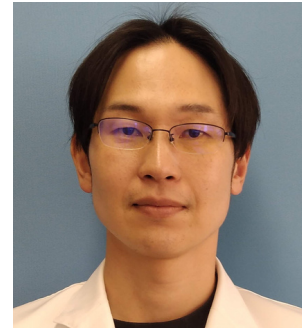
The Japan Young Psychiatrists Organization (JYPO) was established in 2002 with the cooperation of the WPA and the JSPN. The JYPO aims to create professional networks and to enhance future collaborations between young psychiatrists in Japan and other countries. Thus, it also aims to contribute to improving 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 the CADP/ the JOIN meeting

Ryo Kawagishi



The Japan Young Psychiatrists Organization (JYPO) was founded with the 1st Course for Academic Development of Psychiatrists (CADP) held in 2002, and holds this conference every year.

The aim of CADP is to develop academic and leadership skills and international relations among young psychiatrists.

The CADP was founded by Prof. Norman Sartorius [former president of the World Psychiatric Association (WPA)] and the CADP 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 JYPO.



In February 2020, the 19th CADP took place at Kyoto, Japan. Each participant was assigned a role such as presenter, chairperson, or reporter. As in previous years, Prof. Sartorius supervised the course from the planning stage, and also provided direct guidance to all participants through online participation.

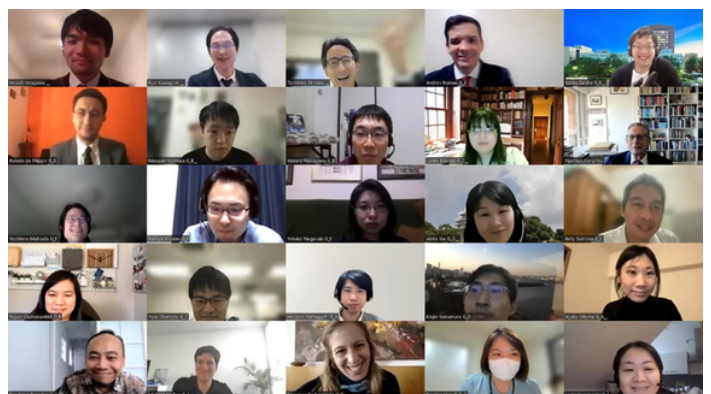
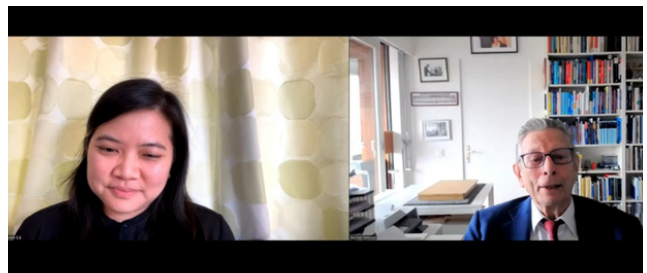


The active participation of all participants in the program fostered long-lasting friendships. We believed that these strong relationships would encourage further collaborations or symposia in the future international congress. By participating in CADP, young psychiatrists could expand their knowledge, enhancing their skills and consequently their careers and lives.



On the other hand, last year, due to the spread of the Coronavirus disease 2019 (COVID-19), the 1st JYPO Online International Networking meeting (the 1st JOIN meeting), JYPO's first online event with the video conferencing application software "Zoom", was held based on the same concept as CADP.

This year, as last year, the 2nd JOIN meeting was held on February 24-25, 2022 as an online event. In addition to 20 Japanese participants and 11 overseas participants, many past CADP participants also attended the meeting, which was a great success. In this leaflet, details of this JOIN are introduced by the participants and steering committee members. We hope you will introduce this to your fellow young psychiatrists.

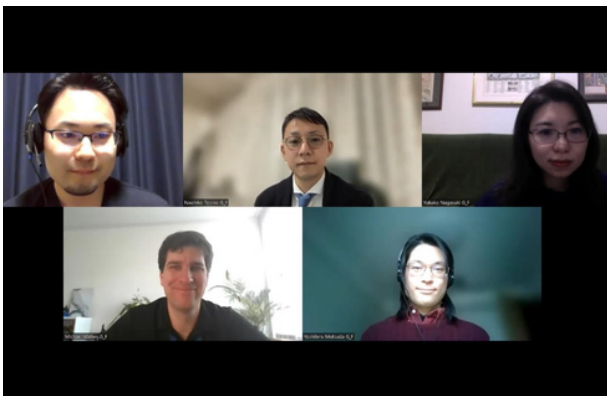


Workshop

Toshihiro Shimizu



Under the theme of "How to collaborate in International projects," a workshop was held to develop concrete plans for online international collaborative projects. All participants were divided into 6 groups from A to F, and each group developed an international collaborative project on a different theme according to their interests. A kick-off meeting was held one month before the meeting, and the participants were divided into groups until the day of the meeting to plan international joint projects using chat tools and video conferencing software.



Fortunately, we were blessed with members, and all participants were very enthusiastic and engaged in lively discussions online. Both the steering committee members and participants devoted a lot of time and effort to the Workshops in between their busy work schedules.

On the day of the 2nd JOIN meeting, each team gave a presentation on the international joint project they had planned. Each group worked together as a team to give their presentations and answer questions. After the conference was over, participants continued to interact with each other, and some groups actually started working on their projects. We hope these trials will overcome difficulties and achieve results.

The following is a description of the actual workshop, of Group B, which won the first prize, and Group C, the second prize, as examples.

Workshop

First prize winner

Group B presenters



Group B gathered psychiatrists interested in the topic "How to work together on the Internet?" Remote communication will be critical after the COVID-19 pandemic, and online collaboration will play an important role in connecting and working with young psychiatrists. With this background in mind, the presentation was titled "How to work together Online." During the month between the pre-meeting and the day of the presentation, data was collected and presentations were prepared by asking eight people with experience in international collaborative projects about how they started their collaborations, tools they used, advantages and disadvantages, and skills needed for online collaboration.

As a result, networking, productivity, and convenience were cited as advantages of online international collaboration. In contrast, cultural differences, delays, and language differences were mentioned as disadvantages.

Communication and time management were mentioned as skills needed for online collaboration.

After the presentation, Prof. Norman Sartorius pointed out as below.



Prof. Norman Sartorius

There is not enough information on the background of the interviewees.

The theme of Group B is exactly what we did at the JOIN meeting and will continue to be a major theme in the future, considering the current situation where there is still no end in sight to the COVID-19 pandemic. Online collaboration is certainly a significant first step in communication.

Online communication is becoming more common and can be beneficial for career advancement. We believe that online collaboration can be used effectively with an open mind and solid skills.

Workshop

Second prize winner

Group C presenters

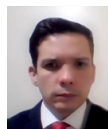


Group C brought together psychiatrists with an interest in addiction as members for discussion. The theme of the day's presentation was "International Collaborative Research: The Relationship between Personal Experiences and the Stigma Psychiatrists hold toward Substance Use Disorders and Gambling Disorders.

Stereotypes, knowledge of addiction, culture, and personal interactions and experiences can influence stigma, and psychiatrists may have a stigma toward people with pathological addiction. In the actual presentation, the goal of the study was to "explore the factors that influence the stigma psychiatrists worldwide hold toward patients with substance use disorders and gambling disorders." The methodology of the study was to conduct a cross-sectional study, dividing psychiatrists into three groups: those treating alcohol use disorders, those treating substance use disorders, and those treating gambling disorders, and to compare impact factors.

As for future prospects, they suggested modifying the late-stage training program to deepen the knowledge of how to deal with people with pathological addiction, creating an elective program at the addiction center to support people with pathological addiction with better care and treatment, and so on.

During the Q&A session, a number of questions were asked. An example is provided below.



participant

Which factors in a psychiatrist's personal experience reduce stigma?



Group C

We think that factors such as education about stigma and addiction during medical school and experience of treating people with pathological addiction might be important.



Prof. Norman Sartorius

Since the epidemiology of addiction is influenced by religious beliefs, it might be a good idea to study as many countries as possible with a larger sample size.

Lecture from Prof. Norman Sartorius and Prof. Tsuyoshi Akiyama

Junko Kitaoka



◆ Lecture from Prof. Norman Sartorius

In the 2nd JOIN Meeting, Prof. Norman Sartorius gave lectures on "The first engagement in research in your career" and "What to do to thrive in your career".

In the former lecture, he gave a message to young psychiatrists with limited research experience about the points to keep in mind when planning a research project.

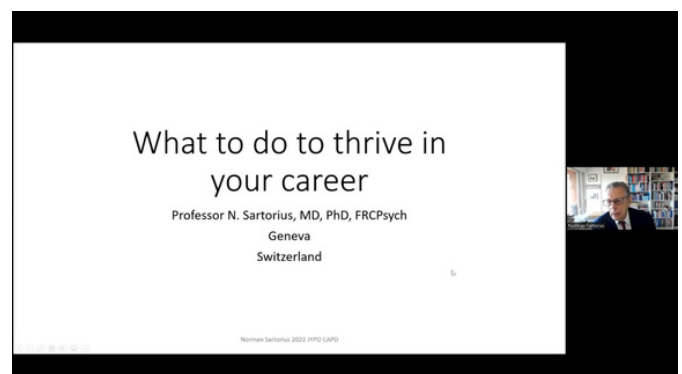
Specifically, he taught us about the four factors to consider especially during the planning stage: reasons, time limits, feasibility, topics.

Firstly, the reasons for conducting the research after confronting one's honest feelings.

Secondly, time limits, including whether it can be done if one moves from one's current position or if one's position changes.

Thirdly, feasibility, including whether it can be done even if participants drop out, and fourthly, topics, including whether the research is timely, and recommended research topics for younger psychiatrists.

In the latter lecture, he clarified for young psychiatrists the actions they need to take to be successful in their careers. He taught us about the four factors that define success: how to use your time, how to prioritize things in your life, how to face opportunities when they arise, and how to develop your skills!



◆ Lecture from Prof. Tsuyoshi Akiyama

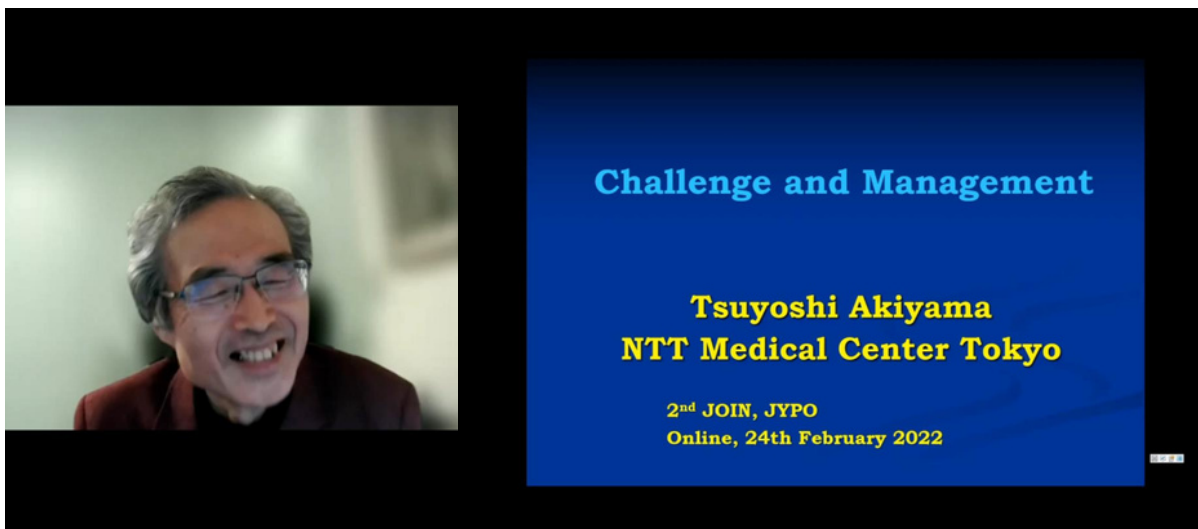
Prof. Tsuyoshi Akiyama, the president-elect of the World Federation of Mental Health, gave a lecture titled "Challenge and Management".

First of all, He mentioned the definition of the word. "Challenge" is a situation in which one is faced with something that requires a great deal of mental and physical effort to succeed and thus tests one's abilities, and "Management" is the control and organization of a subject.

He taught us how to prepare and execute issues, how to deal with difficult cases where ideal solutions are not possible, and the importance of agreeing on a "decision-making procedure" prior to discussion.

He also assumed that major projects take a long time to complete, and he also gave a key message: "The true value of the project is determined in the first year." Young people should continue to take on challenges if they find a great cause, and it is important that they intuit the significance of the project.

All of these lectures were very thought-provoking and had a great impact on the career development of us young psychiatrists, and were an indispensable program for the 2nd JOIN meeting.



Next CADP

Akihisa Iriki



The Course for Academic Development of Psychiatrists (CADP) will be held locally in Japan for the first time in three years from March 10 (Fri.) to 12 (Sun.), 2023. This will be the 20th CADP. This is an international academic training meeting where young Japanese psychiatrists and young psychiatrists from all over the world gather together. Let's spend three days together, gain new knowledge and experience, and deepen your our study and exchange. CADP is a 3-day/2-night training camp developed by Professor Norman Sartorius, former president of the World Psychiatric Association, as an educational program for young psychiatrists. Through topics related to psychiatry, the program aims to develop a wide range of academic skills, such as how to present at international conferences, how to chair a meeting, and how to apply for collaborative research.

The content and operation of CADP are improved every year by JYPO's CADP Steering Committee, based on suggestions and advice from Prof. Sartorius and feedback from participants.

The call for participants is scheduled to begin around October 2022. Please check the JYPO website and facebook page for application guidelines. Whether you are a first-time CADP participant, second-time or second-time or subsequent CADP participant, or have attended a JOIN meeting before, we hope you will take advantage of the many opportunities to meet, discover, and learn through CADP. We look forward to seeing you at the 20th CADP.



Remarks from the overseas participants



Papan Vadhanavikkit

My name is Papan Vadhanavikkit and currently, I am a psychiatrist and an assistant professor at the Department of Psychiatry, Faculty of Medicine, Khon Kaen University, Thailand. In 2015, I participated in the 14th CADP and had such a good experience. I learned a lot and made friends with young psychiatrists from many countries around the world. Therefore, last year when the information about the 2nd JOIN meeting was announced, I did not hesitate at all to submit the application, and I was fortunate to have a chance to be a part of it.

With the difficult situation of COVID-19 pandemic, all the activities were held online. Thanks to the hard work of the committee who organized the meeting, the activities went very smoothly. Participants were divided into groups and got to exchange ideas about the selected topics. Personally, I learned a lot from this process, especially how to work and communicate with people with different cultures and working styles. I also learned from my group members about leadership skills and how to give effective and respectful feedback.

During the presentation of each group, I got to see different styles of presentation and techniques. Many topics were very interesting and I believe that it was possible to turn them into research collaborations. Even though some topics were beyond my academic interests, I was still interested to join the teams in order to learn more from the team members.

I would also like to highlight my gratitude to Prof. Norman Sartorius. It was always an honor for me to learn from him. He gave us invaluable feedbacks and suggestions about the presentations and conducting research. Moreover, he also guided us young psychiatrists on personal and career growth through his lectures and advice. Finally, I would like to thank Prof. Sartorius, Prof. Akiyama, advisors, members of the committee, my group members and all participants for such a memorable experience. I am interested in doing some collaborations with you all in the future. I also hope that JYPO continues their activities, and they will always have my support. I wish that we all stay in touch and stay healthy. I am looking forward to meeting you all in-person in the future.

Remarks from the overseas participants

Michael Wallies



I participated in both JOIN meetings which allows me to compare both meetings. While I see the first JOIN meeting as a complete success bringing colleagues together and sparking interesting discussions and improving my knowledge widely, the second JOIN meeting improved even more with an excellent time schedule and interesting project ideas allowing the participants to gather experience in working together on a project.

I worked in the project group “Treatment of foreigners” where we assessed conditions of treatments of foreigners in Japan and tried to develop a questionnaire to find out more about the treatment of foreigners in Japan. The self-introduction session on the other hand provided the opportunity to practice presenting yourself in an efficient and precise way. It was great to get so many great ideas from the slides the different participants presented.

The whole program was excellently rounded up by the lectures by Prof. Norman Sartorius and Prof. Tsuyoshi Akiyama which provided valuable insights for project planning and future scientific activities.

Being a moderator and chairing another group’s presentation and Question and Answer session I was able to get experience in doing that. I really appreciated that we were given precise instructions and examples of how to do it and each group received feedback after their presentation. Our Japanese trainee colleagues showed once more that they can bring together trainees and provide them with a wonderful scientific programme and opportunity to collaborate and start exciting research opportunities together.

As future president of the EFPT I hope that I can facilitate the cooperation of the EFPT with organizations like JYPO from all over the world bringing psychiatric trainees together.