



WORLD PSYCHIATRIC ASSOCIATION SECTION OF POSITIVE PSYCHIATRY

Summer 2016

Official Newsletter of WPA Section on Positive Psychiatry

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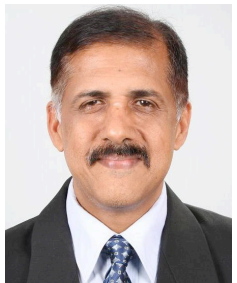
Message from WPA President Elect: Dr. Helen Herrman



The inauguration of the Scientific Section on Positive Psychiatry is an exciting and important development for WPA and for psychiatry. Here the leaders in the field of positive psychiatry including distinguished colleague Dr Dilip Jeste are teaming up with WPA to contribute to psychiatry, healthcare and public health and wellbeing. I join in welcoming this initiative and thanking its leaders. The WPA includes prominently among its stated aims: "Increase skills and knowledge about mental health and how it can be promoted." The WPA has taken this seriously. It gives attention to the fields of promoting mental health and preventing mental disorders, including the need for continuing support for the human rights of service users and vulnerable populations. Work in these fields has kept us alert to the need for action

across sectors such as education, justice, social welfare and housing to improve the life conditions, social policies and structures that have a strong influence on mental health, as well as the critical healthcare responses. Psychiatry is an important voice for progress in these areas. The field of positive psychiatry alerts us to the further opportunities to improve mental health in complementary ways, understand mediating mechanisms, and sensitise clinicians and policymakers alike to the potential for new ways of practice. The inauguration of the Section is a welcome response to the need for leadership in developing the relevant research, teaching and practice. The opportunity now exists for rich interchanges between those concerned with the various levels of action that are needed to improve mental health for people and communities in countries of all income levels. - *Dr. Helen Herrman*

Message from WPA Secretary General: Dr. Roy Abraham Kallivayalil



We are delighted to learn the WPA Section on Positive Psychiatry is bringing out a Section Newsletter very soon. We are sure this publication will be educative and informative. 'Positive Psychiatry' is one of the newest Section in the WPA. We wish to congratulate the office-bearers, especially the Chair Dilip Jeste, Co-chair Amresh Srivastava, Secretary A'verria Martin, and Editor Keri- Leigh Cassidy for their initiative in the formation of this new and progressive Section. The emphasis on wellness rather than illness makes positive psychiatry contemporary and relevant. Positive psychiatry believes in the preventing the transition from a state of well being to illness. Fighting against stigma becomes another objective. Thus it will rightly share many common themes with other Sections like Preventive Psychiatry and Anti-Stigma. This will be helpful in stimulating research and looking at newer platforms of

working together. Let me extend all best wishes to the Section and its newsletter. - *Dr. Roy Abraham Kallivayalil*

Secretary of Sections

Afzal Javed (Pakistan)

Section's Office Bearers

Chair

Dilip V. Jeste (USA)

Vice Chair

Amresh Srivastava (Canada)

Secretary

A'verria Martin (USA)

Editor

Keri-Leigh Cassidy (Canada)

Message from Secretary for the sections: Dr. Afzal Javed



I am pleased that WPA Section on Positive Psychiatry is planning to publish a newsletter. This is indeed a great initiative in the field of scientific publications as WPA is committed to disseminate scientific information and promote the individual work of all scientific sections. The WPA Section on Positive Psychiatry is a new addition to the list of WPA sections and represents a new movement in mental health, which requires a concerted effort in research, education and knowledge translation. I am sure the section work will seek a wider international recognition for an effective and strategic pathway to integrate Positive Psychiatry into mainstream global health. I also hope that Positive Psychiatry will get established as an important branch of science exploring possibilities to achieve wellness from states of illnesses and prevent a transition from a state of health to disease. I extend my best

wishes to the editorial team and all members of this Section. - *Dr. Afzal Javed*

Secretariat of the Section

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Positive Psychiatry Section Meetings

The inaugural Positive Psychiatry Section meeting took place during the American Psychiatric Association (APA) meeting. The APA meeting was held from May 14-18th in Atlanta, Georgia. Dr. Jeste also hosted an APA Caucus on Positive Psychiatry during the meeting. Dr. Jeste chaired a Symposium entitled "Advances in Medicine: Positive Psychiatry" on the morning of May 15th in the Georgia World Congress Centre. The first WPA Positive Psychiatry Section meeting took place immediately after the symposium (from 11 am to noon) in the same location.

Next Positive Psychiatry Section Meeting

The next Positive Psychiatry Section meeting will take place at the Canadian Academy of Geriatric Psychiatry meeting in Quebec City, Canada on October 1st over lunch from 11:30 am- 12:30 pm EST (conference centre room location TBA).

WPA Meetings

The 17th WPA World Congress of Psychiatry (Zone 6): World Congress of Psychiatry "Psychiatry of the 21st Century: Context, Controversies and Commitment," will be held in Berlin Germany, October 8-12, 2017. For more information on the conference visit: <http://www.wpaberlin2017.com>

The next World Psychiatric Association International Congress "Psychiatry: Integrative Care for the Community," will be held in Cape Town South Africa, November 18-22 2016. For more information on the conference visit: <http://www.wpacapetown2016.org.za>

Section Office Bearers

Dilip V. Jeste
Chair



Amresh Srivastava
Vice Chair



A'verria Martin
Secretary



Keri-Leigh Cassidy
Editor



Message from Secretary of Positive Psychiatry Sections: Dr. A'verria Martin

We are thrilled to introduce a new Special Section on Positive Psychiatry as part of the World Psychiatric Association (WPA). The revolution of Positive Psychiatry is both timely and noteworthy; it diverges from earlier deficit models focused primarily on "mental illness" and moves towards a strength-based paradigm with a greater emphasis on "mental health." This positive shift encourages clinical care that fosters positive states of mental health and happiness, and supports recovery. Over the last year we have been in the process of developing this special section as part of the WPA. This included a written proposal, the establishment of an organizing committee, and a list of founding member of the section. The Positive Psychiatry Section was approved by the WPA in November 2015 and we are in the process of developing our Section website. Our inaugural meeting of the Positive Psychiatry Section was on May 15, 2016 at the Annual APA Conference in Atlanta, GA. For membership to the Positive Psychiatry Section, please visit the WPA Website at <http://www.wpanet.org/> and click "Join a Section." - Dr. A'verria Martin

Introduction to Positive Psychiatry

by Dr. Dilip V. Jeste

Positive Psychiatry is a new branch of psychiatry dedicated to the science and practice of enhancing positive psychosocial health and wellbeing. Positive Psychiatry strives to understand and assess the underlying biological underpinnings of positive psychosocial characteristics, and to develop psychosocial/ behavioral and biological interventions to enhance mental health and wellbeing.

Since Positive Psychiatry is relevant for people with mental or physical illnesses, and for the general population, it offers the opportunity to bring psychiatry to the forefront of our health care system, and our society. Psychiatry is the most appropriate field in medicine to lead the exploration of these areas of science and the translation of their findings into clinical practice and public education. Like Positive Psychology, Positive Psychiatry has a wellness focus, however Positive Psychiatry focuses on wellness interventions that are associated with physiological changes, for example: the role of meditation on telomere length, the impact of beliefs of aging on longevity, or the impact of mindfulness practice on cardiovascular risk measures. Areas of research central to Positive Psychiatry include: positive emotions (happiness), health promoting cognitions and attitudes (such as optimism, wisdom, empathy, positive views on aging, life satisfaction), health promoting behaviors (such as social activity, physical activity, mindfulness practice) and health behavior change theory and practice (such as cognitive behavioral and values-based therapeutic approaches), neuroplasticity, epigenetics, resilience, brain health, healthy aging, and health/longevity biomarkers.

For more information about Positive Psychiatry, please see the following interview by Dr. Dilip Jeste published in the Psychiatric Times from February, 2016 at:

<http://www.psychiatristimes.com/psychotherapy/positive-psychiatry-interview-dilip-v-jeste-md>



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Announcements

Dr. Dilip V. Jeste will be the keynote speaker at the upcoming Canadian Academy (CAGP) Annual Scientific Meeting in Quebec City, Canada. The meeting celebrates the 25th anniversary of the CAGP, and the meeting title is "Paradigm Shifts in Care and Research". Dr. Jeste's talk is entitled "Positive Psychiatry of Aging" on October 1st. Please visit <http://www.cagp.ca/ASM-2016> for conference details.

Anyone interested in learning more about or contributing to the Fountain of Health Initiative and/or Institute, email: info@fountainofhealth.ca or keri-leigh.cassidy@nshealth.ca

Editorial: Positive Psychiatry of Aging Movement in Canada by Dr. Keri-Leigh Cassidy

A national movement in "Positive Psychiatry of Aging" is building in Canada, with the centre of activity generated through Dalhousie University in Nova Scotia, Canada. Nova Scotia is an appropriate place to lead this movement, having the oldest provincial population in Canada, with 19.5% of the provincial population over the age of 65 year. Dalhousie University is also home to leading academics in resilience, aging, frailty, geriatric psychiatry and geriatric medicine. The [Fountain of Health Initiative for Optimal Aging](#) is an innovative Canadian initiative in Positive Psychiatry of Aging that translates current science of healthy aging, wellbeing and resilience, and offers practical tools to improve wellbeing and health outcomes over the lifespan. Founded at Dalhousie University in 2010, the Fountain of Health Initiative is one of first initiatives of its kind in the world, and was highlighted this June with Dr. Jeste's visit to Halifax as the R.O Jones lecturer at Department of Psychiatry at Dalhousie University and at the Atlantic Provinces Psychiatric Association conference.

The National Fountain of Health (FoH) Leadership Team is composed of Canada's leading academic geriatric psychiatrists and leaders of major national organizations serving seniors. The National FoH Team is building momentum of FoH across Canada in alignment with the goals of the Positive Psychiatry Section of the World Psychiatric Association. The National FoH Team promotes knowledge transfer and translation to the public and in healthcare in Canada and internationally. In collaboration with provincial and national organizations in Canada, FoH offers evidence-based tools that support clinicians to help patients make health behaviour changes. FoH clinicians' tools include a handbook and a "Clinicians' Guide" to support seniors health goal-setting in the office. These and other clinical tools are available free of charge under "[Clinicians' Corner](#)" of the website at <http://fountainofhealth.ca>.

The first *International Think Tank on Optimal Aging* took place in Halifax on June 8th, 2016 with Dr. Jeste as the keynote speaker. The Think Tank was the inaugural event of the *World Aging and Brain Health Institute* (WABHI) fostering international research collaboration in positive psychiatry of aging, with a focus on brain neuroplasticity, beliefs on aging and health behaviour change. WABHI was established in alignment with the research mandate of the WPA Positive Psychiatry Section, and in collaboration with the University of California, San Diego Stein Institute for Research in Aging, the Canadian Consortium for Neurodegeneration in Aging, the Canadian Coalition for Seniors Mental Health and Baycrest Centre. Members of the Institute are international researchers in related areas: Drs. Dilip Jeste and Christine Padesky (USA), Drs. Keri-Leigh Cassidy, Nathan Hermann, Brad Meisner, Kenneth Rockwood and Michael Vallis (Canada), Professor June Andrews (Scotland) and Drs. Lisa Warner, Julia Wolff and Susanne Wurm (Germany). Think Tank participants also included members of the National FoH Leadership Team: Drs. David Conn, Cindy Grief and Mark Rapoport (Canada). This fall, Dr. Jeste will also be the keynote speaker at the 25th anniversary of the Canadian Academy of Geriatric Psychiatry (CAGP) Annual Scientific Meeting (ASM) in Quebec City September 30th-October 1st 2016. The title of Dr. Jeste's talk is: "Positive Psychiatry of Aging." Following a plenary talk on the "*Fountain of Health Initiative for Optimal Aging*" at the CAGP ASM, Drs. Jeste and Cassidy will co-lead an interactive workshop, "*Building Momentum for Optimal Aging in Canada*".

Anyone interested in learning more about or contributing to the Fountain of Health Initiative and/or Institute, please email: info@fountainofhealth.ca or keri-leigh.cassidy@nshealth.ca. Anyone interested in attending the CAGP conference, please visit <http://www.cagp.ca/ASM-2016> for conference details.

Dr. Keri-Leigh Cassidy is the founder of the Fountain of Health Initiative of Optimal Aging (see www.fountainofhealth.ca), a founding member of the Association for Positive Psychiatry of Canada (see www.appc.ca), and founder the World Aging and Brain Health Institute (see <http://fountainofhealth.ca/about-fountain-health>).



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Announcements Cont'd

All current and prospective Section members are strongly encouraged to submit abstracts in Positive Psychiatry to the upcoming 2016-2017 WPA meetings. Anyone who is considering or has submitted an abstract, please contact Ms. Paula Smith at p5smith@ucsd.edu with details for inclusion in our next Section Newsletter.

University of California, San Diego: International Leadership in Positive Psychiatry

Dr. Dilip Jeste, Chair of the University of California, San Diego Stein Institute for Research in Aging, is the international leader in Positive Psychiatry. His book "Positive Psychiatry" published in 2015 is available online at APA Publishing at: https://www.appi.org/Positive_Psychiatry. Dr. Jeste's book "Successful Cognitive and Emotional Aging" is also available online. To order a copy please visit the following link: https://www.appi.org/Successful_Cognitive_and_Emotional_Aging.

Under Dr. Jeste's leadership the University of California, San Diego Center for Healthy Aging has started a new Positive Living Workgroup, in collaboration with child psychiatry, public health, and undergraduate and graduate education programs across the US and Canada. The overarching goal of the workgroup is to bring together faculty, trainees, and staff from different disciplines who are interested in the area of positive living (i.e., resilience, optimism, social engagement, wellbeing, happiness) across the lifespan, and to plan strategies for incorporating those concepts into clinical care, training, and research. The workgroup proposes to develop research projects, enhance training and education programs, and work toward interventions and intergenerational activities to promote wellbeing.

The University of California, San Diego Center for Healthy Aging focuses on making tomorrow's society more age-friendly. Its areas of special emphasis include healthcare, technology, housing, lifestyle, and community engagement for seniors. The Center is based within the School of Medicine, but has developed cross-campus collaborative relationships with the Schools of Engineering, Management, and Pharmacy as well as the Divisions of Biological Sciences, Social Sciences, Physical Sciences, and Arts & Humanities. It also has formed an International-level Think Tank comprised of experts in aging, from different relevant fields, that allow inter-professional dialogue regarding topics important to the aging population such as technology, housing, built environment, and activities. The Think Tank (similar to a Work Group of the Institute of Medicine) will develop policy recommendations as well as a publishable report and will suggest pilot studies to test the feasibility of the concepts generated by the Think Tank. The Think Tank meets twice a year and is modeled after Institute of Medicine Work Groups. Thus, the agenda for each meeting includes presentations by invited expert speakers followed by discussion among the Think Tank members.

Positive Psychiatry Section Objective and Mandate

Founded in 2015 by Dr. Dilip Jeste, the main objective of the section is to advance Positive Psychiatry across the world. The mandate includes:

- To promote the idea of Positive Psychiatry
- To encourage and build membership of the section
- To educate about Positive Psychiatry (in and outside of psychiatry/medicine)
- To encourage training in Positive Psychiatry
- To develop evidence-based clinical practice assessment and intervention tools for use by physicians and by allied health professionals
- To encourage research activity and collaboration in Positive Psychiatry

Section Membership

Anyone interested in contributing to the above academic mandate of the Positive Psychiatry Section is encouraged to join our membership. To apply for membership to the Positive Psychiatry Section, please visit the WPA Website at <http://www.wpanet.org/> and click "Join a Section," or contact Dr. A'verria Martin directly at: a8martin@ucsd.edu

For a current list of Positive Psychiatry section members, please visit the section website at: http://www.wpanet.org/detail.php?section_id=11&content_id=1760



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Announcements Cont'd

The WPA will be publishing a book in the coming year with chapters submitted by each Section by December 31st 2016. Anyone interested in reviewing our Section chapter in Positive Psychiatry prior to submission, please contact Dr. Keri-Leigh Cassidy at keri-leigh.cassidy@nshealth.ca

Next Positive Psychiatry Section Meeting

The next Positive Psychiatry Section meeting will take place at the Canadian Academy of Geriatric Psychiatry Annual Scientific Meeting in Quebec City, Canada. The Section meeting will be held during the meeting on October 1st over lunch from 11:30 am- 12:30 pm EST.

Abstracts of Symposium/ Presentations by Members

All current and prospective Section members are encouraged to submit abstracts in Positive Psychiatry to the upcoming 2016 and 2017 WPA meetings. Anyone considering or has submitted an abstract on Positive Psychiatry in 2016-2017 who would like to have this included in the next Section Newsletter, please contact Ms. Paula Smith at p5smith@ucsd.edu with the details. Any submitted abstracts will be included in our next Section Newsletter in the winter of 2017.