

The WPA Sections Meeting. Topic: Towards a Future-oriented Psychiatric Professional Training

Professionals from Spain (Granada, Madrid, Malaga), Argentina (Buenos Aires), the USA, Mexico, and Italia participated.

Lecturers: Psychiatry Professors, Members of Health Institutions, Philosophers, Psychologists.

Ninety-eight Psychiatry Specialists participated.

Evaluation has been performed through a compact disc handed by each participant. So gathered materials will be included in a dossier meant for academic teaching.

One of the Spanish representatives deals with the future Psychiatrists training.

I hereby submit the "Psychoanalysis and Culture" program, developed at the Teaching and Psychotherapy Unit. Program is aimed at generating a space for study and reflection based on the Psychoanalytical Theory about the human being and his/her psychism within the sphere of a given culture, and a given society. Psychoanalytical concepts are resorted to so that cultural phenomena are likely to be analyzed. At the same time, the illustrative character of either cinema, theater, or literature are also resorted to so that some aspects of the Psychoanalytical theory are forwarded in a better way when it comes, for example, to the topic of personality structures.

Psychoanalysts consider that we cannot envisage the cultural space complexity through the only use of the language of consciousness and rationality. As it occurs with our own personal identity construction process, culture is also based on unconscious as well as conscious processes.

As regards the training of psychoanalysts we think that an essential factor lies in taking into account patient's social and cultural context, his/her way to understand health and illness –altogether with all his/her myths, fantasies, values, and relationship patterns with other people.

As a basic reference, besides works by Freud, Klein, and other psychoanalytic authors, we also use the operative concept developed by Enrique Pichon-Rivière, in his intent for breaking up the typical dichotomies: body-psyche, individual-society, illness-patient, nature-nurture and, within the realm of teaching, the teaching-learning dichotomy. While we teach, we learn.

The Program is started by outlining the sociocultural context wherein Sigmund Freud's thinking arose and was developed. Then, we analyze the personality structures topic, resorting to cinema, theater and literature as an illustrative material. Thereafter, reflection is fostered on human creativity, the psychological mechanisms that come into play in the artistic creation and the way we enjoy works of art. Eventually, an analysis is performed on some phenomena that we consider to be

particularly important in current society, namely: advertising, the mass media such as TV, radio, and newspapers, the boom of the Internet, neurosciences and so on.

We understand that, as far as the training of psychiatrists is concerned, a fundamental aspect to be dealt with is a new encounter with the human being to try and reach the person's higher and complex unity, integrating his/her biological, psychological, social, and cultural aspects.

One of the U.S. representatives said: I hereby bring an analysis of the dichotomies such as the body-spirit dichotomy in Cartesian philosophy inasmuch as we are

evolving towards a much more serious dichotomy: namely the individual-group dichotomy which involves the health-related one, i.e. the individual's mental health and the group's mental health.

The individual health-group health dichotomy is most clearly seen in the new trendy supermarkets offering the individual health (salvation) if you pay twice or three-times more than usual: in other words "Want to eat healthy products? Eat organic ones". As if we were not living into a soup wherein the pesticide that has been sprayed in Brazil for example, had not reach the air dampness and fallen over Argentina in less than 24-hour's time. Now, if you pay enough, you can save yourself, individually, even though the rest of the world goes to hell. The individual's mental health-group's mental health dichotomy is even graver: it widens the stigmatization, and the throwing out of the group of the individual that has been "labeled" as a mentally ill person. With the biomedicalization of mental illness, mental patients are now different at a neuroreceptor level, at a molecular level... almost at a "racial" difference. With the Schizophrenia diagnostic paradigm, it has been totally ascertained that the marginalization, social exclusion, and the worse course of this condition occur in a higher proportion in the States and other industrialized countries in spite of their higher economic resources devoted to the treatment thereof. When the concept dealing with this sufferance –schizophrenia, it is much more understood as a spiritual or psychosocial disease. So, patients keep integrated within both their family and society, and the disease course is much more benign. I think that the biomedicalization of Psychiatry leads to serious social harms, particularly among the suffering population and their families. Resuming: living among more primitive societies could become a much more effective treatment than living in a super developed society, a society that has been over medicalized with all the current, psychopharmacological arsenal.

Another U.S. representative said: Through a paradigmatical case, 3-year long now, I would like to show how important is Clinic in the training of both current, and future Psychiatrists. Most didactically, I present an anomalous network joining insurance, companies, medic aid and Justice.

Besides, a new Argentine association, namely Asociación Metropolitana de Psiquiatría (The Metropolitan Psychiatric Association) has launched 14 items connected with the training of future Psychiatrists, namely:

- 1- Comprehensive clinical competence in diagnosis, research, and treatment.
- 2- Being a good communicator, and a good listener.
- 3- Being sensitive as regards sexual, ethnic, and cultural aspects.
- 4- Being engaged with equality and working with diversity.
- 5- Being endowed with a basic understanding on group dynamics.
- 6- Being apt at creating a favorable mood in the team.
- 7- Being apt at taking decisions.
- 8- Being able to appraise the personnel.
- 9- Having a basic knowledge on operative control.
- 10- Understanding as well as acknowledging both the role and condition of vulnerable patients.
- 11- Offering empathy, high spirits, and hope to both patients and care providers.
- 12- Keeping a conscious self-criticism about emotional responses to clinical situations.
- 13- Being conscious of possible destructive influences likely to be found in power relationships.
- 14- Being apt at detecting situations likely to cause possible conflicts.

A Spanish lady participant treated the Feminine Genital Mutilation, through a profound research on the countries where this mutilation still exists –their rituals, the degree of mutilation, and how does this practice has an impact on causing chronic infections, as well as being most painful in micturition, menstruation, intercourse, labor and birth. Besides –as it could be supposed, the multiple psychic implications thereof. This practice is being reduced thanks to the health work in general, and the activity of a number of African women associations who signal where this tradition still exists, on the one hand and, on the other hand, warning that that feminine genital mutilation is entering Europe through immigration. So, future psychiatrics have to be aware of new social aggressions with psychic repercussions. Some countries wherein the feminine genital mutilation keeps being in use are: Mali, Sudan, Somalia, Eritrea, Southern Egypt, etc. Then, the participant presented a movie dealing with this ritual, that has been awarded a "cum laude".

Argentine professionals have contributed with opinions on the current training, which is highly focalized on Neurociences.

However, the clock was ticking, so the following aspects –social, economic, political, religious, and family-linked aspects, as well as the philosophical view of the world had to be treated briefly.

Another participant presented a contribution on People Slave Trade, the second illicit capital in the world after drug trafficking. People Slave Trade moves USD 38,000,000,000.00 a year. This contribution was awarded the Creativity Prize-Director: Prof. Dr. Miguel Angel Materazzi

Really, this Meeting has been most substantial, fixing very precise patterns with regard to the Psychiatrist role in years to come.