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SUPPLEMENT, JULY 1963

SOUTH-WESTERN DIVISION

Autumn Meeting

THE AUTUMN MEETING of the South-Western Division was held at Morgannwg Hospital, Bridgend, Cardiff, on Thursday, 11 October, 1962, by kind invitation of the Hospital Management Committee and Dr. Marshall W. Annear, Medical Superintendent.

In the forenoon, members, as well as being taken on conducted tours of the hospital, were able to see various items of interest which had been laid out with much thought by Dr. Annear and his colleagues. They included exhibitions of patients' art, photographs of historical interest, neurological diagrams, normal and abnormal encephalograms and a display of E.C.T. apparatus showing its development from the earliest types.

At the lunch preceding the meeting, members and guests were welcomed by County Alderman Mrs. D. M. Rees, J.P., Chairman of the Hospital Management Committee. The President of the Association, Dr. Isabel Wilson, and the Divisional Chairman, Dr. R. F. Barbour, both spoke in returning thanks, complimenting Dr. Annear and the Hospital on their hospitality and arrangements for the meeting.

The Chairman opened the afternoon meeting by extending a warm welcome to the President. Dr. Wilson then took the chair for a short time.

Report of the Divisional Committee of Management

The Divisional Secretary reported that the Divisional Committee had discussed the following points:

(*a*) Drs. A. Leitch, F. E. Pilkington, T. P. Riordan and W. Lumsden Walker were due to retire and were not eligible for re-election. The Committee recommended that Drs. K. Rawnsley, A. Heaton-Ward, J. B. Gordon-Russell and D. Lindsay Walker be asked to serve on the Committee. Drs. A. J. Galbraith and G. G. Wallis were recommended for re-election. The Secretary was asked to approach Professor D. Russell Davis and Dr. C. P. Hellon as to whether they would be willing to serve on the Committee as additional members from 1963.

(*b*) Dr. A. Flood was nominated by the Committee to be Divisional Representative on the Executive Committee of the Psychotherapy and Social Psychiatry Section.

(*c*) The Chairman informed the meeting of correspondence he had had with the General Secretary concerning a request to the Division to submit recommendations to the Distinction Awards Sub-Committee of the R.M.P.A. After much discussion, it was decided that the Divisional Secretary should approach the Regional Boards in the Division to ascertain the names of the Consultants serving with them. A composite list would be sent to the members of the Divisional Committee of Management, who would submit a limited number of suggestions directly to the Chairman. From this information, the Chairman would then forward, in the strictest confidence, selected nominations to Professor Curran and his sub-committee.

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(*d*) The Committee had agreed on their nominations for Divisional Office Bearers and these would be circulated before the next meeting.

(*e*) It was decided to nominate Professor Russell Davies and Dr. Gordon-Russell for membership of the South-Western Regional Hospital Board.

(*f*) It was agreed to approach Dr. L. Couper, of the Digby-Wonford Hospital, Exeter, to ascertain if he could accommodate the Spring 1963 Meeting.

(*g*) It was decided that an additional afternoon meeting be held in Bristol in early December to discuss the "Future of Organized Psychiatry" and that the Divisional Secretary approach the General Secretary to ask if he would be prepared to address this meeting.

The Report of the Divisional Committee of Management was approved.

Election of Candidates to Ordinary Membership

The following candidates were elected unanimously to Ordinary Membership:

MARTIN, Ian Charles Aitchison, M.B., Ch.B., Medical Officer, Royal Victoria Hospital, Netley, Hants.
Proposed by Drs. W. Cullen, J. H. D. Taylor, M. H. Davies.

PATEL, Devayani Prakash, M.B., B.S., Junior Medical Officer, Roundway Hospital, Devizes, Wilts.
Proposed by Drs. J. B. Gordon-Russell, J. M. Whelehan, Mary Valvis.

PEARSON, Francis Crawford Scott, M.B., Ch.B., D.P.M., Surgeon Commander, *R.N.*, The Ward-room, R.N. Barracks, Portsmouth.
Proposed by R. Wallace Simpson, G. O. Cowdy, D. S. G. M. Bailey.

SAMAD, Abdus, M.B.(Calcutta), Junior Medical Officer, Burghill Hospital, Hereford.
Proposed by Drs. W. B. Spry, J. McQuillan, D. T. Maclay.

SIMON, Gerald Bernard, M.B., Ch.B., D.P.M., Registrar, Borocourt Hospital, near Reading.
Proposed by Drs. C. E. Williams, G. O'Gorman, R. H. Armin.

Papers and Discussion

Behaviour Therapy

Dr. P. A. Lavelle opened his paper by giving Wolpe's definition of neurosis as "a persistent habit of unadaptive behaviour acquired by learning in a physiological normal organism". As the symptoms were patterns of behaviour learned by conditioning, they could be removed by deconditioning or "unlearning", i.e. by extinguishing the unadaptive conditioned response and replacing this with a desirable conditioned response. Provided both autonomic and motor habits had been extinguished, there would be no symptom substitution.

Behaviour Therapy was based on modern learning theory. It was a consistent, properly formulated theory derived from and tested by controlled experiments. Treatment was effective, was of short duration (an average of 30 interviews) because it was aimed specifically at the patient's symptoms, and it was logical to both patient and doctor. Because it was an objective method it was independent of personal relationships.

Dr. Lavelle stressed the importance of teaching his patients relaxation in his therapeutic technique, and it was apparent that this sometimes extended to strong suggestion or to hypnosis.

Dr. Lavelle then fully discussed two cases which had been successfully treated by Behaviour Therapy, and demonstrated one of the patients.

Psychiatry Through the Ages

Dr. M. W. Annear gave a most embracing and enthralling review of the history of psychiatry, which everyone acclaimed for its excellence. It was illustrated throughout by well-chosen and interesting slides.

He began with comments on evidence of attempts to control behaviour, including that of an abnormal type in Stone Age man, and then passed on to the ancient civilizations of Egypt, Israel, Assyrio-Babylon, Greece and Rome. There followed an account of the Dark and Middle Ages in Western Europe when beliefs in devils and witchcraft abounded, with consequent widespread neurotic fears. He then dealt with the Renaissance and led on to an account of the modern era and the background to current techniques.

Dr. Annear concluded with a few observations on the future, stating that there was a present danger of over-optimism. He stressed the need for harmonious living and good interpersonal relationships, and added that further advances were to be expected in the fields of electronics, psychotropic agents and also in other lines of thought.

In view of the length of the two papers there was regrettably little time left for discussion.

Surgeon Commander G. G. Wallis, in proposing a vote of thanks, congratulated the speakers on their

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stimulating papers. He commented on the variety and excellence of Dr. Annear's slides and the most professional way in which they had been presented. Finally he thanked the whole medical staff for the pains they had taken to make our stay such a memorable one, for their help in showing the members round the hospital and in arranging the medical exhibition.

Special Meeting

A SPECIAL MEETING of the South-Western Division was held at Barrow Hospital, Barrow Gurney, Bristol, on Friday, 7 December, 1962, by kind invitation of the Hospital Management Committee and Dr. R. E. Hemphill, Medical Superintendent. Thirty-six members were present, comprising 21 Consultants, 1 Professor, 1 Local Health Authority Officer, 3 S.H.M.O.s, and 4 Senior Registrars.

Discussion on "The Future of Organized Psychiatry"

Extremely adverse weather conditions not only prevented many members from attending the meeting, but also delayed Dr. A. B. Monro. In his absence, his paper which he had forwarded, was read by the Chairman, and Dr. Monro arrived for the latter half and was able to participate in the discussion.

Dr. Monro's paper first dealt with the four main alternatives before organized psychiatry, namely:

1. To negotiate for a closer relationship with the Royal College of Physicians, possibly in the nature of a Faculty on the lines offered to the Pathologists.
2. Status quo, with no additional higher qualifications.
3. To modify the constitution of the R.M.P.A. so that it could fulfil the main functions of a college.
4. To found a College of Psychiatry.

In 1961, when members had been invited to send in their views to the R.M.P.A., only 357, or 18 per cent. of the membership, replied. Less than one-third of the senior psychiatrists in the country answered.

In the same year a meeting of psychiatrists who were Fellows or Members of the Royal College of Physicians was held; they were strongly against the concept of a Faculty.

The Teachers of Psychiatry in the Medical Schools are against a further examination, considering that there are already too many examinations, and that more stress should be laid on better post-graduate training.

Dr. Monro then gave a summary of the main pros and cons for the four alternatives, after which he discussed views and anxieties concerning the status and prestige of psychiatry and concerning the question of a higher qualification in psychiatry.

A keen and animated discussion followed in which many members spoke. Several views were expressed, and Dr. Monro answered questions. It was evident that the majority feeling of the meeting was that no specific action should be taken at present other than some modernizing of the ideas and outlook of the R.M.P.A. A secret ballot was taken to enable Dr. Monro to take back to Council the opinion of the members present.

The Chairman concluded the meeting by thanking Dr. Monro for coming to address the Division, especially in view of the very difficult travelling conditions. He congratulated Dr. Monro on his masterly grasp and exposition of this difficult problem.

NORTHERN AND MIDLAND DIVISION

THE AUTUMN MEETING of the Northern and Midland Division was held at Mapperley Hospital, Nottingham, on Thursday, 18 October, 1962, by kind invitation of the Hospital Management Committee and Dr. Duncan Macmillan, Medical Superintendent. Seventy-six members were present.

The meeting commenced at 10.30 a.m. with a tour of the Hospital in which members were privileged to see the many improvements which have been effected, and great interest was shown in the arrangements made for the care and treatment of day patients within the main hospital itself.

The Divisional Committee of Management reported that Dr. Robert McDonald had kindly offered hospitality to the Division at Menston Hospital for the Spring Meeting. The Committee had also discussed the question of Officers for the ensuing year, and had felt that members should be informed of the process of the election of its Officers in order that there should be as wide a representation as possible. The Secretary, therefore, read to the meeting Bye Law 34, dealing with the matter.

The Divisional Representative on Council reported on the position regarding the "Future of

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