TRAINING IN BEHAVIOURAL THERAPY

Institute of Psychiatry

A post-graduate course on Behavioural Treatment will be held by Dr. I. M. Marks and Dr. S. Rachman at the Institute of Psychiatry, De Crespigny Park, Denmark Hill, London SE5 8AF from April 25th to 27th 1973. A limited number of places are available for psychiatrists and psychologists who have a minimum of two years' experience in clinical psychiatry or clinical psychology.

The course will comprise lectures, seminars and case discussions regarding behavioural treatments, with a special emphasis on applications to adult psychiatric patients. The total cost will be £20, including coffee and luncheon on each day.

Applicants should write by 12 March 1973 to Dr. I. M. Marks at the Institute of Psychiatry and include information about their qualifications and clinical experience.

Middlesex Hospital Medical School

DEAR SIR,

Professor Hinton and I thought that we should write to tell you that gradually over the past ten years we have developed in this Department a training course for clinical psychologists and psychiatrists in Behaviour Therapy.

We are an Academic Department of Psychiatry in the Medical School of the Middlesex Hospital. As such we are mainly engaged in teaching medical students and in research. There are 14 psychiatrists, representing the whole spectrum of psychiatric orientations, with Professor John Hinton in charge of the Department. Apart from these there are three clinical psychologists, two psychiatric social workers and one technician. We have 30 beds and a large outpatient clinic. The bulk of patients are psychoneurotics, but we also have a few beds of acute patients and an access to adolescent drug addicts and children.

I am a Reader in Clinical Psychology, responsible for teaching, research and routine work in Behaviour Therapy. I teach Behaviour Therapy as an approach, relying primarily on learning principles, and minimize the part played by technology, i.e. formal treatment package. Some patients are treated exclusively with Behaviour Therapy, but for a considerable number combinations of Behaviour Therapy and other psychiatric methods are administered. This, therefore, means continual and close co-operation with my psychiatric colleagues. In view of the limited space and staff, we are unable to take more than three trainees at a time.

(1) The practical training aims to acquaint the students with the application of now recognized principles of Behaviour Therapy to a variety of patients. The actual training consists of:

(a) Observational period: the students sit in on my interviews with patients; on the basis of the material obtained the selection of symptoms for treatment and methods of treatment are discussed with me and the psychiatrist in charge of the patient; trainees observe treatment sessions by me.

(b) Actual participation in treatment: during this period the students carry out interviews, and plan and apply treatment themselves under my supervision. Progress and any problems arising are continually discussed with me and with the psychiatrist responsible for the patient.

(c) In addition, the trainees are required to read the relevant literature (library available), to attend regional Behaviour Therapy seminars where various practical and theoretical aspects of Behaviour Therapy are discussed, to visit other centres where treatment of and research into various psychiatric conditions is being conducted, to participate in research projects carried out in our Department, and finally, in order to give them sound training in Clinical Psychiatry, to attend some of the psychiatric ward rounds and conferences in our department.

(2) We accept trainees who possess a degree in psychology and a recognized qualification related to clinical practice or concurrent training that would lead to such a qualification (clinical experience is an advantage). We also take on psychiatrists, particularly those who are acquainted with the psychology of learning. Two references are required.

(3) The minimum time for accepting trainees is one year.

(4) A fee of £52 p.a. payable to the Medical School is required.

(5) The course is not officially recognized by the University, and therefore no final examinations are included, nor final certificates issued. However, the department provides the students with references.

(6) We consider suitable trainees who are able to obtain the necessary financial support from their own University, Government or Hospital.

Having said all this, I am afraid I must now add that we are unable, at the moment, to accept any further applications, since we are fully booked with

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prospective trainees until the end of 1975 and it would seem somewhat unrealistic to look ahead further than this at present. However, since there is a great deal of interest and demand for this type of treatment throughout the world, we are exploring possibilities for expanding facilities.

Should your readers require any further details, would they please get in touch with me.

V. MEYER.

Academic Department of Psychiatry,
Middlesex Hospital Medical School,
London W1P 8AA.

THE MEDICAL COUNCIL ON ALCOHOLISM
Library and Information Service

The Medical Council on Alcoholism is pleased to announce the establishment of a Library and Information Service designed to help anyone wishing to study some particular aspect of Alcohol, Alcoholism and the problems connected with these.

Apart from a fairly representative selection of books on the subject, which it is hoped to enlarge considerably in the near future, the MCA subscribes to the Classified Abstract Archives of Alcohol Literature, and also receives a monthly collection of abstracts from the Medical Literature Analysis and Retrieval System; and for these reasons the Library is considered as one of the most comprehensive in the country. In addition the Council subscribes to many of the Journals more directly concerned with Alcoholism.

The Service is available, free of charge, to the professional and lay public, and can be made use of by telephone (01-493-0081) or by correspondence, or by personal enquiries, Mondays to Fridays, between 9.30 a.m. and 5.00 p.m. The address is 8 Bourdon St. (off Davies St., near Berkeley Square), London W1X 9HY.

It is regretted that, for the present at least, it is not possible to allow books out on loan, but photocopies of articles and abstracts can be obtained at a nominal charge.

PROFESSOR YAP POW-MENG MEMORIAL FUND

Professor P. M. Yap passed away suddenly while attending the World Psychiatric Congress in Mexico City on 29 November 1971.

Professor Yap will long be remembered as a pioneer in the field of mental health in the Far East especially in Hong Kong. He arrived there in 1948 as the first qualified psychiatrist to work in the Colony, where provisions for the mentally ill were then minimal; when he left Hong Kong in 1969 to take up an associate professorship in the University of Toronto in Canada he was able to leave behind him a large, modern and expanding mental health service. During the intervening 21 years, apart from being a relentlessly dedicated clinician and hospital administrator, he was also very actively engaged in research and in teaching. Many of his writings, especially those in transcultural psychiatry, have received international acclaim, and many a generation of medical students in Hong Kong acquired their solid groundwork in the practice of psychiatry through his inspired teaching. He had returned to Hong Kong to occupy the newly-established University Chair of Psychiatry barely five months before his untimely death.

Professor Yap was one of the founders of the Mental Health Association of Hong Kong and the Hong Kong Psychiatric Association. In order to perpetuate his memory, the two Associations have resolved to set up a Professor Yap Pow-meng Memorial Fund, to be administered by the Executive Committee of the Mental Health Association of Hong Kong with representation for the Hong Kong Psychiatric Association. All available income from the Fund will be devoted to the promotion of mental health in Hong Kong.

Those who would like to contribute to the Fund should send their contribution to the Honorary Treasurer, Professor Yap Pow-meng Memorial Fund Committee, G.P.O. Box 1534, Hong Kong. Cheques, drafts etc., should be crossed and made payable to the Professor Yap Pow-meng Memorial Fund.

FORTHCOMING EVENTS

Drug Abuse Conference

The Royal Society of Medicine and the R.S.M. Foundation Inc. are sponsoring an Anglo-American Conference in London from 16—18 April 1973, on 'Drug Abuse—Society's reaction; Medicine's responsibility'. Inclusive registration fee £20.

Enquiries to Conference Office, R.S.M., 1 Wimpole Street, London, W1M 8AE.

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