

# ANZAPT

## SEPTEMBER 1999 NEWSLETTER

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## What is ANZAPT?

ANZAPT is the Australian & New Zealand Association of Psychiatrists in Training (known in the past as APT or APiT). ANZAPT is a voluntary, non-profit organisation represents psychiatric trainees who are associate members of the Royal Australian & New Zealand College of Psychiatry (RANZCP).

Our broad **aims** are the representation of trainees, the facilitation of communication (amongst trainees and between trainees and the College), the furthering of trainee education, and the preparation of trainees for their role as RANZCP Fellows.

ANZAPT operates at two levels: the local, or branch level (branches exist in New Zealand and each Australian state), and at a binational level. **ANZAPT Branches** hold regular meetings to discuss issues relevant to trainees and plan activities that will serve the aforementioned ANZAPT aims. Members of each **ANZAPT Branch Executive** liaise directly with trainees in their Branch regarding these issues. The **Binational ANZAPT** body, consisting of President, Vice-President and various committee representatives, forms a bridge between ANZAPT Branches and the RANZCP, and represents the interests of ANZAPT Branches and their members in dealings with the College.

**Membership** of ANZAPT is voluntary. Branches undertake their own fundraising

through direct (low-cost) subscription that is used for educational activities and social gatherings for trainees. Binationally, ANZAPT is given a budget by the RANZCP to undertake its representative work. This funding model is currently under review, with one option being a single point of funding via the College and training fees.

Any trainee is welcome to become involved in ANZAPT. ANZAPT involvement not only allows you access to the inner workings of the RANZCP, but also brings you into contact with a number of other trainees from disparate geographical regions and phases of training. The experience gained is invaluable not only in your further professional development but it also provides a template for professional interaction that is extremely useful for the examinations! A less tangible, but no less significant, benefit is increasing your own sense of involvement with the trainee body, and the College that *you* will soon be an integral part of.

You can become involved in ANZAPT by getting in touch with one of the ANZAPT Branch Executive members in your area (contact details are at the end of this newsletter). You will gain valuable insights into the nature of your profession, be suffused with the spirit and camaraderie of your enthusiastic colleagues and reap the benefits of kick-starting your future as a psychiatrist. We look forward to having you on board!

**[WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG)**

Your gateway to the information superhighway!

With news, training resources, message and chat forums, as well as the most comprehensive links section of any psychiatric site – anywhere! **ANZAPT.ORG** is the training site of the future, and the ideal portal from which to launch your training into cyberspace. Check it out today!

## The ANZAPT Executive

The ANZAPT Executive at a binational level works with the local ANZAPT branches, liaising directly with the College on all issues that pertain to training. The structure of the current Executive is spartan –just two office holders and various committee representatives – although the future structure of the Executive is outlined in the *ANZAPT CHARTER*, available currently through your local branch of ANZAPT.

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## MESSAGE FROM THE ANZAPT PRESIDENT

Welcome to the September 1999 edition of the ANZAPT Newsletter. This follows the inaugural March 1999 edition. The aim of this newsletter is to inform and unite psychiatric trainees across Australia and New Zealand. We hope to provide you news and information on training issues, and link with the RANZCP and your local ANZAPT branch representatives.

My term as president of ANZAPT began in April 1999, and will run to the ANZAPT Annual General Meeting at the RANZCP congress in Adelaide next year. Significant changes have occurred in ANZAPT over recent years. I hope that in my tenure as binational president I am able to facilitate the transition of ANZAPT from a loosely-

organised body of enthusiastic trainees to a structured and representative organisation that equitably represents all trainees.

At the ANZAPT AGM held in Perth, it became apparent that our organisation faced a number of challenges. Over the preceding months the RANZCP had made it clear that trainees have a role in shaping the future of training, and indeed the College, through direct representation on College bodies. It was also apparent that the RANZCP is increasingly looking towards ANZAPT to provide input to these committees. ANZAPT is slowly taking shape as an organisation whose roles are to represent trainees in matters dealing with the College, and to facilitate

communication between individual trainees, their ANZAPT branches and the RANZCP.

Concordant with these roles, three challenges face the ANZAPT Executive:

1. ANZAPT requires structure and definition
2. ANZAPT must be representative of the trainee body in its dealings with the College
3. ANZAPT must work to facilitate communication amongst trainees, and between trainees and the RANZCP both locally and binationally.

The first challenge is to provide *structure* to ANZAPT. Who are we? What do we do? What processes do we follow? Who do we represent? And why? ANZAPT at a local and binational level in years past has been ad-hoc in its organisation, with its strength and function varying significantly between branches and in accordance with the enthusiasm of the trainees involved.

I hope that by providing a foundation of aims, roles and organisational processes, that ANZAPT will have the strength to work for and represent trainees in psychiatry throughout Australia & New Zealand into the next millenium. To achieve this, the ANZAPT Executive appointed a working party to produce a draft *ANZAPT Charter*. This document aims to provide the structure and definition required for us to embrace the challenges that face the future of training in psychiatry. I am happy to say that the document has been completed. By the time you read this, your local ANZAPT Branch President will have a copy of the charter for review. I encourage you to take the time to examine it and make any suggestions or comments to your branch President. The final document incorporating feedback from the branches will be presented at the 2000 ANZAPT AGM in Adelaide for a vote on its adoption.

I see the second challenge, that of *representation*, flowing logically on from the first. It consists of two tasks:

- a) Ensuring that the ANZAPT representatives are elected in a democratic and equitable manner

- b) Ensuring that trainees are adequately and sustainably represented on College bodies.

The former is responded to by defining the processes of election of office bearers (dealt with in the charter) and ensuring that trainees have ready access to ANZAPT representatives. The latter task, to define ANZAPT's role on RANZCP bodies, is being tackled by the *Working Party on Trainee Representation*, who are in the process of producing their report into which College bodies have ANZAPT representation as a necessity, and how this process should be undertaken. The contact details of the working parties can be found in the **ANZAPT Executive** section of this newsletter.

The final challenge is to facilitate *communication*. Some parts of this process are already in place: local ANZAPT branch meetings, newsletters, social and educational events. The current ANZAPT Executive believes the most exciting prospect for trainee communication exists in cyberspace – the internet. Two ANZAPT initiatives – the new ANZAPT web site, and the ANZAPT email initiative – will get the vast bulk of trainees on-line and ready to embrace the benefits of the digital age. Benefits include access to information and communication at speeds not possible through other media. More on these issues a little later.

If you've read this far, thanks for staying with me: hopefully I've whetted your appetite enough for you to read on. Every trainee who is affiliated with ANZAPT will get a copy of this newsletter. I'm challenging each and every reader of this newsletter to contact their local ANZAPT Branch representative, find out about what's happening in your local branch, and get to their next meeting. If you want to have a voice in shaping the future your career and profession, and what will be *your* College, becoming involved in ANZAPT is the best way to get that voice.

Mark Walterfang  
ANZAPT President 1999-2000

## ANZAPT News

**ANZAPT News** will be the email news version of this newsletter. ANZAPT News will form part of ANZAPT's ongoing commitment to keeping all Australian & New Zealand psychiatric trainees up to date with current events within ANZAPT & the RANZCP. It will cover training, resource, academic and social issues pertinent to trainees. ANZAPT News will be delivered through email at regular intervals to psychiatric trainees via the ANZAPT.ORG web site.

ANZAPT is looking to compile a binational list of trainees' email addresses, emailing the ANZAPT News to all trainees and ensure that information on relevant issues and topics is widely disseminated. The delivery of news resources in an on-line format is a direction that many information-driven organisations are taking, due to its rapidity and ease of mass communication.

Part of the success of **ANZAPT News** will depend upon the ability of trainees to obtain an email address during their

training. It is envisaged that the majority of new trainees will be internet aware, and have access to the internet (a requirement of accredited training sites). For those that aren't, ANZAPT hopes to work with local RANZCP Branches, the College and employers to assist trainees in the process of getting "on-line".

This process is part of the **ANZAPT Email Initiative**, about which we'll mention a little more later. For those that are unable to obtain an email address, news will be posted on the web site, and for those entirely unable to access the internet, a printed newsletter will continue to be available.

In the meantime, if you are interested in subscribing to **ANZAPT News**, and have an email address, you can log on to [WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG) and subscribe to the mailing list. You'll find information on subscribing in the **Forums ► Mailing List** section of the site.

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## The ANZAPT Charter

For the last five months, ANZAPT has had a Working Group producing a draft ANZAPT Charter. This document describes the aims, structure and processes for operation of ANZAPT. We feel it important to define these core features to provide consistency and accountability in our current operations and prepare for the future challenges that training in a specialist college entails. It is expected that this document will grow and be shaped by future roles and experiences of trainees in Australia and New Zealand. It is likely to change as our profession undergoes changes consonant with the shifts in medical knowledge and health care delivery.

The Working Group was chaired by Josh Geffen, and included Karen Arnold, Andrew Wenzell, Debra Wood, Anne Brennan and Michelle Fryer. After examining the internal workings of ANZAPT & its relationship with

the RANZCP, as well as other documents produced by similar organisations, a draft document was produced. On August 31<sup>st</sup> the document was released to all ANZAPT Branch Presidents for internal review.

The ANZAPT Charter is an essential document for the future operation of ANZAPT. The Working Party have produced a useful and relevant document that will govern our function in the years to come. Please take the time to read through it and provide feedback to ANZAPT. ANZAPT Branches need your opinions to feed back to the Working Group and the ANZAPT Binational Executive. Feedback can be given to your Branch President, to ANZAPT President Mark Walterfang or the Chair of the Working Party, Josh Geffen (you'll find our contact details listed in the **ANZAPT Executive** section). We look forward to hearing *your say on your* Charter.

At the ANZAPT Annual General Meeting, to be held during the ANZAPT component of the RANZCP Congress in Adelaide in April, a vote will be on the charter's adoption. Assuming the AGM votes for its adoption

the Charter will then be posted on the ANZAPT Web Site ([WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG)).

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## Trainee Representation on College Committees

An RANZCP meeting, chaired by new **RANZCP President Dr Jonathan Phillips**, was held during February discuss the implementation of a RANZCP resolution regarding the presence of ANZAPT representatives on College Boards and Committees. Much of the impetus for this arose out of the current model of **consumer representation** on national and state committees involving psychiatric policy development. This model breaks down barriers between parties and it provides a forum to alleviate misunderstandings and to address each party's concerns, resulting in more relevant and transparent policy and procedure implementation. It was felt that this model was particularly applicable to the interface between trainees and the RANZCP. Trainees "consume" the training provided by the RANZCP, hence ANZAPT representatives to the bulk of binational College bodies were felt to be essential. It was assumed that ANZAPT representation was already a *fait accompli* at a local level. This appears to be the case in most branches.

The meeting felt that ANZAPT representation would:

1. encourage transparency
2. allow for trainee input into College activities
3. encourage trainees, and as a result, encourage junior fellows to participate in the College
4. result in better policy development
5. bridge the gap between Fellows (the College) and trainees.

ANZAPT Representatives, Debra Wood & Andrew Darby, on this committee agreed that:

1. trainees should participate
2. the trainee involvement should be "active"
3. representation should be as broad as possible.

The RANZCP felt that implementation of trainee representation onto the various committees was an urgent matter. It was felt that representation on all committees was unnecessary, and unlikely to be feasible practically or financially. A number of committees & boards were earmarked as "**core**", and some others "**optional**", in their need for ANZAPT representation.

Since that time Andrew & Debra have been producing a document to present to the General Council of the RANZCP regarding ANZAPT representation on College boards & committees. This will be available for trainee perusal and comment on the ANZAPT web site ([WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG)). In the meantime, a number of RANZCP committees already have representatives – these include the Committee for Training (Mark Walterfang), General Council (Andrew Darby & Debra Wood), and Committee for Clinical Practice Guidelines (Josh Geffen).

We'll keep you posted on the roles of ANZAPT representatives to these College committees, as well as issues that arise on these committees.

# WWW.ANZAPT.ORG

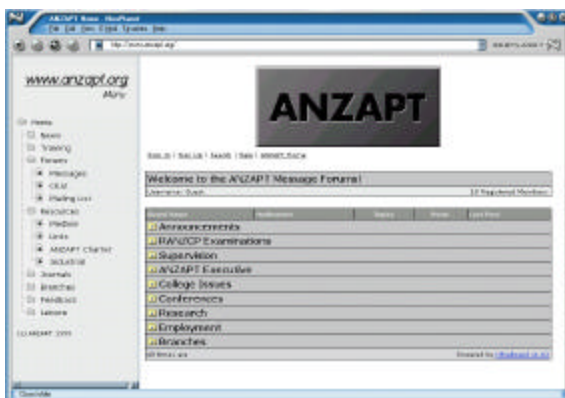
What is [WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG)? The net-connected amongst you will know that this is clearly an internet address. In fact, it's the new address of the **ANZAPT Web Site**. As part of the process of defining our organisation, ANZAPT feels it important that a relevant, useful site that reflects trainee needs is important to meet the future challenges of training. Trainees need a repository for information relating to their training. They need a forum to contact other trainees. ANZAPT needs a mechanism to disseminate this information. ANZAPT.ORG is the best way to meet all these needs. We hope that the site (just on-line as you read this) continues to grow and change with our training. Here's a quick rundown of a few of the features of the new site:



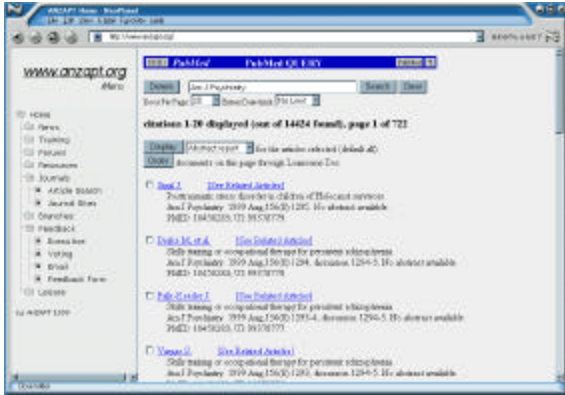
The opening screen of ANZAPT.ORG. In the grey frame, you can select the various sections of the site you wish to visit. There are many sections to the site. Each folder on the left hand menu opens out to a number of documents. Clicking on these documents displays their content in the larger, white frame.



On the **NEWS** page, you can find regular updates and sound-bytes regarding training and college issues. The content of the **NEWS** page will be replicated in the ANZAPT email mailing list, **ANZAPT News**.



In the **FORUMS** section, a number of areas exist where trainees can leave messages and information, and correspond with other trainees. This section shows the **Messages** area. You'll notice a number of different **bulletin boards** in which trainees can have discussions, leave messages, or simply gripe & complain.



One of the more useful features is the **RESOURCES** section. Trainees can find links to a number of other psychiatric resources on the net (after all that's why you're on line, right?). ANZAPT.ORG links to a number of **Journal** sites. This page shows the result of clicking on a link on the **Journal Search** page to display the most recent **Medline** listings for the British Journal of Psychiatry.

So there you have it – a brief rundown of just a few of the current features of the new site. **Give it a try** – log on, browse around, leave some messages, and click on some links to some other interesting sites. The ANZAPT site act as a portal to other psychiatric internet services, however we appreciate the need to link in to non-psychiatric sites. We will have a comprehensive section of links to **interesting and groovy sites**, so that your time spent on-line isn't all psychiatrically related. Expect to find shopping, sports, travel, cultural and wine-related sites... all the important things in life that allow us to preserve our *own* mental health and remain balanced practitioners in the art of psychiatry.

[WWW.ANZAPT.ORG](http://WWW.ANZAPT.ORG) – make it your home page in Netscape or Internet Explorer. Click it, browse it, live it.

## The ANZAPT Email Initiative

Another part of the ANZAPT push for an on-line presence is the **ANZAPT Email Initiative**. Kicking off in the latter part of this year, ANZAPT Branch & Binational Executives will be looking at ways to get the bulk of trainees “emailable” by the new year. There are many ways in which this can take place – through the provision of an affiliated University email address, via a workplace email address, through an external service like **Hotmail**, or via a trainee’s own personal access to the internet. The advantages are manifold: easy access to ANZAPT, the College, and your fellow trainees. You’ll be able to access and receive information and updates much quicker (and it sure beats the hell out of receiving a mountain of paperwork to wade through each few days). It’s useful far beyond training –keeping up with colleagues, family and friends wherever they are. Within a few seconds of your mail being sent, the recipient – even on the other side of the world – is able to open it. It’s like having your own free personal postman travelling at the speed of light.

ANZAPT hope to work with the RANZCP & Committee for Training to build up a list of trainees’ email addresses across Australia & New Zealand. The Committee for Training supports this move. The current Chair Professor Ken Kirkby recognises the utility of having the trainee group email-capable. If you’re not online or email-ready, get in touch with your local ANZAPT Branch about the ways and means to do it in your area. With email, you’ll never be in the dark again about training or psychiatry.

# NEW SOUTH WALES BRANCH REPORT

<b>President:</b>	Ralf Ilchef	<a href="mailto:ralf.ilchef@anzapt.org">ralf.ilchef@anzapt.org</a>
<b>Vice-President:</b>	Justine Staib	<a href="mailto:jstaib@hotmail.com">jstaib@hotmail.com</a>
<b>Secretary:</b>	Andrew Ellis	<a href="mailto:andrew_ellis@hotmail.com">andrew_ellis@hotmail.com</a>
<b>Treasurer:</b>	Ming Tan	<a href="mailto:mingt@hotmail.com">mingt@hotmail.com</a>
<b>NSWIP Representative:</b>	Andrew Pethebridge	<a href="mailto:pbridge@bigpond.com">pbridge@bigpond.com</a>
<b>Northern Sydney Representatives:</b>	Ming Tan & Justine Staib	
<b>Central Sydney Representative:</b>	Andrew Ellis	
<b>South East Sydney Representative:</b>	Megan Kalucy	<a href="mailto:markmeg@fl.net.au">markmeg@fl.net.au</a>
<b>North West Sydney Representative:</b>	Amanda Snelling	[contact via Cumberland]
<b>South West Sydney Representative:</b>	TBA	
<b>Illawarra Representative:</b>	Uldis Bardulis	[contact via Illawarra Hospital]
<b>Newcastle &amp; Central Coast Rep:</b>	John Sheng	<a href="mailto:johnsheng@bigpond.com">johnsheng@bigpond.com</a>
<b>ACT Representative:</b>	Daniel Bonner	<a href="mailto:nankar@ozemail.com.au">nankar@ozemail.com.au</a>

Since the EGM on 23<sup>rd</sup> of August we now have committee members and reps from all NSW training zones (except south west) and ACT.

Justine, Andrew, Ming and I have inherited an active and dynamic state branch, thanks to a very small group of hard-working people, especially Megan Kalucy, Fran Orr and Sue Waite, who have breathed life into an almost moribund organization over the last 2-3 years. We now have an extremely active social and educational programme, and registrar representation on all significant state RANZCP committees.

Socially, we have had some great occasions this year, including a shindig at the (Sydney) Gazebo with a wonderful address by Prof Issy Pilowsky that reminded of all the good things about psychiatry. We also had a night out to see 'Chicago' and just recently (28<sup>th</sup> – 29<sup>th</sup> August) held a well-attended weekend symposium in the Hunter Valley. A trial written exam is run twice a year, and viva workshops are run at the NSW Institute of Psychiatry.

Queensland are still the standard bearers as the most active (and technologically savvy) state branch, but NSW is well placed to represent its trainees' interests as well as communal social and peer-support functions. Any NSW trainees reading this who would like to be active in ANZAPT NSW should contact us at the above email addresses or come to ANZAPT NSW meetings. You'll find the date & venue advertised in the state branch newsletter; you can also contact your area representative for details.

The next meeting is at Maddison House at 6pm Monday 27<sup>th</sup> September - pizzas are likely! Business will include:

1. Electing/nominating RANZCP committee reps
2. Discussing draft ANZAPT charter
3. Discussing upcoming social events including proposed Xmas shindig in late November
4. Planning the exam preparation timetable for 2000
5. Anything else that anyone else wants to bring up !

- Ralf Ilchef  
ANZAPT New South Wales President  
Email: [ralf.ilchef@anzapt.org](mailto:ralf.ilchef@anzapt.org)

## QUEENSLAND BRANCH REPORT

<b>President</b>	Ed Heffernan
<b>Treasurer</b>	Andrew Khoo
<b>Secretaries</b>	Mary Jessop and Vanessa Johnson
<b>Branch Training Committee</b>	Josh Geffen, Ed Heffernan
<b>College Branch</b>	Scott Harden
<b>Academic Sub-committee</b>	Anne Brennan
<b>QRTP</b>	Murray Walters
<b>Web Site</b>	Mark Walterfang

The ANZAPT Qld branch has been involved in a number of training issues since the last report.

The most exciting news is the October conference. The conference focuses on the future directions of training, and we have arranged for Bob Adler, Ken Kirkby and Peter Yellowlees, as well as several local experts, to give presentations on the day. This of course is followed by drinks and dinner to ensure the "holistic" training experience.

More recently we have arranged the third of the breakfast seminars for 1999, on November 13th. This is on the area of substance abuse and psychiatry. We have also been active in the review of training in Qld and are attending a meeting with the local training committee to review the local curriculum for 2000 and beyond.

ANZAPT Qld has recently been involved in reviewing the bed status in Qld. An external review is currently taking place into the "bed crisis" in Qld. We have been providing input and data with respect to this.

Congratulations to the sub committee who put together the charter, looks great & obviously reflects the extensive work that went into it.

- Ed Heffernan  
ANZAPT Queensland President  
Email: [ed.heffernan@anzapt.org](mailto:ed.heffernan@anzapt.org)

## VICTORIAN BRANCH REPORT

<b>President:</b>	Grant Lester
<b>Secretary:</b>	Fiona Cairns
<b>Treasurer:</b>	Nina Zimmerman
<b>VPTC:</b>	Anne Brennan and Martin Preston
<b>Education and Scientific Committee:</b>	Jeremy Stone

The Victorian branch has undergone a significant resuscitative experience in recent months. Commencing with meetings & dinner at Langton's restaurant (now named best new restaurant of the year) and following on with record turnouts at committee meetings which have involved significant numbers of first year trainees - auguring well for the future of ANZAPT in Victoria. This upsurge in interest has been fuelled by controversy over the proposed changes to our training (in particular regarding Dr Robert Adler's paper on the matter) and a growing awareness of the threat to trainee solidarity by:

1. Increasing isolation of trainees in ever increasing numbers of stand-alone facilities and ever increasing 'spreading' of trainees over multiple sites.

2. Privatisation of public hospitals with resultant issues involving the delivery of training.
3. Increasingly structured and intensive assessment demands on trainees.
4. Concerns over responses to trainee identified deficiencies in our training sites.

Victorian trainees have realised (at last!) the essential value of a functioning and active ANZAPT Victoria. As a result:

1. We have leapt into the 21st century and are preparing to join other branches with a web site and continued encouragement of hospitals to provide email addresses for all trainees.
2. Our Scientific and Educational Committee has entered into hyper drive and committee meetings will be held in a central Melbourne venue (a restaurant) with accent on themes for discussion rather than purely bureaucratic agendas.
3. A recent all-day seminar and dinner dance at the RACV, looking at a variety of topics around the 'difficult' patient-individual and systemic issues, was well attended and enjoyed by all (though some were flagging around midnight).
4. We will be actively encouraging trainees to attend the Year 2000 RANZCP Congress so as to meet with interstate trainees and gain greater insight into the Australian trainee experience as a whole.

Hope to meet you all in Adelaide 2000 and good luck to all facing exams,

- Grant Lester  
 ANZAPT Victorian President  
 Email: [grant.lester@anzapt.org](mailto:grant.lester@anzapt.org)

## WESTERN AUSTRALIAN BRANCH REPORT

**President:** Caryl Barnes (4th year)  
**Secretary:** Sally Kelderman (2nd year)  
**Treasurer:** David Garside (3rd year)

News from wet and wild WA: we've had really busy six months with monthly meetings at the Redrock Hotel, Bayview Terrace, Claremont. Our next meeting is the 29<sup>th</sup> September with the main focus being discussion on contributing to the process of expanding and improving the Senior Registrar posts here in Perth. Other business issues include the College's inspection visits, during which I acted as an observer. The problems present were noted and reflected in the report produced. Since that time a number of improvements in the problem areas have occurred which has been encouraging.

We've had several ANZAPT events since the last newsletter: the College Congress gave us an excuse to meet up with our interstate colleagues at a very enjoyable Cocktail Party overlooking the Indian Ocean. It can feel a bit isolated at times here in Perth so it was a great opportunity to check out training in other states and get some ideas for new ANZAPT events. We certainly support Adelaide's plans to expand the Registrar focus in Congress and hope that a significant group of us will cross the Nullabor to attend next year.

Since that time we've run a very successful examination preparation weekend in one of the nearby hotels sponsored by a pharmaceutical company. This is now in its fourth year, and each year we try to improve in response to peoples feedback. The weekend focuses mainly on the written paper component of Part I, but we have also had some overview sessions on the different aspects of the clinical component as well as the elective year. We are planning to set up a second weekend next year focusing just on the clinical part of the examination process, creating exam conditions in which to see and present a case and go through a viva.

We held a pre-Part I dinner to aid with stress management, which was very well attended. We are planning another after our yearly exams in October, which is put on as practice runs for years 1-3.

This will then bring us up to our Annual General Meeting (AGM), which is traditionally held around the 10<sup>th</sup> December and where the posts of the committee will be re-nominated. We will be increasing the number of posts on the Executive Committee with a Functions Secretary and possibly a Communication Officer to further expand our internet presence (i.e. web site) and improve communication in the state. This is due to our aim to increase the number of educational events put on by ANZAPT, plus our expansion as a training program to now over eighty Registrars.

- Caryl Barnes  
ANZAPT Western Australia President  
Email: [caryl.barnes@anzapt.org](mailto:caryl.barnes@anzapt.org)

## NEW ZEALAND BRANCH REPORT

<b>Chairperson &amp; Auckland Representative:</b>	Tonya Dudson	<a href="mailto:tjtd@wave.co.nz">tjtd@wave.co.nz</a>
<b>Waikato Representative:</b>	Caroline Lara	
<b>Wellington Representative:</b>	Aaran Culver	<a href="mailto:arran@clear.net.nz">arran@clear.net.nz</a>
<b>Christchurch Representative:</b>	Lisa O'connell	<a href="mailto:chogan@xtra.co.nz">chogan@xtra.co.nz</a>
<b>Dunedin Representative:</b>	Johann Claasen	<a href="mailto:johann@earthlight.co.nz">johann@earthlight.co.nz</a>

ANZAPT New Zealand is running an annual workshop "Attitude is everything - passing the examinations," to be held at the ANZAPT NZ conference in Dunedin this September. This focuses on presentation skills. Registrars are gradually exposed to both an audience and a video camera, whilst giving verbal presentations, starting from two minutes up to ten minutes.

Supervision in New Zealand ranges from excellent to poor, depending on the rotation and supervisor. The regional training committees take supervision seriously. Certainly I know of one incident where a registrar was removed from a poorly supervised rotation, leaving no doctor, as inadequate supervision was in place. In Auckland, trainees are using structured assessments on their supervisors six monthly. These are reviewed by the regional Training Committee. Severe and consistent difficulties are identified and addressed by the head of training and the employer. Supervision training for consultants is becoming expected rather than the rule. The difficulty is often the good supervisors attend and the poorer supervisors do not. In some centres, this has become compulsory.

Registrar retreats are being organised throughout the country, generally involving a weekend away. The common theme is taking care of *ourselves*. The intention is promoting our own mental health during and after the training process. They will be sponsored by a drug company. The ANZAPT New Zealand Annual General Meeting (AGM) will be held at the Dunedin conference in September. As well as local reports, we will discuss the review of training as proposed by Dr Robert Adler. A repeat site visit to Dunedin by the RANZCP Committee for Training will occur in September.

An ANZAPT New Zealand newsletter is circulated two monthly to every registrar. Regional ANZAPT representatives communicate three monthly via teleconference. We are continuing to encourage active involvement in training by the registrar group issues with variable success.

- Tonya Dudson  
ANZAPT New Zealand President  
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# SOUTH AUSTRALIAN BRANCH REPORT

<b>President:</b>	Marco Giardini (email <a href="mailto:mgeg@camtech.net.au">mgeg@camtech.net.au</a> )
<b>Treasurer:</b>	Tom Patterson
<b>Secretary:</b>	Sue Shannon
<b>SA Psychiatry Training Committee:</b>	Marco Giardini
<b>Curriculum Sub-Committee:</b>	Georgina Kimber, Yasna Petrunic, Randall Long
<b>RANZCP State Branch Committee:</b>	Ken Fielke
<b>Rotations Committee:</b>	Andrew Beckwith
<b>Selection Committee:</b>	Sue Shannon
<b>Examinations Committee:</b>	Tom Patterson
<b>RANZCP Adelaide 2000 Congress Organizing Committee:</b>	Marco Giardini and Tom Patterson
<b>Anne E. Loughlin Memorial Prize Committee:</b>	Marco Giardini, Randall Long, Tom Patterson
<b>ANZAPT Conference Organizing Committee:</b>	Marco Giardini, Georgina Kimber, Sue Shannon, Yasna Petrunic

This year a small but enthusiastic group have kept ANZAPT going with continuing involvement in committee representation and organisation of activities. The year got off to a good start with a successful welcoming function held for new trainees. This was well received and will definitely be repeated next year. Only one ANZAPT dinner has been held so far this year, but it was thoroughly enjoyed by those attending the dinner at Jolly's Boathouse in May.

We are currently busy putting together our annual ANZAPT Conference which is a one-day conference to be held in November. Last year's conference was very well attended and we are planning to have an interesting range of speakers who will present some very topical, at times controversial, subjects. Dr Steve McLean will be on the programme as usual with his tips on successfully getting through psychiatry training, a presentation always worth attending. Dr Maura Kenny has agreed to talk about how trainees can use Cognitive Behavioural techniques to help survive the pressures of training. The rest of the programme will be released shortly. The conference is strongly supported by our respective supervisors and directors of training, and is the major revenue earner for the state ANZAPT branch for the year.

The conference will be followed by the second ANZAPT Dinner for the year, at which we will be able to congratulate all those who pass the upcoming clinical exams to be held in Adelaide in October.

On the subject of exams, twelve out of fifteen candidates passed the GME earlier this year, and four out of eight passed the recent Section II written exams. Overall there has been a marked improvement in the pass rate of South Australian candidates over the last few years, due in no small part to the efforts of the Coordinator of Training in Adelaide, Steve McLean, who was the inaugural recipient of the Anne E. Loughlin Memorial Prize for the most outstanding contribution to the training of psychiatrists in South Australia in 1998. Congratulations, Steve on a job well done.

To continue on a positive note, it was pleasing to see the resolution of a number of serious deficits in the quality of training experience in the Women's and Children's Hospital/Northern CAMHS Child Psychiatry rotations this year. The problems there were the dominant issue last year and resulted in another site visit by the RANZCP. It was especially pleasing to see a department actually taking heed of the list of recommendations made by the delegation, resulting in a much better rotation for trainees in Child Psychiatry. Our faith in the system of training accreditation by the college is restored somewhat.

There have been some interesting innovations in the local training program this year. One is the revamp of the first year program of seminars, together with a trial of having an experienced psychiatrist attend each session with the trainees and discussing the clinical relevance of each week's presentations with them. This kind of mentoring approach may be extended in future years if successful. So far the feedback has been mostly positive.

All supervisors in Adelaide have received a very comprehensive Supervisors Manual, which is a locally-produced resource for supervisors. This is a welcome initiative which helps fill an information void for consultants in the system and accurately informs them of their trainee's needs during their specific rotations. There is also a move to establish a separate Supervision Sub-Committee to further progress the issue of raising the standard of supervision. The North Western Region of Adelaide is introducing some good innovations in this area, and their efforts are being evaluated by the SAPTC.

Recently we were pleasantly surprised by the gesture of the Adelaide Psychoanalytic Association to offer regular supervision to any trainee at any level, free of charge, for the remainder of their training. The offer was made in addition to psychotherapy supervision provided for our compulsory psychotherapy cases. This offer has been well-received and will hopefully boost the prominence of psychodynamic psychotherapy in the local training program. For further information please approach Dr Gil Anaf or Dr Theo Turpin.

Lastly but perhaps most importantly, there has been much discussion about the college's review of training and Professor Robert Adler's thought-provoking proposals to change the training program significantly. Professor Adler will be visiting Adelaide on the 21<sup>st</sup> and 22<sup>nd</sup> of September to speak at several forums on this subject, and he will meet with members of the Curriculum Sub-Committee as well as with interested trainees. It is hoped that a high proportion of trainees will participate in these discussions as this is an opportunity to influence the future of training in psychiatry over the next couple of decades. A plenary session in next year's RANZCP Congress in Adelaide will be devoted to debating these issues, and trainees all over Australia and New Zealand are being actively encouraged to attend the Adelaide Congress in April to participate in this important debate.

- Marco Giardini  
ANZAPT South Australia President  
Email: [marco.giardini@anzapt.org](mailto:marco.giardini@anzapt.org)

## TASMANIAN BRANCH REPORT

**President:** \

**Secretary:** }- Stephane Auchincloss

**Treasurer:** /

Greetings: I'm Stephane Auchincloss, newly elected ANZAPT Tasmania president, secretary and treasurer. They don't do things by halves when they elect you down here. From an ANZAPT perspective, there isn't much specific to report regarding training, exams or supervision. We feel we are very well off in these areas in general, but the following issues are current to our branch:

1. Tim Lambert is coming to talk to us about pharmacology of psychosis and Philip Boyce is talking to fellows and trainees about Clinical practice guidelines.
2. Professor Ken Kirkby has, through a personal crusade, managed to get all Tasmanian trainees "on-line" with email addresses which facilitate rapid communication between the local branch and registrars.

3. Fellows are holding a CME weekend at the beautiful Freycinet Lodge on the east coast of the state during November. Trainees are generously sponsored for this meeting, and Prof Ian Hickie and Dr Elizabeth Scott are talking.

So you can see we manage to get lots of input from the mainland!

- Stephane Auchincloss  
ANZAPT Tasmania President (et al)  
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## HOW TO CONTACT ANZAPT

As we hope you've gathered by now, there are many ways to contact the various folk involved in ANZAPT. On page 3, we've listed the contact numbers & email addresses of the current **binational ANZAPT Executive**. The Branch reports contained a wealth of information on who's involved in ANZAPT at a Branch level, as well as what's going on in each Branch; local branch activities and newsletters will keep you further informed about how to contact people in your region. Below we've listed how to contact ANZAPT binationally & locally via electronic means.

### THE ANZAPT WEBSITE

Web: [www.anzapt.org](http://www.anzapt.org)  
Email: [info@anzapt.org](mailto:info@anzapt.org)

### THE BINATIONAL ANZAPT EXECUTIVE

<b>President:</b>	Mark Walterfang	<a href="mailto:mark.walterfang@anzapt.org">mark.walterfang@anzapt.org</a>
<b>Vice-President:</b>	Andrew Darby	<a href="mailto:andrew.darby@anzapt.org">andrew.darby@anzapt.org</a>

### BRANCH ANZAPT PRESIDENTS

<b>New Zealand:</b>	Tonya Dudson	<a href="mailto:tonyadudson@anzapt.org">tonyadudson@anzapt.org</a>
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