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COVID-19

The BAP is following Government advice (www.nhs.uk/conditions/coronavirus-covid-19/). As far as possible we will be operating as usual, including our forthcoming Certificate modules, Masterclasses and Summer Meeting. However if we need to cancel an event, or if individuals are advised not to travel to conferences, we will refund registration fees in full.

2020 Election for BAP Officers and Council Members

Peter Talbot
BAP General Secretary

At the 2020 AGM in July Professor Kevin Fone will become President of BAP. This creates a vacancy for the Officer post of President-elect. The President-elect serves two years in that post, two as President, then a further two as past-President.

Professor Mitul Mehta will retire from the post of Meetings Secretary in 2020. This important role primarily requires co-ordination of summer meeting symposia and associated activities, abstract reviewing, etc.

Two Council seats will become vacant in 2020. The main role of Council members is to represent the views of the membership and use their expertise to help shape BAP policies and activities, acting as reviewers for prizes, awards and abstracts and promoting BAP.
There are three Council meetings each year, two in London and a third meeting held on the first day of the Summer Meeting. These meetings are extremely important to the running of BAP and all Officers and Council members are expected to attend. Over the course of the year set agenda items include the planning the summer meeting, reviewing the Association’s finances and membership, liaison with outside bodies and public engagement, updating the BAP’s non-clinical and clinical teaching programmes and assessing the progress of the two BAP journals, Journal of Psychopharmacology and Therapeutic Advances in Psychopharmacology. The lead in many of these areas is taken by the BAP’s Elected Officers, supported by the BAP’s administrative office based in Cambridge. However the Officers very much rely on the Council members to assist and guide them. There is much scope for Council members to take on additional responsibility for certain areas of work and to join working groups. The role of a Council member involves a lot of work but is also very rewarding and a lot of fun. You have the opportunity to influence the work of BAP, represent your colleagues and meet a lot of great people.

Being a Council member is not a prerequisite to stand for election to an Officer position, but in reality the responsibility and experience needed to fulfil an Officer post means that most of those who have been elected to Officer positions have had experience of serving on Council.

If anyone is interested in standing as a Council Member and would like more information I would encourage them to contact either myself or Susan Chandler for an informal discussion.

Current Officers and Council members are detailed on the next page and at www.bap.org.uk/council. Council aims to represent the interests of all psychopharmacologists and asks Members to bear this in mind when making nominations for the election, to ensure a balance of expertise. Please refer to the BAP Equality and Diversity Statement www.bap.org.uk/equality.

Nominations are invited from Full, Early Career, Honorary or Retired Full Members for the above posts and should be supported by two Full, Early Career, Honorary or Retired Full Members. Separate emails should be sent to Susan Chandler from the Proposer, Seconder and Nominee, to arrive no later than Thursday 21 May 2020.
Non-Clinical Session, Sunday 19th July
Are we getting closer to translatability in neuropsychiatric research?

Translation of biomedical research into the clinic is a problem across all areas of research. For two decades the apparent failure of animal models to deliver new treatments has been discussed. This symposium aims to address whether new developments in rodent models can deliver improved translatability, or perhaps whether primate research, specifically in cortical regions, will be more fruitful. New techniques are allowing greater dissection of neuronal pathways and mechanisms involved in psychiatric disease and may yield more targeted approaches to therapy. Finally, one of the challenges across all areas of biomedical research has been reproducibility. A number of industry-academic partnerships have been established to look at ways to improve the methodology and translational relevance of animal research - but are we getting any closer to translatability?

Public Lecture, Monday 20th July
Dominic Blyth and Naomi Fineberg
New horizons for obsessive-compulsive disorders: from lived experience to novel interventions

Compulsions, defined as distressing and unwanted repetitive, stereotyped thoughts and behaviours designed to reduce harm, represent the cardinal symptoms in a broad range of disorders, including obsessive-compulsive and related disorders (OCRDs), eating disorders and the behavioural and substance addictions. People with these disorders share a profound experience of lack of control, linked to faulty inhibition of thoughts and behaviours naturally prone to excess, for example, grooming, eating, purging, gambling, and checking. As poorly understood, functionally disabling, lifespan disorders, they are difficult to treat and responsible for considerable distress, morbidity and cost to the individual and society as a whole. An improved understanding of the brain mechanisms underpinning compulsive behaviours would be expected to inform the development of new treatments across this broad range of disorders.

Free registration for this event opens 1st April.

Clinical Session, Sunday 19th July
Innovative medicine approaches for neurodevelopmental disorders

The panel will describe work based on the model of experience-dependent plasticity and brain dynamics in response to sensory stimuli and pharmacological challenge in the context of neurodevelopmental conditions such as autism (ASC). Dr Eva Loth will describe the background and approach to the AIMS project structures. Next, Dr Judit Ciarrusta will describe her work on the biological underpinning of brain vulnerability to neurodevelopmental conditions in early infancy. Dr Nicolaas Puts will describe how neuroimaging methods (edited MRS of GABA) and transcranial magnetic stimulation can be used to examine the relationship between neurotransmitter concentration, GABA-receptor function, quantifiable aspects of altered sensory perception, and clinical manifestations of ASD in ASC. Finally, Prof Grainne McAlonan will provide an overview of current clinical psychopharmacology in ASD and ASC as well as pharmacological responsivity in the adult ASC brain. She will discuss how these approaches contribute to work within AIMS-2-TRIALS (the world’s largest grant for ASD) to identify causal mechanisms in ASC and novel intervention targets.

Plenary Mental Health Symposium, Tuesday 21st July
Suicide is an individual tragedy and a public health issue of major proportions. In this session leading international experts will review the basic science of suicide in terms of neuroscientific and related processes; the clinical aspects with reference to the latest data driven approaches and the clinical psychopharmacology of antisuicidal treatments.

Trainees’ Workshop, Tuesday 21st July
The BAP wants to support early career researchers and trainees develop a career in psychopharmacology and translational research. This workshop will consider the value of an early career fellowship/new investigator funding, a discussion of funding opportunities in this area, what makes for successful applications and networking opportunity with people who hold both non-clinical and clinical fellowships.
2020 Symposia:

MONDAY 20 JULY

Symposium 1 – Non-invasive neurostimulation treatments from first episode to treatment-resistant depression: clinical efficacy and mechanisms of action

Symposium 2 – Big data approaches to understanding mental disorders and treatment response

Symposium 3 – Chronic Fatigue Syndrome – Biological determinants and pathways to treatment

TUESDAY 21 JULY

Symposium 4 – Mapping impulsivity and compulsivity: phenotypes, cognitive markers, neural domains and treatment

Symposium 5 – Enabling translational psychopharmacology through preclinical MR technology

Symposium 6 – Does research on body-brain interactions hold promise for the development of novel treatments for addiction and eating disorders?

WEDNESDAY 22 JULY

Symposium 7 – What can computational analyses of brain imaging data tell us about mechanisms in psychiatric disorders?

Symposium 8 – Social neuropeptides: Central oxytocin and vasopressin pathways and translational implications

Symposium 9 – Cognitive impairment in mood disorders - a forgotten pharmacological target?

Annual General Meeting

The 2020 Annual General Meeting will be held in the Sherfield Building of Imperial College London on Monday, 20 July. Motions for discussion should be proposed and seconded by Full, Early Career, Honorary or Retired Full Members and sent to Susan Chandler susan@bap.org.uk by Monday 15 June.

More information is available on the website www.bap.org.uk/BAP2020

DON’T FORGET Deadlines for summer meeting submissions are coming up – 13th March for abstracts and bursary applications, and 24th April for undergraduate abstracts

2020 in vivo Training Awards

We are delighted to announce the 2020 round of the in vivo funding initiative to encourage and support preclinical research in the UK and provide opportunity to train in in-vivo skills.

The aim of this scheme is to give students training and experience in in-vivo skills in psychopharmacology and related neuroscience fields. We aim to provide supervisors with some flexibility across the academic year to provide this training and to facilitate Psychopharmacology-related projects that may not have existing funding.

The deadline for this initiative is 8th April 2020, and all applicants will be informed of the outcomes in May.

These applications will be supervisor led and awards must be spent by 31st July 2021. A total of 4 awards will be available with up to £5,000 available to support each project.

For more information and to apply go to www.bap.org.uk/invivo

2020 Lifetime Achievement Award

BAP Council is delighted to announce that the 2020 Lifetime Achievement Award will be presented to Professor Barbara Sahakian. The Lifetime Achievement Award is made in recognition of exceptional contribution to psychopharmacology and impact on the field together with contributions to the British Association for Psychopharmacology. Barbara will receive her Award at the Gala Dinner on Tuesday 21 July during the Summer Meeting at Imperial College London.
Drug Discovery Session

Psychopharmacology Drug Discovery in the 21st Century

Wednesday 22nd July

New for BAP 2020, an extra session on Wednesday afternoon discussing new innovations in Neuroscience drug discovery. The session will include lunch, expert speakers, a panel Q&A, and will be followed by a wine reception for networking.

The session is supported by the Psychiatry Consortium (https://md.catapult.org.uk/syndicates/psychiatry-consortium/), a strategic collaboration of leading medical research charities and pharmaceutical companies to accelerate innovative drug discovery in psychiatric disease, managed by Medicines Discovery Catapult.

Chaired by: Professor Bill Deakin (Manchester) and Dr Alessandra Gaeta (Medicines Discovery Catapult, MDC) and Sarah Almond (Charles River)

The aim of this extra addition to the BAP summer meeting, the Psychopharmacology Drug Discovery session, is to discover the evolving world of CNS drug discovery. This innovative session will showcase the new approach of academic and biotech groups towards target validation, drug discovery and development in neuroscience. Speakers will explain the different approaches taken by these groups and how these differ from the traditional approach taken by Pharma. The first part of the afternoon will be pre-clinically focussed with the second part moving on to later stage programs with products in clinical development.

Programme

Session 1

Co-chaired by Dr Alessandra Gaeta (Medicines Discovery Catapult, MDC) and Dr Sarah Almond (Charles River)

13:35 Changing neuroscience drug discovery landscape in the UK
   Dr Laura Ajram (MDC)

13:50 Psychiatry drug discovery: Searching for the low hanging fruit in industry and academia
   Professor John Atack (Cardiff)

14:10 Optimising preclinical drug discovery for Motor Neuron Disease – an academic/industrial collaborative approach
   Dr Richard Mead (Sheffield)

14:30 Drug discovery targeting genetic hits in psychiatry (CACNA1C)
   Professor Liz Tunbridge (Oxford)

14:50 Refreshments

Session 2

Co-chaired by Dr Alessandra Gaeta and Professor Bill Deakin

15:20 Advancing therapeutics against truly novel targets for CNS diseases: From human tissue to the clinic
   Dr Nicola Brice (Cerevance)

15:40 Development of psilocybin for TRD
   Dr Ekaterina Malievskaiia (Compass Pathways)

16:00 What can we learn from oncology? Evolving methods for ethical and efficient evidence generation for off-label medication use in neuro-oncology
   Dr Ndaba Mazibuko (London)

16:25 Closing remarks and introduction to panel session

16:30 Panel Q&A

17:00 Drinks Reception
The following awards are now open to applications:

**Psychopharmacology Awards**
To reward excellence in psychopharmacology.
Two awards of £750 for research by non-clinical psychopharmacologists
Two awards of £750 for research by clinical psychopharmacologists
Deadline for applications **13th March 2020**
[www.bap.org.uk/psychopharmawards](http://www.bap.org.uk/psychopharmawards)

**Public Communication Prizes**
To reward excellence in science communication to the public in the area of psychopharmacology and related disciplines.
Two prizes of £200, one for Training Members and one for Full Members
Deadline for applications **31st May 2020**
[www.bap.org.uk/commsprize](http://www.bap.org.uk/commsprize)

**Hannah Steinberg BAP Conference Bursary**
One bursary to be awarded each year to support attendance at the BAP Summer Meeting by a postgraduate student who is a Training Member of BAP.
Deadline for abstract and email of support **13th March 2020**
[www.bap.org.uk/hannahsteinberg](http://www.bap.org.uk/hannahsteinberg)

**Robert Kerwin International Bursaries**
Bursaries are available to individuals who are current members of BAP and have held their membership for a minimum of 6 months, and are currently studying a higher degree or graduated in the last 3 years.
Deadline for applications **24th April 2020**
[www.bap.org.uk/robertkerwin](http://www.bap.org.uk/robertkerwin)

**BAP Undergraduate Awards**
The Awards provide undergraduates with the experience of attending a national scientific meeting and encourage young psychopharmacologists to pursue a research active career.
Deadline for undergraduate student abstracts and summary statements **24th April 2020**
[www.bap.org.uk/undergradawards](http://www.bap.org.uk/undergradawards)

**Poster Prizes**
Four Prizes are awarded at the annual Summer Meeting, two for clinical and two for non-clinical posters.
Deadline for abstract submission **13th March 2020**
[www.bap.org.uk/posterprizes](http://www.bap.org.uk/posterprizes)

**President’s Poster Prizes**
Two Prizes are awarded to BAP Training Members at the annual Summer Meeting, reviewed by the BAP President.
Deadline for abstract submission **13th March 2020**
[www.bap.org.uk/presidentsposterprizes](http://www.bap.org.uk/presidentsposterprizes)

**RCPsych/BAP Poster Prizes**
These will be awarded to posters which report psychopharmacological research directly relevant to clinical psychiatric practice.
Deadline for abstract submission **13th March 2020**
[www.bap.org.uk/rcpsychposterprizes](http://www.bap.org.uk/rcpsychposterprizes)

Information on all prizes, awards and bursaries can be found at [www.bap.org.uk/awards](http://www.bap.org.uk/awards)
BAP Outstanding Contribution Awards 2020

“This award recognises and honours BAP members who have made exceptional contributions to the BAP in, for example, advocacy, clinical practice, citizenship, teaching and knowledge translation or any such relevant area and whose exceptional service merits special recognition.”

BAP Council is delighted to announce that we will award two Outstanding Contribution Awards this year.

Clare Stanford (University College London) has been a BAP Member for many years. In addition to serving on Council, including the post of President 2004-2006, Clare has represented BAP on numerous committees within outside bodies and was also instrumental in the setting up and administration of the BAP Certificate in Pre-Clinical Psychopharmacology for many years.

Sue Wilson (Bristol University/Imperial College) joined BAP in 1998. She has played a key role in teaching on BAP events, particularly the Anxiety Disorders Module of the BAP Certificate in Clinical Psychopharmacology since its inception, and at the BAP Masterclasses. Sue has also led on the “BAP Consensus statement on evidence-based treatment of insomnia, parasomnias and circadian rhythm disorders”, with the most recent update published last year.

Clare and Sue will be presented with their Outstanding Contribution Awards at the Gala Dinner on 21st July at the Royal Garden Hotel, during the summer meeting.

BAP 2021 Call for Symposium Proposals

The annual summer meeting is the showcase event of the BAP year. To ensure that the meeting is successful we need to provide a programme that is topical, well balanced and reflects the needs and interests of our Members. The best way this can be achieved is to have substantial input from the membership. With the programme for the 2020 Meeting now in place (19-22 July in London), we are looking towards the 2021 Meeting, which will be held in Manchester from 18-21 July.

We encourage all BAP Members to think about the topics that they would like to see in the summer meeting programme, and to put forward symposium proposals for consideration by Council. There are several factors that Council uses to assess proposals and which are important to consider when choosing the topic and content of symposia, including:

- quality of the scientific information presented and the speakers (four in total)
- topical nature of the subject
- breadth of interest
- relevance to, and inclusion of, clinical and nonclinical psychopharmacology; in particular we encourage symposia that include translational elements
- lack of overlap with, or repetition of, recent BAP symposia (See symposia from previous years at www.bap.org.uk/symposia2021)
- geographical/institutional balance
- the balance of symposium speakers/chairs should reflect the BAP’s statement on equality and diversity (www.bap.org.uk/diversity)

BAP is able to provide the following for a maximum of four speakers/chairs:

- Registration for the whole Summer Meeting
- One nights' accommodation
- A ticket for the Gala Dinner
- A contribution towards travel expenses:- £100 max for UK / £200 max for Europe / £500 max for RoW

Members of Council welcome discussion of ideas, whether tentative or clearly formulated.

Proposals for symposia for the 2021 Summer Meeting – to be held at the Renold Building, University of Manchester from Sunday 18 to Wednesday 21 July – should be submitted via the link below by no later than 15 May 2020, and will be discussed by the BAP Council at their July meeting.

Propose a Symposium at www.bap.org.uk/symposiumproposalform
Heather Ashton

Professor Heather Ashton died peacefully at her home in Newcastle on 15th September 2019 aged 90. As a teacher, researcher and clinician at Newcastle University for over half a century, she was much admired by generations of students, patients and colleagues.

She was best known for her pioneering work on benzodiazepines. Drawing with compassion and rigour on the experiences of her patients, she was among the first to investigate the dangers of long-term benzodiazepine use and dependency in the 1980s. She established a dedicated clinic within the University and developed what came to be acknowledged as a safe and effective method for withdrawal. She wrote a number of highly cited papers on these topics but mindful of the needs of patients and their doctors also wrote a manual, widely known as the Ashton Manual, on how to withdraw from benzodiazepines and made it freely available to download (at https://benzo.org.uk/manual/). Patient support groups, by whom she was widely admired, have translated and distributed it in about a dozen languages.

In addition to her work on benzodiazepines, she, along with her colleague the late Professor John Thompson, conducted several pivotal studies on the effects of nicotine and cannabis in the brain. Heather was among the earliest researchers to use electroencephalography to understand changes in neural activity and she also did significant work on pain management using TENS. She took great pains to avoid any conflict of interest that might undermine people’s trust in her work or profession and scrupulously declined support of any kind from the pharmaceutical industry.

Heather was born on July 11, 1929 in India. In 1939, during World War II, she and her older brother were among the many children evacuated to the USA. She returned to England in 1945 and went on to study medicine at the University of Oxford. After graduating, she married John Ashton and moved to London, where he worked as an economist for the Ministry of Agriculture. They moved to Newcastle in 1964, when John was appointed to the Chair of Agricultural Economics at Newcastle University and Heather by the University’s Department of Pharmacological Sciences, where she further developed her expertise in psychopharmacology. She moved to the Newcastle University Department of Psychiatry on her retirement aged 65 but continued publishing original research, seeing patients and teaching students until her mid-80s. She also remained active on the executive committee of the North East Council on Addiction and continued to answer requests for advice on benzodiazepine dependence that poured in from around the world. Heather was a member of the BAP for more than thirty years, a frequent attender at the Summer meeting and a mentor and inspiration to many students and young academics. She is survived by her four children.

Nicol Ferrier
Hannah Steinberg

Hannah was born in Vienna but, while she was still a schoolgirl, her family sent her to England to escape the imminent war in Europe. Travelling alone on a Kindertransport train, she eventually arrived in London and was offered a home with a new family. After another evacuation, this time to Queen Anne’s School in Caversham, she went on to Reading University to take a Certificate in Commerce. She spent a brief spell working in that area but it did not suit her at all and so she joined UCL to study for a degree in French. Since she was already fluent in that language, she decided to transfer to a course in Psychology instead. “Psychology was rather peculiar in those days, but it tried hard to be scientific”, she says. “There was lots of line drawing and weighing things ... but it’s much better now”. She was taught by Cyril Burt, whom she remembered as a talented and effective teacher, and graduated with First Class honours. She was then awarded a University of London postgraduate studentship and, despite her protestations that she knew nothing about drugs, she was encouraged to join the Pharmacology Department by its then head, Frank Winton, whom she had met through their mutual interest in music. Winton suggested that she investigate the effects of nitrous oxide on memory, a study which she carried out in collaboration with Arthur Summerfield. Together, they showed that low doses of nitrous oxide or alcohol improved memory recall, a finding that attracted the attention of the media world-wide.

Later, working with Ruth Rushton, Hannah went on to become one of the first scientists to develop methods for studying the effects of drugs on animal behaviour and applied these techniques in research on the effects of drug combinations; this was another area that had not been tackled before. She started by investigating the effects of psychostimulants, combined with anxiolytic drugs, on rodent and human behaviour, a problem that was especially relevant in the era of ‘purple hearts’ which were widely (ab)used at the time. Despite intense scepticism and a good deal of ribbing from her colleagues at UCL, John Gaddum persuaded her to persevere. Working with Michael Besser and Ruth Rushton, she went on to show that the combined effects of amphetamines and barbiturates produced behavioural changes that could not be predicted from the known effects of either drug alone. The unpredictable effects of drug combinations were among her key research interests and her discovery that mice walk backwards, when they are given clenbuterol (once regarded as a potential antidepressant) and a benzodiazepine, was one of her most eccentric findings. Only now are we beginning to realise that Hannah was tapping into the effects of drug combinations on neuronal second messenger systems, or beyond, and that understanding the interactions of drugs with receptors is merely the first step in explaining their effects on behaviour.

She also published the first report on the impact of ‘environment’ on the long-term effects of drugs on rodent behaviour. Her Nature paper, showing that simple environmental changes (e.g., new cages, change of diet) were stressful to rodents, not only underpins much contemporary research but was a major influence in the formulation of Home Office guidelines for animal husbandry. Moving on from this field, she undertook a study that compared self-administration of morphine by naïve and drug-experienced rats, this time working with Channi Kumar and Ian Stolerman. Her results challenged the orthodox view that experience of one type of psychotropic agent invariably increases vulnerability to dependence on another; this is still regarded as an important, but unresolved problem, in the field of drug dependence.
Using creativity to talk about our research

by Courtney Worrell

As many of us know, public communication of our research is one of the biggest obstacles – how do we make our intentions clear? How do we encourage patient involvement? How can we make our findings interpretable and understandable to the people our research is really affecting?

In many areas of research, we find ourselves exploring what can be sensitive topics of conversation for many. These areas are often surrounded with misconception. As a trial manager in clinical trials for new drugs treating mental health, this is something I have definitely seen my fair share of, particularly from a pharmacological and mental health point of view.

As scientists and researchers, we need to make a significant effort to provide as much information to the public as possible, and the key to doing so is to make sure it is easy to read in lay-terms.

Communication, I feel, is one of the most powerful tools at our disposal, something which the internet and rise of social media has massively improved, and a utensil to be used to educate the public through several different mediums. So, let’s use it to our advantage more and get creative so that we can reach as many people as possible.

Personally, over the last few years, I have become increasingly involved in public communications. One way in which myself and our lab, the Stress, Psychiatry and Immunology (SPI Lab) at King’s College London’s Institute of Psychiatry, Psychology and Neuroscience, have been making an effort to increase our public communication is through blogging.

The 1st March 2020 is the one-year anniversary of our blog ‘InSPIre the Mind.’

InSPIre the Mind started as a way of providing all audiences with a completely transparent and easy-to-understand articles about our research – whether this be in the field of perinatal, cell work, inflammation in depression, you name it, we’ve covered it. It is a way of making even the most complex of our research topics understandable.

With “everything you’ve always wanted to know about mental health, its effects on the brain and the body, and the science behind it” as our slogan, it’s very clear that from the very beginning we’ve wanted to unravel the science and research behind mental health and aim it at an audience who want to understand. But the blog quickly developed and before we knew it, we weren’t just writing about our own research, we had numerous guest writers get involved, and from researchers further afield, including the Netherlands and the United States. It has become somewhat of a library of easy-to-read findings.

Hannah was appointed to a Readership in Psychopharmacology at UCL in 1962 (the first in the Western hemisphere) and then to a Professorship (another first) in 1970. During her long and distinguished career at UCL, she collaborated with many future members of the BAP, often when they were still students: we will all harbour special memories of that famous nitrous oxide practical class! On her retirement, Hannah was awarded an Emeritus Professorship of the University of London but she then embarked on a new career as a Visiting Professor at the University of Middlesex where, in collaboration with Elizabeth Sykes, she was busy pursuing her research interests in the neuropsychology of physical exercise.

Hannah’s other accolades are too numerous to mention in full but she was a Fellow of the British Psychological Society and was Vice President and Emeritus Fellow of the CINP as well as a Distinguished Affiliate of the American Psychological Association section in Psychopharmacology. In addition to all this, she held many key posts governing teaching and research of psychology and psychopharmacology, including membership of MRC working parties on the Biochemistry and Pharmacology of Drug Dependence (1968 – 1973) and Biological Aspects of Drug Dependence (1971 – 1975). Finally, not only was she a founder member of the EBPS and ENCP, but she was also a member of Council of the BAP at its inception.

Hannah’s distinguished contributions to Psychopharmacology and the BAP were acknowledged by a Lifetime Achievement Award at the 2001 Summer Meeting of the BAP.
Because of the nature of mental health, we decided from early on that we wanted the blog to not just be about research, although this has and will always remain the central premise of what we do. We wanted to encompass the whole experience and so, we write about ‘everything mental health.’ This has so far included cultural and societal reflections, comments on the media, film, arts, nutrition and so much more.

It’s not just our content that has evolved either. We first started our publication on the popular blog platform Medium, but this February has seen the launch of our brand new website – we are now communicating on www.inspirethemind.org (as well as still posting on Medium).

Since the first of March we have had over 45,000 readers on our blogs who have spent an overall 49,000+ of minutes reading and have done so from all over the globe (including Europe, America, Australia, Chile and China to name a few places). These blogs have even been mentioned on BBC radio – twice – which has made the opportunity for public engagement even better! We’ve also taken a leap and will be running our first workshop in collaboration with the NHIR British Research Council to encourage people to talk more creatively about mental health – so anyone interested in taking new steps to communicate about mental health and their research through blog writing, podcasting, photography or public speaking check out www.inspirethemind.org/events for more details and to buy tickets!

In theme with communicating research more creatively with the public, InSPIre the Mind has just been announced as being involved with a new mental health documentary ‘Mad World’, by Mordue pictures. The documentary brings to life the moving experiences of 6 unique individuals diagnosed with different mental health disorders with professionals who battle to answer some of the long-standing questions about the nature of mental illness. This new involvement gives us the opportunity to communicate with many, many more people in a brand-new way. You can find more information about the documentary at www.morduepictures.com/madworld and it will be coming to screens near you this summer!

Through all of this, I want to emphasise that communication is vitally important and something that we need more scientists and researchers engaged with for the greater benefit and that there are so many ways you can do so, you just have to get a little creative! And, in the spirit of encouraging an increase in communications we would also like to invite any BAP members who may want to get involved in public communications/share their research to get in touch for guest writing opportunities. Get in touch through our website or by emailing us at inspirethemind@kcl.ac.uk!

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**BAP Membership Subscriptions**

2020 Membership subscriptions are due in March (£100 for Full Members; £50 for Early Career Members; £20 for Training Members). Membership benefits include:

- Discounted registration rate for the BAP Summer Meeting (London, 19th–22nd July).
- Half price subscription to our Online CPD Resource
- Bursaries to attend our summer meeting and other meetings in the UK and overseas
- Eligibility for the in vivo Training Initiative to encourage and support pre-clinical research in the UK
- Eligibility for prizes and awards.

[www.bap.org.uk/membership_payment](http://www.bap.org.uk/membership_payment)
The Ketamine2020 conference, April 6th-8th, is devoted to Ketamine and Related Compounds for Psychiatric Disorders. Please see www.ketamineconference.org for details.

Following the huge success of a similar conference in 2018, we again have an exceptionally strong cast of international speakers covering a broad range of subjects. The Lancet Psychiatry is hosting the conference debate (‘This house believes the evidence is sufficient for widespread ketamine use in resistant depression’) in the historic Convocation House, the seat of parliament during the English Civil War.

There are two options for participation this year: attendance in person in Oxford April 6th-8th (£295 for academic/NHS); and online participation (£25). Online ‘e-delegates’ will have access to all the talks, which are livestreamed. Also, you can participate in scheduled Webmeetings which discuss ‘E-presentations’. E-Presentations are a novel, interactive alternative to posters. E-Presentation materials will be available to review online from March 27th.

Recordings of all live-streamed talks and Webmeetings will be available for six months for all registered ‘on-line’ and ‘in-person’ delegates.

If you have material you would like to submit for discussion as an E-presentation, this can be done whether you are an ‘e-delegate’, or are attending in person in Oxford. E-presentations can include case studies of ketamine or closely related compounds, descriptions of content and timing of adjunctive psychotherapy, descriptions of dosing schedules, opinions about deployment, discussions of practical interest to clinicians, policy discussion etc. Please contact rupert.mcshane@oxfordhealth.nhs.uk to discuss.

We look forward to meeting you in Oxford or on-line.

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BAP President’s Lecture

9th April 2020

Wolfson Lecture Theatre, IoPPN, King’s College London, De Crespigny Park, Denmark Hill, London

Organised by BAP President, Professor Allan Young

Join us for an afternoon of engaging talks covering the latest research and controversies in psychopharmacology. Featuring talks from leading figures in the field. Professor Robin Murray, Should psychopharmacologists treat the brain with more respect and capitalism with less? Professor David Nutt, Are “illegal” drugs the future of psychiatry? Professor Edgar Jones, A new therapeutic dawn: warnings from the past Professor Nicol Ferrier, Depression and the heart: a fatal combination – a brief review of a long history.

To book a place, go to http://bit.ly/2QtiWPV.
Media Activity

A showcase for the media and public engagement activities of BAP members.

Following are some of the latest members’ activities over the past few months. All members’ activities, with links, can be found at www.bap.org.uk/members

Chandni Hindocha 18th February 2020

Huffpost: Are CBD Health Benefits Too Good To Be True?

Chandni talks about the health benefits of CBD

Christina Carlisi 17th February 2020

Associations between life-course-persistent antisocial behaviour and brain structure in a population-representative longitudinal birth cohort

Christina and colleagues released a paper showing associations between anti-social behaviour and brain structure. Covered in The Guardian, BBC News Health, BBC Radio Today (00:55) and BBC Radio The Newsroom

Hip Hop Psych 15th February 2020

BBC Sounds: The Cultural Frontline

Akeem and Becky were interviewed by the BBC World Service on Tina Daheley’s The Cultural Frontline show covering mental health and hip hop

Steven Marwaha 13th February 2020

Finding solutions for treatment-resistant depression

Steven responds to a recent NICE guideline consultation which does not recommend Esketamine for patients with TRD

Courtney Worrell 10th February 2020

Inspire the Mind - Transforming the future of Clinical Trials - A brand new platform

Courtney wrote a blog for Inspire the Mind about EU-PEARL, a new project aiming to shape the future of drug development

Camilla Nord 2nd February 2020

BBC Radio Cambridgeshire - Naked Scientists

Camilla was part of a panel of scientists answering audience questions about mental health disorders, brain imaging, the effect of head injuries on brains, and other neuroscience/psychiatry topics

Have you recently engaged with the public in science via the media or public events?

Both the Medical Research Council and the Wellcome Trust advocate engagement with the public regarding scientific and medical research, and BAP is keen for members to engage with the media, so that we can share our important research findings with the public, including enthusiastic students and trainees.

We would like to invite you to share your most recent media activities with us, so that we can disseminate them to the public through our website and social media.

In particular we are looking for media articles, video interviews, podcasts, websites and blogs.

Please send any links or other engagement with the media to Sarah Channing-Wright at sarah@bap.org.uk.

BAP on Twitter @BAPsych

We regularly tweet information about our latest events and activities. We would be grateful if you could help us spread the word by re-tweeting.
Education Events

Certificate in Clinical Psychopharmacology

Overview

Psychopharmacology is the single most commonly used treatment modality in psychiatry. It is vital we use drugs to their optimal effect – matching our choices and regimes to the needs and symptoms of patients whilst minimising side effects and avoiding adverse interactions with other drugs. New drugs and new ways of using old ones regularly appear. With ever increasing demands on our professional time it is difficult to keep up to date. This programme for CPD in state-of-the-art psychopharmacology is tailored to emphasise practical everyday problems encountered by all prescribing psychiatrists.

Content includes:
- lectures
- workshops
- discussion sessions

Forthcoming Modules

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<tr>
<th>Topic</th>
<th>Dates</th>
<th>Location</th>
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<tr>
<td>Schizophrenia</td>
<td>30th April 2020 – 1st May 2020</td>
<td>Manchester</td>
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<tr>
<td>Drug Treatments in Affective Disorders</td>
<td>10th September 2020 – 11th September 2020</td>
<td>Newcastle</td>
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<tr>
<td>Substance Use and Addiction</td>
<td>3rd December 2020 – 4th December 2020</td>
<td>Manchester</td>
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<tr>
<td>Anxiety Disorders</td>
<td>January 2021</td>
<td>Bristol</td>
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<tr>
<td>Child and Adolescent Psychopharmacology</td>
<td>March 2021</td>
<td>Nottingham</td>
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<tr>
<td>Drug Treatments in Old Age Psychiatry</td>
<td>October 2021</td>
<td>Newcastle</td>
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<tr>
<td>Child and Adolescent Psychopharmacology</td>
<td>October 2021</td>
<td>Newcastle</td>
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Registration fees

£390 per module (excluding accommodation)

To book a place go to www.bap.org.uk/certificate

Masterclasses in Clinical Psychopharmacology

Overview

The Masterclasses are held over three consecutive days, twice a year. You can register for one, two or all three days, depending on your needs and interests. The full three day package is intended to provide a state-of-the-art update in psychopharmacology for clinicians.

Content includes:
- a review of the basic pharmacology of the relevant drugs
- the clinical use of those drugs
- discussions around relevant BAP and NICE guidelines
- questions and discussion with the speakers

Forthcoming Masterclasses

Hallam Conference Centre, 44 Hallam St, London W1W 6JJ

<table>
<thead>
<tr>
<th>Day A</th>
<th>Schizophrenia SubSTANCE Misuse</th>
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<th>Day C</th>
<th>Depression Anxiety Sleep</th>
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<tr>
<td>27th November 2020 23rd April 2021</td>
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Registration fees

£330 per day, £890 for all three days

To book a place go to www.bap.org.uk/masterclasses
News from CMHP

CMHP Foundation Certificate

We are happy to announce that BAP Clinical Certificate Modules can now be accepted as alternatives to our CMHP courses for those applying for the CMHP Foundation Certificate. When we launched the Foundation Certificate last year as part of our credentialing pathway, members had to have attended both of our Psych 1 and Psych 2 courses to be eligible. By offering options, we can give more flexibility to members choosing the Foundation Certificate route.


CMHP-PRUK Research Award

The prestigious CMHP-PRUK Research Award is now open for applications.

Do you have a research project which aims to benefit patients with mental illness? Pharmacy Research UK and CMHP are working together to offer members of the CMHP the opportunity to receive a Research Award of up to £20,000. Projects should contribute to enhancing the quality of care with psychiatric medicines through improving pharmaceutical services or ensuring safe and effective use of medicines.

Deadline for applications: 22 April.


Conference 2020 – 9-10 October 2020, Manchester

Our 11th CMHP Annual International Psychiatric Pharmacy Conference will be held on 9-10 October 2020, at the Renaissance Manchester City Centre Hotel, Blackfriars Street, Manchester.

Details of registration – including early bird rates, abstract submission and sponsorship/exhibition opportunities will be announced shortly at: www.cmhp.org.uk/conference/conference-2020/

BNA 2021

We're all going to be beside the seaside! 11th -14th April 2021, Brighton

In April 2021, in partnership with the UK Dementia Research Institute, the British Neuroscience Association will host its fifth Festival of Neuroscience, this time taking neuroscience to the seaside in Brighton, UK.

Check out bna.org.uk for more details.....coming soon!
ONLINE CPD RESOURCE

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Schizophrenia
Substance Misuse Including Comorbidity
Bipolar Disorder
Perinatal Disorders
ADHD Focussing On Adult
Depression
Anxiety Disorders
Sleep
Old Age
Child and Adolescent
General Psychopharmacology

Reviews of recent psychopharmacology papers, regularly updated

PLUS
Multiple Choice Questions, printable certificate on completion and reading lists

For more information and to subscribe go to www.bap.org.uk/onlinecpd

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non-members

£60 per year
members and those who have registered or attended recent BAP meetings/courses

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multiple users (10+)

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