

WPA regional meeting in St Petersburg 10 – 12 June 2010
To the board of the WPA

Friends and colleagues in the WPA

Thank you for giving us the opportunity to meet and exchange ideas and knowledge during the regional meeting in St Petersburg.

After our symposium **”Early career psychiatrist in Northern Europe – advantages and drawbacks. What can the psychiatric associations do?”** chaired by Henrik Wahlberg, we continued the discussion of what the psychiatric associations could do and even what could WPA overall do for the young psychiatrists? It struck us during the symposium that the number of senior colleagues that came to listen was low. This implies that the impact of the important issues of young psychiatrists, important ideas from young psychiatrists and the exchange of ideas and knowledge between younger and senior psychiatrists is too low in the WPA today. Therefore, in our point of view, the most important conclusion after our symposium of what the associations can do is to empower young psychiatrists. An idea was born that the WPA board could have an affiliated young psychiatrist at every meeting or even a young psychiatrist as a full member in the board. This young psychiatrist could assist the early career council and help the young psychiatrists’ associations in the world to lift their role in world psychiatry.

We therefore hope that the WPA board will consider the idea to always have an affiliated young psychiatrist at board meetings or appoint a young psychiatrist as a full member to the board.

It would be very nice to know that one symposium in a WPA meeting can be the beginning of something great. Once again thank you for giving us grounds for this discussion at this wonderful conference.

With our best regards

Marie Bendix, WPA Early Career Council Zone Europe 1, former president of the Swedish Psychiatric Trainee Association

Maria Larsson, former board member of the Swedish Psychiatric Association as trainee representative

Hjördís Orgeirsdóttir, President of the Icelandic Association of Junior Doctors

Irina Panihhidina, former board member of the Estonian Young Psychiatrists Association

Marija Rusaka, president of trainee section of Latvian Psychiatric Association