



MOI UNIVERSITY  
SCHOOL OF MEDICINE  
KENYA



UNIVERSITY OF NAIROBI



# Invitation to the

## **"Update on Psychopharmacology"**

The Boma Hotel Nairobi, Kenya  
**Friday 9 October – Saturday 10 October 2015**

This Update is made possible by an unrestricted educational grant from

Lundbeck International  
Neuroscience Foundation



# FACULTY

## Lukoye Atwoli, Moi University, School of Medicine (Kenya)



Lukoye Atwoli is an Associate Professor of Psychiatry in the Department of Mental Health, Moi University School of Medicine, and is currently also the Dean of the medical school. He received his medical training at Moi University School of Medicine, before specializing in Psychiatry at the University of Nairobi. He has undertaken Doctoral studies at the University of Cape Town, and his recent research has focused on the occurrence of trauma and posttraumatic psychopathology, including posttraumatic stress disorder (PTSD). Additionally, he has published numerous papers on diverse subjects within mental health, including adult attention deficit hyperactivity disorder, substance use, and the health of orphans and separated children. Apart from scientific work, he also maintains a weekly social commentary column in a widely circulated Sunday newspaper, the Sunday Nation, in which he explores current affairs from a mental health perspective.

## David Baldwin – University of Southampton (United Kingdom)



David Baldwin is Professor of Psychiatry and Head of the Mental Health Group in the Clinical and Experimental Sciences Academic Unit of the Faculty of Medicine at the University of Southampton in the UK. He leads an NHS Mood Disorders Service based at College Keep in Southampton. He trained in medicine at Charing Cross Hospital Medical School, London and then in psychiatry at St Mary's Hospital Medical School and the Maudsley Hospital, London. He is an Honorary Professor in the University of Cape Town in South Africa and Visiting Professor at Suzhou University Guangji Hospital in China. Professor Baldwin was Secretary for External Affairs of the British Association for Psychopharmacology between 2000/03 and 2005/07, and Chair of the Psychopharmacology Special Interest Group of the Royal College of Psychiatrists between 2007/11. He is a Past President of Depression Alliance and is a Medical Patron of Anxiety UK. He became Editor-in-Chief of *Human Psychopharmacology* in January 2011. Through his research activity and clinical practice, he aims to improve clinical outcomes in

patients with mood and anxiety disorders: by investigating the role of neurobiological and psychological factors in causing and maintaining illness; through improving trial design when evaluating efficacy and tolerability of treatment interventions; by assessing the effectiveness and acceptability of treatment interventions in wider clinical practice; through identifying more accurately those patient groups at particular risk of poor outcomes; and by offering a tertiary referral specialist clinical service to patients with chronic and treatment-resistant conditions. Professor Baldwin leads the Anxiety Disorders Research Network, an international multi-centre independent collaborative cross-disciplinary research grouping, with support from the ECNP and European Commission. He is the author of 240 full articles in peer-reviewed scientific journals, and author or co-author of 9 books and 40 chapters in books.

## David Castle – University of Melbourne (Australia)



David is Chair of Psychiatry at St Vincent's Health and The University of Melbourne. His clinical and research interests include schizophrenia and related disorders, cannabis abuse, and bipolar disorder. He has a particular interest in the interface between body and mind, and is actively engaged in programmes addressing the physical health of the mentally ill and the mental health of the physically ill. He is also pursuing his work on OCD spectrum disorders, notably body dysmorphic disorder, in which he is a recognised international expert. David has published widely in prestigious journals, including over 500 papers and chapters; and has co-authored or co-edited 22 books. His work is consistently highly cited. He has been successful in attracting substantial grant funding from a variety of different sources, and has strong local, national, and international

research links. He has received a number of awards for his work, including the Senior Research Award from the Royal ANZ College of Psychiatrists and a University of Melbourne Vice Chancellor's Staff Engagement Award. Most recently (2015) he was awarded the Ian Simpson Award by the RANZCP in recognition of outstanding contributions to clinical psychiatry as assessed through service to patients and the community. He is on a number of advisory boards and editorial boards, and is a reviewer for over 30 national and international scientific journals. David speaks regularly at local, national, and international scientific meetings about his research, and also teaches at undergraduate and postgraduate levels. He completed the Graduate Certificate in University Teaching from the University of Melbourne in 2011 and was elected as a Fellow of the Melbourne Medical School Academy of Clinical Teachers in 2013. He is currently Chair of the Victorian Branch of the Royal Australian and New Zealand College of Psychiatrists.

### David Ndetei – University of Nairobi (Kenya)



Dr David Ndetei is a Professor of Psychiatry at the University of Nairobi in Kenya, and the Founding Director of Africa Mental Health Foundation (AMHF), a non-governmental organization dedicated to research on mental and neurological health and substance use to generate evidence for policy and best practice in the provision of affordable, appropriate, available and accessible mental health services. Dr. Ndetei has been Principal Investigator or Co-Investigator (Co-I) of nearly all published clinical and community epidemiological studies on mental health in Kenya. He has published extensively in leading peer-reviewed journals, co-authored and edited 5 books and compiled 21 monographs based on his work available for public access at the University of Nairobi library. In addition to his academic and AMHF responsibilities, Dr. Ndetei is Chair of the African Division of the Royal College of Psychiatrists (UK) and the World Psychiatric Association (WPA) Zone 14 (East, Central and South Africa) representative. He has worked extensively with the World Health Organization (WHO), the United Nations, the African Technology Policy Studies Network (ATPS), the International Development Research Centre (IDRC) and numerous universities across the globe. He was

trained in Kenya at the University of Nairobi and in the UK at the University of London and the Institute of Psychiatry, King's College London, at the Maudsley.

### Frank Njenga – Nairobi (Kenya)



Dr Frank Njenga has been the Chairman of AAR Health Services Ltd. since March 2006 and serves as its Director. Dr. Njenga serves as the Chairman and Chairman of AAR Healthcare Holdings Ltd at AAR Holdings Limited. Dr. Njenga is a well known Consultant Psychiatrist. He has been associated with AAR since its inception and was a close friend of the founder - Bengt Beckman since the early eighties. In addition to a busy practice, Dr. Njenga is involved in a number of social and business activities including running the only custom built psychiatric unit in - Chiromo Lane Medical Centre. In May 2006, he was appointed by the President to Chair the Board of NACADA (National Agency for the Campaign Against Drug Abuse). He is the former Chairman of the Nairobi Hospital , Admitting Staff Association. In addition, he is the author of many scientific papers, books and book chapters and continues with the tradition of medical research. He has been a member of the AAR Board for the past eight years and became Chairman in March 2006. He is also the Director of the Students Campaign

Against Drug Abuse and is a popular presenter for both radio and television, locally and overseas including the BBC. He qualified in Medicine at the University of Nairobi in 1975, and obtained his membership of the Royal College of Psychiatrists at the world famous Maudsley Hospital in 1980.

### Dan Stein – University of Cape Town (South Africa)



Professor and Chair of the Department of Psychiatry and Mental Health at the University of Cape Town, and Director of the Medical Research Council (MRC) Unit on Anxiety and Stress Disorders. His research focuses on the psychobiology and management of anxiety and related disorders, although he is also involved in mentoring research in areas of relevance to South Africa, such as neuroHIV and substance use disorders. He did his undergraduate and medical degrees at the University of Cape Town, and his doctorate (in the area of clinical neuroscience) at the University of Stellenbosch. He trained in psychiatry, and completed a postdoctoral fellowship (in the area of psychopharmacology) at Columbia University in New York. His training also includes a doctorate in philosophy. His research ranges from basic and clinical neuroscience through to epidemiological and cross-cultural research, and he is interested in translation from the bench to the bedside, and from the bedside to the bundu. He has authored or edited over 30 volumes, including "Cognitive-Affective Neuroscience of Mood and Anxiety Disorders", and "The Philosophy of Psychopharmacology: Smart Pills, Happy Pills, Pep Pills". His work has been continuously funded by extramural grants for more than 20 years. He is a recipient of CINP's Max Hamilton Memorial Award for his contribution to psychopharmacology,

and of CINP's Ethics and Psychopharmacology Award for his contribution to the philosophy of psychopharmacology.

## Solomon Rataemane – Sefako Makgatho Health Sciences University (SMU) - (South Africa)



Prof. Solomon Tshimong Rataemane (President of the African Psychiatric Association and Allied Professions 2014 – 2016) He is head of Department of Psychiatry, Sefako Makgatho Health Sciences University; Chair SASOP Division of Relations; WPA Board member and WPA Representative Zone 14; and Chair of the WPA Section on Conflict Management and Conflict Resolution. He has special interest in child psychiatry, mood disorders and addiction medicine and has served as deputy chairperson and chairperson of the Central Drug Authority of South Africa from 1995 to 2005. He is a Board member of ICAA (International Council on Alcohol and Addictions) and served on the Health and Examinations Committees and the Medical and Dental Board of the Health Professions Council of South Africa until May 2010. He was appointed Deputy Chair of the Medical Research Council of South Africa (2007 2010). He is a member of the College of Psychiatrists of the CMSA; World Association for Psychosocial Rehabilitation (Africa Regional Vice President); American Psychiatric Association (International Member); South African Society of Psychiatrists (Chair International Division); International Council on Alcohol and Addictions (Board Member); Dr George Mukhari Hospital

(Chief Psychiatrist). Professor Rataemane is also a Fellow of the American Psychiatric Association (FAPA)

## Gregers Wegener – Aarhus University (Denmark) – To be confirmed



Gregers Wegener is currently employed as Full Professor in experimental psychiatry at Aarhus University, Denmark. He heads the Translational Neuropsychiatry Unit (<http://tnu.au.dk>), which is a unit of Department of Clinical Medicine. He have the past 20 years been doing research within the field of Neuropharmacology, Neuroscience and Psychiatry, especially using *in vivo* techniques combined with pharmacological tools, such as microdialysis, behavioural techniques and PET. He have authored more than 150 publications within this field. Besides this, he is the current President of Scandinavian College of Neuropsychopharmacology (SCNP), and chair of the educational committee of the International College of Neuropsychopharmacology (CINP). Since 2011 he has been the Editor-in-Chief of the journal Acta Neuropsychiatrica.

## Mike West – University of Cape Town (South Africa)



Dr Mike West is a young psychiatrist, currently undertaking a clinical research fellowship in psychopharmacology, through the University of Cape Town. He is currently involved in updating a set of psychiatric treatment algorithms for primary health care physicians to be published later in 2015. He has a special interest in the pharmacological interventions aimed at smoking cessation.

# SCIENTIFIC PROGRAMME (subject to change)

## FRIDAY 9 OCTOBER 2015

- 07:30 - 08:30 **REGISTRATION**
- 08:30 - 09:00 Welcome Address: *Speaker TBA*
- 09:00 - 09:30 Evidence-based psychopharmacology principles: (including introduction to LINF resources)  
Dan Stein, *University of Cape Town*
- 09:30 - 10:15 Classification of psychiatric medications: Gregers Wegener, *Aarhus University*
- 10:15 - 10:45 **TEA**
- 10:45 - 11:30 Classification of psychiatric disorders: David Ndeti, *University of Nairobi*
- 11:30 - 12:15 Major Depressive Disorder: David Baldwin, *University of Southampton*
- 12:15 - 13:00 Social Anxiety Disorder & Panic Disorder: Mike West, *University of Cape Town*
- 13:00 - 14:00 **LUNCH**
- 14:00 - 14:45 Generalized Anxiety Disorder: David Baldwin, *University of Southampton*
- 14:45 - 15:30 OCD & Related Disorders: Dan Stein, *University of Cape Town*
- 15:30 - 16:15 Posttraumatic Stress Disorder: Lukoye Atwoli, *Moi University School of Medicine*

## SATURDAY 10 OCTOBER 2015

- 07:30 - 08:30 **REGISTRATION**
- 08:30 - 09:15 Schizophrenia: David Castle, *University of Melbourne*
- 09:15 - 10:30 Substance Use Disorders: Frank Njenga, *Nairobi*
- 10:30 - 11:00 **TEA**
- 11:00 - 11:45 Bipolar Disorder: David Castle, *University of Melbourne*
- 11:45 - 12:30 Sleep disorders: Gregers Wegener, *Aarhus University*
- 12:30 - 13:15 ADHD in Child Psychiatry – Principles of Management: Solomon Rataemane  
*Sefako Makgatho Health Sciences University (SMU)*
- 13:15 - 13:30 Closing remarks
- 13:30 - 14:30 **LUNCH**

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**Registration Form**

Please complete the details below and return with your proof of payment to: Londocor Event Management on Fax: + 27 86 592 3390 or fax: +27 11 954 6100 or e-mail: [sonja@londocor.co.za](mailto:sonja@londocor.co.za) .  
For further information contact: Sonja du Plessis at Londocor on +27 11 954 5753

**Title:**  **First Name:**

**Surname/ Last name:**

**Cell / Mobile no:**

**Profession:**  **Tel no:**

**E-mail address:**

**Work address:**

**Special dietary requirements:** Strict Halaal:  Strict Vegetarian:  None:

**REGISTRATION FEES: Please tick your category**

**Specialist: KES 5 000**  **Registrars & Allied Health Professional: KES 2 200**

**BANKING DETAILS**

**Please use your surname as a reference when submitting your payment**

**Bank:** ABSA **Branch:** Horizon **Branch code:** 632005  
**Account name:** Psychopharm Kenya **Account number:** 9301805364 **Account type:** Savings  
**Swift code:** ABSAZAJJ

**For payment by Credit Card, please complete the following**

**Cardholder**  **Type of card (Master or Visa)**

**Card No:**

**Expiry date**  **Last 3 digits on the back**

**Signature of cardholder**

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## Accommodation & Airport Transfers

**To book your accommodation or airport transfers, please contact the hotel:**

### **The Boma Nairobi**

Bellevue, Red Cross Road, Off Mombasa Road, Nairobi Kenya

[www.theboma.co.ke](http://www.theboma.co.ke)

Tel: +254 20 390 4000 Fax +254 20 604 520 E-mail: [sales@theboma.co.ke](mailto:sales@theboma.co.ke)

### **Accommodation rates:**

The Boma Nairobi (Superior Rooms):

USD 225.00 Single Occupancy

USD 280.00 Double Occupancy

The Boma Nairobi (Standard Rooms):

USD 160.00 Single Occupancy

USD 205.00 Double Occupancy

The accommodation rates are on bed and breakfast basis and include 28% taxes.

Check in time is 12:00 pm and check out time is 10:00am.

Complimentary wi-fi included

### **Airport transfer rates:**

Airport transfers are available one way JKIA to The Boma Nairobi at USD 25.00 per person.

Flight details should be submitted at least 24 hours in advance.

Please contact the hotel at the above number to book your airport transfers.

