

**Editor**

Patricia Casey (Ireland)

Editorial Board

Regi Alexander (UK)	Roger Ho (Singapore)	Jessica Yakeley (UK)
Daniilo Arnone (UAE)	Sarah Huline-Dickens (UK)	
Kamaldeep Bhui (UK)	Jason Luty (UK)	Trainee Editors
Asit Biswas (UK)	Rose McCabe (UK)	Oliver Gale-Grant
Billy Boland (UK)	Beatriz Moyano	Sundar Gnanavel
William Burbridge-James (UK)	Femi Oyeboode (UK)	Aastha Sharma
Angela Carballedo (Ireland)	Mariana Pinto da Costa (UK)	Cochrane Corner Editor
Carlos Carona (Portugal)	David Reiss (UK)	Riccardo De Giorgi (UK)
John Cookson (UK)	Keith Rix (UK)	Managing Editor
Gian Maria Galeazzi (Italy)	Howard Ryland (UK)	Anna Munks
Sanju George (India)	Jan Scott (UK)	
Malcolm Hopwood (Australia)	Ito Udo (Canada)	
	Wang Wei (Norway)	

Subscriptions*BJPsych Advances* Volume 28, 2022 (six issues)

	Members of the Royal College of Psychiatrists	Non-members	Institutions
Print and electronic	£80/\$150	N/A	£236/\$409
Electronic only	Free	£164/\$248	£207/\$318

Members of the College may purchase a print subscription at <https://www.cambridge.org/core/membership/rcpsych>.

Orders from non-members of the College, which must be accompanied by payment, may be sent to any bookseller or subscription agent or direct to the publishers: Cambridge University Press, Journals Fulfillment Department, UPH, Shaftesbury Road, Cambridge CB2 8BS, UK, email journals@cambridge.org; or in the USA, Canada and Mexico, to Cambridge University Press, Journals Fulfillment Department, 1 Liberty Plaza, Floor 20, New York, NY 10006, USA, email subscriptions_newyork@cambridge.org. Japanese prices for institutions are available from Kinokuniya Company Ltd, P.O. Box 55, Chitose, Tokyo 156, Japan.

Online access *BJPsych Advances* is hosted on the Cambridge Core service at <https://www.cambridge.org/core/journals/bjpsych-advances>. Information about the College's publications is available at <http://www.rcpsych.ac.uk>.

Instructions to authors Full instructions to authors are given at <https://www.cambridge.org/core/journals/bjpsych-advances/information/instructions-contributors>.

Continuing professional development (CPD) Those wishing to register for CPD with the Royal College of Psychiatrists should contact the CPD unit (tel: +44 (0)20 3701 2621 or +44 (0)20 3701 2610). There is no charge for participation in the CPD scheme for Members, Fellows and Affiliates of the College.

CPD Online The College also publishes an interactive online learning facility for CPD in psychiatry. Further details, sample modules and subscription information can be viewed at www.psychiatrycpd.co.uk. Discounts are available for *BJPsych Advances* subscribers.

Printed in Great Britain by Henry Ling Limited, The Dorset Press, Dorchester, Dorset DT1 1HD.

This journal issue has been printed on FSC™-certified paper and cover board. FSC is an independent, non-governmental, not-for-profit organization established to promote the responsible management of the world's forests. Please see www.fsc.org for information.

© The Royal College of Psychiatrists 2021. Published by Cambridge University Press on behalf of the Royal College of Psychiatrists, a charity registered in England and Wales (228636) and in Scotland (SC038369). Unless so stated, material in *BJPsych Advances* does not necessarily reflect the views of the Editor or the Royal College of Psychiatrists. The publishers are not responsible for any errors of omission or fact.

The College crest is a registered trade mark of the Royal College of Psychiatrists.

ISSN 2056-4678



New from CPD Online

The online resource for mental health professionals

CPD eLearning (formerly CPD Online) is a resource provided by the Royal College of Psychiatrists for mental health professionals, housed on our new eLearning Hub.

CPD eLearning offers a range of learning modules and podcasts that provide a flexible, interactive way of keeping up to date with progress in mental health. During the pandemic, there will be no limit on eLearning that can be counted for CPD; it will be possible for ALL 50 CREDITS to be obtained in this way. Access to the modules is through annual subscription, but we also offer a series of **free modules** and **podcasts** for you to trial first.

For more information, visit CPD eLearning on the eLearning Hub: <https://elearninghub.rcpsych.ac.uk>

BJPsych Advances and CPD eLearning work together to produce regular joint commissions to enhance learning for mental health professionals.

[View related CPD eLearning content](#)

Recent modules and podcasts

Podcast The effect of talking about suicide on suicide rates: a surprising result

In this podcast Professor Thomas Niederkrotenthaler and Dr Raj Persaud discuss the role of media reports on suicide rates. They consider how studies have revealed contrasting results between certain types of reporting and their consequent effects on incidence of suicide, and how publishing certain articles may contribute to a potential new suicide prevention strategy. **CPD credits:** 0.5

Module A comprehensive overview of Eye Movement Desensitisation Reprocessing (EMDR)

Traumatic life events are fairly ubiquitous in the general population, and it is known that certain types of traumatic events are more likely to generate post-traumatic stress disorder (PTSD) than others. However, PTSD is only one of the manifestations of exposure to a traumatic event; trauma exposure may influence the onset and prognosis of other mental disorders. This module provides an overview of various concepts of trauma in mental health, and highlights the impact of childhood adversities and trauma on mental health. It gives a comprehensive overview of Eye Movement Desensitisation and Reprocessing (EMDR) therapy, one of the evidence-based therapies for PTSD, as well as touching upon the more recent diagnosis of complex post-traumatic stress disorder (CPTSD) in ICD-11 and recommendations for the same. **CPD credits:** 1

Module Phenomenology and treatment of voice hearing in psychiatric practice

Research into voice hearing, or auditory verbal hallucinations (AVH), has greatly expanded in recent years, and new data has important implications for the assessment, diagnosis and treatment of people who hear voices. Recent evidence suggests that voice hearing is a diverse psychological phenomenon that is not necessarily indicative of a psychotic or neurological disorder, but which occurs across different diagnostic categories, as well as in non-clinical populations. This module provides an overview of recent research and its relevance for clinical practice. It highlights different ways in which voice hearing is subjectively experienced and demonstrates the importance of phenomenological assessment of voice hearing in the diagnostic process. Finally, the module discusses current treatment approaches as well as non-medical coping strategies for people who hear voices. **CPD credits:** 1.5

Module Complex humanitarian emergencies: mental health and psychosocial response

This module will help psychiatrists have a better understanding of their role in complex emergencies, in keeping with international guidelines. We will outline the impact of complex emergencies on mental health and the main tasks of a psychiatrist in this setting; emphasise the need for cultural humility and sensitivity, as well as coordination with all other actors, particularly national and local actors; and discuss the lessons learned from studying epidemiology, evidence-based practice and mistakes made, giving examples to show how these have informed current responses. The module will stretch the skills of volunteer UK psychiatrists. It will change them personally and professionally. There can be few things, however, that are as rewarding and transformative as this type of work. **CPD credits:** 1.5

Other recently published CPD Online podcasts (each worth 0.5 CPD credits and freely accessible) include:

- Are you ignorant about the pandemic?
- Lost in thought: can intellect save you in a pandemic?
- The psychology behind mathematical modelling of epidemics
- Managing alcohol withdrawal in acute in-patient psychiatry
- Coping with the 'pointless suffering' of COVID-19
- Re-reading Camus's 'The Plague' in pandemic times
- Obedience to authority – lessons from Milgram applied to COVID-19
- Mental Health Tribunals: response to the COVID-19 emergency
- How do we lead effectively through the COVID-19 pandemic?
- Working with patients remotely
- Ethical considerations arising from COVID-19
- COVID-19: Isolation and loneliness – is there a 'social cure'?
- Psychosocial response to epidemics – lessons from Ebola applied to COVID-19
- Surviving the trauma: post-traumatic stress disorder in relation to COVID-19
- The psychology of the virus 'super-spreader'
- The psychology of coping with quarantine
- The psychology and psychiatry of pandemics.