

Ψ-Fi

02

NOVEMBER 2011

Gate Lodge,
Bethlem Royal Hospital

The Greek Sun burns my skin...the last drops of water wave goodbye to this world as they evaporate helplessly up in the blue sky...two tiny ants tickle the palm of my hands as they desperately try to move their trophy...a mixture of sand and sesame...I giggle as the smell of Hawaiian Tropic intrudes underneath my frontal lobe, waking up memories of topless Swedish girls having fun on the beach...and then her wet hands tapping me gently on my

back...and her voice...this smooth voice of hers..."Dr Posporelis, wake up, we've got a new admission..."...Shit...never let yourself lose track of time, especially during night on-calls at the Maudsley...you could end up hugging with male Ghanaian nurses in the middle of the night...WRONG...! November is here and it seems as if the whole SLAM has been hit by the S.U.M. virus (Send Useless Mails)...

Who can forget the epic attempts of the Bethlem squad to turn the heating on...or Andy trying to set up his DPKHPS (Doctors Pretending to Know How to Play Sports) team...a thread that drove SPWHS (Spr's pretending to Work Harder than SHO's) mad! Although our mailbox blew up like an adolescent on Olanzapine, it was REAL fun...because after a long time, it felt as if we were all together in this one...a Team! **Pospo**

Your name - or better...what comes after your name - is a dyslexic's nightmare... MA BM BCh MSc MD FRCP FRCPsych FMedSci...if you had to get rid of them all and keep only one...which one would that be and why? I would keep the lot, because at the moment I have two letters more than Tony David, and it would be more than I could bear to change that, Which was the hardest? MRCP. Which was the most useful? The MSc in Epidemiology changed my life.

How many irreplaceable hours of EPT (Effective Pub Time) or just lost leisure did these abbreviations translate to? I don't want to sound smug, although I probably will, but the MSc was a genuine pleasure and for much of the time it felt like leisure.

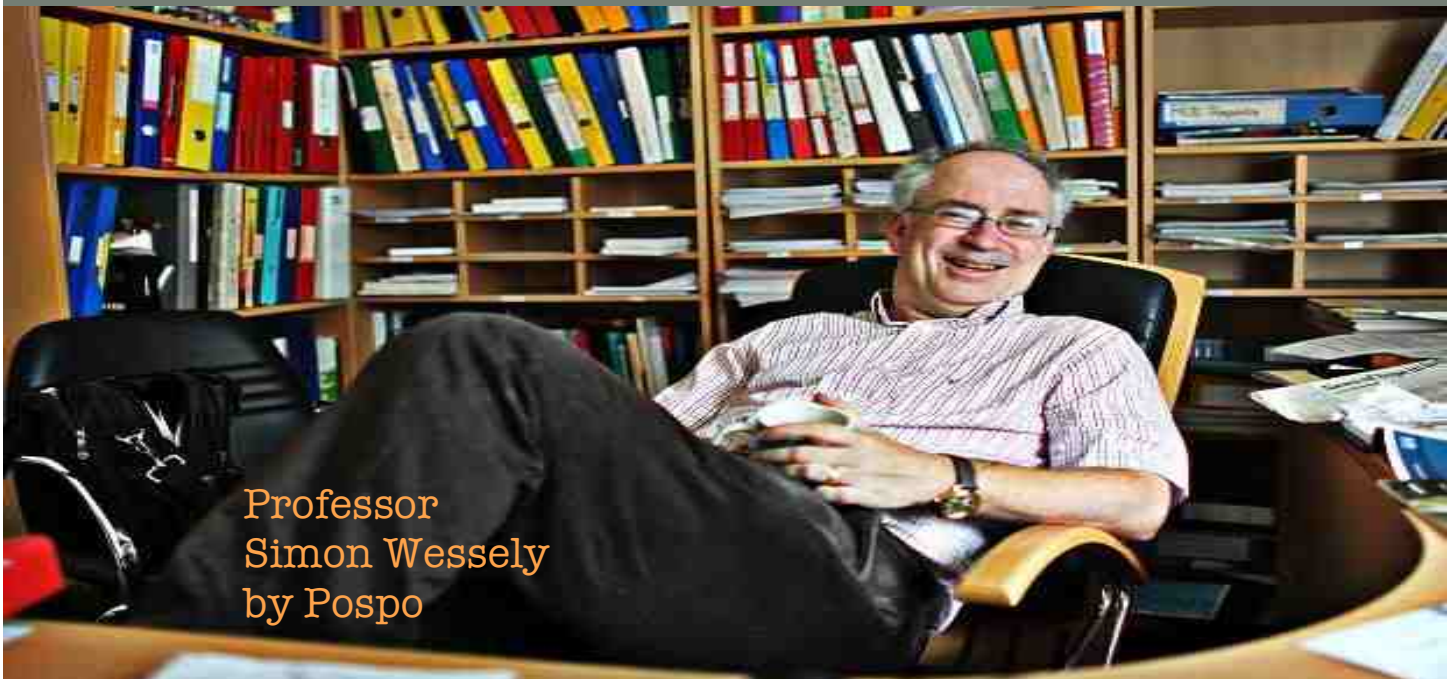
Have you ever felt that you don't deserve them? I deserved them at the time - now I would fail each and everyone if I had to resit.

600 publications...does it make any difference any more? Yes. When we have a big paper on the way - like last year's Lancet paper on the impact of Iraq/Afghanistan on the mental health of the Armed Forces - the buzz is just the same as the very first time. That sense of achievement, excitement, pride, and no little trepidation as you prepare for the Today programme, is what keeps you alive and alert. I wouldn't change it for anything.

John Bonham was powerful, Neil Peart was technical, Lombardo is faster than the speed of light...They're all drummers...they all hit sticks on membranes, but they're all so unique! All scientific papers have to look and "feel" a certain way. So, where is the personality of the author? What can make a scientist distinguish from the masses (apart from finding the cure for cancer...)? Glad you told me there were drummers - although you don't mention to Patron Saint of drummers - Animal in the Muppets. Anyway, trying to answer your question, I think that good papers do have a certain authorial voice - something in the style I think. I used to dabble in journalism, which taught me how to write at speed, in brief, and in accessible English - all of which I thoroughly recommend.

As psychiatrists, what can we learn from Art? Nothing. Assuming you are referring to visual arts, one doesn't "learn" from it. One often enjoys it, occasionally understand it, but the purpose of the visual arts is not to teach but to experience.

Can we give something back in return (to Art)? I refer the Honorable Member to my answer to the previous question. I was lucky that I was able to intercalate a degree in Art History during my medical training but it has never been something that I feel I need to repay. Then again, that was before student loans.



Professor
Simon Wessely
by Pospo

Bombings, polonium, swine flu, terrorism etc. These are some of the areas you've showed interest. Where does all this attachment to adversity stem from? It's interesting, and I have a terror of being bored, and it is the stuff of psychiatry - how people behave under pressure. But there is also a third reason. The truth is that people like myself and Tony David have been lucky. We never had to pay for our education. We have been part of, and benefited from, a comprehensive NHS, and can still expect a fairly generous pension scheme when we retire. But most of all we have never gone to war. So deep down I have always wondered how I might behave if I was ever tested in the way that my father and your grandfather's generation were tested, and have more than a sneaking regard for the very small numbers of people who are still being tested in that way in contemporary society.

How much hardship can one bare? My grandfather survived two World Wars, sleeping on the streets, no water, no food...on the other hand, I would moan every time I run out of toilet paper. Apart from the fact that I am a spoilt Greek using too much toilet paper, what does it say for modern societies? Are modern people less resilient to hardship? I think everything is framed by our expectations and culture. I don't believe that people have fundamentally become either weaker or tougher. But it is about how adversity is framed. If it is seen as a collective enterprise, in which people understand, accept and share the risks then populations are as resilient as they ever were. Whatever you think of them, the Israelis are a very resilient population. But I also witnessed what can happen when adversity is framed in a totally different way - I was present in Washington during the sniper episode, and I saw how largely as a result of the messages people were receiving from the media and authorities, people went to the supermarket to buy their groceries like they were in the first wave on Omaha beach. Not a great example of resilience - and in complete contrast to how the same people would behave on 9/11, when adversity was framed in a different way.

You have a special interest in another "fun subject"...Military Health! Is there anything healthy about joining the Army? Is there anything "healthy" about any job, other than the fact that it is better for your health to be working than not working? But aside from that, the majority of those who join the Forces take considerable satisfaction from their Service, and for many it offers a positive life change. Of course, we tend to concentrate on the minority for whom it was a bad choice, but we need always to see this in context.

So, why do people join the Army: ignorance, greed, necessity, duty, ideals? Odd that you don't mention the most important thing for most - excitement and challenge. And if you have ever seen the play "Black Watch" (and if you haven't you should) you will know never to say to a soldier that they only joined up because they couldn't get a job.

While interviewing a soldier, have you ever thought: "you weren't even supposed to be there"? I guess you are talking about Iraq and/or Afghanistan? The answer is no, I haven't ever thought that, because it's not particularly helpful, and it's also not what they themselves think. I don't mean that they all support the war (many do, but certainly not all) but because the question is naïve. The important thing for most of them is that they did and do a professional job, didn't let the side down and weren't let down by the side. Likewise, the public nowadays is perfectly capable of distinguishing between what they think of the war, and what they think of those who are fighting it.

Is there any difference of the impact the war has on the two opposing sides? You've researched UK military personnel...what about the "other" side? Frankly I have no idea. Questionnaire response rates with the Taliban are notoriously low. Joking aside, there is a serious point, which is that until very recently we knew very little about the health impacts of losing a war (compare and contrast the many studies of the mental health impact of the second world war on US with the total void about its impact on German soldiers).



It's that time again for the infamous JCR Christmas party...
Tuesday 13th December at 6.45pm
(after MRCpsych Paper 1)

For the last few years we have gone meze at London Bridge
and now we are bringing you
direct to the action in Covent Garden!

Places are limited and are for JCR members
Each guest will have to contribute £15 per ticket
(the JCR are subsidising £20 per person plus drinks)
Each person will have a glass of prosecco on arrival
and have a fabulous 3 course Christmas feast!!

To confirm your place you will have to give myself
(I will be in the Maudsley JCR room at 12 noon
on the next 3 wednesdays to take payment)
or your local reps £15 and you will have
to email me your food choices
(they have to be chosen in advance)

Places have to be confirmed by the 29th November !
No latecomers and £15 must be given to the JCR before this date!

Lots of Love
Louise & Jess
JCR Social Reps



Hi,

I know you are all very excited by the Xmas Party at Jamie's Italian but Jess and I felt we needed a warm up (especially during these cold November nights) at a traditional English boozier near Lambeth Hospital- the Landor!-

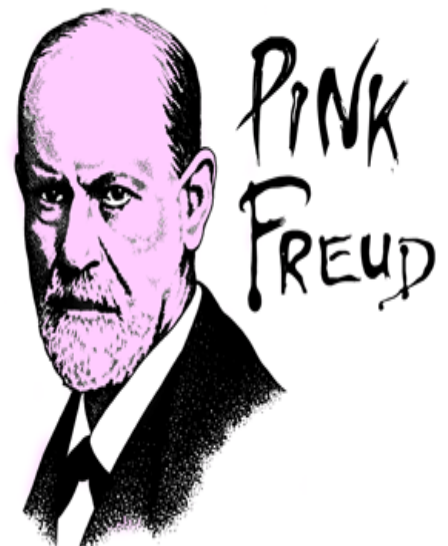
We plan to meet at the Landor from 5.30pm on the 24th November, which happens to be Payday. As usual there will be free drinks and if we want some Cuban spirit we can all move to le Buena Vista across the road later in the evening.

For people based at Lambeth hospital there should be no excuses, for others the venue is very close to either Clapham North station on the northern line (easy to get to from London bridge) and for those based at the Maudsley you can all get the train from Denmark Hill station at either 5.23 or 5.53 platform 1 and get off at the first stop- Clapham High St (takes 4 minutes!).

I know some people have exams etc. but we want a really big turnout- come for at least a drink...you know you want to....

From your lovely social reps

Louise & Jess



Hey Guys,

My band is playing again on November 30th and the special guest is... YOU!

If you have a taste for the unusual and a lingering desire to see music that doesn't suck, then come along to 333 Mother Bar, 333 Old St, Hackney on November 30th to see Conundrum In Deed debut our new drummer. Doors open at 7, we play at 8. Tickets are FREE. It will be quite an experience.

If we don't rock your world I will refund the cost of the tickets.

Check out the facebook page on www.facebook.com/conundrumindeed or the website (where the music can be heard) at www.conundrumindeed.com

Rock'n'roll

Greg



The idea that crashed SLAM's central computers...

The thread that drove people mad, begging to be removed from the mailing list...DELL computers have been flying out of windows Trust-wide (see pic below), as this was thought to be the only way to stop the sports-virus! Interestingly enough, many SpR's thought it would be a good idea to individually send to everyone an e-mail saying they wanted to be removed from the thread, making the thread just endlesssss (...what on Earth were they thinking...?)

And he just wanted to invite people to play some sports...

Andy's Magic



World Of Sports

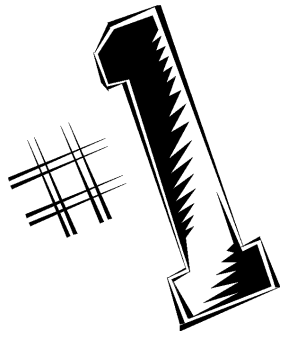
F@#K
SPORTS

The response was bigger than Pamela Anderson's "Silicon Valley". Psychiatrists craving for some exercise started suggesting fat-burning options...ok, not all of them...Lauren suggested walking (...to the Pub obviously...) and Stephen focused on thumb-exercises, like...hmmmm...chess...So, if you wanna become thinner and sexier then just e-mail andy.drury@slam.nhs.uk (and please cc all Spr's...)

Pospo



Maudsley IT



Alex Clare – Damn Your Eyes (Etta James Cover), 2011

...don't try this at home when feeling down...



J. Cole feat Missy Elliott – Nobody's Perfect, 2011

...dedicate this to your Consultant when he/she starts nagging about that ECG you never did...



Polica – Dark Star, 2011

...because not all stars shine...



Pretty Lights ft. LeAnn Rimes and Dr. Ralph Stanley – Wayfaring Starnger, 2011

Grab yourself a whiskey and let yourself loose in the desert...



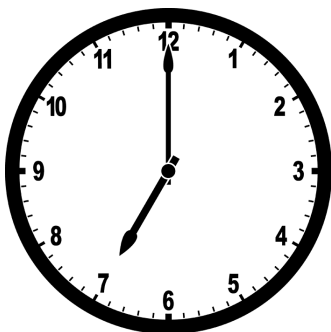
Spank Rock – Cool Shit, 2011

Exactly what the title says...ultra filthy with some extra hints of dirt!



The Shadows - Ranka-Chank, 1964

Forget all about winter and cold nights at the Bethlem...grab your surfboard and enjoy the sun!



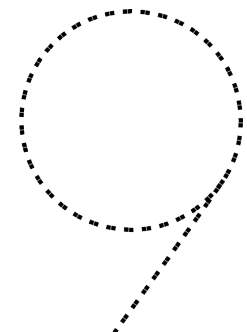
Joker – The Vision (Breathe In), 2011

Dub-your-step like there is no tomorrow!



Goldie Looking Chain – Older Ladies, 2011

...ok, we all know what this is all about...pay attention to the lyrics...hilarious!!!

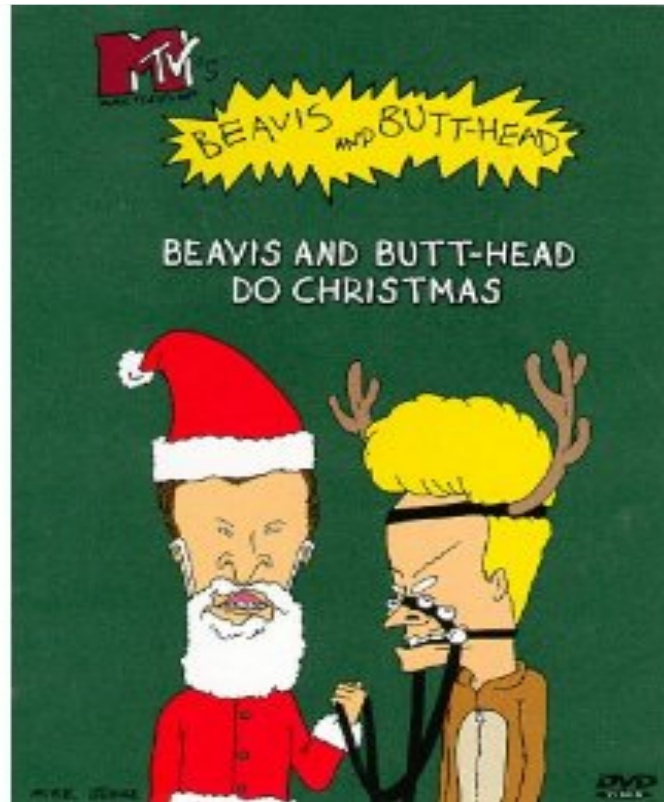


The Ting Tings – Hang It Up, 2011

Who said that 2 people can't make more noise than a whole band...?

...By Pospo

Don't
miss the
next
issue...
...not
that you
can...



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If you have any queries, donations or just want to contribute your bit, drop me a line or two and I'll make sure you get a reply before you grow old, poor and homeless...

Listen to Pospo every
Thursday night: 20-22:00
www.upnload.gr
Wanna join in to drop some
wicked tunes on-air?
Let me know!



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