

The College

The Twenty-second Annual Meeting, 1993

The Twenty-second Annual Meeting of the College was held in the Grand Hall, Spa Complex, Scarborough on 6, 7 and 8 July 1993 under the Presidency of Professor A. C. P. Sims and, following her inauguration, Dr Fiona Caldicott.

Scientific Meetings

The Scientific Meetings were held at the Spa Complex, Scarborough.

Business Meeting

The Business Meeting was held on 7 July and was chaired by Professor Sims. It was attended by 65 Members of the College.

The Minutes of the previous meeting held in Dublin on 25 July 1992 and published in the *Psychiatric Bulletin*, December 1992 were approved and signed.

The Report of the Registrar and the Annual Report were received and approved.

The Report of the Treasurer and the Annual Accounts for 1992 were received and approved.

The appointment of auditors, new fees and subscription rates were approved.

Registrar's Report

The Joint Working Group of the College with the Faculty of Public Health has finally produced a report which has been passed by Council. This will be published so that it is easily available to any member of the College who requires it. Since arrangements for purchasing vary widely in different parts of the country and in many areas are changing very frequently, it is hoped that members will be able to use this document to negotiate their own contracts according to local needs. Similarly a document to suit every specialty and every sub-specialty would have been excessively slow in production and far too unwieldy to have been helpful. Sections will therefore be encouraged to use it to make recommendations that are particularly appropriate to their client groups without constant repetition from the numerous other documents which have been cited.

The needs of those in the Special Hospitals were exposed in the Ashworth report. The working party

who produced the College response emphasised the prime duty of a psychiatrist is to be a doctor, according to the standards of the General Medical Council.

Competition fired by the concept of the so-called "internal market" has pervaded much of medicine, including psychiatry. The specialty review of London medical and surgical services that came out recently will spread to other areas and may well involve psychiatry, which although generally under-provided in the capital does have some areas of over-provision. The continuation of the group of London psychiatrists who met with Professor Tomlinson is to be welcomed. Glasgow is already involved in a similar appraisal with Manchester not long behind.

On behalf of the college, I should like to thank our colleagues in Yorkshire for acting as hosts for this meeting.

Professor ANN GATH
Registrar

Election and introduction of Honorary Fellows

The following were unanimously welcomed to the Honorary Fellowship.

The Baroness Faithfull (introduced by Professor Ann Gath)

Influential teachers in the practice of medicine, and developmental psychiatry particularly, are inclined to come from many professional backgrounds and disciplines. In the past five years, we have acknowledged our debt by awarding honorary fellowships to Mary Ainsworth and Alan Clarke, developmental psychologists, to Lee Robins, sociologist; and to Elizabeth Butler-Sloss, Lord Justice of Appeal. Baroness Faithfull was unique, teaching quite literally at the cot side. She served an apprenticeship, that many would envy, in the first children's clinic in Birmingham; then the child guidance clinic at Canonbury, and then at the Maudsley, of course, before going to Oxford. In the 1960s and early '70s, she was Children's Officer, then Director of Social Services in Oxford.

It is perhaps difficult to remember that physical abuse was rarely recognised before 1960 and multiple fractures in young children were attributed to Caffè's

syndrome, a peri-osteal disorder. Sexual abuse was still in outer darkness, banished for nearly one hundred years by the misconceptions of Freud. Kit Ounsted was at The Park Hospital when Lucy was Children's Officer. He recognised abuse for what it was and between them they taught the junior doctors and others involved in the cases of these damaged children. Sometimes the atmosphere at the Park would become a little too dramatic, but those evening visits by Lucy to help us with a child whose problems stretched our intellects and tore our hearts, were healing as well as inspirational. The work done by David Jones and his team at Oxford now owes much to her influence, as did that in Manchester by David Taylor and in Newcastle and the Royal Free by Issy Kolvin.

The particular problems of the descendants of those with social disadvantage and intellectual disability, and treated unkindly by incarceration in institutions, were of particular concern. The tragedy of multi-generational disadvantage was recorded in Oxford and illustrated by a huge family tree drawn by the City architect. Sadly that document has been destroyed. However, the inter-generational effect was illustrated a couple of years ago, when a young woman was seen by my daughter at the Whittington in North London. She had then been given that cold and unscientific label of "borderline personality". However there was much more help in understanding. It was established that earlier she had been described as showing "frozen watchfulness", the sign that Kit and Lucy had taught us to look for in cruelly treated children when I had written my notes on her and her brother a quarter of a century before.

Created a peer in 1974, Baroness Faithfull's name is prominent in *Hansard* and she took a major role in the Children Act. I am told that she is now retired but is still a Vice-President of Barnardo's; President of the National Children's Bureau; Chairman of the All Party Parliamentary Group for Children; Chairman of the Faithfull Foundation for Sexually Abused Children and of the Caldecott Community, working closely with Hamish Cameron.

I have other memories of Oxford and I wonder if she is still as good at charades and that peculiarly North Oxford party game – Botticelli.

President, it is with pride, gratitude and affection that I present Baroness Faithfull as a Honorary Fellow of this College.

Professor Leonard Stein (introduced by Dr J. L. T. Birley)

Dr Leonard Stein is Professor of Psychiatry at the University of Wisconsin Medical School in Madison and also Director of Research and Education at the Mental Health Centre of Dane County, Madison, Wisconsin. He is a Wisconsin medical graduate and

worked almost all his life in Madison, first as Chief of the Mendota State Hospital as Clinical Director of Research. In 1975 he joined the Faculty of Wisconsin Medical School. During that time he set up and pioneered a system of care, almost entirely community based, assisted especially by his colleague Mary Test, which was aimed at caring for the severely mentally ill. In 1980 three classic papers describing and evaluating this service appeared in the *Archives of Psychiatry*. This included an economic evaluation. Since then this system has continued and has been a place of pilgrimage for training in the USA and all over the world. Dr Stein has received many rewards for this achievement. I will mention only two. In 1989 he received the Exemplary Training Award from the National Alliance for the Mentally Ill, a very active carers' organisation, and in 1990 he received the Arnold L. van Ameringen Award in Psychiatric Rehabilitation presented by the American Psychiatric Association. He has been recognised thus both by professional bodies and by the people who matter most: the carers and the patients themselves.

In addition he has been an active advocate for the mentally ill in many different ways and has acted as an expert witness and adviser in several historic class actions against incompetent or inadequate psychiatric services. In all these indefatigable activities he has been loyally supported and sustained by Karen, his wife. Dr Stein has had profound influence on British psychiatry. He has spoken at many College meetings and has paid other visits to train people, and Madison has been a place where many people from this country have gone to train. My own recent experience illustrates this. I have been involved in a project to provide a more adequate training for community psychiatric nurses. Practically everybody on the Committee for this project has been to Madison and one of our first actions was to send the two newly appointed teachers for the course in London and Manchester – one a nurse, the other a psychologist – to Madison to see for themselves what we were aiming at. This was undoubtedly the most crucial element in their education for this project.

When I told Dr Stein that I needed to get some information from his wife to complete my history he replied that he would prefer his diagnosis to be in ICD-10 rather than DSM-III. I have considered this and I think the diagnosis is more prominent in the USA than in this country. Dr Stein suffers from a movement disorder. He has not moved from Madison; this is in rather striking contrast to psychiatrists who move about at considerable speed describing what they are doing when what they mean is what they are going to do or what they have done in the past. Dr Stein's enormous strength has been that he is rooted in the community which he serves and he has been doing it and continues to do it over many years. He serves as a real role model for community

psychiatrists. The English composer, Vaughan Williams, dedicated his marvellous fifth symphony as follows: "to Jean Sibelius in sincerest flattery". Professor Stein must be one of the most sincerely flattered psychiatrists in the world and we would all do well to continue to imitate his example. It is an honour to present him to you as a new Honorary Fellow.

Dr Anthony Storr (introduced by Professor Robert Bluglass)

One of the attractions of a career in medicine is the very wide range of opportunities it provides to develop talents outside the professional mainstream, that can enrich the understanding of our subject and help us to discover new directions and perspectives for our specialty. It was Anthony Storr's lifelong friendship with C. P. Snow, who was his tutor at Christ's College, Cambridge, from 1939, which was to encourage him, not only towards a career in psychiatry, but also to become a writer. This developed clearly, not as an independent hobby or pastime, but as an integral part of his professional work, complementing it and, like his mentor Snow, bridging the two cultures of art and science, through his written work for more than 40 years.

Although he has never been part of the psychiatry establishment, Anthony Storr has done much to promote the value of psychiatry and remove its stigma. He is one of the few British psychiatrists whose name is familiar to the wider public by way of his diverse writings, such as *The Integrity of the Personality*, *Sexual Deviation*, *Human Aggression* and his study of Jung, all of which are extensively known to many as intelligent and stimulating, but popular, expositions of important subjects. His voice on radio is instantly recognisable and his literary criticism and periodic commentaries on television and other media, always eloquent, elegant and entertaining, have done much to present our specialty to others in a sane and sensible manner.

Some aspects of, and influences in, Anthony Storr's life were revealed earlier this year when he was interviewed by Sue Lawley for Desert Island Discs; a rare distinction for a psychiatrist. His somewhat solitary early years were spent within the precincts of Westminster Abbey (where his father was sub-Dean), to which he appears to have had virtually free access and the opportunity for musical experience which has influenced him throughout his life. Following school at Winchester, he studied medicine at Cambridge and graduated from Westminster Hospital in 1944. At the Maudsley he was Aubrey Lewis's first registrar. His psychiatric training was followed by substantial experience in general psychiatry working in mental hospitals, but his early interest in philosophy and the psychology of human

behaviour influenced him to turn to a career as a psychotherapist. He received his psychotherapy training in the school of Jung and later had a period of Freudian analysis, but his critical approach to the strengths and weaknesses of the different schools of psychotherapy led him away from a dogmatic allegiance to a single one to define his own eclectic understanding in his first book *The Integrity of the Personality* in 1960. This became a classic of modern psychoanalytical literature and remained in print for 20 years. After a short absence it was reissued in 1992 and it continues to have an important influence on new generations of therapists of all kinds.

Although Dr Storr had a successful private practice for nearly 25 years, he has commented in one of his books that practice should preferably be leavened by writing, research and teaching. In 1974 he rejoined the NHS as a consultant at Oxford and as a University Clinical Lecturer. During his ten years with the Oxford University Department of Psychiatry he established the teaching of psychotherapy on a firm footing and he consolidated his approach for students in his book *The Art of Psychotherapy*, a pragmatic, witty and entertaining manual on "how to do it".

He continued throughout his career to pursue the enrichment that the arts can bring to the deeper understanding of human nature and, conversely the insights derived from the study of psychopathology that may help to enhance the appreciation of great works of art, imagination and creativity. This pursuit resulted in his books which explore these counter influences such as *The Dynamics of Creations*, *Solitude* and, more recently, *Music and the Mind*, a study of the influence of music upon the emotions. Music has been a continuing interest and pleasure to Anthony Storr and his wide knowledge is evident in this last publication.

He has had a continuing concern for the disadvantaged and oppressed and much of his work has been concerned with the victims of torture, prisoners and detainees. He has been a member of the Parole Board and his interest in delinquent and deviant behaviour and the violent aspects of human nature led to his books *Human Aggression* and *Human Destructiveness* and others on aspects of sexual offending and sadomasochism. He was a member of the Bernard Williams Committee on the Law of Obscenity.

His career neatly bridges the two cultures. All but two of his 12 books are still in print. He is a Fellow of Green College, Oxford, and its past Librarian, a Fellow of the Royal Society of Literature and of the New York Academy of Sciences.

Madam President, it is particularly appropriate, now that we have a psychotherapist in the presidential chair for the first time, that one of the first Honorary Fellows during your term of office should be a distinguished psychotherapist.

Dr Anthony Storr's singular intellectual and educational contributions to the understanding of our specialty qualify him in full measure for election to the ranks of Honorary Fellows. He requested a piano to take to his desert island so that he could "finally master the bloody thing". Perhaps he would also be allowed to take his Diploma of Honorary Fellowship to remind him of the esteem and regard of his psychiatric colleagues. I have much pleasure in presenting him to you.

His Honour Judge Stephen Tumim (introduced by Dr M. Faulk)

I am particularly delighted to be asked to introduce his Honour Judge Stephen Tumim, whose outstanding work as Her Majesty's Inspector of Prisons has been so justly praised by press, public, politicians and prison reform groups. It has been my privilege to work with Stephen in the Prison Inspectorate since 1990 and his lively mind and originality have been a constant source of pleasure.

Stephen was brought up and educated in Oxford. He gained a scholarship to Worcester College, and was called to the bar at the age of 25. He specialised in family law and art-contract law. Among his briefs were divorcing Duchesses and well known popular music groups. It was, he says, in typically self deprecating fashion, a time of plenty of money and not much work.

However, his medical adviser deemed his work sufficiently arduous to recommend that he seek calmer waters. Stephen became a recorder and then in 1980, a county court judge in Willesden. He dealt principally with problems arising from poor race relations and tyrannous landlords. His understanding and humanity towards the under-privileged was notable even then.

In 1983 he also accepted the appointment of Mental Health Review Tribunal President. I first met Stephen as a fellow member of the tribunal at Broadmoor – that great forum for the cognoscenti of forensic psychiatry. He tells me that his interest in the mentally disordered offender originated from this time, as did his appreciation of psychiatrists. I well recall the clarity of thinking, and his robust, incisive approach at those tribunals.

In 1980, the prison inspectorate was inaugurated in its present independent form. In 1987 the post of Her Majesty's Chief Inspector of Prisons became vacant. The incumbent Home Secretary, Douglas Hurd, wanted to emphasise this independence, and looked to the judiciary for a possible candidate. Stephen fitted the bill. As a judge in the civil court, he lacked the reactionary prejudice which is said to characterise so many of his learned friends in the criminal division. His previous experience with the less fortunate members of society meant a refreshing sympathy for the prison population.

Stephen's task was to report to the Secretary of State with an explanation of how each prison functioned, and advice on how this could be improved. Coupled with this, he was advised by Mr Hurd that he could raise the profile of the inspectorate and that the reports would be published.

Before taking up the post, Stephen had little experience of prisons. This meant a fresh eye cast upon a jaded institution. Stephen increased the number of inspections enormously. Twenty full inspections a year became the norm, interspersed with another 20 unannounced visits. Further to this he strengthened his team by appointing specialist advisers.

His first two prisons were Pentonville and Liverpool – a rude introduction! Upon returning from these inspections, Stephen immediately approached a senior civil servant and demanded to know why there were no individual lavatories for the inmates – to which the reply came "Lack of imagination, dear boy".

Stephen soon rectified this problem. His imagination and flair inspired his team to challenge every aspect of the prison service. Not surprisingly, his first thematic review concerned the appalling sanitation in British jails. Its influence cannot be overestimated. Politicians and civil servants were moved to act promptly, and very soon, the degrading process of slopping out will be extinct.

Stephen applied this same energetic probing to problems in the field of prison medicine. With full justification, he criticised the standards and practices in many of our prisons, drawing attention to significant deficiencies. In particular, he highlighted the need for modern pharmacies, well equipped dental surgeries, sensible and qualified use of X-ray, and a caring therapeutic approach. Following the well publicised suicides of inmates, psychiatric treatment and prison regimes came under Stephen's scrutiny. The result was the highly influential thematic review on *Suicide and Self Harm in Prison*. In conjunction with inspection reports, its effects on attitudes towards and treatment of prisoners was far reaching, contributing to a more enlightened and civilised penal system. Since then Stephen has continued his crusading work and has become justly celebrated for his common sense, plain speaking and humanity.

Before Stephen's appointment, prisons seemed to be places redolent of another age. Their gnarled old roots were buried deep in the past. To those of us professionally involved, the whole penal service seemed impervious to change. It has been Stephen's great achievement to shake the tree, dislodge the old and stimulate the new. He succeeded where we had failed. He joins the great tradition of penal reformers of the last two centuries. It is therefore, a great privilege to introduce His Honour Judge Stephen Tumim to the Royal College of Psychiatrists, to receive the Honorary Fellowship he so richly merits.

The Rt Hon Lord Walton of Detchant (introduced by Professor I. Kolvin)

It is a considerable honour and a great pleasure for me to introduce the Rt Hon Lord Walton. He has distinguished himself in neurology and has held high office in wide-ranging areas of the medical profession.

When preparing a citation it may be difficult to persuade the recipient to divulge information about their personalities and their formative family years – and for this purpose often one has to become an investigative journalist. But not with Lord Walton – all is revealed in his autobiography *The Spice of Life*.

He come from a rural area of Durham County and a home with a strong family tradition of Christian faith, scholarliness and military service. His father was a devout Christian, a headmaster, and served with honour in the first world war.

John Walton obtained all his early education in the North of England. By the end of his undergraduate career he obtained distinctions in every subject and graduated with First Class Honours. Thus he was easily identifiable as the young doctor most likely to succeed.

Two of his formative influences were giants of their times in their own fields – Professor Sir James Spence (Paediatrics) and Professor Henry Miller (Neurology). Initially he was attracted to paediatrics but soon abandoned this for neurology. In the early 1950s he was appointed as a Research Assistant in the Department of Medicine to undertake work on muscle disease and this was the beginning of a life-long research career. He has published numerous papers and many monographs and textbooks on neurological subjects, most of them concerned with diseases of muscle.

In the late 1960s he was appointed Professor of Neurology in the University of Newcastle upon Tyne. Later he succeeded Professor George Smart as Dean of Medicine and subsequently, after a decade, left Newcastle to succeed Sir Richard Doll as Warden of Green College, Oxford.

Over the last two decades Lord Walton's many skills and achievements, in clinical research and in administration, have received national and international acclaim. He has a string of honorary degrees from universities and colleges in the United States, United Kingdom, France, Canada, Italy and Norway.

His ability to grasp the kernel of complex issues, his preciseness combined with his excellent organisational and administrative skills, make him a superb chairman of medical organisations, and thus it was no surprise that he was appointed or elected to some of the most important positions in medicine. For instance, at the MRC he has served as Chairman of the Grants Committee and later on Council; he was

President of the General Medical Council, of the British Medical Association and the Royal Society of Medicine. He also has honorary membership of neurological associations of many countries, and currently is President of the World Federation of Neurology, as well as being Chairman of the Muscular Dystrophy Group of Great Britain.

However, one of his most satisfying achievements was being made an Honorary Freeman of the City of Newcastle in 1980, a city which had nurtured him and which he holds so dear. In 1979 he became a Knight Bachelor. This gave rise to much local excitement and mirth when it was reported in the *Berwick Advertiser* – Tweedmouth skipper awarded OBE for services to the fishing industry; captain of Bamburgh Golf Club knighted. In 1989 when he was elevated to the House of Lords, he chose Detchant in Northumberland for his *nomen dignitatum* and in this way acknowledged and remained true to his North East roots.

Lord Walton is highly and widely respected nationally and internationally for his contribution to medicine and also for his considerable diplomatic and administrative gifts. Together with Henry Miller as Vice Chancellor and John Walton as Dean, neurology exercised powerful control over the direction of medicine in Newcastle for almost two decades. In view of the powerful bevy of neurologists emerging from the Academic Department, the University of Newcastle was re-named by some local medical wags "The University of Neurology Upon Tyne". However, John Walton's vision ensured that many new and emerging sub-specialities were given appropriate recognition and the opportunity to grow and prosper.

His links with psychiatry in the North East were manifold. He was an academic contemporary of Professor Sir Martin Roth, our College's illustrious first President. These were golden years for psychiatry and neurology in Newcastle. In his clinical practice Professor Walton noted that some 40% of his patients, either alone or in terms of co-morbidity, suffered depressive illness and anxiety, and he turned for help to senior members of the Academic Department of Psychiatry and of our College – Professor Sir Martin Roth, Dr Kenneth Davison and Dr Kurt Shapira. He had other contacts with psychiatry: for example, for several years, while neurology constituted a major component of the DPM, Professor Walton taught on that programme. With his early training origins in child health it is not surprising that he took a particular clinical interest in physically and mentally handicapped children. Outside the North-East he worked alongside and forged links with psychiatrists in many fields of endeavour from the clinical, to the MRC and the GMC. At the GMC, while President, he chaired for a time its Health Committee and was instrumental in launching the

National Welfare and Counselling Service for Sick Doctors; Professor Ken Rawnsley was the first Chairman.

Child mental health in Newcastle owes a particular debt to Professor Walton. After Professor Sir Martin Roth's departure to Cambridge, Professor Walton assumed Chairmanship of the Department of Education and Science Steering Committee of the major research programme in Child Psychiatry. He also helped to ensure that academic developments in

that small but growing sub-speciality became well established within the University.

President, today it is our turn to honour someone who has contributed so widely to medicine. The high clinical and academic standards that he has identified have been an inspiration to us all and are those that our College, too, holds dear. President, I ask you and the Royal College of Psychiatrists to welcome as an Honorary Fellow, Lord Walton of Detchant.

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Video for careers fairs

A team of young psychiatrists from Guy's Hospital, London, headed by registrar Kate Lockwood, were recently awarded a £5,000 prize for their winning entry for a new careers video competition. The prize was sponsored by Boots and the competition was designed to encourage medical students to consider psychiatry as a career. The winning entry is entitled 'The Dream Option' and lasts no more than five minutes. It highlights the personal qualities and interpersonal skills required of a psychiatrist and emphasises the social as well as the medical context of psychiatry.

If your hospital is organising a careers fair for medical students, please consider using this video which can be purchased from the Public Education Department at the College for £7.50 to include postage and packing. (Cheques to be made payable to The Royal College of Psychiatrists).

We would also like to remind members that a Careers Information package to complement the video has also been produced by the Public Education Committee which is aimed at medical students as well as a leaflet on *A Career in Psychiatry – GCSE and After* for school leavers considering psychiatry as a possible career. These leaflets are available free of charge from the Public Education Department of the College.

