

The College

The Eighteenth Annual Meeting, 1989

The Eighteenth Annual Meeting of the College was held at the Imperial College of Science and Technology, London, on 4, 5 and 6 July 1989 under the Presidency of Dr J. L. T. Birley.

Scientific Meetings

The Scientific Meetings were held at the Imperial College of Science and Technology.

Business Meeting

The Business Meeting was held on 5 July and was chaired by Dr J. L. T. Birley. It was attended by 80 Members of the College.

The minutes of the previous meeting held in Brighton on 6 July 1988 and published in the *Psychiatric Bulletin*, December 1988 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 1988 were received and approved.

The appointment of auditors was approved.

Registrar's Report

For the past six months, the major concern of the College has been the Government White Paper *Working with Patients*. The Working Group chaired by the President has commented on the implications for psychiatry and these comments have been sent to every member of the College. Medical Audit was the subject of one of the discussion papers and the College had set up a working group on medical audit a year ago. Council approved the preliminary report of this working group in June, prior to its publication in the *Psychiatric Bulletin*.

The General Psychiatry Section inaugurated at the Spring Quarterly Meeting has now elected its Executive Committee which, under the chairmanship of Professor John Cox, has already met and has started work covering a wide range of interests all within general psychiatry. A proposal was made to form a 'special interest' group on the treatment of 'Eating Disorders'. Council has decided that this group might start as a working group of the general psychiatry section.

The College continues to be concerned with maintaining standards, particularly those concerned with the training now to be expected of candidates for consultant posts. Despite shortages in certain specialities, it has been decided that it is in the interest of patients to adhere to these standards, even when there are very strong pressures from a service point of view to fill a vacancy. Education should continue even after appointment to a career post. The educational needs of those appointed for new staff grade have recently been considered.

The Special Committee on Psychiatric Practice and Training in British Multi-Ethnic Society, which was set up by Council in 1987 under the chairmanship of Professor Kenneth Rawnsley, has now produced a report. This was received by Council at its meeting on 16 June 1989, when it was decided to remit the report for consideration, comments and recommendations to all Sections, Divisions and other appropriate Committees of the College. Copies of the report are available to members of the College without charge.

The College acknowledges with much gratitude the bequest from the late William Sargant on the condition that there should be an annual lecture named as the "William Sargant Lecture" which will be attached to a particular Quarterly Meeting. It has also been noted with pleasure that relatives of the late Morris Markowe have made a donation to fund an annual public education prize and that will be known as the "Morris Markowe Public Education Prize". In memory of Dr Alex Shapiro, the Travelling Scholarship Fund has been started with the aim of supplementing the "Natalie Cobbing Travelling Fellowship" which is at present biennial.

The damage from the flood of a year ago is now being repaired in the College. The Members' Room and Dining Room on the ground floor as well as the President's Room on the second floor are now immaculate. There are however some areas in the College still to be repaired. The new parts of the building, opened in August last year, on the third and fourth floors are already busy, with every inch used with the various activities of the College. The unusually hot weather of the last few weeks have, however, drawn attention to the need for an efficient air conditioning mechanism on the upper floors. The remarkable efficiency of the air conditioning in the Council room was noted at the June meeting. We

have also been experimenting with the use of microphones in the Council room to ensure audibility at minimum cost to the individual voice.

Our Annual Meeting this year is once more held in London. The railway strike has made the organisation of this meeting particularly difficult for the College staff and I would like to thank them for their determination and dependable good humour in enabling this meeting to take place.

Resolutions

The following resolution as set out in the notice convening the meeting was proposed by Dr S. Sashidharan and seconded by Dr D. Hollander:

"It is resolved that the Royal College of Psychiatrists requests that the General Assembly of the World Psychiatric Association at its meeting in Athens in 1989 considers the following resolution:

In view of (i) well-documented and incontrovertible evidence of the continuing systematic and institutionalised racist policies and practice in psychiatry under the apartheid regime of South Africa and (ii) failure of the Society of Psychiatrists of South Africa to challenge or to oppose effectively such unethical and politically motivated policies and practices in the field of mental health care, the General Assembly resolves that the Society of Psychiatrists of South Africa be expelled from the World Psychiatric Association until such time as the Society of Psychiatrists of South Africa can show that these have ceased."

The following amendment to the above Resolution as set out in the notice convening the meeting was proposed by Dr R. Williams and seconded by Dr P. Rice:

To delete the first paragraph of the above Resolution. To delete (ii) and to insert there as follows:

"... the Royal College of Psychiatrists would urge the Society of Psychiatrists of South Africa to take a more active role in opposing and challenging such unethical and politically motivated policies and practices in the field of mental health care, and to show evidence within two years of the effects of their having done so. This could be verified by a visit by the Royal College of Psychiatrists."

This amended resolution was put to the vote and was carried by a majority of 46 to 27.

Election and introduction of Honorary Fellows

The following were unanimously welcomed to the Honorary Fellowship.

Dr M. Ainsworth (introduced by Dr J. Bowlby)

During the past decade there has been an explosion of research into the socio-emotional development of

children which is yielding findings of enormous value for understanding personality development, mental health and mental ill-health. For this we are deeply indebted to the pioneer work of Mary Ainsworth, whom I have the very greatest pleasure in introducing this morning.

Mary Ainsworth is a Canadian citizen who took her first and higher degrees at Toronto University during the 1930s, and it was there also that she began to specialise in developmental and clinical psychology. After she had served for three years as a senior psychologist in the Canadian army during the war and a further year in charge of women's rehabilitation in Ottawa, she occupied a post in the psychology department of Toronto University. Then, in 1950, events brought her to London and, by great good fortune, she was available to join us at the Tavistock in a research capacity. Since then she has been one of my closest friends and most valued colleagues – though we have usually been working in different continents.

Dr Ainsworth's next move was to Makerere College in Uganda where, having adopted an ethological approach to the study of human relationships, she undertook a naturalistic study of mother-child interaction, observable in the open-air lives of local families. This opportunistic study led to her major publication, *Infancy in Uganda* (1967), in which she first formulated the concept of a parent providing her (or his) child with a secure base, a concept that is proving of the greatest value in developmental and family psychiatry. The Ugandan research also gave her the indispensable observational experience that enabled her to make the breakthrough that followed.

By 1956 she was back in an academic setting at Johns Hopkins University where, in due course, she was to serve as a professor of psychology for 12 years, 1963–1975. It was there, during the 1960s, that she initiated an extremely detailed study of the socio-emotional development of infants during their first 12 months of life, as observed in family homes. For this study she used a small sample of 26 infants and mothers from intact white middle-class families. As the final part of this study she introduced a novel assessment procedure, known as the Strange Situation, which combines great sensitivity to clinically relevant data with a high degree of reliability. Her definitive volume, *Patterns of Attachment*, was published in 1978, shortly after she had moved to a chair of developmental psychology at the University of Virginia. Since her retirement five years ago she has continued to be an active participant in the field in the role of Emeritus.

During the early 1970s Dr Ainsworth had a number of gifted doctoral students who extended her study to new samples and older age-groups and helped demonstrate both the reliability of her methods and the validity of her initial findings. Since

then, some of these former students, and others also inspired by the Ainsworth theory and methods, have extended research to include far larger samples from a wide diversity of cultural settings. At the present time three major longitudinal studies are in progress, each of which started more than ten years ago during the child's first year of life and for which the findings at six years are now in print. What they show is that individual differences identifiable as early as 12 months, in terms of a child's pattern of relationship to mother, are highly predictive of differences in the children's socio-emotional development observable at school and in the family in later years. Many psychiatrists, especially those with a psychoanalytic orientation, have for long claimed that there are such continuities, but no one before Mary Ainsworth had been able to identify them clearly nor found methods for observing and recording them reliably. Indeed, at least one leading developmental psychologist, having failed to identify them himself, has maintained that no such continuities exist. Now, as a result of the work initiated by Mary Ainsworth, we not only know how to identify relevant patterns, but we also know a great deal about the environmental factors that influence these patterns in directions either more favourable for a child's future mental health or less favourable for it. This means that we are now provided with a firm basis for assessing the socio-emotional development of young children and for devising effective techniques for preventive intervention in families where a child's development is suffering.

As the initiator of this flourishing programme of research, now proceeding in this country as well as in Germany, North America and Asia, Mary Ainsworth has been a true pioneer. She is also one who has suffered many of the trials and tribulations of that role. First, it was complained she was using a naturalistic approach long dismissed as of no scientific merit by psychologists drilled in experimental procedures. Secondly, she was employing peculiar and discredited theory, deriving not only from ethnology but also from psychoanalysis. Thirdly, she was studying a very small and unrepresentative sample. Fourthly, the criteria for judging patterns of attachment could not be applied reliably without a long period of intensive training. Thus, among her colleagues in the world of developmental psychology, she was long regarded as a maverick. Only very slowly, as the fruits of her approach were harvested, did the mood change and did her signal contribution come to be recognised.

Throughout these difficult years Mary continued courageously with her work, training post-graduate students and other research workers, acting as a consultant, ever generous with her time, and bearing patiently with her critics. Now at last she has become widely recognised for her valuable achievements.

Among the many honours she has received in recent years are several awarded by specialist divisions of the American Psychological Association and by kindred bodies in the United States. They have been equally divided between the two fields to which she has made her distinctive and distinguished contributions – developmental and clinical psychology. And it is now a great pleasure to report that this year she is receiving the highest honour to be conferred in her own profession – the Distinguished Scientific Contribution Award of the American Psychological Association.

In electing Dr Ainsworth to our Honorary Fellowship, the College is honouring her for the no less distinguished scientific contribution she has made to psychiatry; and, in addition, is expressing the gratitude we owe her for the light she has thrown on our clinical problems and the help she is giving us in dealing with them.

Dr T. H. Bewley (introduced by Professor T. Fahy)

Thomas Henry Bewley is an easy subject to cite for the highest honour our College can bestow. Born in 1926 into an old Dublin family famous for its beneficence he was educated at Arnold House School, Rugby School and St Columba's College, Dublin and took his medical degree at Trinity College in 1950. An undergraduate prize in mental health was a foretaste of things to come. Following graduation he moved swiftly towards his chosen specialty as an Assistant Medical Officer at St Patrick's Hospital, Dublin. At St Patrick's he made his mark early on, not least for the wearing of spats. He moved to London and favoured Claybury Hospital, St Clement's and the Maudsley Hospital with his presence before going to the University of Cincinnati to complete his training. 1960 saw his return to London with a consultant appointment at Tooting Bec Hospital with clinical, teaching and research obligations at St George's and St Thomas's Hospitals. Among his various appointments was one of forensic psychiatrist to Wandsworth Prison.

For many doctors the life of a busy consultant is sufficient to fill the day but not for Thomas Bewley. His abiding interest in the welfare of those suffering from addiction to drugs and alcohol is reflected in his doctoral thesis on 'The Effects of Certain Social and Cultural Factors on the Progress and Development of Alcoholism'. Not content with the collection of higher academic honours, including Mastership of Arts and Fellowships of the Royal College of Psychiatrists and the Royal College of Physicians of Ireland, he has found time to share his considerable wisdom over the years in the form of over 80 scientific communications on the medical, forensic and social aspects of drug and alcohol addiction. Entering psychiatry at the dawn of new drug treatments, it was

characteristic of my subject that he chose to devote his talents to helping those whose suffering owed much to the ill effects of those very drugs which medical progress brought into being. True to form, he followed the course of the great Dean in whose hospital he had begun his career. Like Swift, he dispensed wisdom salted with acerbic wit, with always beneficial and sometimes salutary effect. We see him escalating through elected offices until he, too, is Sub-Dean, then Dean and finally President of a College which prides itself as the champion of the disadvantaged mentally ill with influence for good throughout the world. Thus the young psychiatrist in spats became the President with bow tie, an image perfectly caught in his portrait now hanging in the Council Room of the College. The qualities of leadership displayed in his Presidency have been duly acknowledged by award of the CBE. Along the way of his illustrious career, which has by no means ended yet, he has worked selflessly on many committees of influence, including the Standing Advisory Committee on Drug Dependence, the Advisory Council on Misuse of Drugs and as Consultant Adviser to the World Health Organisation. He was joint co-founder and member of Council of the Institute for the Study of Drug Dependence and his advice continues to be sought by the Department of Health and Social Security.

In these ways he has played a significant personal part in moulding community attitudes towards the care and treatment of drug and alcohol addiction. His influence has been both national and international. It has been said that power corrupts but absolute power is bliss. Thomas Bewley has somehow escaped the corruptive element. Credit for this may go to him alone but it may not be entirely *non sequitur* that his wife Beulah (also a medical doctor and a member of the GMC) and his children continue to be available as counsellors to him. It can hardly be said that behind every impeccably behaved President of the Royal College of Psychiatrists is a current member of the General Medical Council.

Since he is already an Honorary MD of Trinity College, it is both appropriate and timely that I should present him to you now for the Honorary Fellowship of the Royal College of Psychiatrists.

Professor A. D. B. Clarke (introduced by Dr A. Gath)

Psychiatrists often need to acknowledge the debt we owe to the inspirational leads in research and teaching from our colleagues in psychology. Professor Alan Clarke has provided such an example in the fields of mental retardation and of child development. When he left the Institute of Psychiatry in 1950 he and his wife Ann chose to work in a hospital specialising in mental deficiency. They particularly wanted a place where they could work together. Fortunately for

them, the Horton Hospital had just decided to employ one psychologist. Not to be beaten, the Physician Superintendent at the Manor Hospital decided that he must have two and wisely chose both the Clarkes. Since then they have confounded their friends' gloomy predictions about their future as they have clearly demonstrated that the attitude that nothing could be done in the field of mental deficiency was wrong. They remained at the Manor Hospital for 12 years and, since then, have looked back on the experience there as providing the seed ground from which ideas for future research have all sprouted.

Alan Clarke's publications are numerous and most, he tells me, were written jointly with his wife Ann, whom we are delighted to see here today. Their most famous collaborative effort is the book, *Mental Deficiency – The Changing Outlook*. The first edition published in 1958 contained no contribution from a medical author and the tone of the volume politely but firmly conveyed the message that the medical viewpoint had at that time become stultifying rather than stimulating to the study of mental retardation. The gradual rehabilitation of medicine in the scientific study of mental retardation can be traced through the next three editions and is an important part of the "changing outlook".

Alan Clarke was present at the birth of the International Association for the Scientific Study of Mental Deficiency, when the Accoucher could have been said to have been the late Alex Shapiro, whom the College hopes to be able to commemorate by a Travelling Fellowship. Alan Clarke became President of the IASSMD from 1973 up to 1976, remaining as an Honorary Life President. The lively meetings of this Association and the publications that resulted have more than encouraged young psychiatrists and other medical practitioners to aspire to high standards of scientific investigation in what has long been thought of as a "Cinderella" field.

Through the IASSMD Alan Clarke has been a leading figure in the encouragement of research workers from all over the world, particularly in developing countries, to do epidemiological studies and begin to eradicate the preventable causes of mental retardation in so many children. Another important publication was the book, *Early Experience: Myth and Evidence* published in 1976, once more with Ann. This book rapidly became a must for anyone interested in child development and has profoundly influenced theory and practice in child care and particularly in adoption and fostering. This area of work was an interest shared with Jack Tizard who was at the Maudsley at the same time as the Clarkes. Alan gave the first Tizard Memorial Lecture to the Association of Child Psychology and Psychiatry and with Barbara Tizard wrote the book, *Child Development and Social Policy – the life work of Jack Tizard*.

Alan Clarke has been a constructive critic of the practice of psychiatry in the field of mental handicap. For an inexperienced research worker it was enormously encouraging to get a letter from him expressing his interest and lively appreciation of various points linking them to other fruitful ideas.

Because the Clarkes, with others such as Jack Tizard and Neil O'Connor, so clearly demonstrated that something could be done about those with mental deficiency, there have been major improvements particularly in educational opportunities for affected children. In acknowledgement of his services to the Training Council for Teachers of the Mentally Handicapped, Alan Clarke was given the CBE in 1974.

In 1967, he gave the 42nd Maudsley Lecture on 'Learning and Human Development' to the then Royal Medical-Psychological Association. We have learnt still more from him since and for that reason it gives me, President, very great pleasure to present Professor Alan Clarke to you for the Honorary Fellowship of our College.

Professor J. A. N. Corsellis (introduced by Dr J. L. T. Birley on behalf of Professor W. A. Lishman)

Nick Corsellis is a pre-eminent among neuropathologists and at the same time a valued friend and colleague of psychiatrists. In explaining how this conjunction has come about I must tell you that we are honouring an unusual man and undoubtedly an unusual laboratory assistant. "Unusual" in both of these contexts refers to exceptional ability but also to something more. For Professor Corsellis's life's work in neuropathology grew out of unorthodox beginnings, and that pathway to his chosen subject has been relevant to the enormous benefits that have accrued to psychiatry.

Nick Corsellis started his career by reading modern languages at Cambridge, and lived for a time in pre-war Germany. His deep compassion was stirred by events around him, drawing him towards the human and social sciences. Back in London, in his early 20s, he took up the study of medicine at the London Hospital. But soon disaster struck. He fell victim to tuberculosis in the pre-streptomycin era while working on the wards, and much of his time for the next decade was spent in sanatoria and hospitals.

The imposed bed rest laid the foundations for an astonishing career. He read neuroanatomy while immobile, and learned pathology in the laboratories of the sanatoria during periods of convalescence. Rarely can prolonged illness have had such magnificent pay-off.

Not until his mid-30s he was able to take up permanent employment. Fortunately for psychiatry this was in Runwell Hospital, newly built and with a far-sighted director in Dr Rolf Strom-Olsen who wanted

a neuropathologist to complete his research team. Dr Strom-Olsen could not have foretold the benefits that were to follow.

Working assiduously, with scanty resources and perilously little by way of formal recognition, Nick Corsellis embarked on a series of brilliant enterprises. He turned his attention to the abundant clinical material around him, and very significantly to the psychiatric problems in need of pathological clarification. His earliest papers were on leucoencephalitis, phenylpyruvic oligophrenia, brain changes with electroconvulsive therapy, Alzheimer's disease and temporal lobe epilepsy. In these he had found his way forward.

The leaders of the profession soon spotted him. Alfred Meyer gave him access to the Maudsley laboratories and the Institute of Psychiatry. Peter Daniel, succeeding Meyer, consolidated the link. And thus he continued to bestride the gulf between a large mental hospital of 1,000 beds and the premier University Department of Neuropathology in the United Kingdom. Moreover for 30 years and extending well beyond formal retirement, he won continuous research grant support from the Medical Research Council. And his output became prodigious.

To summarise very briefly: Detailed studies on the ageing brain led to his Maudsley Monograph of 1962, *Mental Illness and the Ageing Brain*, a work which in effect laid the foundations for future studies on the vascular and parenchymatous dementias. Studies of limbic anatomy and pathology led to the conceptions of limbic encephalitis and dementia and their relationship to memory disorder. Collaboration with clinicians at the Maudsley Hospital threw new light on the pathological basis of temporal lobe epilepsy. Other classical papers emerged on head injury, leucotomy, boxing and cerebral vascular disorders. He was also among the first to measure and count, using brain imaging techniques and to explore patterns of cell loss and to quantify grey and white matter. More recently, well after retirement, he has worked alongside Dr Crow and his colleagues at Northwick Park with results that have been immensely important to our thinking about the pathology of schizophrenia.

Time has been found, withal, to review topics of broad interest – the relationship between neuropathology and psychiatry, the transmissibility of dementia, and, a topic dear to his heart, the aftermaths of boxing. He took on the mammoth task of sharing in the editorship of two successive editions of the bible of neuropathologists – Greenfield's *Neuropathology*.

This over-modest and delightful man has won recognition from many sources. It is a point of pride for us that we made him a founder Fellow of our College. He was also elected to Fellowships of the Royal Colleges of Physicians and of Pathologists. He became President of the British Neuropathological Society, from 1969–1971, and of the International Society of

Neuropathology from 1978–1982. Not surprisingly in 1976 he was sought out for the Chair of Neuropathology at the Institute of Psychiatry, which he held with great distinction until his retirement.

Neuropathology is, of course a marvellous discipline, the bed-rock of the neurosciences and of all who take an interest in disorders of the brain. In Nick Corsellis it has had a superb champion. His work shines as a beacon, and we as psychiatrists are tremendously privileged that he has leaned throughout his career towards us and constantly mixed with us. It is now my great honour to present him to you for the Honorary Fellowship of our College.

Dr H. R. Rollin (introduced by Dr D. Richter)

Back in the 1940s the mental hospitals in this country were very different from today. The patients, commonly dressed in drab ill-fitting suits, were mostly locked in and received little treatment apart from sedative drugs. It was then that Henry Rollin, who had been appointed consultant at Horton, became active in improving the patients' conditions. He got them better clothing, redecorated their wards and developed new facilities for occupational therapy. Always keen on art, music and literature, he brought in highly qualified artists, actors and musicians and introduced lively new forms of art, drama and music therapy. Soon the patients were actively engaged in arranging concerts, painting pictures and taking part in plays. In that way the lives of many of them were completely changed. In music therapy Horton became the leading hospital in the country and probably in the world.

Henry Rollin was keenly interested in the effects of the environment. Soon after qualifying at Leeds he had got a post as ship's surgeon and spent six months sailing in the Blue Funnel Line and visiting many countries round the world. In 1953 he won a Fulbright Fellowship which enabled him to visit hospitals in Philadelphia, at Baltimore and other centres in the USA. Although not impressed by the extremist Freudian teachings of the psychiatrists he met, he loved the country and the opportunity of meeting people of other cultures there. It was not surprising

that later, in 1975, he was appointed Secretary of the Study Tour Sub-Committee of the Royal College, and he took groups of colleagues on visiting tours to Denmark, France, Italy and Mexico.

Always active as a writer, it was in 1961 that Henry Rollin was appointed leader writer by the BMJ, and in that way he developed as a medical journalist what was really a second career. His articles were always lively and well written, and soon we saw many of his editorials, book reviews and articles on forensic, historical and other topics appearing in the BMJ and other medical journals. His election to a Research Fellowship at Nuffield College, Oxford, then enabled him to produce his first book entitled *The Mentally Abnormal Offender and the Law*. I think we are all glad that he is still active as a writer, and besides his journal articles another book entitled *Festina Lente. Psychiatric Odyssey* will be coming out next year. After the establishment of the Royal College, Henry Rollin helped with the fund-raising that was needed to set up its premises at 17 Belgrave Square. We are also indebted to him for helping to build up the College Library there, a task he undertook while serving as Librarian for ten years.

Another of Henry Rollin's activities was stimulated by the large number of mentally abnormal offenders admitted to the hospital where he worked. After serving on the Mental Health Review Tribunals he was appointed to the Parole Board, and then he became one of a small select group of forensic psychiatrists called on by the Home Office to deal with serious criminal cases. In that role, which for him was almost a third career, he has given evidence in numerous criminal courts and in fact he has now examined more murderers than anyone else in this country. As a support of the Medical Defence Union he is actively continuing his work in this special field.

I feel that with so many different interests and three distinct careers it is hardly possible for me in the time available to do justice to all that Henry Rollin has done and there must be some things that I have left out. But I hope I have made it clear that he is a person of exceptional ability who has done a lot, not only for the College, but also to help us all in working for the greater happiness and welfare of our fellow men.

Christmas holiday

The College will be closed from 7.00 p.m. on Friday 22 December 1989 and will re-open at 8.00 a.m. on Tuesday, 2 January 1990.

Fax machine

Documents can be faxed to the College on 01 245 1231.