

## EDITORIALS

It is my pleasure to introduce you, as president of Psychiatric Studies Centre and chair of the congress, to the fifth edition of this international congress held in Iseo, a very attractive town on the lake of Iseo, in Italy. This time, as four years ago, the scientific management of the meeting has been done not only by Psychiatric Studies Centre but together with the Université Catholique de Louvain (Belgium), the Centre Hospitalier Universitaire et Psychiatrique de Mons Borinage (Brussels, Belgium), and the Bedfordshire Centre for Mental Health Research in association with the University of Cambridge (BCMHR-UC, UK).

As in past congress edition in Iseo, we have obtained the co-sponsorship of the World Psychiatric Association (Evidence Based Psychiatry WPA Section) and of the Italian Health Office.

This twined congress follows the others, which have been held in Brussels and in Cambridge every two years since 2010, with the plan of continuing to hold them every two years also in future.

The programme includes 56 papers (regular presentations, short presentations and posters), in less than 3 days, so as to intensely stimulate all the delegates on several topics of psychiatry, ranging from research to clinical practice, in order to illustrate the broad spectrum of science within the field of psychiatry.

Many thanks to all speakers and authors; but a particular thanks goes to the Centre Hospitalier Universitaire et Psychiatrique de Mons Borinage of Brussels for its support in printing these scientific papers.

**Giuseppe Tavormina, MD**

*President of "Psychiatric Studies Centre" (Cen.Stu.Psi.)*

*Provaglio d'Iseo (BS), Italy*

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### Exchange ideas and progress together

An international congress is an opportunity to exchange ideas and progress together.

It's an opportunity to interact with other members of the scientific community, to meet colleagues, to meet people who are known by their writings and other delegates from the same country and from other countries, to share ideas, to create professional links.

It is an opportunity to transmit what we do and also to learn what is done elsewhere, to acquire knowledge sharing points of view from research and practices,

It is a way to take collective positions, to confront the orientations during the debates, to discover new perspectives, to measure the stakes, to apprehend the tendencies and orientations of the public health policies and management resources for health professionals, to act as a member of a community, to make proposals supported by a community.

These are issues to promote innovation, exercise leadership and influence public health policies.

Thank you to all who have made this event possible in the past years until today. Thanks to all the participants, authors and speakers, thanks to Psychiatrica Danubina. Thanks to Mark Agius and Nicolas Zdanowicz for their incredible contribution over the years. Special thanks for the one who took the leadership to make us grow and progress together this year: Dr. Giuseppe Tavormina.

**Juan Martin Tecco, MD, MBA**

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For several years, biological model is running out of innovative molecules. We managed to limit undesirable effects but the efficacy of our molecules reaches its limit. It is the case for antidepressants as well as for neuroleptic drugs. However, this brake on biological research didn't shake the dynamism of our congress. Even if there are less communications about psychopharmacology, the other branches of psychiatry show an updated dynamism: social psychiatry, art therapy, care organization policy, psychotherapy, consequences of stress and recovery after stress, personality troubles... Concerning psychopharmacology, the researches performed aim to use interactions between different fields such as immune system and psychobiology, therapeutic collaboration and antidepressants, physical and mental health, care and ethics. Our congress has still a bright future.

**Prof. Nicolas Zdanowicz, MD, PhD**

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