



In 1993 the first meeting of the group of 'Reformers in Psychiatry', organised by the Geneva Initiative on Psychiatry, took place in Bratislava. There were 40 people present, and aliens were certainly not assumed to be friendly. It was thus rather a tentative affair, but we were lucky to have potential leaders there, with prepared and creative minds. Today the network has more than 400 members, many important friendships and professional links have been formed and much of the initial teaching has been done by Bulgarian teams. Originally these included Toma himself – for instance on courses for psychiatric nurses in the Ukraine, Azerbaijan and Kyrgistan.

In 1998 an Association of Reformers was inaugurated, eventually to lead the network, with elected representatives from all the participating countries. Their first elected President is Toma Tomov, and the Secretariat is in Sofia.

Toma is a gifted and sophisticated teacher. His approach is that of 'active learning'. Students of all ages are given tough tasks, and have to work in groups to consider, propose solutions and defend their decision in debate. These sessions are stressful, stimulating and enjoyable, and provide a completely new experience for those taught in the Former Soviet Union, and speaking for myself, for Britons trained in the Lubyanka on Denmark Hill.

These mixed groups, multi-everything including language, when hard at work, can sound like the Tower of Babel. I was present at one session in the guise of an expert. The group's task was to make plans for modernising the psychiatric services of an imaginary district, Slaka, and they were visiting various community services in Prague to get ideas about this. The rapporteur, a charming young Romanian, sat with her fingers at the ready on the laptop, waiting to hear a coherent sentence that she understood. I got more and more anxious as she remained immobile, and indeed had to walk out to calm. When their excellent report finally appeared, the group told me that they had thoroughly enjoyed themselves. The only thing that distressed them was my obvious anxiety.

Mr President, I believe that in this rather obsessional, regulated evidence-based phase of our own teaching methods, Professor Tomov will bring a breath of fresh air. We need to bind him to us.

We are very pleased to welcome his wife Ivanka and his son Neven and his wife Alexandra – both recent graduates of Edinburgh University – who are with us today to witness this ceremony.

I am delighted to present Toma Tomov to you as an Honorary Fellow.

"1 in 4"

A 2-minute film
Director: John Selby
Producer: Jody Burrows

In just 120 seconds this film both shocks and challenges the viewer to examine their attitudes to those people who suffer from mental health problems.

The setting is austere, a guy snorting cocaine from a photograph of his wife and baby, an underweight girl lacing her corset while mirror gazing, a young man curled at the end of a bed and an elderly lady drinking tea in a world of her own.

"You coke head"

"Why don't you just eat something"

"Cheer up, you miserable git"

"Crazy old bitch mum"

Nobody will leave the cinema without hearing the clear message: '1 in 4' people suffer with mental health problems.

"1 in 4 – it could be me . . . it could be you . . . That made you think. Enjoy your film."

This film is to be shown from 3 November as a trailer in Warner Cinemas until December, launched for World Mental Health Day and produced as part of the Changing Minds campaign. The team involved in making this film should be congratulated on the production of a film that will proclaim the message across the land.

Gillian Rose Consultant Child & Adolescent Psychiatrist, BKCW Mental Health NHS Trust

Changing Minds Campaign launches outstanding 2-minute cinema film: "1 in 4"



To celebrate World Mental Health Day 2000 (10 October), the Changing Minds Campaign launched an outstanding 2-minute cinema film entitled "1 in 4".

"1 in 4" questions our preconceptions about mental illness and emphasises the reality that mental health problems can touch anyone. The film uses many challenging images with a forthright, and at times shocking, script. It has been developed particularly with younger people in mind, who are often most at risk of suffering from severe mental illness and suicide. They are also regular cinema-goers.

The film reinforces the message that anyone can suffer from mental illness –



"1 in 4 could be your Brother, your Sister. Could be your Wife, your Girlfriend . . . 1 in 4 could be your Daughter . . . 1 in 4 could be Me . . . it could be YOU."

The value of the film

This challenging new film has been made possible by the generosity of a leading London advertising agency, WCRS; John Selby, Director, from Godman – a major production company; and Warner Bros, who has agreed to show "1 in 4" before a large number of feature films to be released from 3 November in Warner Village cinemas throughout the UK. The music is by courtesy of Michael Nyman.

This striking cinema film would have cost more than half a million pounds to make and distribute. None of this would have been possible without the generous help and support of our sponsors.

"For many years now, those of us working in mental health have had on their 'wish list' an advertising film challenging the discrimination against people with mental illness. "1 in 4" has now achieved this," said Professor John Cox, President of the Royal College of Psychiatrists.

"We are absolutely delighted with this initiative and we hope that the film is seen by many thousands of people and touches them in the same way as it has us."

For further information or transparencies of stills from the film contact Deborah Hart or Vanessa Hudson in the College External Affairs Department, tel: 020 7235 2351 exts. 127 or 154; e-mail: dhart@rcpsych.ac.uk.

'HEADstuff'

A new mental health resource for 14 to 17 year-olds

'Headstuff', a new mental health resource for 14 to 17 year-olds was launched on 10 October, as part of the celebrations for World Mental Health Day.

This leaflet was developed for the Changing Minds Campaign by Mentality, a national charity dedicated to promoting mental health. Designed in consultation with young people, this new resource aims to:



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- (a) challenge their perceptions of mental health problems
- (b) increase their knowledge of mental health problems and mental health issues
- (c) provide help on what to do if they are worried about themselves or a friend.

'HEADstuff' was piloted with groups of teenagers from different backgrounds to ensure that this new resource was designed and written in a form acceptable and challenging enough for this age group.

The researchers discovered that many 14 to 17 year-olds are ill-informed about mental health issues and tend to base their perceptions on portrayals of mental

illness in horror films. Some other key findings include:

- (a) nearly all the interviewees knew someone who had self-harmed
- (b) girls were keener to understand a mental health problem and solve it, while boys felt uncomfortable talking about it
- (c) young people were ignorant of the language to use when talking about people with mental health problems
- (d) mental health difficulties were acceptable only if associated with stress or family problems
- (e) schizophrenia was mistakenly seen as split personality and was associated with violent behaviour.

'HEADstuff' provides information about schizophrenia, depression, deliberate self-

harm and eating disorders. It addresses the 'facts' and the 'fictions' in relation to mental health in general, and offers practical tips on what young people can do to help themselves or others.

Individual copies of this resource are free on receipt of a stamped addressed envelope from 'Headstuff', The Royal College of Psychiatrists, 17 Belgrave Square, London SW1X 8PG.

Details for bulk orders are available from www.changingminds.co.uk or by e-mail: lhulse@rcpsych.ac.uk.

The Campaign is very grateful to the following organisations, without whom this resource would not have been possible: Allied Zurich plc, The Cairns Charitable Trust, Pharmacia & Upjohn, Priory Healthcare, Sanofi Synthelabo and Wyeth Laboratories.

obituaries



Joseph Henri Rey

Formerly Consultant Psychiatrist,
Bethlem Royal and Maudsley
Hospitals
1912–2000

Henri Rey, as he preferred to be called, was a psychoanalyst who worked at the Maudsley Hospital for 32 years, he was an inspiring and much loved teacher who had a profound influence on a succession of psychiatrists who trained under him. They recognised his great intelligence and breadth, his sympathy and warmth for his patients and appreciated his generous and friendly attitude towards his students. He was able to help them to understand what was going on in the minds of the patients they were confronted with. It was often a source of relief when he

could begin to make sense of the confusing and frightening phenomena manifested by borderline and psychotic patients. His application of psychoanalytical ideas, particularly those derived from the work of Melanie Klein and Herbert Rosenfeld, introduced the young psychiatrists to the peculiar and fascinating logic of these ill patients. His individual and group supervision sessions were a pleasure and a privilege to participate in.

Rey had profound sympathy for the suffering of the patients he encountered. Following Freud's pioneering work on mourning and melancholia, and Klein's subsequent elaboration of our understanding of the nature of the internal world in states of depression, Rey recognised the degree of internal damage or devastation many patients have to struggle with. He began to explore, in an original and creative way, the nature of the internal work that has to take place for the patient to be able to achieve some degree of reparation of this damaged world for which he or she feels responsible. He argued that until such internal reparation can begin to take place, the patient will continue to be burdened by feelings of guilt and persecution, never feeling entitled to achieve satisfaction in their own lives.

Henri Rey was born in 1912 at Curepipe on the island of Mauritius. He first studied agricultural chemistry and worked on a sugar plantation for a few years. Eventually, he decided to change course, and left for England to study medicine at Barts, where he graduated MB, BS in 1943. He was awarded the MD (Lon) in 1949. During the war he worked in

different hospitals and served in the fire service during the Blitz.

Rey had a lifelong fascination with the interaction of the mind and the body, and his particular interest in the workings of his own mind and that of others led him to turn to psychiatry. In 1945 he joined the Maudsley Hospital, where Sir Aubrey Lewis was attracting talented and enthusiastic staff with interesting and varied backgrounds. Rey's early researches focused on epilepsy and endocrine functions, but increasingly he was drawn to a more profound study of the mind, and decided to train at the Institute of Psychoanalysis. He qualified as a psychoanalyst in 1958 and was appointed as a consultant psychotherapist in the psychotherapy unit at the Maudsley. He also began practising part time as a psychoanalyst.

Many of Rey's more important psychoanalytical papers were eventually collected in *Universals of Psychoanalysis* (1994). In them he illustrates his unique understanding of borderline and psychotic patients, who often seem to alternate between severe claustrophobic fears of being trapped and fears of disintegration if they escape into what feels like empty space. There is thus no place of safety, and no figure, either internally or externally, that can be trusted or relied upon.

Rey's retirement in 1977 was a significant loss to the Maudsley. Rey himself greatly regretted leaving the institution for which he had a special affection. He left behind him a generation of psychiatrists, psychotherapists and psychoanalysts for whom he was an unforgettable mentor and friend. In retirement he was in