

# The 30th Nordic Congress of Psychiatry will be held in Tromsø, Norway 5. – 8. June 2012

## Centennial Nordic Congress of Psychiatry Understanding mind and crossing borders

[www.ncp2012.org](http://www.ncp2012.org)



The 'Nordic Congress of Psychiatry' is arranged every three years. The first one was in Copenhagen in 1913 and the most recent one in Stockholm in 2009. Thus, this year's congress is the closest we can come to a centennial arrangement. For the very first time the congress will be arranged in northern Norway and it is our pleasure to invite you to participate in an exciting program in an arctic and multicultural environment. The plenary program is broad-scoped with several renowned presenters.

The terrorist attacks in Oslo on July 22<sup>nd</sup> shocked the world and made the nation face challenges that were unprecedented in peacetime. **Lars Weisæth** - University of Oslo - will talk about crisis management after the July 22<sup>nd</sup> terror attacks in Norway.

Contemporary psychiatry faces great challenges related to migration and multicultural societies. **Dinesh Bhugra** - King's College, London - will discuss the mental health implications of migration, and **Laurence Kirmayer** - McGill University, Montreal - will present models of mental health service for multicultural societies and discuss what culture adds to a person-centered psychiatry. **Siv Kvernmo** - University of Tromsø - will talk about resilience and mental health in indigenous children and adolescents from a cultural, contextual and social perspective.

Health care planning is a continuous process in most countries. **Assen Jablensky** - University of Western Australia - will discuss what we need to know for good planning of health services and what the necessary ingredients of a good mental health service system are.

**Kenneth Kendler** - Virginia Commonwealth University - will talk about implications of gene-environment issues for psychiatry and **Engilbert Sigurdsson** - University of Iceland - will discuss genomic copy number variants and diagnostic boundaries in medicine.

**Levent Küey** - WPA Secretary General - will discuss current challenges in psychopathology related to sub-threshold states in psychiatry and **Norman Sartorius**, who holds positions at several universities, will discuss whether current paradigms of care for the elderly are still valid.

**Merete Nordentoft** - University of Copenhagen - will present findings on life expectancy and mental health in Nordic populations.

There will be a plenary workshop focusing on the treatment of psychosis with an emphasis on early intervention presented by **Pat McGorry** - University of Melbourne, **Thomas McGlashan** - Yale University, **Merete Nordentoft** - University of Copenhagen, **Paul Møller** - Vestre Viken Hospital Trust, **Jan Olav Johannessen** - Stavanger University Hospital - and **Ingrid Melle** - University of Oslo.

**A separate program for Young Psychiatrists includes:** “Road to Research” (**Sameer Jauhar, Scotland & a young psychiatrist from Sweden**) “Psychiatrist - a Promising Profession” (**Norman Sartorius, WPA; Reidar Tyssen, Norway**) and “Psychiatry and correctional services: Psychiatric evaluation of the 22.7 killer”.

The congress is organized by the Norwegian Psychiatric Association and the Norwegian Association for Child and Adolescent Psychiatry on behalf of the Joint Committee of the Nordic Psychiatric Associations and in cooperation with all Psychiatric Associations within the Nordic Zone of the World Psychiatric Association.

### **Look – it is cheap:**

Early bird conference fee NOK 3500, for young psychiatrists NOK 3000, for participants from low income-countries NOK 2500.

For more information, visit the conference web site: [www.ncp2012.org](http://www.ncp2012.org).

## **Tromsø - an exciting destination**

Tromsø is located above the Arctic Circle - at 70 °N and is the largest and most culturally diverse city in northern Norway with people from 120 different countries. It was from Tromsø that Nansen, Amundsen, Nobile and Andrée set off for their polar expeditions.



(Source: [University of Tromsø, Department of Computer Science](#))

Flying into Tromsø, you will be captivated by the mountain ranges encircling the island that forms the main part of the city. In good weather you can see also the peaks of the Lyngen Alps rising in the east. The closeness of this dramatic scenery is the reason mountaineering is very popular in Tromsø.

A century ago, visitors were surprised to find culture, intellectual life and the current European fashions so far north, and so the city got the name “Paris of the North”. Tromsø is surrounded by water and mountains and has a population of approximately 65,000, plus 10 000 students attending the world’s most northern university. Visitors to Tromsø are charmed by the city’s patriotic and social residents, by a historical, compact and charming city centre, by a lively and active cultural life all year round, by the exciting attractions with good possibilities for excursions.

### **The Sami people**

Approximately 40 000 of the half a million people living in the three northernmost counties of Norway belong to the indigenous Sami people. They have the same educational and socioeconomic level as the majority of the population. Traditionally they have been nomadic and made their living by herding reindeer. Only 10% still live in this traditional manner, and the remaining people have integrated into regular Norwegian society. Despite strong pressure to talk and think like other Norwegians, many have preserved their language and traditions. In Karasjok in Finnmark County, is the Sami National Centre for Mental Health (SANKS).

### **Russian neighbors**

One of the world’s greatest contrasts in living conditions is found across the Russian-Norwegian-Finnish border. Since Perestroika in 1991 and the Kirkenes Declaration in 1993 there has been an increasing cooperation between Northern Norway and North West Russia and the number of Russians is strongly increasing. Since 1996 the University Hospital of North Norway and the University of Tromsø has had an ongoing cooperation concerning psychiatric developments in Archangels County. Five Barents Conferences in psychiatry have been arranged.



## The city of light

In the city centre - weather permitting - you can see the **midnight sun** from 21<sup>st</sup> May to 21<sup>st</sup> July.

The two months of uninterrupted light is matched only by the two months of darkness called “Mørketida”, from 21<sup>st</sup> November to 21<sup>st</sup> January, when the sun disappears under the horizon and we experience the Polar Nights. This is the perfect time to experience the wonderful shades of blue in the middle of the day as the Northern Light - Aurora Borealis - casts its magic red and greenish hue across a clear night sky.



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## The climate

The Norwegian coastline's stroke of luck is the Gulf Stream that warms up our waters making it possible to travel by boat all year round and keeps temperatures mild. Without the Gulf Stream our coastline would be packed with ice during winter, as is the case with the Gulf of Bothnia and the White Sea in Northern Russia.

## Summer in Tromsø



©Visit Tromsø

The light creates a unique atmosphere in the city and inspires outdoor activities such as hiking and fishing. Popular viewpoints for the midnight sun include Tromsø Bridge, the front of the Arctic Cathedral and most prominently the Upper Station of the Cable Car, but it can be seen at most points in the city area. Several trips will be offered during the conference.

# Welcome!

On behalf of the conference committee  
Tore Sørliie, President of the conference