

Chairman WADP, United Kingdom

Dr Nadarasar Yoganathan

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Royal College of Psychiatrists Specialist Member

Full Member Group Analytic Society International

Convenor of Median Groups

Life Member World Federation for Mental Health

Former International Advisor on Stigma, CAREIF

UK Chairman for WADP



Dr Yoganathan qualified as a doctor in his native Sri Lanka. Since coming to the UK in 1985 for postgraduate study, he has worked continuously in this country as a psychiatrist, both in the NHS and independent sector. He has been a Consultant in Adult Psychiatry since 1996, during which time he has worked in many NHS Trusts in London and the South-East of England, in a range of sub-specialities including in- and out-patient, rehabilitation, drugs and alcohol and low secure forensic settings. Although retired from the NHS, he continues to work part-time as a Consultant Psychiatrist independently and in Surrey and Borders NHS Trust.

Throughout his career, one of his greatest passions has been teaching. He held the position of College Tutor for the Wessex Deanery from 2010 to 2017, having responsibility for the postgraduate teaching programme for psychiatry and GP trainees and final medical year students on placement from local medical schools. He also contributes regularly to the local staff training programmes and offers tutorials for Physician Associate, nursing and pharmacy students.

After completing his training in median groups (1995-1997) under one of its founders, the late Dr Pat de Maré, he became a full member of the Group Analytic Society International. This training had a profound influence on his practice and teaching, which are dialectical, explorative and prescriptive, hence truly dynamic.

The destigmatisation of mental illness has been a major drive in both his formal roles and charitable work, especially addressing self-stigma as well as stigma in small and large group contexts (family and society). For many years until its reconfiguration, he was the lead advisor on stigma for CAREIF (an international charity for mental health). In addition to policy development, he had a major role in the production of 2 global position statements on stigma (2015 and 2017), which are now available on the web as reference articles¹.

He combines his love of teaching and his passion for destigmatisation through his bespoke workshops and presentations both in the UK and in international settings on contentious subjects such as addictions, human sexuality, Median groups, radicalisation and spirituality. More about this work and his publications can be found on his website kingstonwellbeing.com and its predecessor, no2stigma.org.

His lifelong interest in culture, religion and spirituality also influences his work. Spirituality has become an increasingly significant theme in psychiatry. Following his workshop at an international conference in London organised by the World Association of Social Psychiatry and the Royal College of Psychiatrists in January 2023, he was invited to contribute a chapter to a trail-blazing book, *Eastern Religions, Spirituality and Psychiatry – an Expansive Perspective on Mental Health and Illness*, edited by H. Steven Moffic, Rama Rao Gogineni, John R. Peteet, Neil Krishan Aggarwal, Narpinder K. Malhi, Ahmed Hankir. The book is in press and due for release in 2024.

Reference

1 <https://usercontent.one/wp/www.worldculturalpsychiatry.org/wp-content/uploads/2019/12/6.-Careif-Position-Statement-on-Stigma-Mental-Illness-and-Diversity.pdf>