

The National Day Meeting of the Belgian College of Neuropsychopharmacology and Biological Psychiatry (BCNBP) took place on December 11, 2015 in Gent (Belgium) and was dedicated to Neuroscience basis of psychiatric symptoms.

In the morning session, Professor Martin Bohus (Germany) gave a talk untitled “How to treat sequelae of severe traumatization in patients with borderline personality disorder”. Professor Bohus showed how important it was to build a sequence of interventions for those patients based on emotion processing, behaviour processing, and symptoms processing. Professor Pierre Baumann (Switzerland) gave then a talk untitled “Off-label medication in psychiatry : Pro’s and Con’s. He gave arguments in favour of off-label medications (no study in children and we need to treat them, no medication for personality disorders and we need to treat them,...) and against off-label medications (medico-legal aspects, ...). Professor Laroi (Belgium) gave a talk untitled “Exploring auditory-verbal hallucinations in schizophrenia from a neuroscientific approach: state of the art and future directions”. Professor Laroi showed that hallucinations could be present in other disorders than schizophrenia and even in normal controls. He explored with us what are the characteristics of hallucinations in schizophrenia and what can be the pathophysiological explanations for those hallucinations. Professor Martin Deseilles (Belgium) closed the morning session with a talk untitled “Psychiatry and psychotherapy in the electronic age”. Professor Deseilles explored with us the more and more common use of E-applications for psychoeducation, E-psychotherapy, E-communication between patients, E-communication between professionals and he gave us an idea of the advantages but also dangers of those applications. Before lunch we had the BCNBP General Assembly.

After lunch, Professor Eric Constant, president of the BCNBP, gave an introductory presentation of the ECNP. Then Professor Guy Goodwin (UK) gave his ECNP supported talk “Indication or mechanism of action ? How should we best describe psychotropic drugs ? Professor Goodwin described the new classification of psychotropic drugs based on mechanisms of action and gave the advantages of this new classification. Finally Professor Chantal Henry (France) closed our national meeting with her talk “Emotion regulation in bipolar disorder “. Professor Henry showed that even in euthymia, bipolar patients suffer from emotional dysregulation. She showed how we could choose our psychotropic drugs (antipsychotics versus mood stabilizers) based on data from neuroscience. Professor Constant gave a few words to conclude this particularly interesting meeting.