

# Obituaries

## Dr Stephen McGowan

**Formerly Consultant in General Adult Psychiatry, South London and Maudsley NHS Foundation Trust (Lambeth), UK**



Stephen William McGowan, who died unexpectedly aged 45, was a consultant psychiatrist remembered by colleagues as a doctor willing to 'go the extra mile' in his job at the South London and Maudsley NHS Foundation Trust. He was dedicated to his work. A former trainee described how he 'embodied the

practice of active listening, giving meaning to patients' experiences while retaining his inquisitive scientific stance'.

Stephen was a valued teacher and head of undergraduate psychiatry students. He was also clinical supervisor for the general practice and psychiatry trainees attached to the community team and ward in Lambeth, part of the South London and Maudsley NHS Foundation Trust. A former trainee remembered him as a 'kind and generous teacher, a witty intellectual who was incisive and sensitive to the pressures that urban life placed upon us and our patients. He went out of his way to prepare me for what lay ahead in my chosen career'. The consultant in the neighbouring office described a great deal of laughter coming from Stephen's office during the weekly teaching sessions, indicative of how Stephen brought his own unique sense of humour to the proceedings.

After attending Newcastle High School, he gained a scholarship to Magdalen College, Oxford, for his preclinical studies. He received a distinction in prelims and an upper second in his final degree. In 1989, he won the Oxford University Department of Psychiatry essay prize. He qualified in medicine at Oxford in 1990. After house jobs in Winchester and Oxford, he joined the Oxford senior house officer scheme in psychiatry in 1992 and 3 years later gained his MRCPsych. His registrar training included a 6-month research registrar post with the Wellcome Trust in the Oxford University Department of Psychiatry.

In 1995, Stephen sustained an extension injury to his neck while on a skiing holiday and as a result suffered an embolic stroke shortly afterwards, having induced a tear in the lining of both internal carotid arteries. Fortunately, after treatment in a neuro-intensive care unit at Innsbruck Hospital, Austria he made a complete recovery.

He completed his psychiatry training by gaining an MRC Clinical Training Fellowship at the Cyclotron Unit at Hammersmith Hospital from 1997 to 2000. His research centred on positron emission tomography research of pre-synaptic dopaminergic function in medicated patients with schizophrenia, including medication-naïve individuals and others with clinical evidence of prodromal symptoms.

From the Hammersmith Hospital, Stephen joined the specialist registrar scheme at the South London and Maudsley with posts in forensic psychiatry, the Maudsley Psychiatric

Intensive Care Unit, the Norwood community team and liaison psychiatry at King's College Hospital.

He achieved an impressive list of publications in a variety of different journals as well as abstracts for international meetings.

Stephen was a dedicated psychiatrist with highly valued basic human qualities. Colleagues in Lambeth remember his kindness – his willingness to swap an on-call or give a second opinion about a patient, his generosity – contributing bottles of wine when the team socialised in the evening and the sense that he valued them. His friend Eu-Gen Cheah from Magdalen College, Oxford, now living in the Far East, remembers him fondly as 'without doubt my best friend'. Stephen enjoyed foreign travel, good food and wine and the company of others; the rich and happy memories brought together by his untimely death are not a surprise.

**Rosalind Ramsay and colleagues**

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## Dr Kenneth Simpson Jones

**Formerly Consultant Psychiatrist, Morgannwg Hospital, Bridgend**



Kenneth was born in Cardiff on 29 May 1922. He went to Cardiff High School and after deciding to do medicine he was accepted at Westminster Medical School where he qualified in 1946. After completing a few house jobs, he did 2 years National Service as a medical officer with the R.A.M.C. and then decided on a career in Psychiatry.

After completing registrarships at St Ebba's Hospital, Epsom, and Belmont Hospital, Sutton, he was appointed Senior Registrar in Psychiatry at the Queen Elizabeth Hospital, Birmingham.

In 1957 he was appointed Consultant Psychiatrist at Morgannwg Hospital, Bridgend, where, with a number of other psychiatrists, he helped to transform a traditional psychiatric institution into a modern progressive hospital with good community psychiatric services. He found time for writing and published articles on deliberate disability, the treatment of bed-wetting and a study of the relationship between religious beliefs and mental illness.

Unfortunately, he had to retire prematurely at the age of 50 because of chronic depressive illness (and contributed a chapter about this in the book *Wounded Healers*). In latter years his physical health deteriorated and he spent the last few years of his life in a nursing home. After retirement and before he became physically ill, he did voluntary work for the National Trust and for the Museum of Welsh Life at St Fagans.

Kenneth was a quiet, reserved, thoughtful, reflective and self-critical man with high professional standards. He found the old controversy between physical methods of treatment and psychological methods a tedious one. He was an excellent