



All countries where NTAs were established with the help from EFPT MENTA WG since 2012.

Our Goals

EFPT believes that organised trainee interest is key to promoting high quality psychiatric training in each country, therefore it is essential that both adult and CAP psychiatric trainees are represented by national trainee organisation in each country.

Who We Are

Established in 2009, the main aim of EFPT MENTA working group is to support each other in the first steps of building a national trainees' association and to help the existing national trainees' associations in restoring their activity. We discuss the obstacles that we face, and share ideas and tips. We also try to initiate contact with young psychiatrists in countries that do not yet have an association, and have never heard or visited EFPT meetings.

We are happy to invite also those trainees who already have their own national association established and working well, to join our working group and share their insight and experience with us.

Contact Us

Email: enta-wg@efpt.eu

Web: <http://efpt.eu/wg/menta-wg/>

 @EFPTtrainees

 EFPT facebook group

 LinkedIn : EFPT

 EFPT Youtube channel

 See us on Wikipedia : EFPT



INFORMATION

www.efpt.eu

How to create
a National
Trainee
Association

*“Shaping the Future
of Psychiatry”*

DIY: start a national trainee association in your country!

Step 1: Do not start alone – form a nucleus of the organization

You cannot build an association on your own!

Look for fellow trainees sharing your ideas and enthusiasm

2 or 3 persons you can rely on will support you in planning and will verify your ideas

It will also allow to share the workload during the next steps

Step 2: Define goals

Forming a national trainee association. **Why?**

Think of what can and should be changed in the specialty training in your country

Ask what other trainees would like to alter (meetings, discussions, polls)

Define clear and achievable goals and objectives and keep them always in mind: around them you will form a community

Step 3 : Define membership

Define criteria for membership in the association and reach the people that fit them: *Trainees only? Trainees and young psychiatrists? Limits on age? Any psychiatrist interested in the matters of training, with the board formed only by trainees? Advisory bodies within the association, open for senior colleagues?*

Step 4: Independent national organization or daughter organization?

Consider pros and cons of either choice

If you decide to become a section of a psychiatric association:

- Decide which association to approach if there is more than one; better to approach the one representing all psychiatric subspecialties
- Try to recognize the attitude of the decision makers of the association towards your project – will they be willing to help you with the preparations?
- Discuss the possible funding options

Step 5: Prepare for the founding assembly

Decide how to present the idea

Create the agenda for the meeting and cover the crucial items:

- Working group or temporary board for working on the legal framework
- Election of board officers
- Funding
- Creating focus groups on the objectives set in Step 2

Step 6: Consult a legal expert

Step 7: Organize a founding assembly

Invite as many trainees as possible to attend the Founding Assembly

Take minutes of the Founding Assembly and any other legally required documents

Step 8: Apply for EFPT membership



How to create a National Trainee Association
efpt.eu/wg/menta-wg
enta-wg@efpt.eu