

Psychotherapy to GO!

A crash course introducing psychiatry trainees
into the world of psychotherapy.

A collaborative project between

The *Section of Psychiatry* of the UEMS
Union Européenne de Médecins Spécialistes



The *Committee on Education* of the EPA
European Psychiatric Association



The *EFPT*
European Federation of Psychiatric Trainees



The *HDKP*
Croatian Society for Clinical Psychiatry
of the Croatian Medical Chamber



The *Hrvatsko Psihijatrijsko Društvo*
Croatian Psychiatric Association
Section of Young Psychiatrists and Trainees



Psychiatric University Clinic Vrapče, Zagreb, Croatia

Evaluation report presented to
the delegates of the General Assembly of the UEMS Section for Psychiatry
and the members of the Committee on Education of the EPA

Heureux qui comme Ulysse a fait un beau voyage....

Joachim Du Bellay (1522 – 1560)

It's always a pleasure when you can look back after achieving a part of a dream. Organizing a crash course introducing psychotherapy to trainees in psychiatry was a goal that many of the colleagues I talked about with considered hardly feasible.

Today, the steering committee can say that a first step has been made in that direction. A try-out has been successfully achieved as witnessed by the trainees who attended this event. Has it been perfect? Certainly not. Has it been good enough? Probably, possibly...

This report reflects what has been done to come where we are now. Shall we go on or leave it up to this single event? The future of this kind of project lays in the hands of decision makers in both the UEMS and the EPA.

At this moment it's my pleasure and my duty to thank all colleagues who gave me advice and suggestions how to continue. Since a project such as this can only be achieved with the help of so many others who made up a team, I want to express my gratitude as project coordinator to the following persons in particular:

Members of the steering committee:

Cécile Hanon	EPA Committee on Education
Fritz Hohagen	EPA Section for Psychotherapy
Slađana Iveziæ	Croatian Association for Clinical Psychiatry
Brian Jacobs	UEMS CAP Section
Nikolina Jovanoviã	EPA ECPC
Nadja Mariã Bojoviã	EPA Committee on Education
Mariana Pinto da Costa	EFPT
Martina Rojniã Kuzman	EPA ECPC

Professor Vlado Jukiã, director of the University Psychiatric Hospital Vrapãe

Members of the local organising committee:

Martina Rojniã Kuzman (chair),
Nikolina Jovanoviã, Ivana Kekin, Višnja Martiã, Ivana Pedišič, Irena Rojniã Palavra,
Mario Stipãeviã, Marko Tomiãeviã

Trainers:

Rudolf Gregurek, Slađana Iveziæ, Gilbert Lemmens, Vlasta Rudan, Christa Schaff,
Ulrich Schweiger

Marc H.M. Hermans

March 2015

1. How did it start?

A few years ago, during the presidential dinner at the EPA Congress in Munich, Marc Hermans had a chat with several psychiatry trainees and was once again confronted with their need for psychotherapy training. After the dinner he addressed Prof. Norman Sartorius with the question whether he thought an introductory course to psychotherapy would be interesting enough for psychiatry trainees in Central European countries. Prof. Sartorius supported the idea referring to the interest in the subject from one side, the high level of distrust of these populations towards psychopharmacology at the other.

The EPA Committee on Education (EPA CoE), chaired by Prof. Henning Sass, supported the idea and due to intense networking a group of enthusiastic colleagues started to work on the project. Consecutive EFPT presidents, Florian Riese, Marisa Casanova Dias and Mariana Pinto da Costa joined the team together with the trainee responsible for psychotherapy, Alina Petricean from Rumania.

Prof. Fritz Hohagen, chair of the EPA Section on Psychotherapy and UEMS delegate for Germany, followed the evolutions from nearby as well as Prof. Nadja Marič-Bojovič who became the observer from the CoE. Later on, the interest of the EPA Early Career Psychiatrists Committee (EPA ECPC) in the project became evident and Nikolina Jovanovič and Martina Rojnič-Kuzman joined the steering committee.

After becoming Chair of the EPA Co, Cécile Hanon became on her turn member of the steering committee. We were very lucky with the support we got from two Croatian delegates within UEMS, Prof. Slađana Ivezić and Nikolina Jovanovič, what allowed for establishing a local organising committee, later enthusiastically chaired by Martina Rojnič-Kuzman. Thanks to their endeavours it was possible to engage further local trainers Prof. Rudolf Gregurek and Prof. Vlast Rudan.

In a later phase, it became evident that also trainees in child and adolescent psychiatry would attend the course what imposed us to have a part dedicated to psychotherapeutic approaches in youngsters. We got the support from the Child and Adolescent Psychiatry (CAP) Section of the UEMS where Brian Jacobs was so kind to offer his full support.

2. A growing concept

During our many contacts some basic principles emerged, important for this project to become a successful initiative:

- a. the course had to be free of any charge for the trainees
- b. it would take five complete days. At the beginning a whole week was considered to be the easiest way to organize it. According to the wishes of trainees, it was decided to organize it during two weekends what would enable trainees to free themselves more easily.
- c. trainers should be volunteering to give a one day introduction course in their particular field of interest
- d. trainers should do it for free, no fee was to be paid by organisers at all levels

- e. the local organisers should provide with free board and lodging for the trainers and the delegates of the organizers
- f. The EFPT, EPA and UEMS as organizers should cover the travel expenses for their delegates, the EPA would cover travel expenses for the trainers
- g. local trainers should take part in the organization of the crash course as much as possible, out of respect for local existing initiatives and for reasons of continuity in developing further initiatives on psychotherapy training after the course as well
- h. the fields of interest covered would comprise well established psychotherapy schools including an historical introduction. This generated the following program: (1) general aspects of psychotherapy, (2) psychodynamic psychotherapies, (3) client centred psychotherapies, (4) cognitive and behaviour psychotherapies, (5) family and system therapy.
For practical reasons however and after the UEMS Child and Adolescent Psychiatry Section engaged itself into this project, the program changed in the following way: (1) general aspects of psychotherapy, (2) psychodynamic psychotherapies, (3) cognitive and behaviour psychotherapies, (4) therapies in Child and Adolescent psychiatry, (5) family and system therapy
- i. a first try-out had to be organized in order to allow trainees to give feedback on the content and the format of the course
- j. EFPT would organise a survey, most probably web based, to evaluate the content and the format of the initiative
- k. the steering committee would try to find appropriate literature for trainees

3. Motivation for some choices made

Trainees and trainers estimate psychotherapy training programs within psychiatry training as one of the most problematic parts in the official curricula in the majority of European countries. The evaluation of curricula and a resident's unmet needs has been performed several times by the EPA ECPC and presented to the CoE on the annual meetings 2010-13. For the EFPT members it's a long standing problem that has been addressed in meetings and scientific literature. This problem exists not only in Europe but is also experienced in the USA and Canada.

At the very beginning of the project, Serbia was considered to be a good candidate country to organize the try-out phase given the presence of Prof. Nadja Marič Bojovič within the EPA CoE. A difficulty might have been that Serbia was not an EU member. This collaborative project of the EFPT, the EPA Committee on Education, the EPA Section on Psychotherapy, the EPA Early Career Psychiatrists Committee and the UEMS Section for Psychiatry, was also immediately welcomed very enthusiastically by Romania and Croatia. Both countries have active delegates within the UEMS Section, are actively involved within the board of the EFPT and EPA ECPC. The latter had also well-established working relations with the Croatian Psychiatric Association.

The involvement of a university very present in Croatia and, finally, the fact that Croatia as a new member of the EU did face a critical reform of psychiatry training, led to the choice for Zagreb as the first point of interest. An immediate approval for support from

the director of the University Psychiatric Hospital Vrapče confirmed the choice and marked the kick-off for the try-out course.

The first approved content was however to be reconsidered due to some unforeseen aspects: the participation of CAP trainees and the poor representation of client centred psychotherapy trainers.

The first factor did ask for at least a minor offer on psychotherapeutic approaches in CAP. We decided to offer trainees an introduction to child psychotherapies and adolescent psychotherapies on the fourth day of the try-out course.

The difficulty to find one or more trainers in client centred psychotherapy imposed another change in the program. Consultation between the partners made us decide to address the main elements in this approach – an empathic attitude of the therapist, unconditional acceptance of the client, transparency of the therapist – within the introductory course on the first day.

Finally, some trainers who initially consented in presenting during one of the five days, had to withdraw for professional or health related reasons. They all helped us to seek replacement but it implied that the coordinator had to fill in for the general introduction and the adolescent psychotherapy part.

4. The active role of the local organising committee (LOC)

The active participation of the national psychiatric associations has proven to be of great interest. Their network and that of the Young Psychiatrists and Trainees Section (YPTS) made advertising the project and selection of the candidates possible. The steering committee didn't want to play a particular role in this aspect of the project estimating that it belonged to the competence of the LOC. In agreement with the steering committee the number of applicants was limited to 25. They all knew the course was given in English except for the day presented by the Croatian trainers (cfr. below). All 25 initial applicants were accepted; of them 21 could attend the course. Unexpected last minute professional obligations and health problems (a flu epidemic) forced some applicants to stay absent.

During the preparation phase the LOC was a major go-between between trainers and participants. The LOC also provided presenters with necessary information about accommodation, airport transport, local networking activities, etc.

Trainers and observers were picked up at the airport by volunteers of the YPTS and brought to the hospital.

The Vrapče hospital provided trainers with board and lodging. This is of course not a four star hotel accommodation but trainers experienced it as sufficient within the context of the initiative.

The hospital provided the participants with lunch and two coffee breaks per day.

The LOC did set up a one day course on psychodynamic psychotherapies as their own contribution to the try-out course.

Members of the YPTS did chair sessions and some of them presented cases.

The LOC registered the try-out course at the Croatian Medical Chamber for CME credits. In this way it became a part of the theoretical part of the training in psychiatry.

5. The structure of the course

Time	Friday - 30.01.2015	Chairs: Martina Rojnič Kuzman & Mariana Pinto da Costa
9:00-9:20	Martina Rojnič Kuzman	Presentation of the EPA ECPC
9:20-9:40	Marc H.M. Hermans	Presentation of the UEMS Section of Psychiatry
9:40-10:00	Mariana Pinto da Costa	Presentation of the EFPT
10:00-10:30	Participants	Introducing themselves, expressing expectations
10:30-11:00	Coffee break	
11:00-12:30	Marc H.M. Hermans	General Introduction into Psychotherapy – part I
12:30-13:30	Lunch break	
13:30-14:30	Marc H.M. Hermans	General Introduction into Psychotherapy – part II
14:30-15:00	Coffee break	
15:00-16:00	Marc H.M. Hermans	General Introduction into Psychotherapy – part III

Time	Saturday - 31.01.2015	Chairs: Višnja Martič & Mario Stipčević
9:00-9:15	Nadja Marič Bojović	Presentation of the EPA & EPA Committee on Education
9:15-9:45	Slađana Ivezić	Introduction of the Training Program Curriculum in Croatia – Focus on Psychotherapy
9:45-10:30		Case report with discussion
10:30-10:45	Coffee break	
10:45-11:30	Vlasta Rudan	Psychodynamically Oriented Psychotherapies
11:30-12:15		Case report with discussion
12:15-13:00	Lunch break	
13:00-13:45	Rudolg Gregurek	Psychodynamically Oriented Group Therapies
13:45-14:30	Vedran Bilič	Case report with discussion
14:30-15:15	Stanislav Matačić	Psychoanalysis and Scientific Proof of Efficacy of Psychoanalytic Therapy
15:15-16:00		Case report with discussion

Time	Sunday - 01.02.2015	Chairs: Ivana Kekin & Marko Tomičević
9:00-10:30	Ulrich Schweiger	Cognitive Behaviour Therapy part I
10:30-11:00	Coffee break	
11:00-12:30	Ulrich Schweiger	Cognitive Behaviour Therapy part I
12:30-13:30	Lunch break	
13:30-15:00	Ulrich Schweiger	Cognitive Behaviour Therapy part I
15:00-15:30	Coffee break	
15:30-16:30		Discussion, Q&A

Time	Saturday - 14.02.2015	Chairs: Ivana Kekin & Mario Stipčević
9:00-10:30	Christa Schaff	Psychotherapy with Children – part I
10:30-10:45	Coffee break	
10:45-11:30	Christa Schaff	Psychotherapy with Children – part II
11:30-12:30	Marc H.M. Hermans	Psychotherapy with Adolescents – part I
12:30-13:30	Lunch break	
13:30-15:00	Marc H.M. Hermans	Psychotherapy with Adolescents – part II

15:00-15:30	Coffee break	
15:30-16:30		Discussion, Q&A

Time	Sunday - 15.02.2015	Chairs: Marko Tomičević, Mario Stipčević, Ivana Pedišić
9:00-10:30	Gilbert Lemmens	Family and System Therapy part I
10:30-11:00	Coffee break	
11:00-12:30	Gilbert Lemmens	Family and System Therapy part II
12:30-13:30	Lunch break	
13:30-15:00	Gilbert Lemmens	Family and System Therapy part III
15:00-15:30	Coffee break	
15:30-16:30		Discussion, Q&A

6. The voice of the customer - the evaluation by participants

Mariana Pinto da Costa took the initiative to develop a web based survey. This made it possible for participants not to rely on their first impressions but to give feedback after some days for reflection.

We present the results on the basis of 19 questionnaires returned by the 21 participants.

Q1. Overall rating of the course

very bad	1	0,00%	
bad	2	0,00%	
good	3	11,11%	
very good	4	44,44%	
excellent	5	44,44%	average= 4,33/5

Q2. Individual feedback

Presentation of EPA ECPC	4,29
Presentation of UEMS Section	4,33
Presentation of the EFPT	4,29
Presentation of the EPA	4,11
General aspects of Psychotherapy Great, systematic, open minded lecture!!! The book list provided was extremely useful	4,53
Training Curriculum in Croatia	3,89
Case report I Please consider hiring case presenters with more training	4,17
Psychodynamic Psychotherapies	4,11
Case report Bilič Too long	4,37
Psychoanalysis - Scientific proof	4,42
Case report	4,50
Cognitive Behaviour Therapy Too long, noticeable lack of examples Very useful, somewhat difficult to digest. Slides and handouts would be appreciated	4,28
Psychotherapy with Children	4,44
Psychotherapy with Adolescents	4,44
Family and System Therapy The best lecture	4,65
Role playing part F&S Therapy It was great to participate in role plays as a way of learning	4,67

Q3. Particular course aspects

Venue/location	3,95
Catering	3,47
Staff	4,37
Networking opportunities	3,95
Scientific value	4,11
Working group productivity	4,11
Inspiration/motivation to improve training	4,26

Q4. Personal preference before course

Yes	52,63%	10
No	47,37%	9

Q5. If so, what was the preference? 8

Q6. In training at this moment

Yes	42,11%	8
No	57,89%	11

Q7. If yes, which one 8

- psychoanalytic psychotherapy
- integrative psychotherapy
- family therapy
- CBT
- psychoanalytic psychotherapy
- psychoanalytic psychotherapy
- group analytically oriented psychotherapy

Q8. Did this course change attitude towards specific modalities?

Yes	57,89%	11
No	42,11%	8

- seeing opportunities for each modality toward specific situations- patients
- Yes, toward Cognitive and Behavioral therapy, I am aware of effectiveness and practical value of it.
- I liked the part about System and Family Therapy, it was interesting and interactive.
- It was nicely put that for different psychopathology different psychotherapy modality is preferred. Usually, one hears vouching for teacher's preferred school.
- CBT--it is practical, with good outcome and short duration
- System and Family Therapy

Q9. Gender

F	73,68%	14
M	26,32%	5

Q10. Age

25-34	78,95%	15
35-44	21,05%	4

Q.11 Did you like content?

Strongly +	47,37%	9
Like	47,37%	9
N/Y	5,26%	1
Disliked	0,00%	0
Strongly -	0,00%	0

Q12. Did you like format?

Strongly +	26,32%	5
Like	52,63%	10
N/Y	10,53%	2
Disliked	10,53%	2
Strongly -	0,00%	0

Q13. Liked the most**Q14. What did not work well?**

7 answ
12 skipped

Q15. Improvement

10 answ
9 skipped

Q16. Positive advise to others?

Yes	100,00%	18
No	0,00%	0

1 skipped

7. What now further?

Immediately after the try-out course, the many enthusiastic reactions of the trainees were a positive stimulus to continue the work done. The attending trainees were sure that other countries would ask for similar courses.

Bosnia-Herzegovina indeed already proposed to have a course in their country. Also Portugal has asked us to organise a similar course.

Some questions however emerge after this first try-out.

Which countries should be given access to this kind of event? For many it's obvious that the countries in Western Europe didn't suffer from the old communistic regimes. They received an enormous amount of money and logistic support via the Marshall plan offered by the United States of America in the rebuilding of their homeland. Central European countries were less lucky. Many in the Western parts of Europe see it as moral duty to assist these central European countries on our term.

The circumstances that made this event possible might be all together more lucky then available elsewhere in the future. The firm network between EPA ECPC and the Croatian Psychiatric Association, volunteering trainees and trainers, associations prepared to pay for their delegates, might be particular circumstances difficult to repeat in the future?

If everything remains at the level of a crash course introducing some psychotherapeutic concepts, than the project will fail on the long term. It was the project's intention to establish a basis for a further, more thoroughly considered choice towards a formal psychotherapeutic training as part of a training in psychiatry. Thinking along these lines, one may consider the EPA – by the Section on Psychotherapy ? - to organise during or outside the annual EPA congresses complimentary trainings in psychotherapy.

The steering committee members do hope that EPA and UEMS will continue to support this kind of initiatives, though this is somewhat different in format, but otherwise very complimentary in concept to the EPA Summer School. It focusses on upgrading basic knowledge in trainees and early career psychiatrists.

Therefor we dare to hope that it will get further (great) moral and (limited) financial support from the EPA CoE and the Board as well.

On behalf of the Steering Committee

Nadja Marič-Bojovič	Delegate of the EPA Committee on Education
Mariana Pinto da Costa	President of the European Federation of Psychiatric Trainees
Martina Rojnic	Chair of the local organizing committee
Marc H.M. Hermans	Coordinator of the Psychotherapy to GO! project