



## EFPT CBT Psychotherapy training initiative 2018 call, 2<sup>nd</sup> edition

### EFPT CBT Psychotherapy training initiative

The **EFPT psychotherapy working group** in partnership with the **Beck Institute** would like to **improve access to psychotherapy training**. We would like to offer a free access to 3 online psychotherapy courses developed by the Beck Institute to **one trainee in psychiatry** (around 580 €):

- the CBT (Cognitive and Behavioral Therapy) *Essentials of CBT* course
- *CBT for Depression* course
- *CBT for Anxiety* course

<https://www.beckinstitute.org/get-training/>

This course will be available from anywhere and anytime throughout the year 2018.

**Anyone can also use a special coupon: EFPT100** to have a \$100 off discount access to the *Essentials of CBT* and *CBT for Depression* courses. Beware, the coupon is valid only for the first 50 people who use it and will expire on August 30<sup>th</sup>.

### How to apply?

You need to send a motivation letter between 250-300 words in English about psychotherapy training to [psychotherapy-training-initiative@efpt.eu](mailto:psychotherapy-training-initiative@efpt.eu) before June, 30<sup>th</sup> 2018.

### Here are some questions that could be interesting for us that could be discussed in your motivation letter and talk:

- Why do you want to train in psychotherapy?
- Why especially about CBT?
- In which kinds of psychotherapies are you interested in and why?
- How would you use psychotherapy in your practice?
- How did you or do you want to promote psychotherapy training?
- What do you think about online training? What was your experience of EPA CBT

MOOC?

- What do you expect and what could be the potential drawbacks?
- Which part of psychotherapy training could not be taught online?
- How could we teach psychotherapy in the future?

### Who can apply?

- Trainees in psychiatry from any European country according to the WHO definition of Europe, participating in the EFPT forum
- An involvement in the local association and national trainee association is warmly welcomed
- A participation in the 1<sup>st</sup> EPA (European Psychiatric Association) CBT MOOC is encouraged <http://europsy.net/onlinelearning>

## Winner

- Announcement of the winner on July 25th. Prof Guy Goodwin former president of European College of Neuropsychopharmacology will present the ceremony. It is not compulsory to attend the EFPT forum.

## Jury

- Members of the psychotherapy working group who are not applying to the award.

## Funding of the initiative:

Beck institute

## More information

The recipient of the award will be invited to write an article for EFPT newsletter.

Check the 1<sup>st</sup> edition [testimonial](#) from last year written by Olga Sidorova

<http://efpt.eu/testimonial-beck-cbt-online/>

Presentation of the Beck institute in the EFPT newsletter : <http://efpt.eu/beck-institute-is-the-home-of-cognitive-behavior-therap/>

## Who are we?

### Presentation of EFPT WG

The psychotherapy working group meets physically every year during the EFPT forum. Next EFPT forum will be in Istanbul. Furthermore, it speaks via skype meeting and google groups throughout the year.

<http://efpt.eu/wg/psychotherapy-wg/>

### Its role is:

- to evaluate the status of psychotherapy training in Europe
- to promote events related with psychotherapy throughout Europe, like EPA summerschool or online material and courses like EABCT game, Beck institute, EPA course about CBT or PTER course
- to lobby for improving access to psychotherapy training and dissemination of psychotherapy
- to keep an open view on different kinds of psychotherapy and commons factors of psychotherapy



## EFPT Psychotherapy working in Antwerp, Belgium, 2016

### Statements

A working knowledge of psychotherapy is an integral part of being a psychiatrist and this must be reflected in training in psychiatry. All trainees should gain the knowledge, skills and attitudes to be competent in psychotherapy and be able to evaluate suitability for referral to specialist psychotherapists. In order to be competent, a basic knowledge should be gained in all relevant forms of psychotherapy and practical experience should be gained in at least one form of psychotherapy of the trainee's choice.

Training in psychotherapy must include supervision by qualified therapists. A personal psychotherapeutic experience is seen as a valuable component of training. Relevant training authorities should ensure that time, resources and funding are available to all trainees to meet the above mentioned psychotherapy training needs.

Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003, Istanbul 2005, Gothenborg 2008, Cambridge, UK, 2009

### Recent activities

- Free access online and free guidebook presenting the different kinds of psychotherapy : <http://efpt.eu/wp-content/uploads/2018/02/EFPT-psychotherapy-guidebook.pdf>
- My identity as a psychotherapist survey, Gargot et al., 2017, European Psychiatry [http://www.europsy-journal.com/article/S0924-9338\(17\)32901-2/abstract](http://www.europsy-journal.com/article/S0924-9338(17)32901-2/abstract)
- Psychotherapy within psychiatric training: Are we improving?, Matutyte et al, European Psychiatric Association congress, Nice, France, 2018 [https://i0.wp.com/efpt.eu/wp-content/uploads/2018/02/EFPT\\_EPA-2018-3.jpg?resize=620,882](https://i0.wp.com/efpt.eu/wp-content/uploads/2018/02/EFPT_EPA-2018-3.jpg?resize=620,882)
- Involvement in the facilitation team of the European Psychiatric Association 1st MOOC about CBT <http://europsy.net/onlinelearning>
- Co-organization of the EFPT Psychotherapy Training day with the Tavistock and Portman NHS Foundation Trust during the EFPT forum, Bristol Thursday 26<sup>th</sup> July 2018 [http://efpt.eu/bristol2018/?page\\_id=58](http://efpt.eu/bristol2018/?page_id=58)