



UEMS PSYCHIATRY SECTION NEWSLETTER

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Section Meeting in Warsaw

The UEMS Section of Psychiatry held the Spring Meeting in the blooming surroundings of the Polish Capital

During the first day the delegates were taken through the history of Polish psychiatry from ancient times to present day. Professor Rajevski presented the historical facts and Professor Samochowiec gave a "Tour de Force" of the Polish Universities, their Academic achievement as well as the challenges for the future. Dr. Gondek expressed the concerns of the psychiatric trainees. Following these presentations, the UEMS officers presented the Section of Psychiatry in different ways. The presentations ended in a lively discussion.

The meeting venue was a newly build forensic psychiatric facility that also had well equipped and pleasant conference rooms. The delegates also visited the patient facilities that were equally impressive.

The agenda of the meeting had numerous topics. Many of the activities of the Section have become the "property" of the Standing Committee on Training (SCT). As a follow up on the press release on the refugee situation in Europe, an initiative taken at the last meeting in Berlin, the SCT has incorporated a number of competencies in the "Competency based Framework". The competencies are the requirements for the future psychiatrist in Europe to be able to deal with refugees in a professional manner. The additions were well received by the delegates. The amendments await the approval of national associations. The full text will be available on the Section's [website](#).

Psychotherapy in training was the other big topic of the meeting. Again the SCT received the green light to go ahead. The task will be to better integrate Psychotherapy in the training of future psychiatrists. The SCT will look for evidence to back the recommendations.

The delegates were very satisfied with the progression of the work of the SCT.

The Section has also experienced success on a different level. A number of "new" countries extended invitations for future meetings: Romania, and the two observers, Morocco and Russia.

The next meeting of the Section will take place in Vienna, 13 -15 October 2016.

UEMS Section of Psychiatry – supporting the mental health needs of refugees

At our Autumn meeting in Berlin last year, members of the Section wanted to send a clear signal of solidarity to people who are affected by the tragedy of forced migration and to colleagues who are working to meet their mental health needs.

Accordingly, the Section commissioned the Standing Committee on Training (SCT) to construct relevant learning outcomes for inclusion in the Competency-based Training Framework for Psychiatry.

With the expert input of Prof Edvard Hauff, the SCT has produced a number of supporting competencies for the Framework that will guide learning in this important area.

The competencies cover areas including knowledge and skills in understanding the psychiatric issues created by the traumas suffered by people who undergo forced migration. They can now be seen on the Section [website](#).

The Section hopes that National Psychiatric Associations and other educational providers will support this by producing training materials that address these learning outcomes.

Standing Committee on Training

The SCT is continuing to accomplish its mission to lead and support the Section's work on setting and monitoring educational standards around Europe.

At the recent meeting of the Section held in Warsaw, the SCT approved the updated "Chapter 6", now "European Training Requirements for the Specialty of Psychiatry", to be submitted to the UEMS Council for formal adoption.

The SCT approved further work to develop tools to support the implementation of the Standards. The tools will include a quality assurance matrix that will guide the monitoring of delivery of the standards and a novel online survey tool developed by the European Federation of Psychiatric Trainees (EFPT).

The EFPT tool already has the hash tag #TOYT, an acronym for 'test your own training'.

TOYT will allow psychiatrists in training to rate their training experience against the Standards for Training and will give immediate feedback on how their training programme compares to the Standards (see pg 4 for an overview from EFPT).

The next project on the SCT Programme is to establish a Working Group to produce new guidelines on the psychotherapy contribution to psychiatry training throughout Europe. The SCT will produce Terms of Reference for this work based on the feedback given by members of the Section. The SCT intends that the Working Group will hold its first meeting at the Section meeting in Vienna this Autumn.

New Draft of a Profile of a Psychiatrist

The current edition of the Profile of a Psychiatrist was published by the UEMS Section of Psychiatry in 2005 and is overdue for revision.

This important document is intended to guide the postgraduate and continuing educational work of the Section by setting out in clear terms what every Specialist Psychiatrist in Europe is expected to be able to do.

The Standing Committee on Training (SCT) is now turning its attention to a substantial review of this work. Dr. Liene Berze, a Latvian trainee and first author belonging to a working group of the European Federation of Psychiatric Trainees (EFPT) has taken the lead by producing a first draft

In introducing the new draft to members of the Section, Chair of the SCT, Dr Andrew Brittlebank, spoke for the Section in thanking the EFPT for the work they have done to bring the new edition to the present point.

The next stage is to prepare the draft for readiness for formal consultation with stakeholders, including National Psychiatric Associations. The SCT aims to have the new edition ready for approval by the Section at our Autumn meeting in Vienna.

New EFPT President Elect

The Section sends its' congratulations to Dr Howard Ryland who will succeed Dr Ekin Sonmez as President of the EFPT in 2017. We look forward to welcoming Dr Ryland to future meetings of the Section.

UEMS News

The UEMS Council meeting in April 2016 was cancelled and the next meeting will take place in Brussels in October 2016. The Section's updated Chapter 6 (ETR for Psychiatry) will be considered at this meeting.

The European Commission has published a Delegated Act concerning the revision of certain national titles in the relevant points of Annex V of the Professional Qualifications Directive. It is available [online](#).

The European Commission is still exploring options regarding the changes on generic titles & minimum period of training. The UEMS Office works in a close cooperation with officials from the EC and is committed to monitor the progresses of these proposed changes.

Interview – Dr Abdelhalim Otarid

Morocco has sent observers at the Section meeting for the last few years. Dr Abdelhalim Otarid was in Warsaw for his first meeting. Dr Otarid is also President of AMPEP, the Moroccan Association of Psychiatrists in Private Practice. We took the time to ask Dr. Otarid some questions:

Dr. Otarid, How well is the Section known among Moroccan Psychiatrists?

Very few psychiatrists, even those trained in Europe, know of the existence of the UEMS and the major issues that are discussed within it.

Could you recognise the topics that were on the agenda at the meeting from your everyday clinical work?

Yes of course - some fundamental issues exist in psychiatry, regardless of where it is practiced. Topics discussed in other meetings, such as the forced hospitalization and the dignity and rights of patients, are priorities in everyday life. The issues addressed in this session - everything that relates to psychotherapies and related training, especially for younger psychiatrists are fundamental. There are ethical and professional questions about how we support the patient.

From your knowledge of the work done by the Section of Psychiatry and the Standing Committee on Training, what is of most relevance to Moroccan Psychiatry?

Our young psychiatrists are well trained in what would be a clinic based on clinical symptomatology and they are also well trained in psychopharmacology. But all the psychopathological approach, rich with personal investment and thinking, is disappearing. It would be appropriate, in my humble opinion, to give the younger psychiatrists multiple and solid opportunities throughout their training; psychopharmacology and phenomenology, taking into account the many cultural variations.

Do you have any suggestions on topics for future meetings?

Just as you have covered the place of psychotherapy modalities for young people in training I would like to see on the return to psychopathology. My many years of experience show me that whatever flow is taken, we inevitably go back to it at some point in our practice. We strongly insist on the importance of the psychopathology even if it requires a great understanding effort. Furthermore, it is more welcoming and reassuring for the patient.

Is there anything from the work already done by the Section or the Standing Committee on Training that we should advertise better in the international community?

Two ideas come to mind: Firstly, the importance of fighting for the patients' rights, at all costs, even in forensic psychiatry with the heavy and worrisome burden for society. Secondly; the necessary consideration of the underlying culture of the patient which is unique to each country or area. Anthropology, ethnology and sociology are not part of the core curriculum, nor later on in the rest of training, yet it is the human that it is our concern.

I would like to thank the UEMS Section of Psychiatry for the warm welcome that was given to us. One senses immediately that the group works well, that people enjoy meeting in order to continue a well-established thinking. It was a real pleasure to attend, even as an observer, and watch European Psychiatry being built.

#TYOT

Even before its official launch, it has gained its own hashtag and has been nicknamed 'Tripadvisor for psychiatry trainees'. But the new EFPT Test Your Own Training (TYOT) Project is much more than just a platform for trainees' feedback. It offers a bottom up solution to the question how to raise awareness and increase the impact of European training guidelines, by addressing the primary end-users of psychiatry training: the trainees themselves.

Although guidelines to ensure the quality of postgraduate psychiatric training in Europe are provided both by EFPT statements and UEMS recommendations, actual training conditions in different European countries have been documented to vary widely¹. Furthermore, besides the few trainees actively involved as delegates for their country to EFPT, most trainees are unaware of the existence of such guidelines.

To address these problems, the TYOT project will create an easy-to-use online tool that will allow trainees to assess immediately how their own training compares to the European standards, thereby empowering trainees all over Europe both in their own setting and in general (through revision of recommendations).

After its initiation in Autumn 2015, an EFPT Focus Group was established consisting of 12 psychiatric trainees or early career psychiatrists from 11 European countries. Together they worked their way through the UEMS Chapter 6 Recommendations for Psychiatry Training and the EFPT guidelines, to come up with a core survey consisting of twenty questions on various key aspects of psychiatry training, such as the duration of the psychiatry training program, the availability of clinical and educational supervision, access to international professional literature, the use of a national logbook etc. Besides this core survey, additional questions were designed for specific domains such as theoretical training in psychiatry, psychotherapy training, the role of the supervisors and training institutions etc. After reaching this milestone in Spring 2016 and receiving unanimously positive feedback upon its subsequent presentation at the European Congress of Psychiatry 2016 and the UEMS Psychiatry Section meeting, the TYOT project will now continue by developing a suitable online hosting platform. Different from a regular survey, such a platform should be able to automatically provide feedback on how the trainee's experience compares to the European standards in an algorithmic fashion. Fall 2016, trainees' journey between *what is* and *what should be* will take off with #TYOT.

Livia De Picker
EFPT President 2015-2016
On behalf of EFPT TYOT Focus Group

References:

1. Baessler F, Riese F, Pinto da Costa M, De Picker L, Kazakova O, Kanellopoulos A, Grassl R, Gargot T, European Federation of Psychiatric Trainees, Casanova Dias M (2015). Becoming a psychiatrist in Europe: the title is recognized across the European Union, but what are the differences in training, salary and working hours? *World Psychiatry*; 14(3):372-3.

New Look Website!

We are pleased to report that the Section website has had a "facelift". Do let us know what you think. You can still find all the UEMS Psychiatry Section Papers and Reports as well as details from past and future meetings. You can also see some photos from our meeting in Warsaw:
<http://uemspychiatry.org/>

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