

EFPT Psychotherapy Training in Psychiatry Survey

This is a survey on **psychotherapy teaching component to trainee psychiatrists in Europe**. We would like to find out about the state of psychotherapy teaching and level of psychiatry trainee satisfaction with it in European countries.

We would be very happy if you could spend some 15 minutes on this survey. It probably should be possible to fill it quicker as well. Non-optional questions are marked with red * asterisk.

A little bit about us: [EFPT](#) (European Federation of Psychiatric Trainees) is an independent federation of national psychiatric trainees associations of Europe that has been working for nearly 20 years. The **EFPT Psychotherapy Working Group** have worked on this survey for a year and a half.

There are 23 questions in this survey

Demographics:

Gender

Please indicate your gender

Male

Female

Age

Please enter your age in full years

Year of training

Please choose your year of training in psychiatry

Are you receiving personal psychotherapy (or have you received it in the past)?

In many countries there are modalities of psychotherapy that encourage trainees to have self-experience (usually called personal therapy) as a psychotherapy patient. It would be important to know if you have had an experience as a patient in any form of psychotherapy.

YES

NO

Are you training in psychotherapy?

We would like to know if you are undertaking training in psychotherapy at this stage of your training in psychiatry. Choose all that apply:

I am undertaking training in Psychotherapy within my training programme in Psychiatry

I am undertaking training in Psychotherapy on my own initiative (outside my training programme in Psychiatry)

I am not undertaking any training in Psychotherapy

I have completed full training in a Psychotherapy specialty in the past

Other (please explain):

What psychotherapy modality have you trained in?

In the previous question you have indicated that you either are training to become a psychotherapist or that you have already completed a full training in at least one psychotherapeutic modality. Would you please type in the box below what modality or modalities you have trained in or are training in now. (e.g.: Psychodynamic Psychotherapy, Cognitive Behavioural Therapy, Family and Marital Therapy, Interpersonal Therapy, etc...)

Your preferences:

In this section we ask about your preferences with regard to psychotherapy training during your training in psychiatry.

Is psychotherapy training important for your professional identity as a psychiatrist?

We would like to know if you feel psychotherapy is important to you as a part of your professional identity as a psychiatrist. Please choose an answer (and it is OK not to know).

YES

NO

I don't know

Do you want to practise psychotherapy after you finish your training in psychiatry?

Do you want to be able to practise at least one form of psychotherapy recognized in your country when you finish your training in psychiatry?

YES

NO

What types of psychotherapy are you interested in?

It would be important to know your personal preferences in psychotherapy. You can tick any number of boxes, however ticking the box "I am not interested..." will invalidate the other answers in this question for reasons of data consistency.

Psychodynamic (Psychoanalytic) Psychotherapy

Cognitive Behavioural Therapy

Family / Systemic Therapy

Group modalities of therapies

I am not interested in Psychotherapy

Other:

If you have selected *other* types of psychotherapy that you are interested in, please write them in the box above, separating each modality by a comma, e.g. :

Psychodynamic Psychotherapy, Cognitive Behavioural Therapy, Family and Marital Therapy, Interpersonal Therapy, Counselling, Gestalt Therapy, Group Psychotherapy, Therapeutic Community, Body-oriented Psychotherapy, Existential Psychotherapy, etc.

Your comments on your preferences with regard to psychotherapy:

The above section of survey is very important, hence we have put in an optional comments section before going further. This is the place to say what you think about Psychotherapy within the speciality of Psychiatry. We would appreciate if you wrote in English. You can input up to 1500 characters. Web links to longer writings are accepted (if you feel this is necessary).

Current situation—general aspects:

Next set of questions will ask about current aspects of psychotherapy training in your country.

The following experience in psychotherapy is a mandatory part of my training in psychiatry:

We would like to know whether you are required to have experience in psychotherapy while doing your training in psychiatry.

YES Uncertain NO

Theoretical lectures or seminars in psychotherapy

Conducting psychotherapy without supervision with a patient or group

Conducting psychotherapy under supervision with a patient or group

Personal psychotherapy

P.S. Personal psychotherapy means that you are seeing a therapist on regular basis to develop feeling how it is to receive psychotherapy and to gain insight into your own psyche. (This is sometimes called self-experience in psychotherapy.)

Are you qualified to practice psychotherapy after you finish your training in psychiatry?

We would like to know whether in your country you are allowed to practise at least one form of a recognised Psychotherapy method after you have finished your Psychiatry training?

YES

NO

Unsure

Other (please explain):

What types of psychotherapy modalities are available for treatment of patients at the institution or hospital where you are training to become a psychiatrist?

Please write down all the therapy modalities that you know are available to your patients through the institution or hospital where you are training to become a psychiatrist. Please indicate the types of psychotherapy in the field above, separating the different therapeutic modalities with comma. e.g. :

Psychodynamic Psychotherapy, Cognitive Behavioural Therapy, Family and Marital Therapy, Interpersonal Therapy, Counselling, Gestalt Therapy, Group Psychotherapy, Therapeutic Community, Body-oriented Psychotherapy, Existential Psychotherapy, etc.

If no therapy is available, please write "none" (without quotes). This is a free-text answer field.

Current situation—supervision:

How well is supervision for psychotherapy provided for in your training. .

How many *hours* of supervision do you have for your Psychotherapy training *per month*?

We would like to know how many hours of Psychotherapy supervision you have in a usual training month. If you have no supervision in the given variety, please answer **0** (zero). Please write your answers below:

Individual supervision

Small group supervision (3 - 5 people)

Large group supervision (more than 5 people)

Generic Balint group

Other form of supervision (please explain in the freeform text box below)

If you have said that you receive supervision that is different (other) to any of the above types of supervision that we have asked about, please describe it below. It would be interesting to know what other forms of supervision are provided for psychotherapy. You can input up to 1500 characters.

Current situation—financing:

Situation with financing of Psychotherapy training in your training and your preferences.

Who pays for the following components of Psychotherapy experience?

Please choose the appropriate response for each item:

	I pay	State / 3rd party pays	I don't have it
Theoretical lectures / seminars			
Supervision - individual			
Supervision - group			
Balint groups			
Sessions with patient(s)			
Self-experience *			

We would like to know who pays for the above aspects of Psychotherapy experience in your training programme in Psychiatry. If you do not have the component of training - please say so.

**Self-experience* means that *you* are attending Psychotherapy sessions *as a patient* with an experienced therapist. It is also often called Personal therapy. Most often this is a requirement for psychodynamic type training. However standards in different countries vary - there are some where self-experience is required for CBT training as well.

Would you be motivated to undertake training in Psychotherapy, if financing is not an issue?

YES

NO

With this question we would like to understand if you would be interested to undertake psychotherapy training if it were fully funded by 3rd party payers.

What percentage of your annual salary do you intend to spend on funding your psychotherapy training in the next 12 months?

Please type your answer below—numbers from 0 to 100 only, please. (Not that we would expect anyone to pay 100%, but theoretically it is possible...) If you do not know, or are not interested - input 0.

Your opinion:

We would like to know how satisfied you are with current Psychotherapy training options, based on your knowledge and experience.

Please indicate how strongly you agree with the following statements.

We would like to know whether you are required to have experience in psychotherapy while doing your training in psychiatry.

Strongly Disagree Neutral Agree Strongly
disagree Agree

I am satisfied with psychotherapy component in my psychiatry training programme

I am satisfied with the level of funding for psychotherapy training within psychiatry training in my country

I am satisfied with psychotherapy training options in my country

Your country in this context means the country you undertake training in. Level of funding in this case means state and also any 3rd party funding that is easily accessible to you, if you want to have psychotherapy training whilst training in psychiatry.

Your opinion after completing this survey.

We would be very glad to hear your comments and suggestions after you have completed this survey. There is a freeform text entry box right after the next two *non-mandatory* questions. We very much appreciate your time and the feedback you are providing!

Awareness of European recommendations:

This part of the survey is optional and regards European level recommendations for harmonization of training for doctors training in Psychiatry. We think it may contain **useful information** for you. We would appreciate if you could read through the following two questions:

Are you aware of UEMS (European Union of Medical Specialists) recommendations for training in Psychiatry in European countries?

With this question we would like to know whether you were aware of these specific recommendations for training in Psychiatry. Please choose the appropriate response for each item:

YES Uncertain NO

Psychotherapy is a mandatory part of the training curriculum that takes place within working hours.

Practical application of psychotherapy should be conducted in a defined number of cases.

The theory of psychotherapy should be delivered over at least 120 hours.

Experience in psychotherapy should be gained with individuals as well as family and groups.

As a minimum, psychodynamic, CBT and systemic theory and methods should be applied, but integrative psychotherapies are highly recommended.

Personal therapeutic experience / feed-back on personal style is highly recommended.

Supervisors should be qualified.

Supervision should be provided on a regular basis for at least 100 hours. Individual but preferably also group supervision should be applied. At least 50 hours of supervision should be conducted on an individual basis.

Training should be publicly funded.

Do you think these recommendations have been implemented in your or any other Psychiatry training scheme in your country?

Would you please tell us whether the above recommendations have been implemented. UEMS level representatives from most countries have said they have been implemented, but, perhaps, you can see for yourself in your training scheme. Please choose the appropriate response for each item:

YES Uncertain NO

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The last two questions of the survey were *optional* and regard European level recommendations for harmonization of training for doctors training in Psychiatry. We sought to see if you were aware of [UEMS](#) recommendations for Psychotherapy in Psychiatric training and if these had been implemented in your country's psychiatry training.

If you are curious you can access the **full recommendations for training in Psychiatry (Chapter.6)** [here](#). They include specific **recommendations on Psychotherapy** as **Appendix 2**. If you would like to know more about [UEMS](#) (European Union of Medical Specialists) - you can find information by clicking [here](#).

[UEMS Board of Psychiatry](#) is a body comprised of psychiatrists - delegates from all EU countries, who decide about recommendations for harmonisation of Psychiatry training in Europe. Here is [UEMS Training Charter](#) - general common recommendations for organisation of doctors' training - chapters 1 to 5. Chapter 6 is tailored to individual specialities, therefore there are separate versions of chapter 6 for [psychiatry](#), general medicine, anaesthetics etc.

Your opinion after completing this survey.

Please, we would absolutely love if you leave feedback. You may choose to enter your e-mail address, if you want us to contact you or to update about the survey results and about what happens next. However please note that if you leave your contact information the survey will not be quite as anonymous for you any longer. If you want to contact us outside this survey - please write an e-mail to secretary@efpt.eu.

You can enter 2500 characters. Web links to longer writing are accepted, if you think it is necessary.

Submitting this survey.

You can save this form with the responses you have entered and send it to your country co-ordinator's e-mail address. They would further send the form to the EFPT psychotherapy working group who will extract your responses for data analysis.

Thank you very much!