Psychotherapy Study

Roberts Klotins and Thomas Gargot

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Contents

EFPT

The European Federation of psychiatric trainees (EFPT) is an independent federation of psychiatric trainees associations. It represents the consensus of psychiatric trainees organizations across European countries and advocates for what training should look like, regardless of the country.

Presentation

The psychotherapy study run from 2013 to 2015 to understand the actual opportunities and wishes for training in psychotherapy in Europe among psychiatrist trainees in 19 countries.

Presentations of the survey

Past

- "The EFPT Psychotherapy working Group and its Survey on Psychotherapy Training 2013-2015" was presented at the Royal College of Psychiatrists - faculty of Psychotherapy Annual Meeting 22-24 April 2015 by Alina Petricean (UK, Romania)
- "The EFPT Psychotherapy working group" was presented at the "Portuguese Psychiatric National Congress in 2013 by Rita Silva (Portugal)

Projects

- Accepted talk : "Should all psychiatrists be skilled to practice psychotherapy ? Thomas GARGOT (France) and Ekin Sonmez (Turkey), European Psychiatric Association Congress, March 12th - March 15th 2016
- Submission Project : "How psychiatrist trainees are trained in Psychotherapies in Europe ? A European trainee survey", Thomas GARGOT (France), European Association of Behavioural and Cognitive Therapies conference (EABCT), August 31st - September 3rd 2016, deadline 17th march
- Submission Project : How psychiatrist trainees are trained in Psychotherapies in Europe ? A European trainee survey" in Italian, Diego Quattrone (Italy) Italian Federation of Psychotherapy Associations (FIAP)

To do list

It can be found here.

Actual recommandations

EFPT Psychotherapy Working Group statement

"A working knowledge of psychotherapy is an integral part of being a psychiatrist and this must be reflected in training in psychiatry. All trainees must gain the knowledge, skills and attitudes to be competent in psychotherapy. Competence should be gained in at least one recognised form of psychotherapy (of the trainees choice) and basic knowledge should be gained in the other forms of psychotherapy to allow the trainee to evaluate suitability for referral to specialist psychotherapist. Training in psychotherapy must include supervision by qualified therapists. A personal psychotherapeutic experience is seen as a valuable component of training. It is crucial that trainees have access to relevant psychotherapy experience to cater to the needs of the appropriate patient group that the trainee is dealing with or is expected to deal with in the future.

Relevant training authorities should ensure that time, resources and funding are available to all trainees to meet the above mentioned psychotherapy training needs."

Discussed and voted by EFPT delegates in Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003, Istanbul 2005, Gothenburg 2008, Cambridge 2009 and Zurich 2013

See all EFPT statements.

UEMS Psychotherapy Reports

See all UEMS reports related to psychiatry training.

Get the data

You can download our data and our analysis script on GitHub.

European results

Number of participants
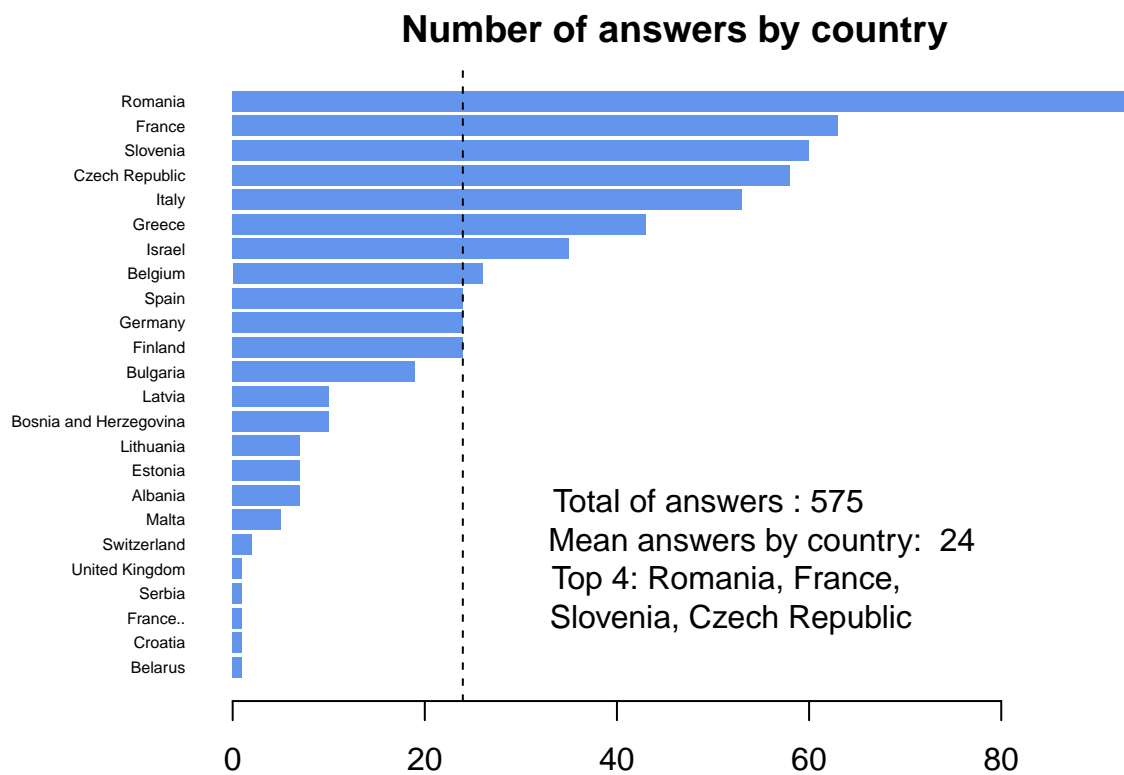
Number of answers by country

Total of answers : 575
Mean answers by country: 24
Top 4: Romania, France,
Slovenia, Czech Republic

```
## Warning: `axis.ticks.margin` is deprecated. Please set `margin` property of
## `axis.text` instead

## Warning: `axis.ticks.margin` is deprecated. Please set `margin` property of
## `axis.text` instead

## Warning: `axis.ticks.margin` is deprecated. Please set `margin` property of
## `axis.text` instead
```
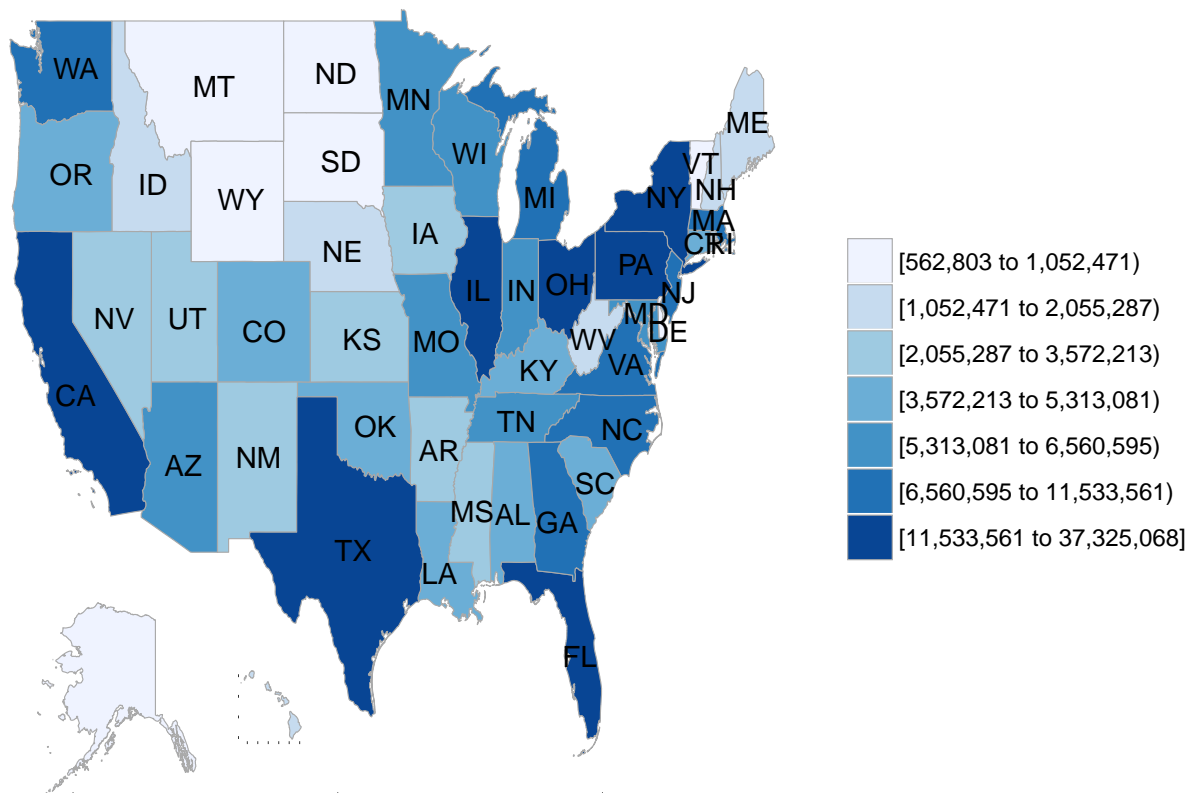
```
names <- names(answering_countries)
namesLower <- upFirst(names, alllower=TRUE)

#Replace the upper cases by lower cases
DF <- data.frame(namesLower, answering_countries, stringsAsFactors=FALSE)
names(DF) <- c("region", "value")
names(DF)
```

```
## [1] "region" "value"
```

```
DF
```

```
##                                         region value
## Belarus                                belarus     1
## Croatia                                croatia     1
## France\302\240                  france\302\240     1
## Serbia                                  serbia     1
## United Kingdom                  united kingdom     1
## Switzerland                        switzerland     2
## Malta                                    malta     5
## Albania                                albania     7
## Estonia                                estonia     7
## Lithuania                            lithuania     7
## Bosnia and Herzegovina  bosnia and herzegovina    10
## Latvia                                  latvia    10
## Bulgaria                              bulgaria    19
## Finland                                finland    24
```

```
## Germany                               germany    24
## Spain                                   spain    24
## Belgium                                belgium    26
## Israel                                  israel    35
## Greece                                  greece    43
## Italy                                    italy    53
## Czech Republic                  czech republic    58
## Slovenia                              slovenia    60
## France                                  france    63
## Romania                                romania    93
```

```r
str(DF)
```

```
## 'data.frame':    24 obs. of  2 variables:
##  $ region: chr  "belarus" "croatia" "france\302\240" "serbia" ...
##  $ value : int [1:24(1d)] 1 1 1 1 1 2 5 7 7 7 ...
##   ..- attr(*, "dimnames")=List of 1
##   .. ..$ : chr  "Belarus" "Croatia" "France\302\240" "Serbia" ...
```

```r
# change serbia by republic of serbia
DF[which(DF$region=="serbia"),1] <- "republic of serbia"
DF
```

```
##                                      region value
## Belarus                             belarus     1
## Croatia                             croatia     1
## France\302\240             france\302\240     1
## Serbia                   republic of serbia     1
## United Kingdom              united kingdom     1
## Switzerland                    switzerland     2
## Malta                                 malta     5
## Albania                             albania     7
## Estonia                             estonia     7
## Lithuania                         lithuania     7
## Bosnia and Herzegovina bosnia and herzegovina    10
## Latvia                               latvia    10
## Bulgaria                           bulgaria    19
## Finland                             finland    24
## Germany                             germany    24
## Spain                                 spain    24
## Belgium                             belgium    26
## Israel                               israel    35
## Greece                               greece    43
## Italy                                 italy    53
## Czech Republic               czech republic    58
## Slovenia                           slovenia    60
## France                               france    63
## Romania                             romania    93
```

```r
# deleting malta which is not in your regions
DF <-DF[-which(DF$region=="malta"),]
```

```
## Problem with France data
```

```
## Discussion here

country_choropleth(DF,
                 title     = "Participants of the study",
                 legend    = "Number",
                 zoom      = c("belarus", "croatia", "france", "republic of serbia","united kingdom",
```

```
## Warning in super$initialize(country.map, user.df): Your data.frame contains
## the following regions which are not mappable: france
```

```
## Warning in self$bind(): The following regions were missing and are being
## set to NA: poland, portugal, ukraine, ireland, austria
```
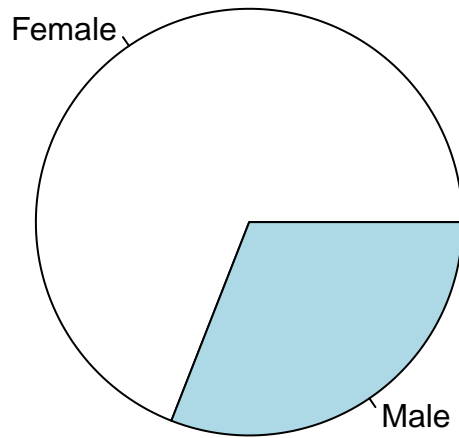
```
## Warning: `axis.ticks.margin` is deprecated. Please set `margin` property of
## `axis.text` instead
```

Participants of the study

Number

	1
	[2 to 10)
	10
	[19 to 26)
	[26 to 43)
	[43 to 60)
	[60 to 93]
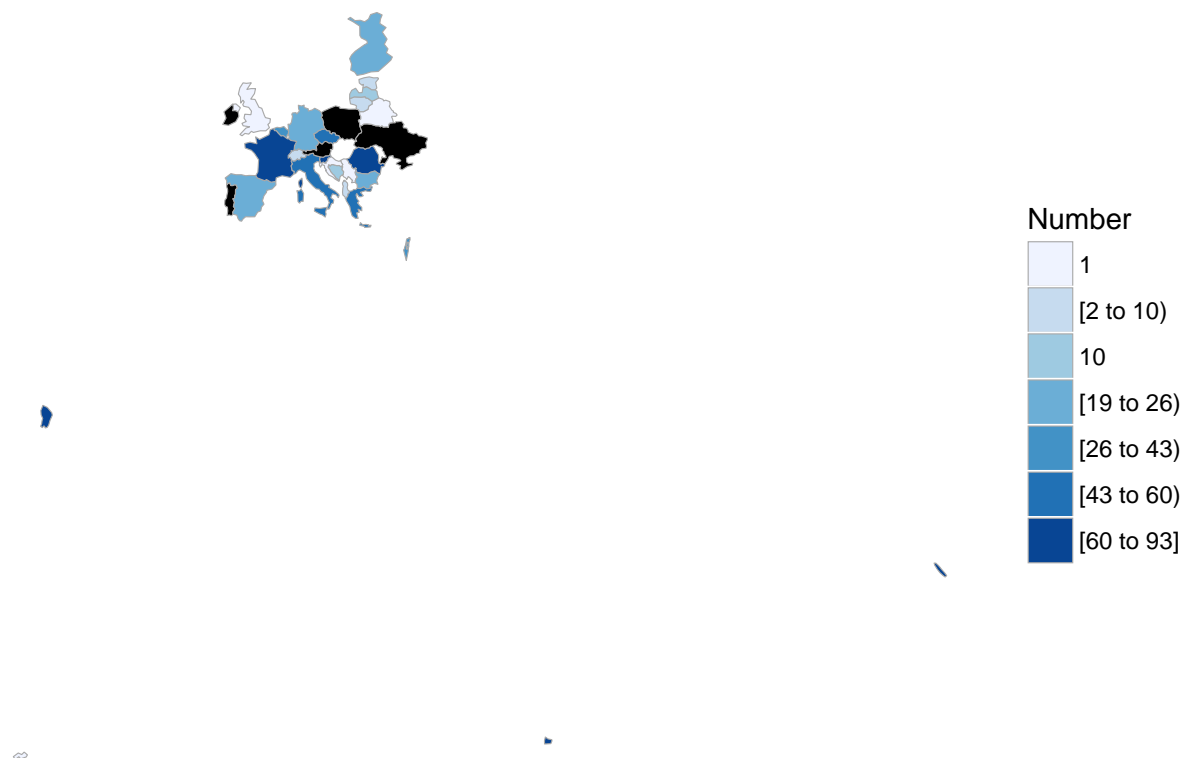
Gender

Gender of participants in Europe reponses

Female

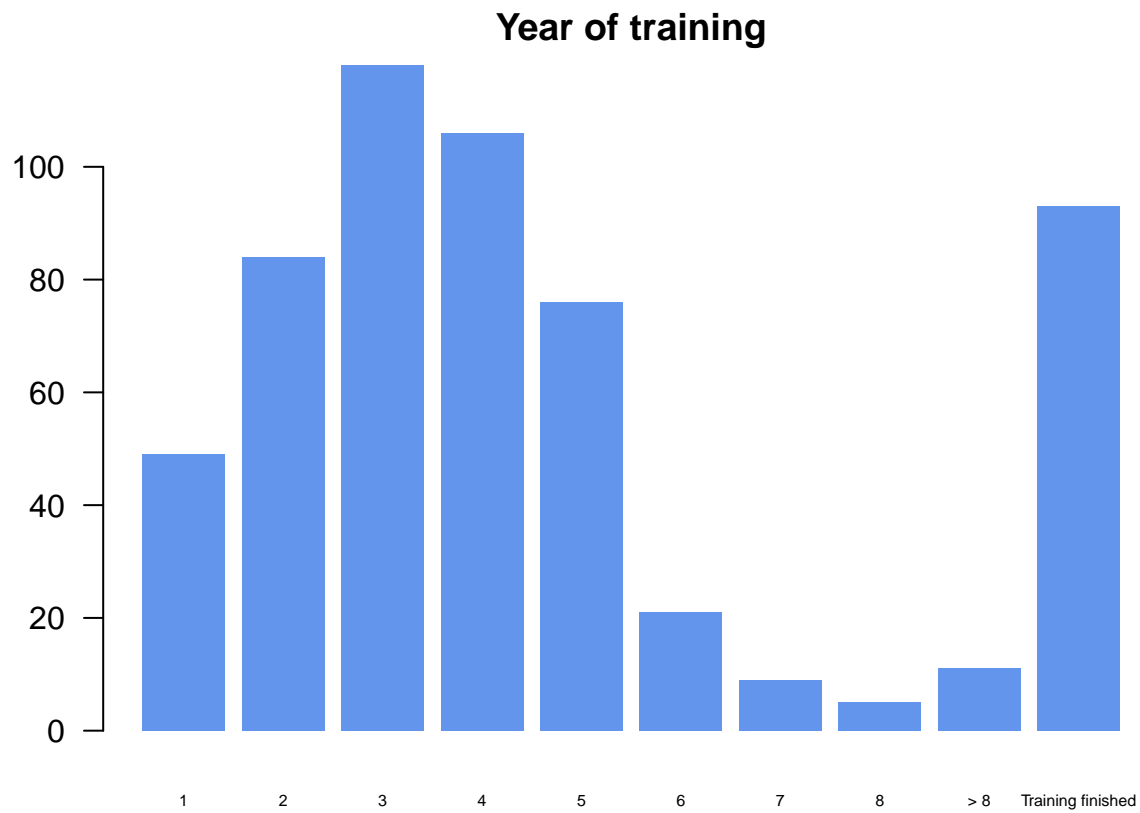Male

Age

Age distribution
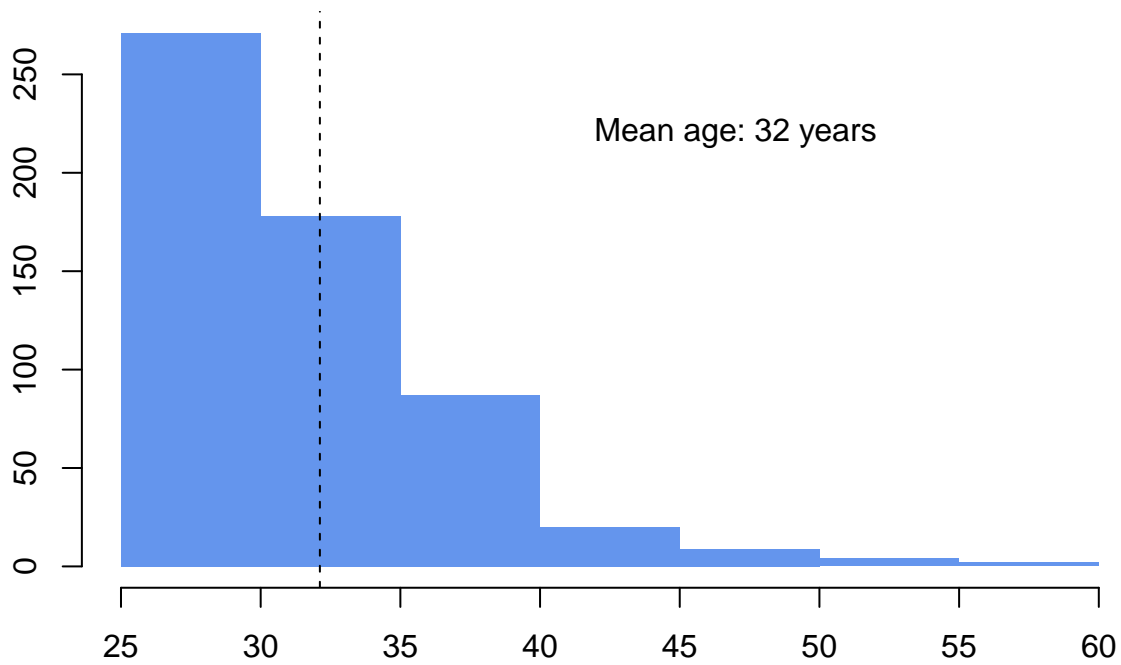
Mean age: 32 years

Year in Training

Year of training

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

Receiving personal psychotherapy (present or past)
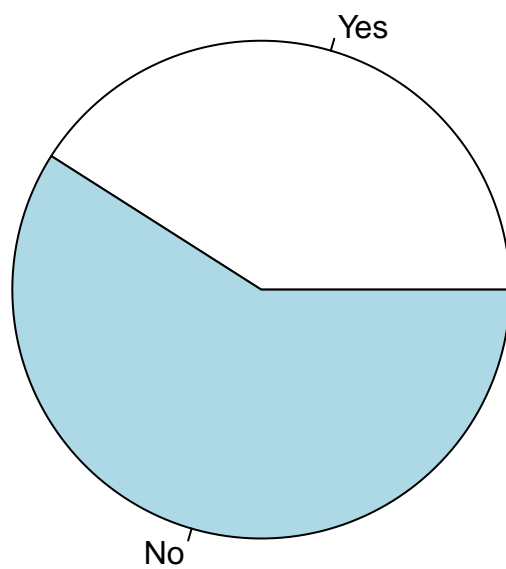
I am undertaking training in Psychotherapy within my training programme in Psychiatry

I am undertaking training in Psychotherapy on my own initiative

Training in psychotherapy outside my training programme
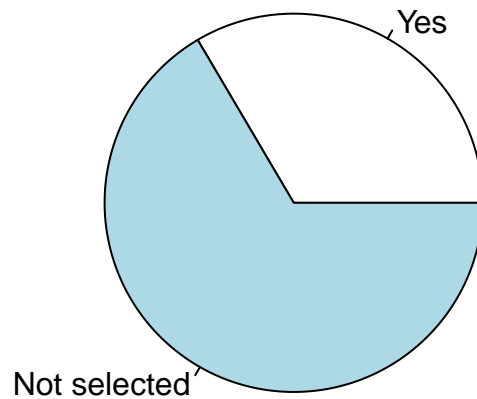
I am not undertaking any training in Psychotherapy

I am not undertaking any training in Psychotherapy
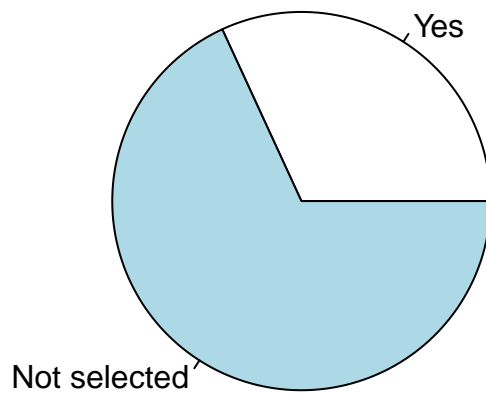
Psychotherapy training taking place within working hours is recommended by UEMS as a mandatory component of curriculum.

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

Completed a full training in a Psychotherapy (past)

Yes

Not selected
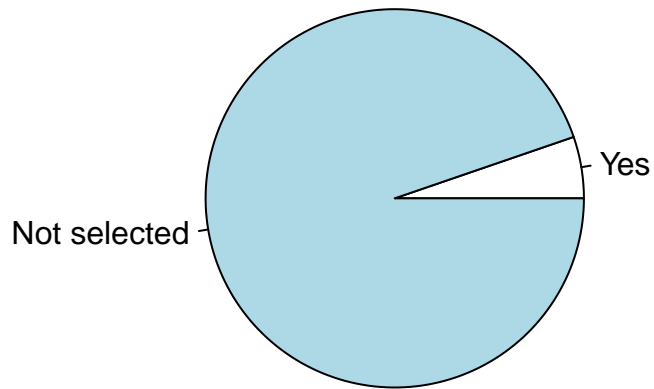
I am training in some modality

I am training in some modality of psychotherapy

FALSE

TRUE
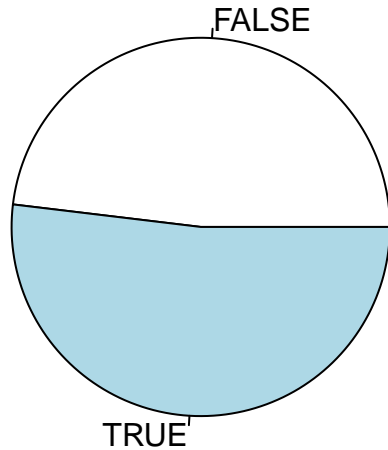
Is psychotherapy important for your identity as a psychiatrist ?

Psychotherapy important for the professional identity
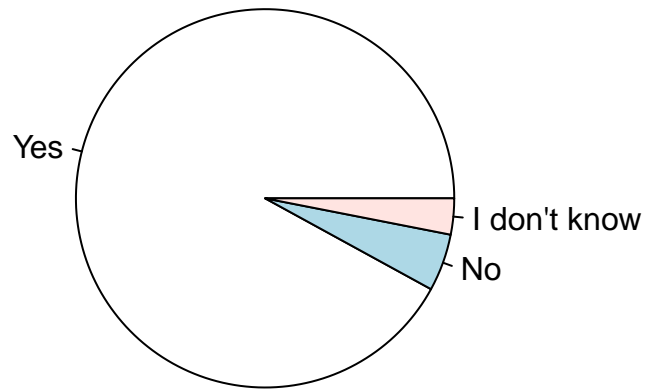
Do you want to practise Psychotherapy ?

Plan to practise Psychotherapy after training
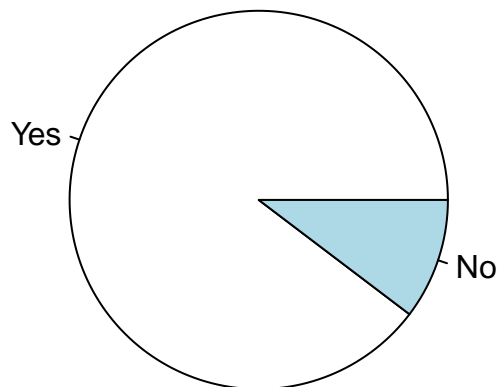
Are you interested in this psychotherapy?
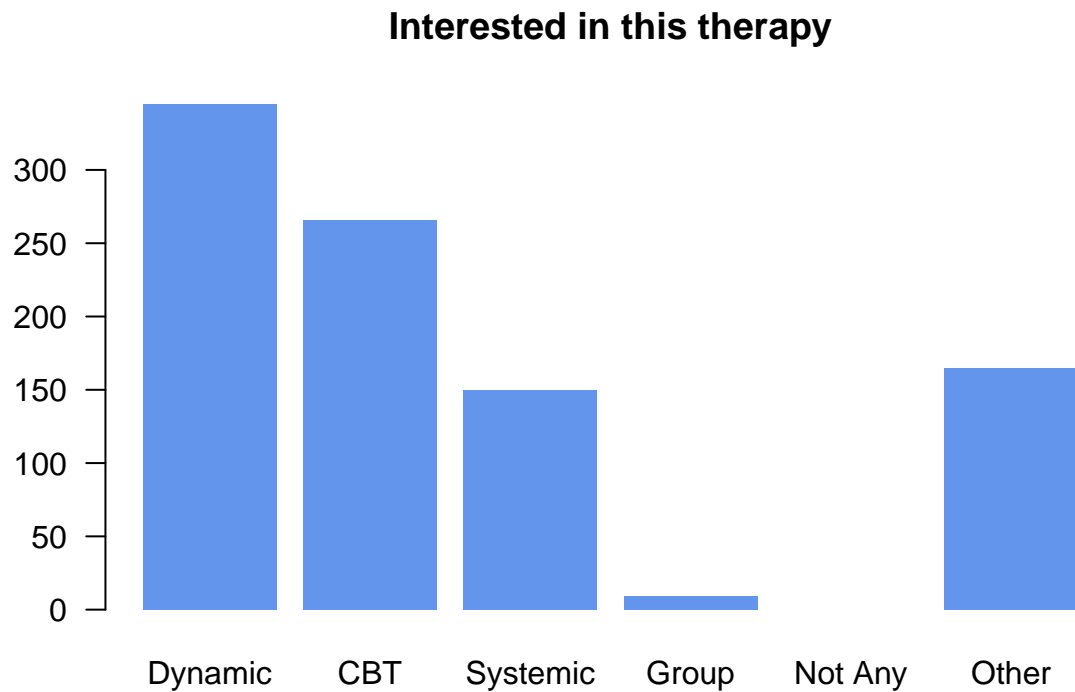
Interested in this therapy

"The following experience in Psychotherapy is a mandatory part of my training in Psychiatry:"

UEMS Charter on Psychiatry states that minimum duration of theoretical psychotherapy training should be 120 hours during 5 years. It also states that as a minimum, psychodynamic, CBT and systemic theory should be taught.

The following experience in Psychotherapy is a mandatory part of my training in Psychiatry
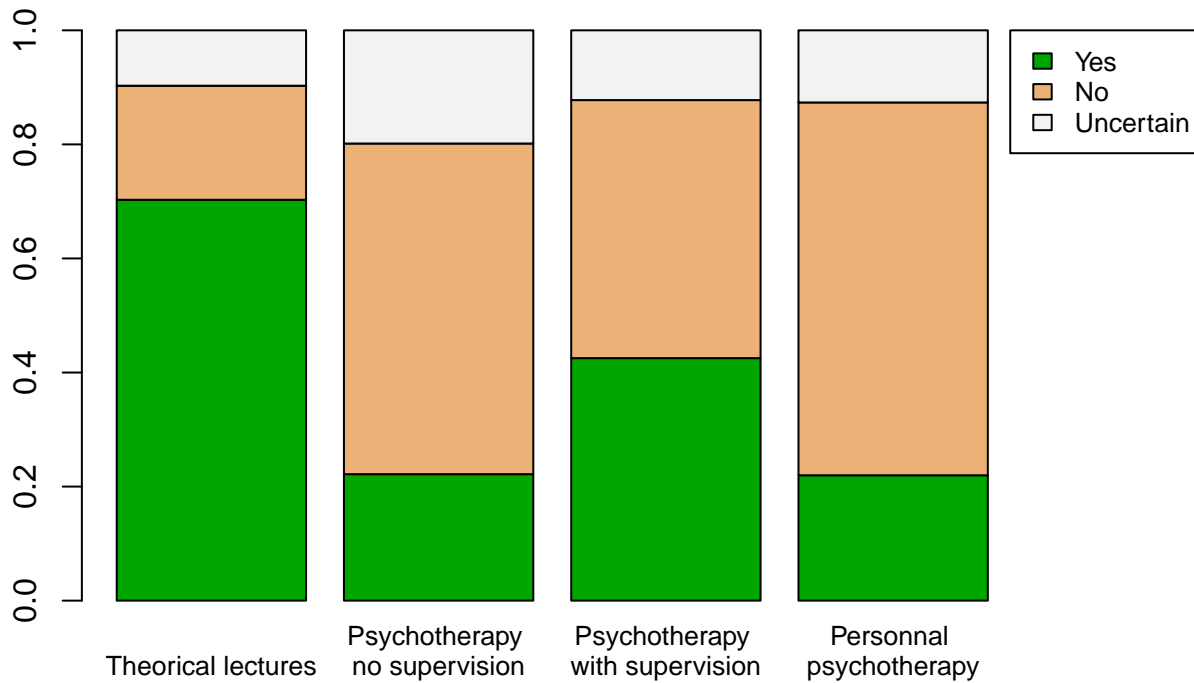
Are you qualified to practice Psychotherapy after your training ?
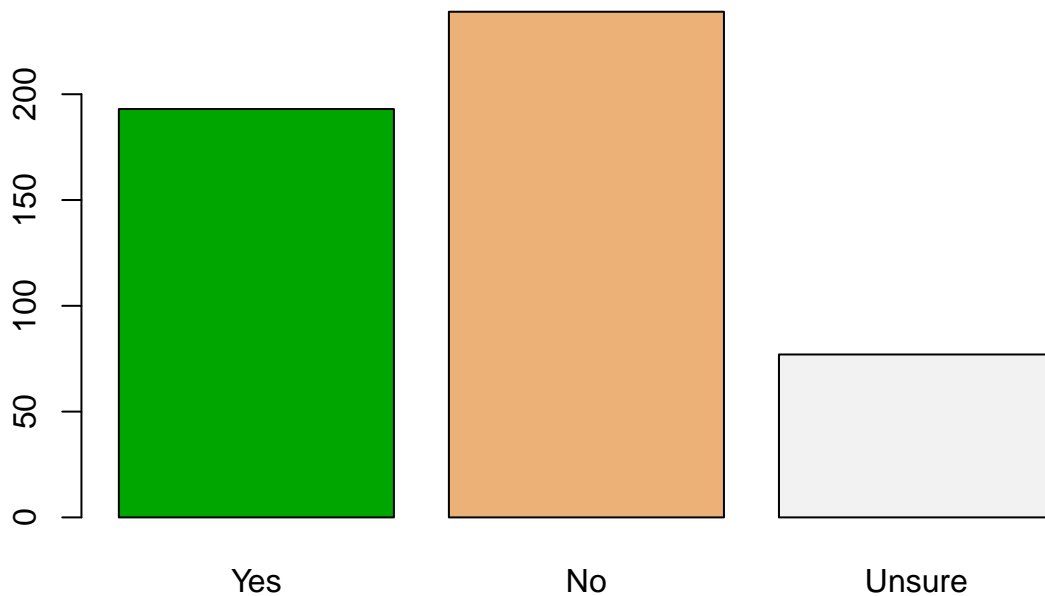
What types of psychotherapy modalities are available for treatment of patients at your institution?

How many hours of supervision
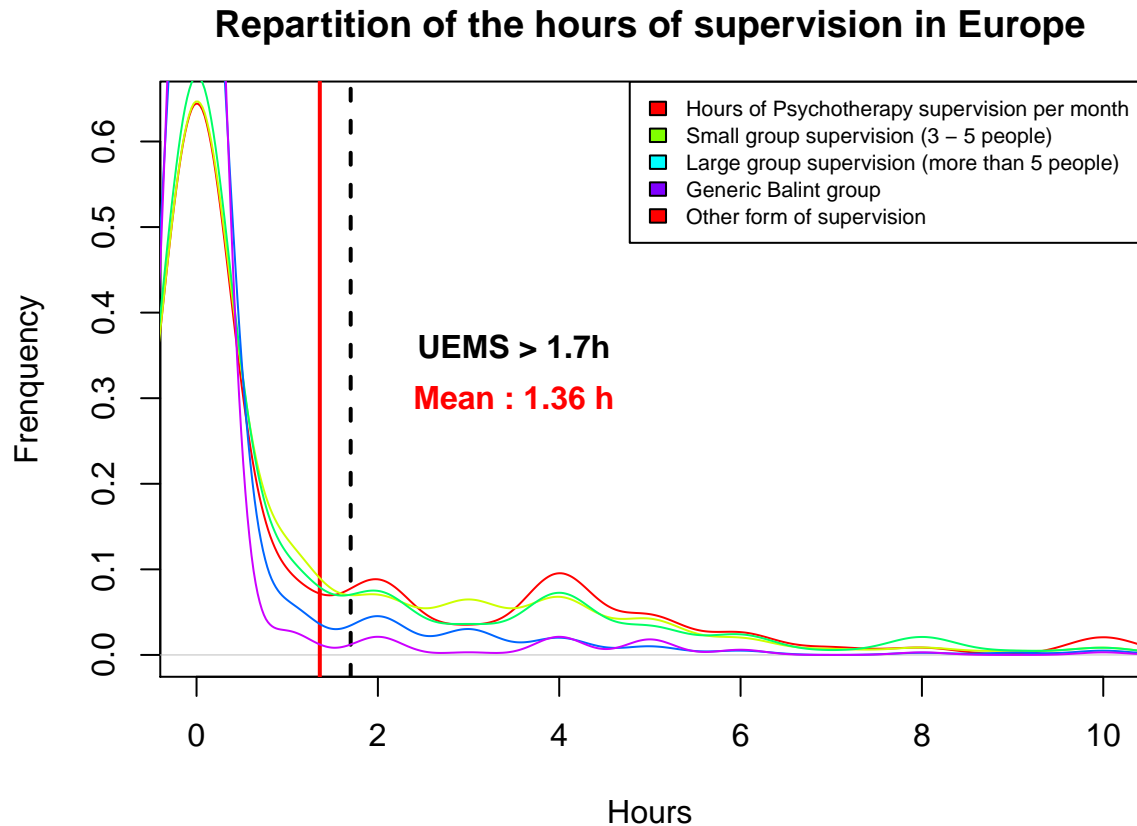
Repartition of the hours of supervision in Europe

UEMS Charter on Psychiatry states that minimum duration of psychotherapy supervision should be 100 hours during the whole training of 5 recommended years. It makes 1.7 hours approximatively a month.

table(data_Europe$q_0015)

Who pays?

Who pays?
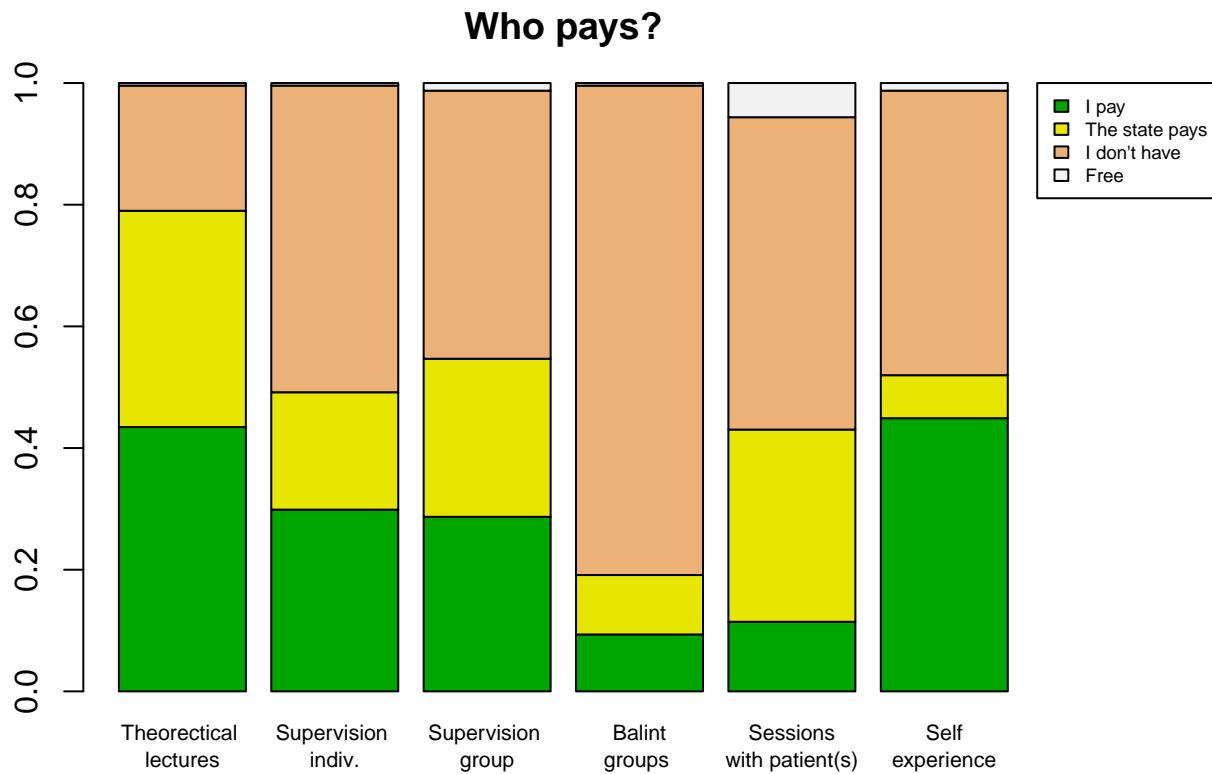
Would you train for free?

Motivated to train in Psychotherapy for free?
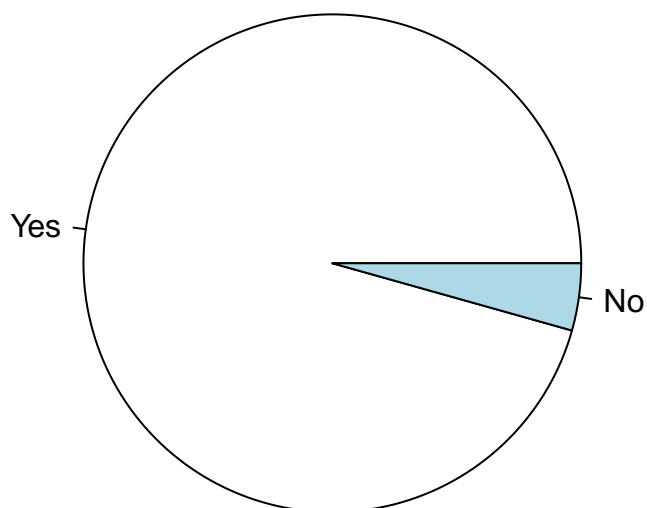
UEMS recommendations states that psychotherapy training
of trainees should be funded publicly and free for trainees.

How much would you invest in psychotherapy training ?

% of annual salary for psychiatry training

Mean : 9 %

Frequency

Percentage of your annual salary do you intend to spend
on funding your psychotherapy training In the next 12 months?

Satisfaction group

I am satisfied with psychotherapy training options in my country — 43% / 22% / 35%

I am satisfied with psychotherapy component in my training programme — 66% / 12% / 22%

I am satisfied with the level of funding for psychotherapy training within psychiatry in my country — 76% / 14% / 9%

Percentage

Response: Strongly Disagree | Disagree | Neutral | Agree

Awareness of UEMS recommendations

	No	Uncertain	Yes
Supervisors should be qualified	18%	7%	75%
Personal therapy is recommended	23%	19%	58%
Psychotherapy is a mandatory part of the curriculum	28%	16%	55%
Defined number of cases should be seen	28%	21%	51%
Work experience with individuals, family, groups	29%	23%	48%
Regular supervision at least for 100 hours	31%	24%	45%
Psychodynamic, CBT, systemic – and maybe integrative	29%	26%	45%
Training should be publicly funded	35%	24%	41%
at least 120 hours of theory	34%	26%	40%

Percentage

Response: No | Uncertain | Yes

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UEMS recommendations awareness

Actual implementation in the country

	No	Uncertain	Yes
Supervisors should be qualified	29%	17%	53%
Psychotherapy is a mandatory part of the curriculum	46%	13%	41%
Defined number of cases should be seen	44%	20%	36%
Personal therapy is recommended	45%	23%	33%
at least 120 hours of theory	42%	28%	30%
Psychodynamic, CBT, systemic – and maybe integrative	44%	26%	30%
Work experience with individuals, family, groups	48%	26%	25%
Regular supervision at least for 100 hours	51%	24%	25%
Training should be publicly funded	56%	20%	25%

Percentage

Response: No · Uncertain · Yes

Czech_Republic

Display them

```r
str(Czech_Republic_data)
```

```
## 'data.frame':    58 obs. of  64 variables:
## $ id           : num  69 70 71 72 73 74 75 76 77 78 ...
## $ q_0000       : Factor w/ 1 level "Czech Republic": 1 1 1 1 1 1 1 1 1 1 ...
## $ q_0001       : Factor w/ 2 levels "Female","Male": 2 1 1 1 2 2 1 2 1 2 ...
## $ q_0002       : num  30 31 29 32 29 32 32 26 29 33 ...
## $ q_0003       : Factor w/ 10 levels "Year 1","Year 2",..: 5 4 4 7 4 10 10 2 4 5 ...
## $ q_0004       : Factor w/ 2 levels "Yes","No": 1 2 2 2 2 2 2 2 1 1 ...
## $ q_0005_S05A1 : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_S05A2 : Factor w/ 2 levels "Yes","Not selected": 1 1 2 1 1 2 2 1 1 1 ...
## $ q_0005_S05A3 : Factor w/ 2 levels "Yes","Not selected": 2 2 1 2 2 1 1 2 2 2 ...
## $ q_0005_S05A4 : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 2 2 2 2 2 ...
## $ q_0005_other : chr  NA NA NA NA ...
## $ q_0006       : chr  "psychodynamic group therapy" "psychosomatic family therapy" NA "Group psychody
## $ q_0007       : Factor w/ 2 levels "Yes","No": 1 1 1 1 1 2 2 1 1 1 ...
## $ q_0008       : Factor w/ 2 levels "Yes","No": 1 1 1 1 1 2 2 1 1 1 ...
## $ q_0009_SQ1   : Factor w/ 2 levels "Yes","Not selected": 1 2 2 1 2 2 2 2 1 1 2 ...
```

```
##  $ q_0009_SQ2  : Factor w/ 2 levels "Yes","Not selected": 1 2 1 1 1 2 2 1 2 1 ...
##  $ q_0009_SQ3  : Factor w/ 2 levels "Yes","Not selected": 2 1 2 2 2 2 1 2 2 1 ...
##  $ q_0009_SQ4  : Factor w/ 2 levels "Yes","Not selected": 1 2 2 2 2 2 2 1 2 2 ...
##  $ q_0009_Ax   : Factor w/ 2 levels "Yes","Not selected": 2 2 2 2 2 1 2 2 2 2 ...
##  $ q_0009_other: chr  NA NA NA NA ...
##  $ q_0010      : chr  NA NA NA NA ...
##  $ q_0011_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": 1 1 NA 1 2 1 1 1 1 1 ...
##  $ q_0011_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 3 2 2 2 3 2 3 ...
##  $ q_0011_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 3 2 2 2 1 2 1 ...
##  $ q_0011_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": 2 2 NA 2 2 2 2 1 2 1 ...
##  $ q_0012      : Factor w/ 3 levels "Yes","No","Unsure": 2 3 NA 2 2 2 2 1 2 1 ...
##  $ q_0012_other: num  NA NA NA NA NA NA NA NA NA NA ...
##  $ q_0013      : chr  "CBT" "Cognitive Behavioural Therapy, Family Therapy" NA "Psychodynamic Psychot
##  $ q_0014_SQ001: num  1 0 NA 0 0 0 0 0 0 2 ...
##  $ q_0014_SQ002: num  0 1 NA 0 2 0 0 0 0 1 ...
##  $ q_0014_SQ003: num  2 0 NA 3 7 0 0 0 1 0 ...
##  $ q_0014_SQ004: num  0 0 NA 0 0 0 0 0 0 0 ...
##  $ q_0014_SQ005: num  0 0 NA 0 0 0 0 0 0 0 ...
##  $ q_0015      : chr  NA NA NA NA ...
##  $ q_0016_SQ001: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 1 2 NA 1 1 2 1 1 1 2 ...
##  $ q_0016_SQ002: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 1 4 NA 4 4 4 1 1 4 1 ...
##  $ q_0016_SQ003: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 1 2 NA 4 1 4 1 1 1 1 ...
##  $ q_0016_SQ004: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 4 4 NA 4 4 4 1 4 4 4 ...
##  $ q_0016_SQ005: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 3 2 NA 4 4 4 1 4 2 4 ...
##  $ q_0016_SQ006: Factor w/ 4 levels "I pay","State / 3rd party pays",..: 1 2 NA 1 4 4 1 4 1 1 ...
##  $ q_0017      : Factor w/ 2 levels "Yes","No": 1 1 NA 1 1 2 2 1 1 1 ...
##  $ q_0018      : num  20 0 NA 0 5 10 7 10 30 5 ...
##  $ q_0019_SQ001: Factor w/ 5 levels "Strongly Disagree",..: 1 4 NA 4 1 2 2 4 1 2 ...
##  $ q_0019_SQ002: Factor w/ 5 levels "Strongly Disagree",..: 5 4 NA 4 4 2 3 3 2 2 ...
##  $ q_0019_SQ003: Factor w/ 5 levels "Strongly Disagree",..: 1 3 NA 2 3 2 2 3 1 3 ...
##  $ q_0021_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 1 NA NA NA 1 1 1 ...
##  $ q_0021_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA 3 1 3 ...
##  $ q_0021_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA 1 1 1 ...
##  $ q_0021_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA 3 1 3 ...
##  $ q_0021_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA 1 1 1 ...
##  $ q_0021_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA 1 1 1 ...
##  $ q_0021_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA 1 1 1 ...
##  $ q_0021_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA 1 1 1 ...
##  $ q_0021_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 1 NA NA NA 3 1 3 ...
##  $ q_0022_SQ001: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 2 NA NA NA NA 3 1 ...
##  $ q_0022_SQ002: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA NA 2 3 ...
##  $ q_0022_SQ003: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
##  $ q_0022_SQ004: Factor w/ 3 levels "Yes","No","Uncertain": NA 3 NA 3 NA NA NA NA 2 3 ...
##  $ q_0022_SQ005: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
##  $ q_0022_SQ006: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 3 NA NA NA NA 2 1 ...
##  $ q_0022_SQ007: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 1 NA NA NA NA 2 1 ...
##  $ q_0022_SQ008: Factor w/ 3 levels "Yes","No","Uncertain": NA 1 NA 3 NA NA NA NA 2 1 ...
##  $ q_0022_SQ009: Factor w/ 3 levels "Yes","No","Uncertain": NA 2 NA 2 NA NA NA NA 2 3 ...
##  $ q_0023      : chr  NA NA NA NA ...
```
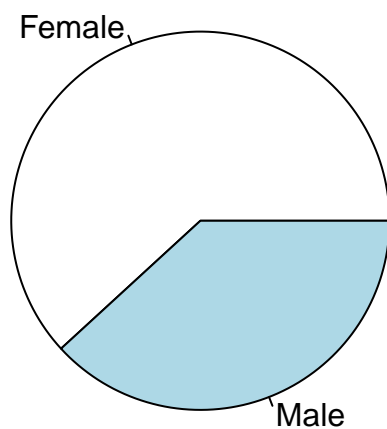
Gender

```r
table(Czech_Republic_data$q_0001)
```

```
##
## Female    Male
##     34      21
```

```r
pie(table(Czech_Republic_data$q_0001), main ="Gender of participants")
```

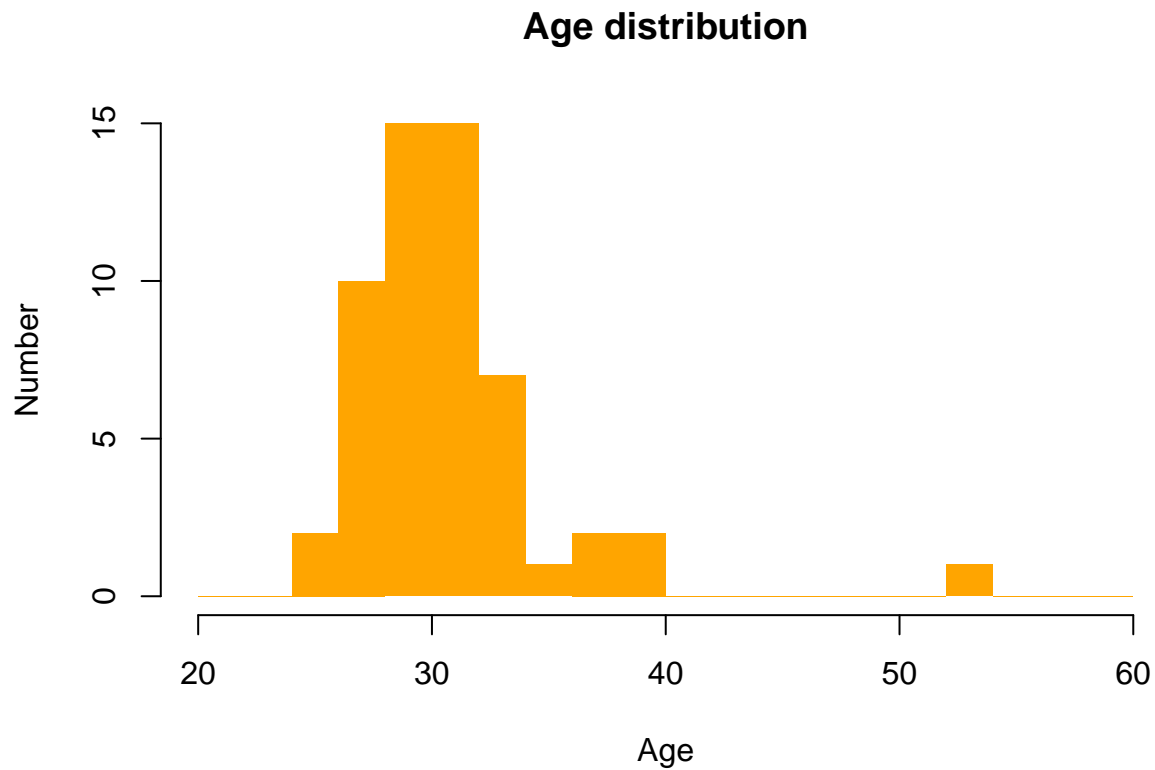## Gender of participants

Age

```r
summary(Czech_Republic_data$q_0002)
```

```
##    Min. 1st Qu.  Median    Mean 3rd Qu.    Max.    NA's
##   26.00   29.00   31.00   31.24   32.00   54.00       3
```

```r
hist(Czech_Republic_data$q_0002, col="orange",
    xlab="Age",
    ylab="Number",
    main="Age distribution",
    border=NA,
    breaks=c(seq(20,60,2)))
```

Age distribution

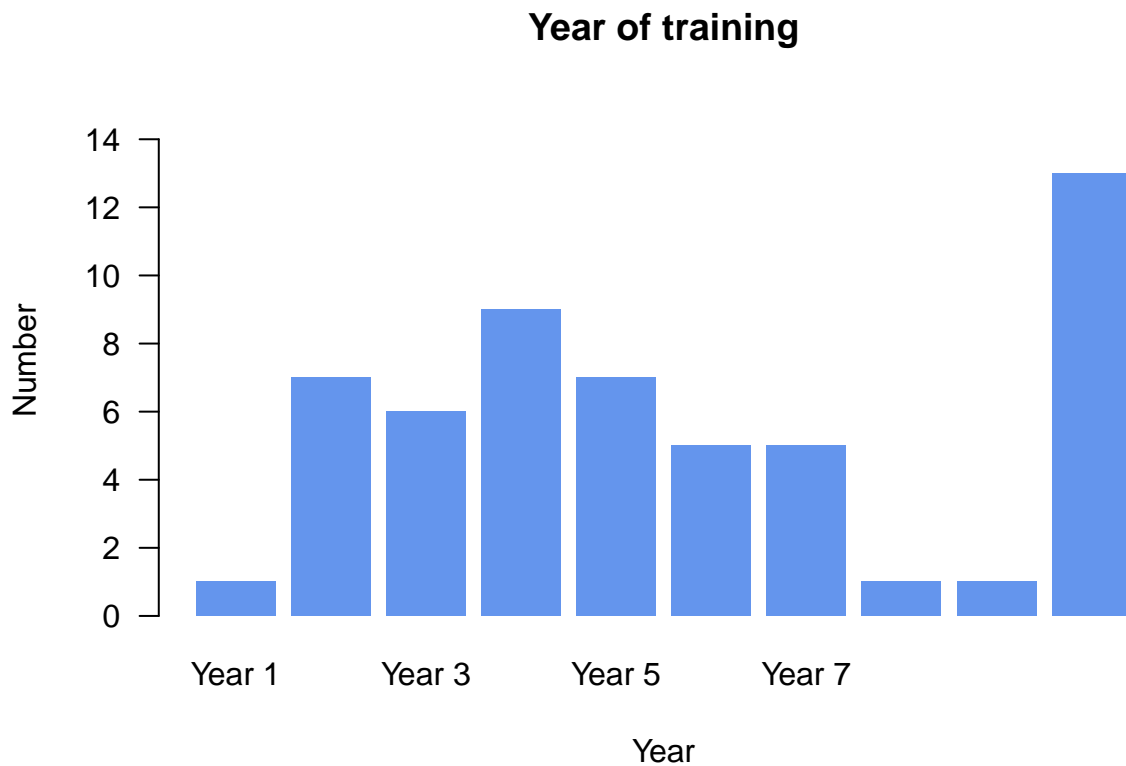

Year of Training (now the shorter labels fit in the plot)

```
table(Czech_Republic_data$q_0003)
```

```
## 
##                                      Year 1
##                                           1
##                                      Year 2
##                                           7
##                                      Year 3
##                                           6
##                                      Year 4
##                                           9
##                                      Year 5
##                                           7
##                                      Year 6
##                                           5
##                                      Year 7
##                                           5
##                                      Year 8
##                                           1
##                     More than 8 years in training
##                                           1
## I have recently finished training (within last 5 years)
##                                          13
```

```
barplot(table(Czech_Republic_data$q_0003), ylim = c(0,15), main="Year of training", xlab="Year", las=1,
```

Year of training

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

```
# TODO : GGPLOT this : http://docs.ggplot2.org/current/geom_bar.html
Czech_Republic_data[, 7] <- as.numeric(Czech_Republic_data[, 7])
attributes(Czech_Republic_data)$variable.labels[7] <- "Are you receiving personal psychotherapy or have
Czech_Republic_data[, 7] <- factor(Czech_Republic_data[, 7], levels=c(1,2),labels=c("Yes","No"))
names(Czech_Republic_data)[7] <- "q_0004"
table(Czech_Republic_data$q_0004)
```

```
##
## Yes  No
##  21  34
```

```
pie(table(Czech_Republic_data$q_0004), xlab="Receiving personal psychotherapy (present or past)")
```
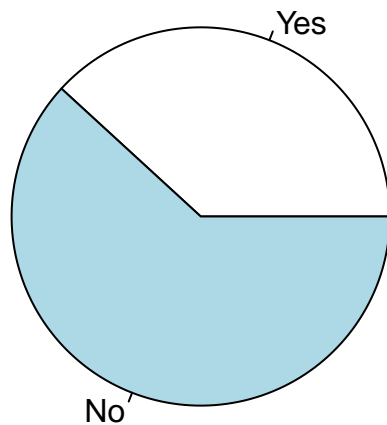
Receiving personal psychotherapy (present or past)

I am undertaking training in Psychotherapy within my training programme in Psychiatry
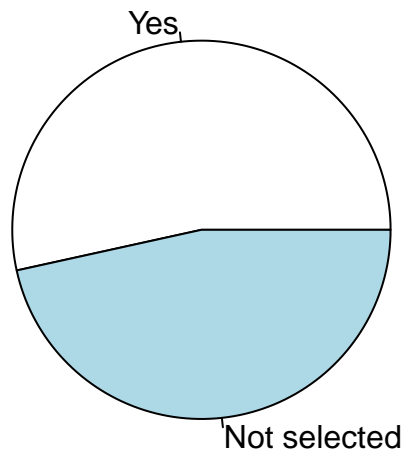
```
#tab <- table(Czech_Republic_data$q_0005_S05A1)
#pie(tab)
#pie(table(Czech_Republic_data$q_0005_S05A1))
 #   , xlab="In a Psychotherapy training within my training programme")
```

I am undertaking training in Psychotherapy on my own initiative

```
table(Czech_Republic_data$q_0005_S05A2)
```

```
##
##          Yes Not selected
##           31           27
```

```
pie(table(Czech_Republic_data$q_0005_S05A2),
   xlab="Training in Psychotherapy outside my training programme")
```
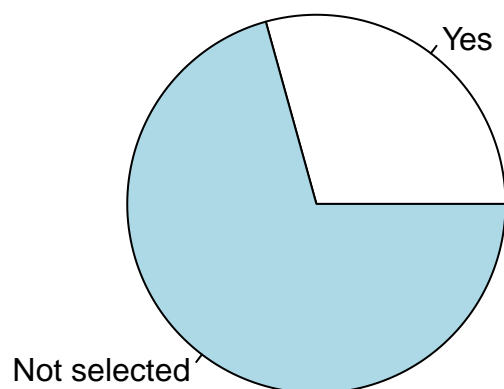
Training in Psychotherapy outside my training programme

I am not undertaking any training in Psychotherapy

```
table(Czech_Republic_data$q_0005_S05A3)
```

```
##
##          Yes Not selected
##           17           41
```

```
pie(table(Czech_Republic_data$q_0005_S05A3),
  xlab="I am not undertaking any training in Psychotherapy")
```


I am not undertaking any training in Psychotherapy $>$ Psychotherapy training taking place within working hours is recommended by UEMS as a mandatory component of curriculum.

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

```
table(Czech_Republic_data$q_0005_S05A4)
```

```
##
##           Yes Not selected
##             4           54
```

```
pie(table(Czech_Republic_data$q_0005_S05A4), xlab="Completed a full training in a Psychotherapy (past)"
```
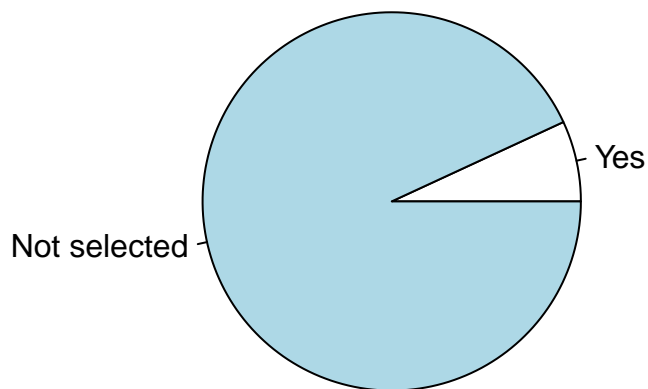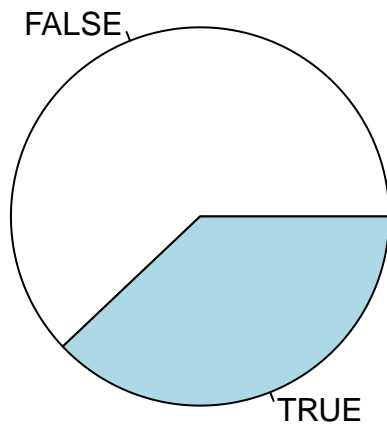

Completed a full training in a Psychotherapy (past)

I am training in some modality

```
table(is.na(Czech_Republic_data$q_0006))
```

```
##
## FALSE   TRUE
##    36     22
```

```
pie(table(is.na(Czech_Republic_data$q_0006)),xlab="I am training in some modality of psychotherapy")
```
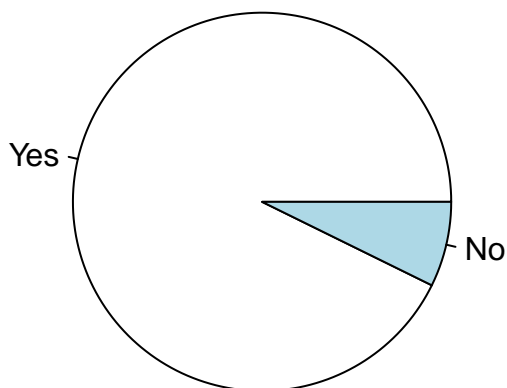
I am training in some modality of psychotherapy

Is psychotherapy important for your identity as a psychiatrist ?

```
table(Czech_Republic_data$q_0007)
```

```
##
## Yes  No
##  51   4
```

```
pie(table(Czech_Republic_data$q_0007), xlab="Psychotherapy important for the professional identity")
```
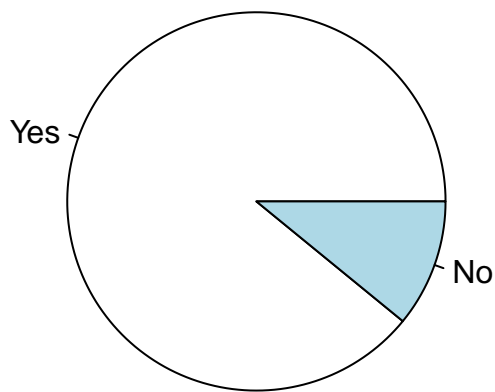

Psychotherapy important for the professional identity

Do you want to practise Psychotherapy ?

```
table(Czech_Republic_data$q_0008)
```
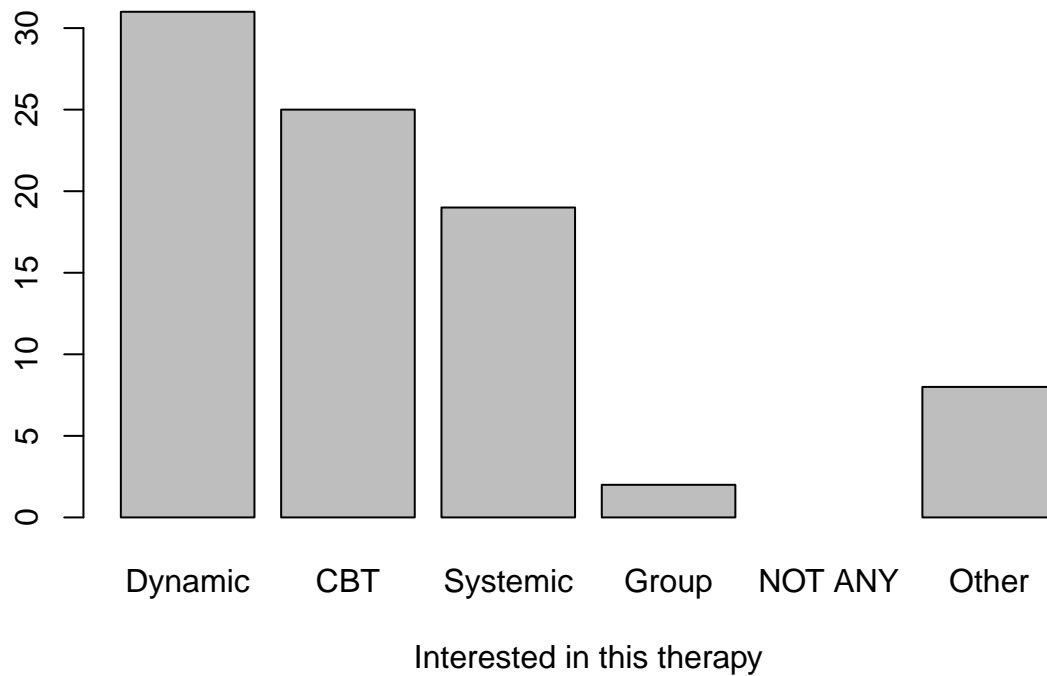
```
##
## Yes  No
##  49   6
```

```
pie(table(Czech_Republic_data$q_0008), xlab="Plan to practise Psychotherapy after training")
```


Plan to practise Psychotherapy after training

```
q9df <- Czech_Republic_data[,16:21]
barplot(c(sum(q9df[,1]=="Yes"), sum(q9df[,2]=="Yes"), sum(q9df[,3]=="Yes"), sum(q9df[,4]=="Yes"),
          sum(q9df[,5]=="Yes"), sum(!is.na(q9df[,6]))),
        names.arg=c("Dynamic","CBT","Systemic","Group","NOT ANY","Other"),xlab="Interested in this thera
```
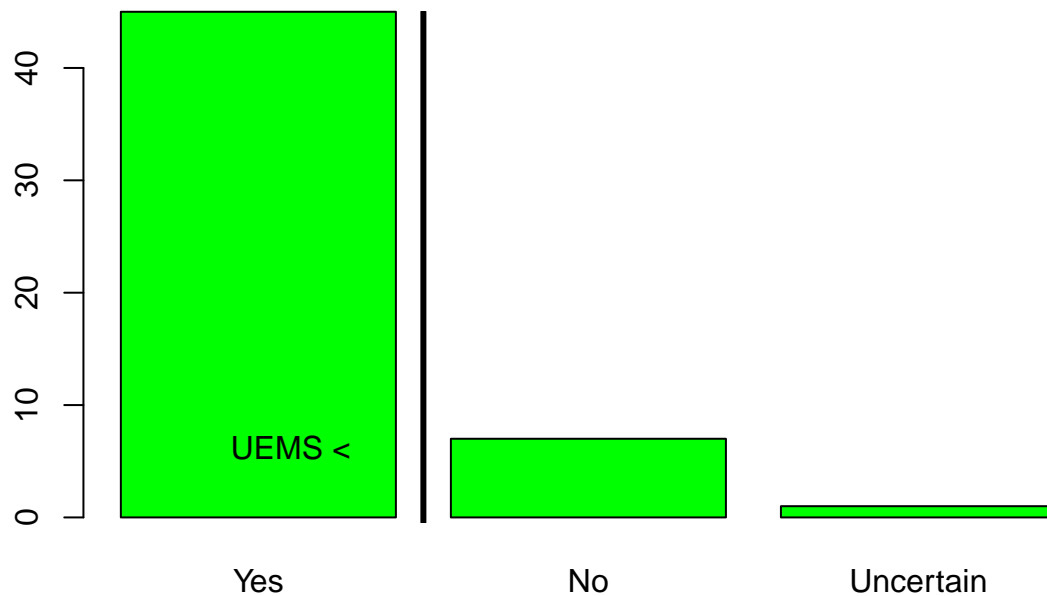
"The following experience in Psychotherapy is a mandatory part of my training in Psychiatry:"

```
table(Czech_Republic_data$q_0011_SQ001)
```

```
##
##      Yes       No Uncertain
##       45        7        1
```

```
barplot(table(Czech_Republic_data$q_0011_SQ001), col="green", xlab="Theoretical lectures or seminars in
abline(v=1.3, lwd=3)
text(0.6,5, "UEMS <", adj = c(0, -.1))
```

Theoretical lectures or seminars in Psychotherapy

UEMS Charter on Psychiatry states that minimum duration of theoretical psychotherapy training should be 120 hours during 5 years. It also states that as a minimum, psychodynamic, CBT and systemic theory should be taught.

```
table(Czech_Republic_data$q_0011_SQ001)
```

```
##
##      Yes       No Uncertain
##       45        7         1
```

```
barplot(table(Czech_Republic_data$q_0011_SQ001), col="blue", xlab="Conducting Psychotherapy without sup
```

Conducting Psychotherapy without supervision

```r
table(Czech_Republic_data$q_0011_SQ003)
```

```
##
##     Yes      No Uncertain
##      17      31         5
```

```r
barplot(table(Czech_Republic_data$q_0011_SQ003), col="yellow", xlab="Conducting Psychotherapy under sup
```


Conducting Psychotherapy under supervision

```r
table(Czech_Republic_data$q_0011_SQ004)
```

```
##
##     Yes        No Uncertain
##      7        39         6
```
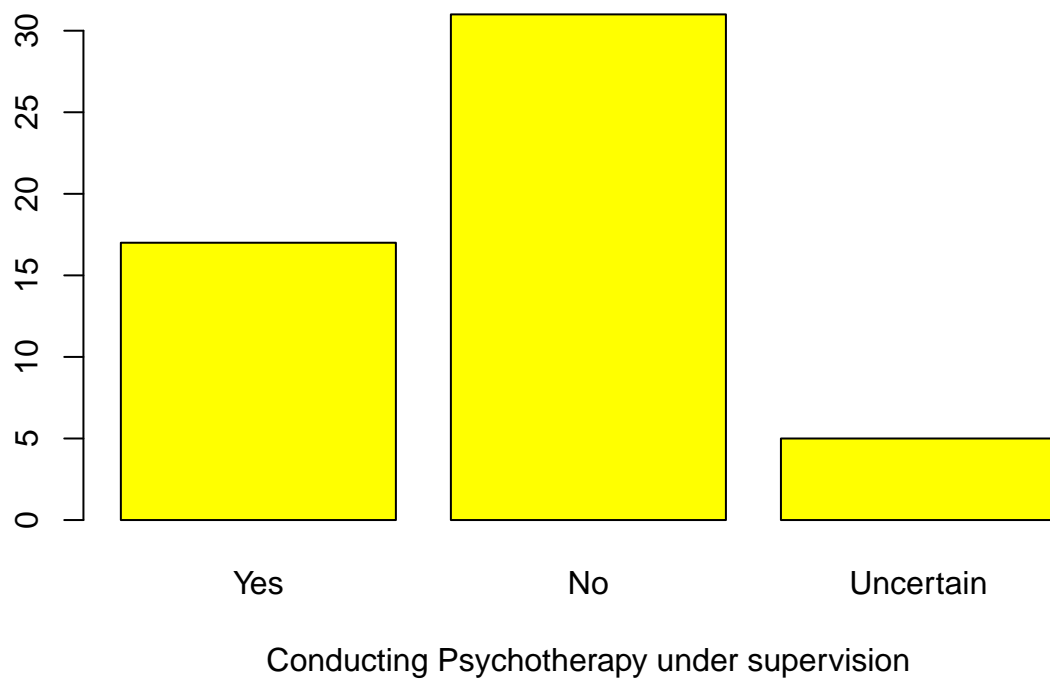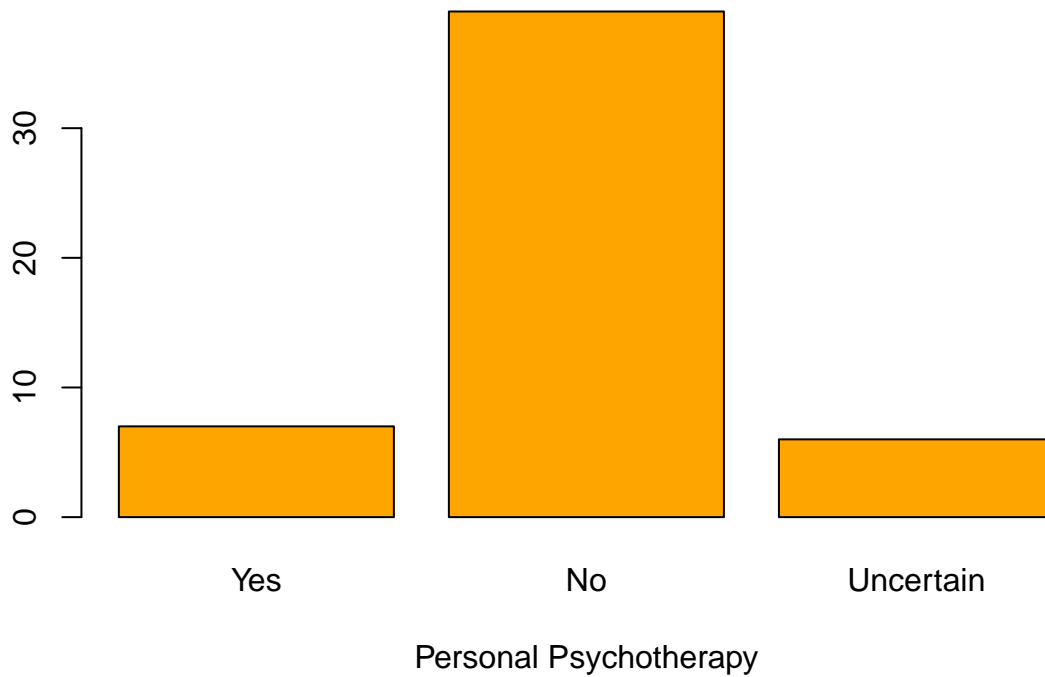
```r
barplot(table(Czech_Republic_data$q_0011_SQ004), col="orange", xlab="Personal Psychotherapy")
```



```r
table(Czech_Republic_data$q_0012)
```

```
##
##   Yes      No Unsure
##    12      36      5
```

```r
barplot(table(Czech_Republic_data$q_0012), col="green", xlab="Are you qualified to practice Psychothera
```
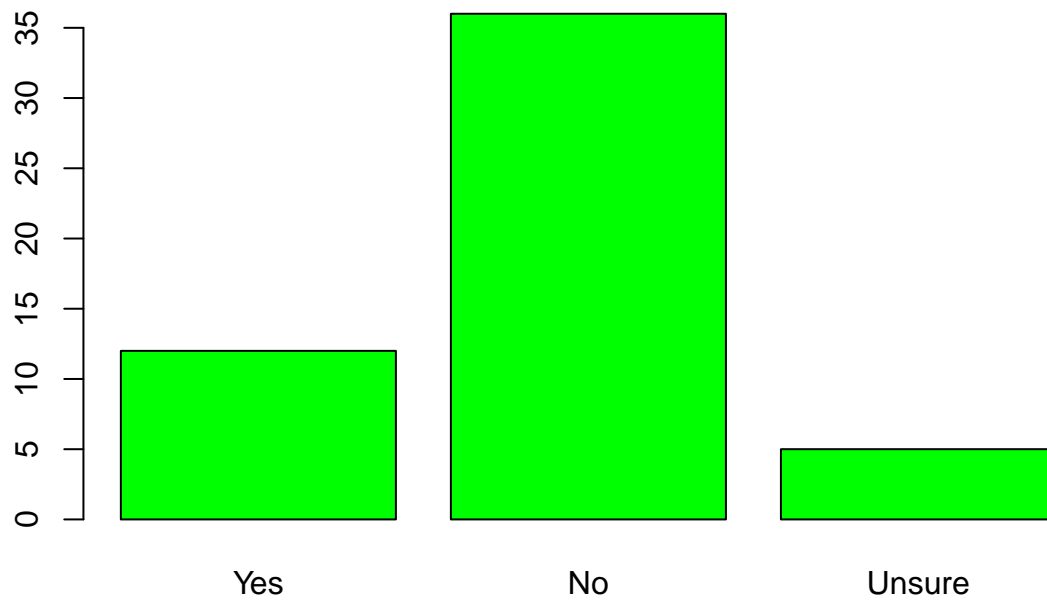
Are you qualified to practice Psychotherapy after your training ?

What types of psychotherapy modalities are available for treatment of patients at your institution?

table(Czech_Republic_data$q_0013)

How many hours of supervisions

Individual supervision
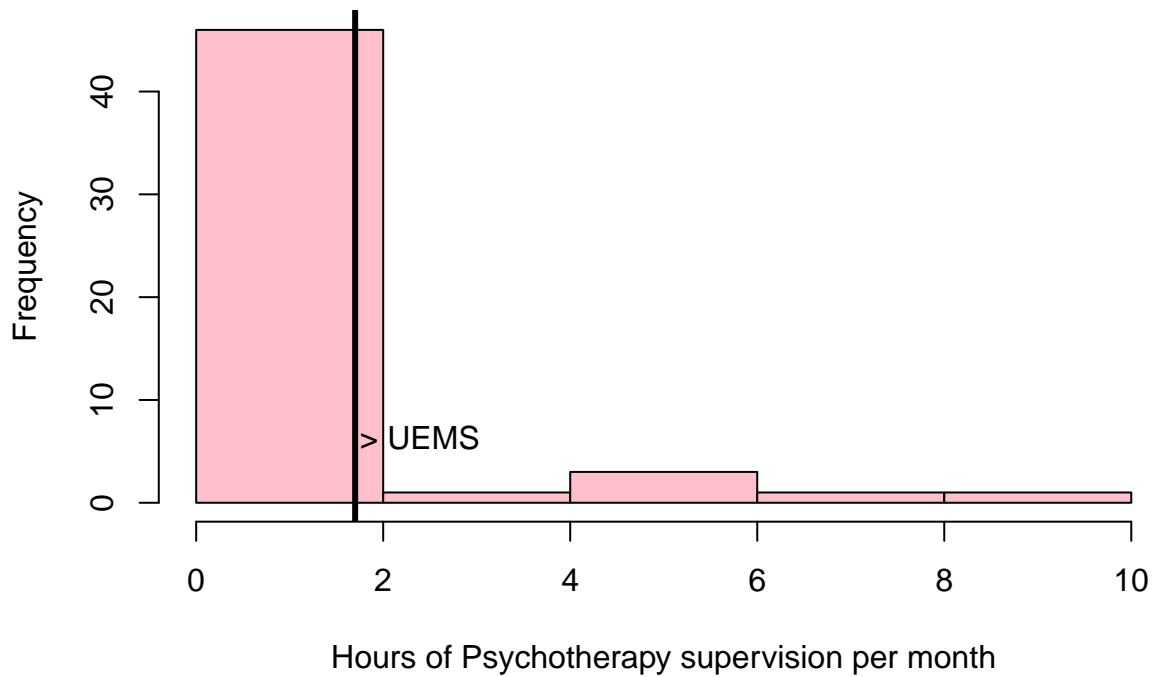
Hours of Psychotherapy supervision per month

UEMS Charter on Psychiatry states that minimum duration of psychotherapy supervision should be 100 hours during the whole training of 5 recommended years. It makes 1.7 hours approximatively a month.

```
hist(Czech_Republic_data$q_0014_SQ002, col="red",
     main="Small group supervision (3 - 5 people)",
     xlab="Hours of Psychotherapy supervision per month")
```

Small group supervision (3 – 5 people)
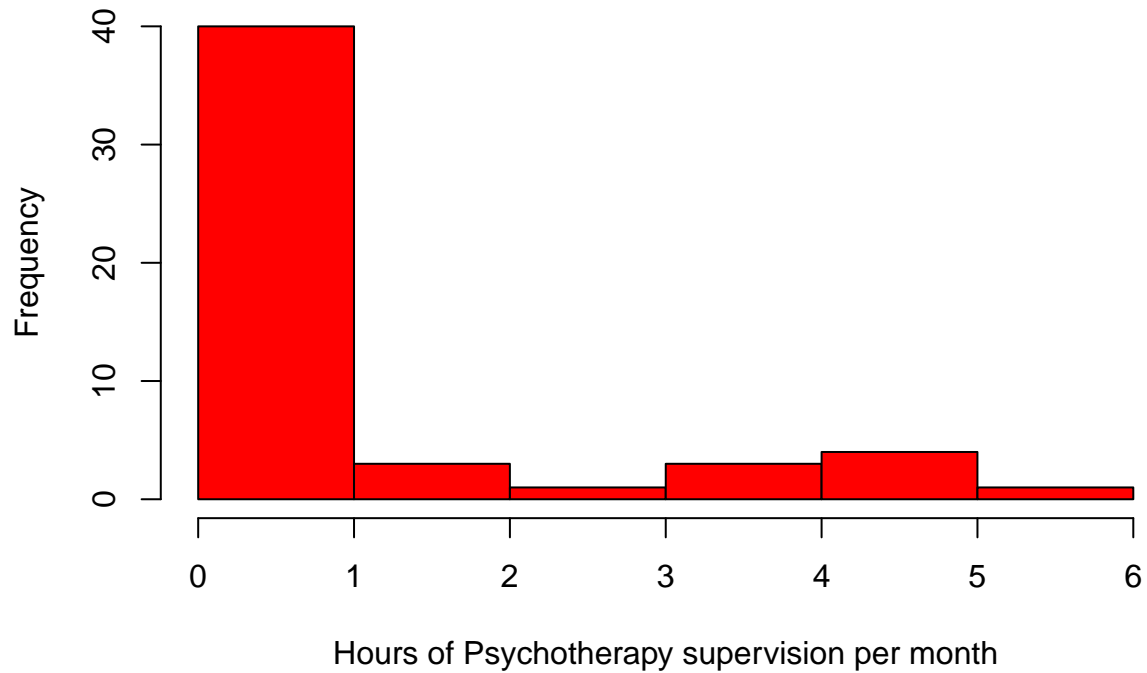

```r
hist(Czech_Republic_data$q_0014_SQ003,
    main="Large group supervision (more than 5 people)",
    xlab="Hours of Psychotherapy supervision per month",
    col= "orange")
```

Large group supervision (more than 5 people)
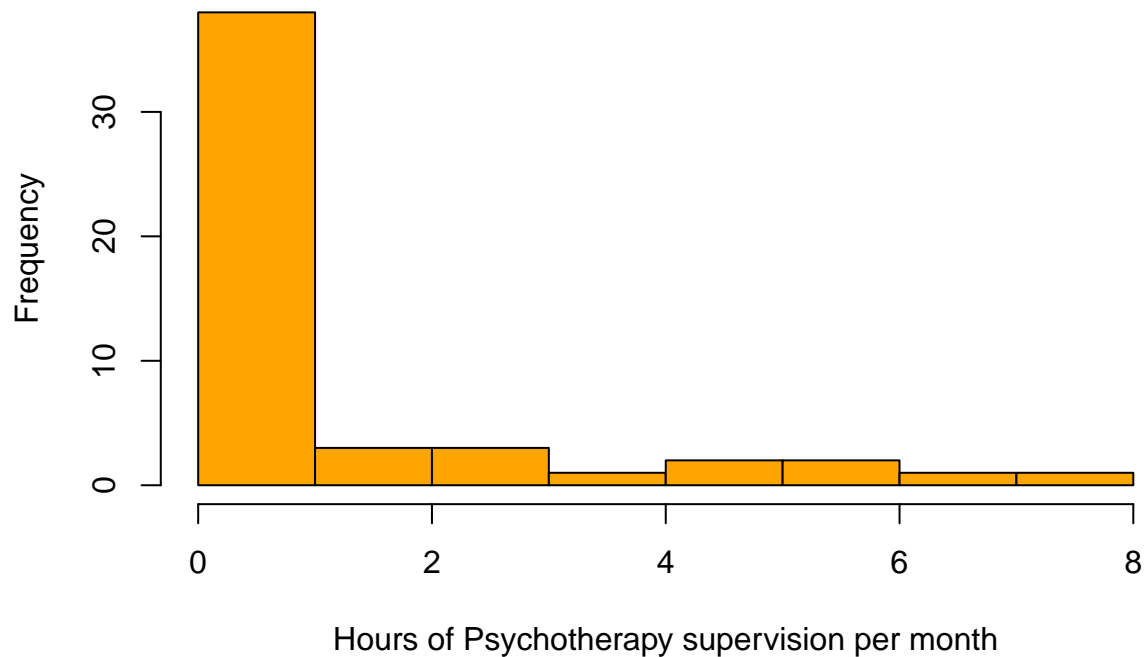
```
hist(Czech_Republic_data$q_0014_SQ004, col="green",
     xlab= "Hours of Psychotherapy supervision per month",
     main ="Generic Balint group",
     breaks=10)
```

Generic Balint group

Hours of Psychotherapy supervision per month
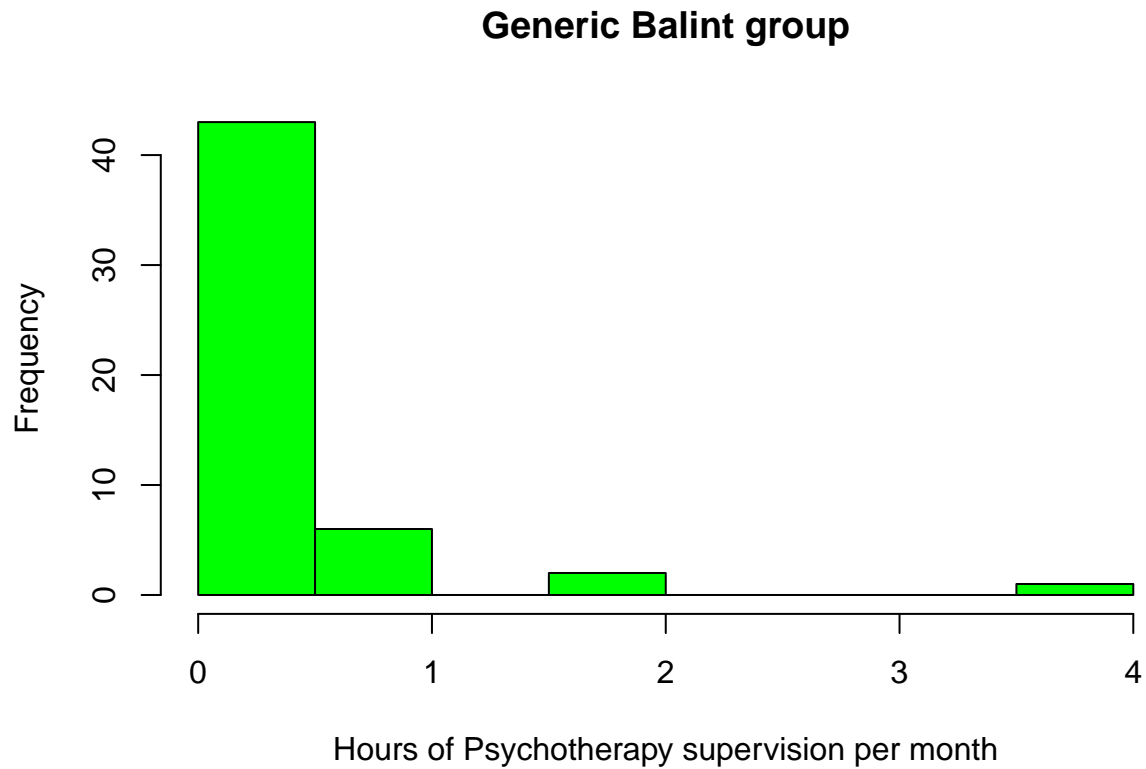
```
hist(Czech_Republic_data$q_0014_SQ005, col="navy",
     xlab= "Hours of Psychotherapy supervision per month",
     main ="Other form of supervision")
```

Other form of supervision
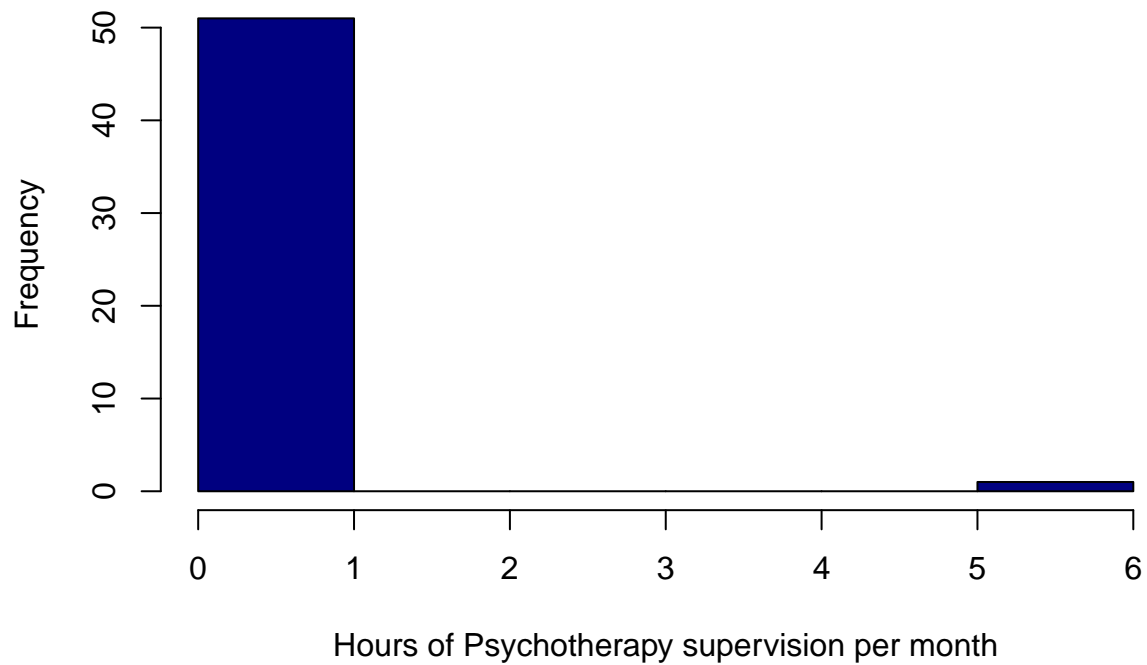
table(Czech_Republic_data$q_0015)

Who pays?

This again should ba a plot group on one page

```
barplot(table(Czech_Republic_data$q_0016_SQ001), col="light blue",
        main="Theorectical lectures / seminars",
        xlab="Who pays for this component of Psychotherapy experience?")
```

Theorectical lectures / seminars
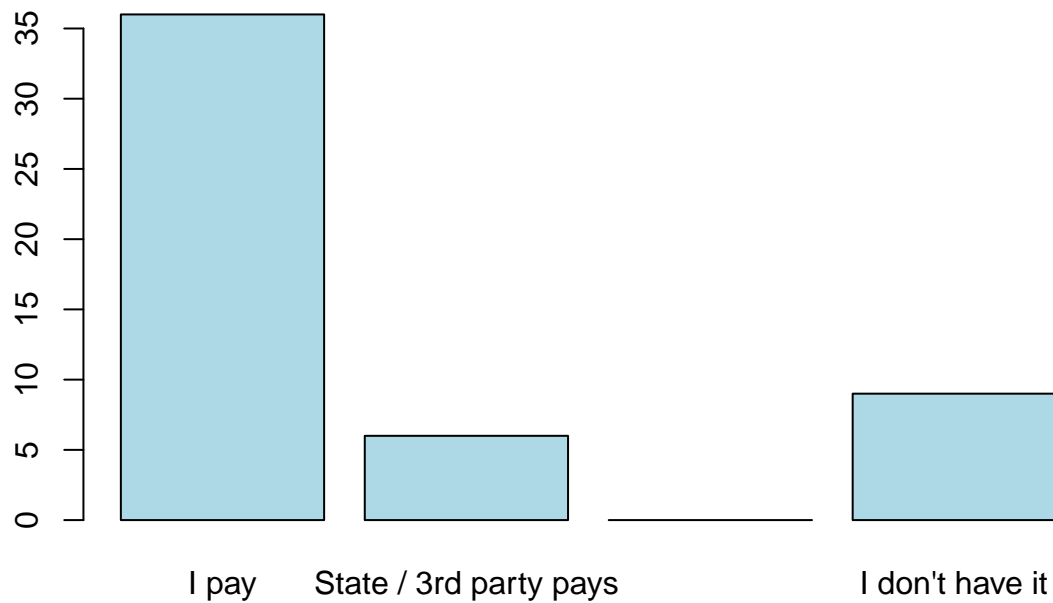
Who pays for this component of Psychotherapy experience?

```
barplot(table(Czech_Republic_data$q_0016_SQ002), col="light blue",
        xlab="Who pays for this component of Psychotherapy experience?",
        main="Supervision - individual")
```

Supervision – individual
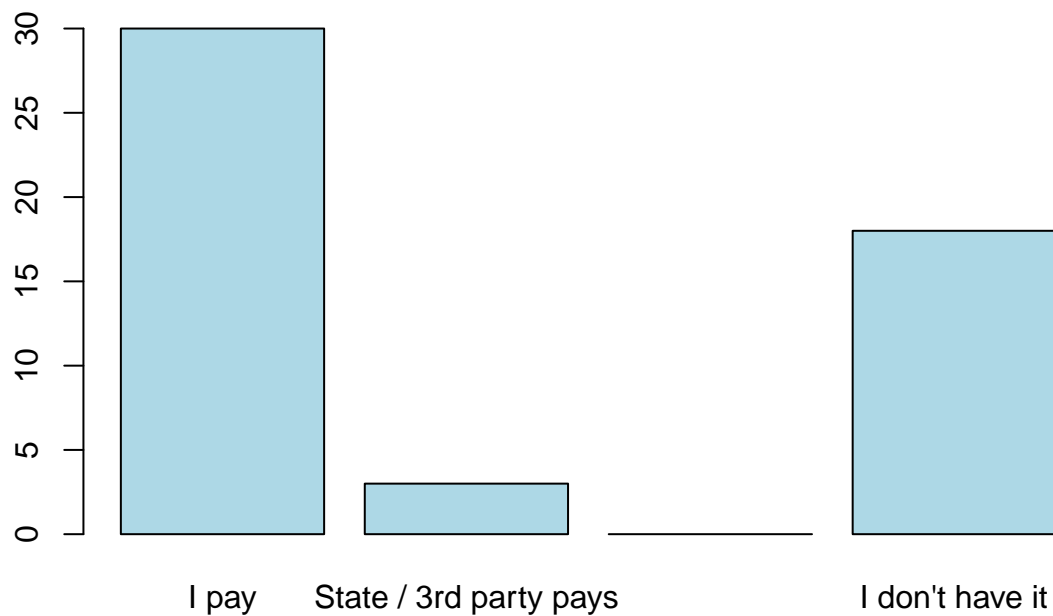
Who pays for this component of Psychotherapy experience?

```
barplot(table(Czech_Republic_data$q_0016_SQ003), col="light blue",
        main="Supervision - group",
        xlab="Who pays ?")
```

Supervision – group
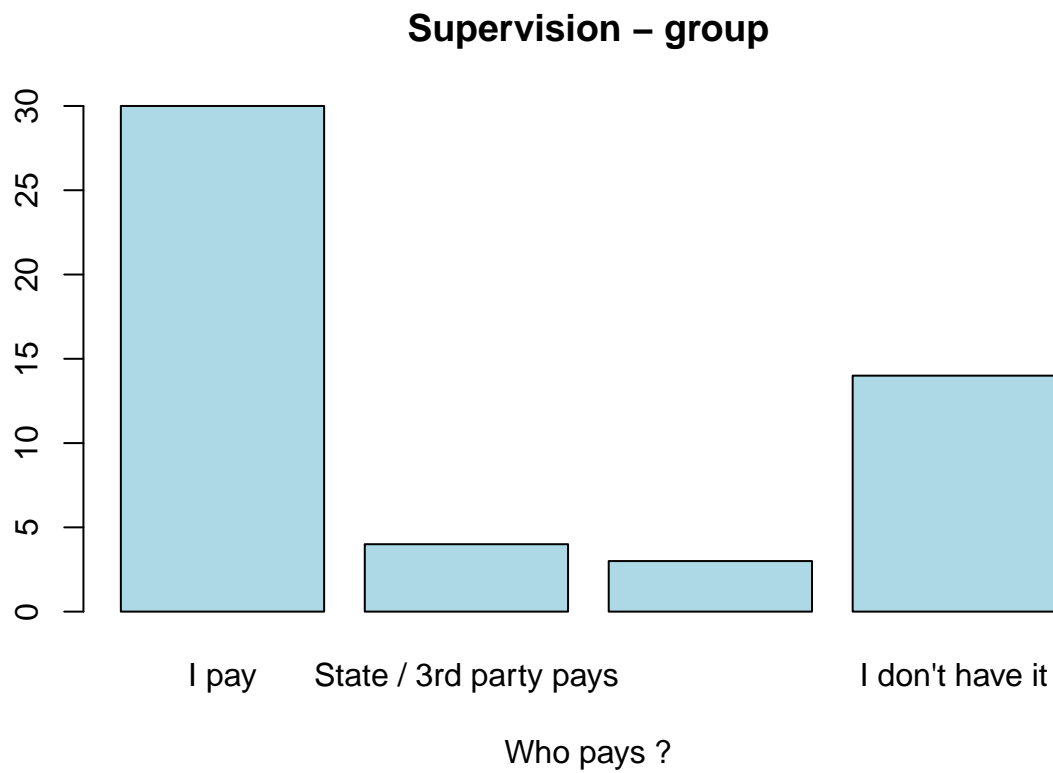
Who pays ?

```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",
        main="Balint groups ",
        xlab="Who pays ?")
```

Balint groups
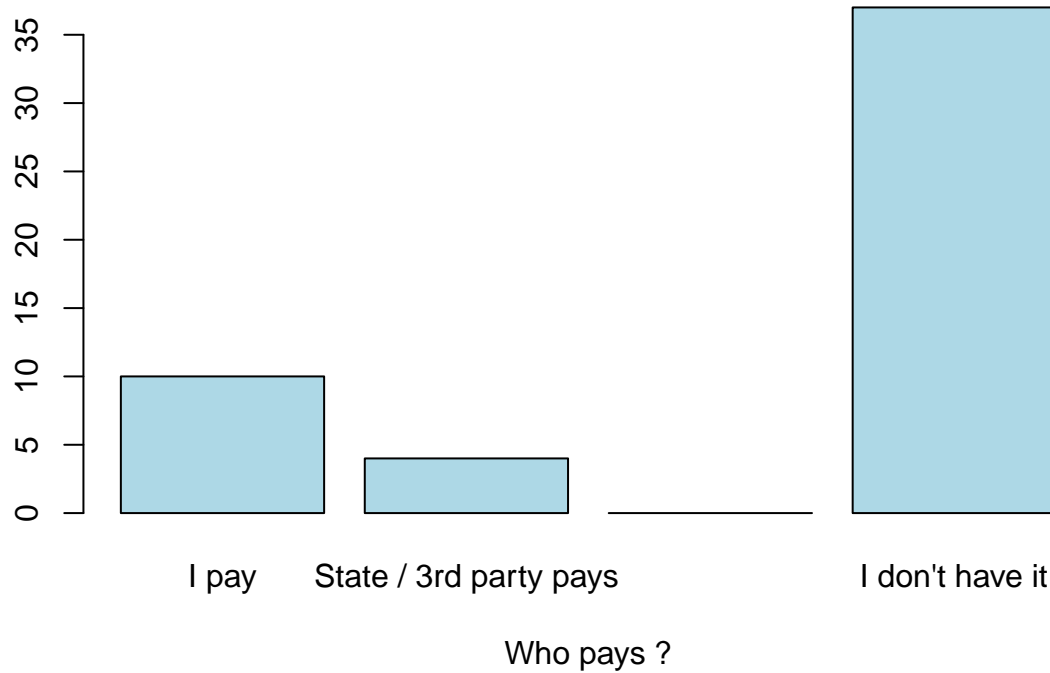
Who pays ?

```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",
        main="Sessions with patient(s)",
        xlab="Who pays ?")
```

Sessions with patient(s)
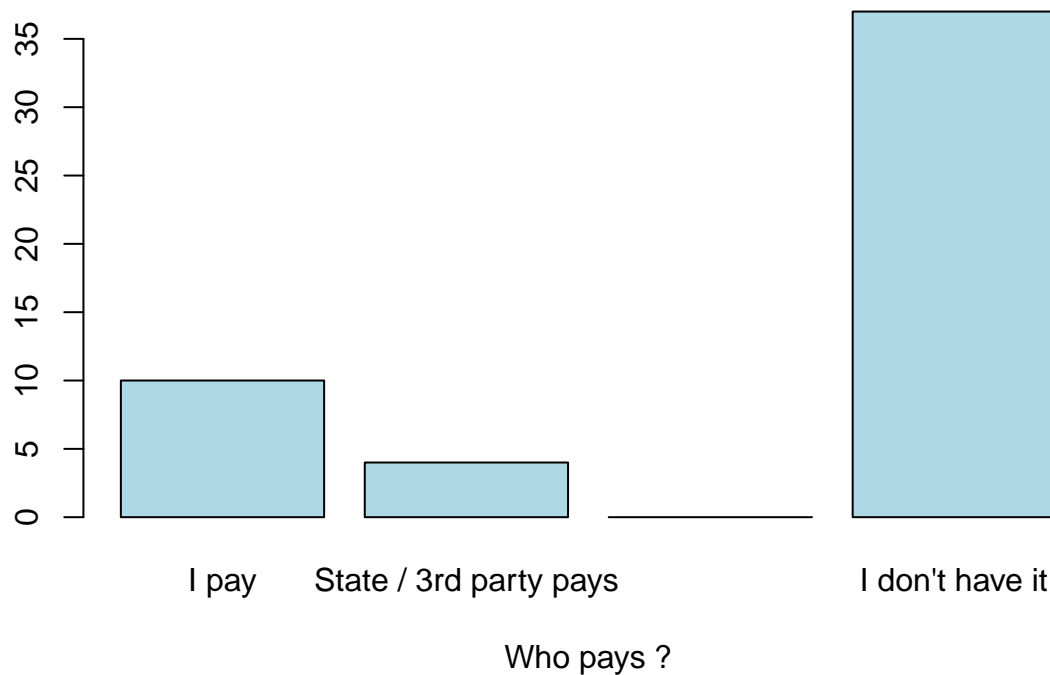
Who pays ?

```
barplot(table(Czech_Republic_data$q_0016_SQ004), col="light blue",
        main="Self-experience",
        xlab="Who pays")
```

Self−experience
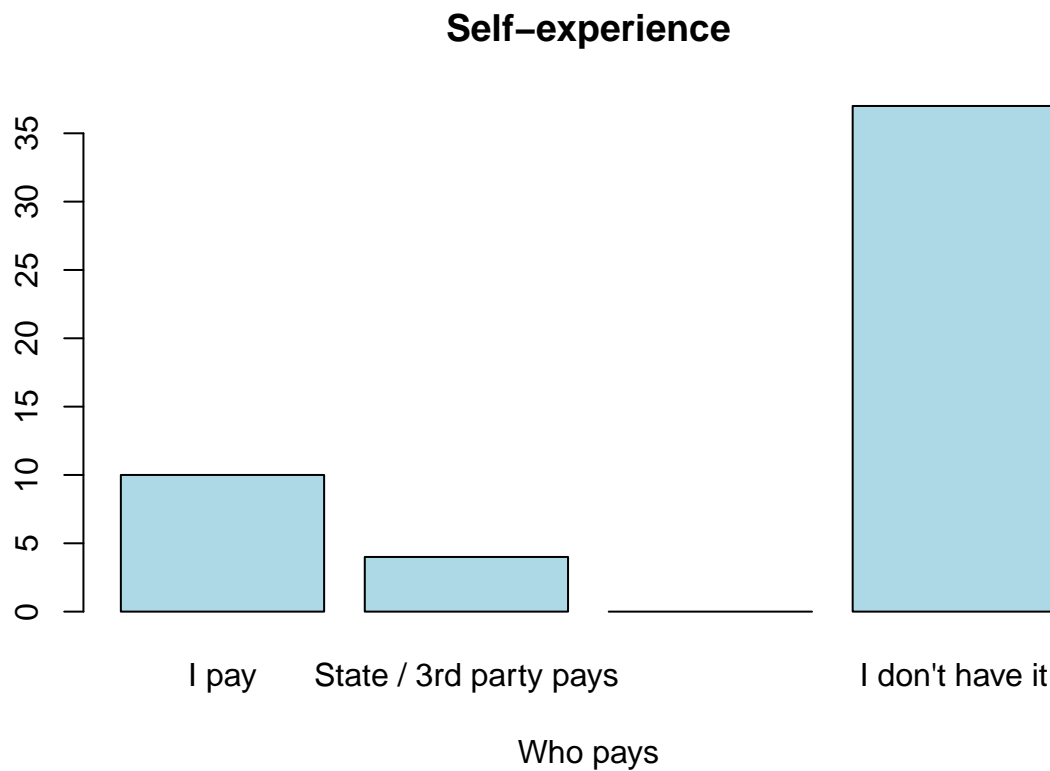
Plot: Would you train for Free ?

```
pie(table(Czech_Republic_data$q_0017),
    xlab="Motivated to train in Psychotherapy for free?")
```
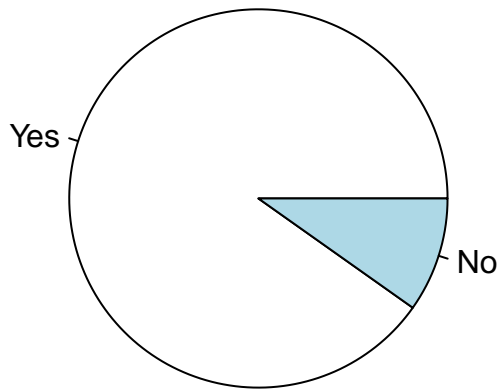
Motivated to train in Psychotherapy for free?

UEMS recommendations states that psychotherapy training of trainees should be funded publicly and free for trainees.

Plot: How much would you invest in psychotherapy training ?

```
hist(Czech_Republic_data$q_0018, col="light green",
     main="% of annual salary for psychiatry training",
     xlab="Percentage of your annual salary do you intend to spend \n on funding your psychotherapy tra
     breaks=c(seq(0,100,2)))
```

% of annual salary for psychiatry training

Percentage of your annual salary do you intend to spend
on funding your psychotherapy training In the next 12 months?
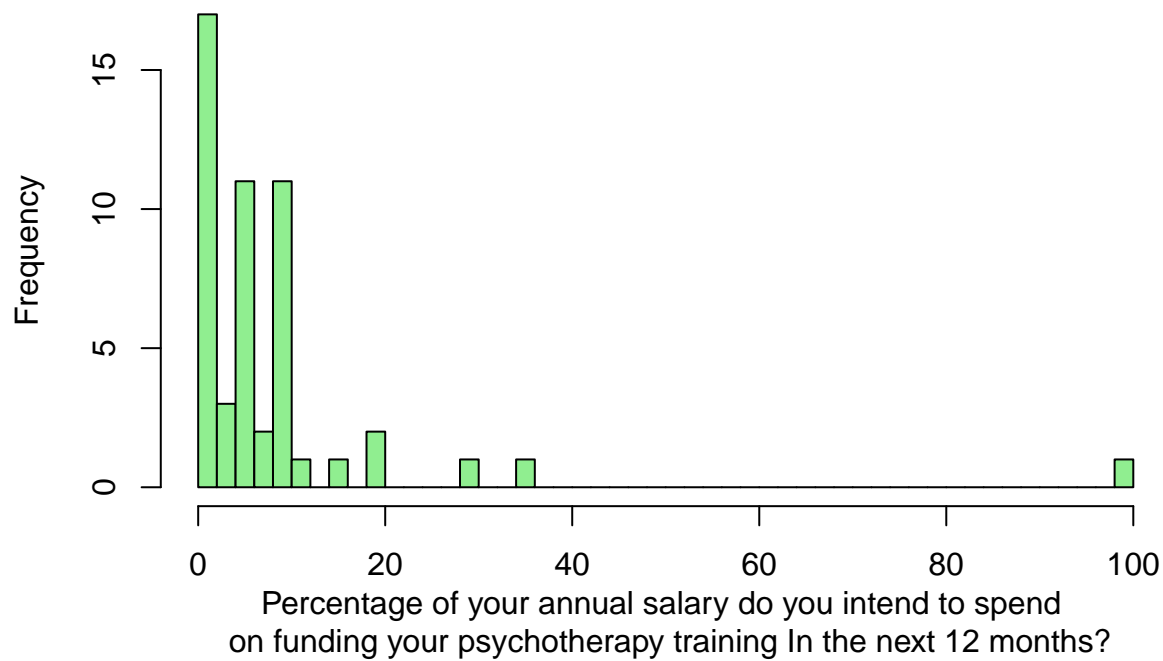
Plot: Satisfaction group

perhaps we should use likert package to plot likert type items

```r
# make auxiliary table to hold our likert Czech_Republic_data
sat1<-Czech_Republic_data[,43:45]
# put in correct row names
sat1 <- rename(sat1,c("q_0019_SQ001"="I am satisfied with psychotherapy component in my training progran
  "q_0019_SQ002"="I am satisfied with psychotherapy training options in my country",
  "q_0019_SQ003"="I am satisfied with the level of funding for psychotherapy training within psychiatry
  ))
sat12<-likert(sat1)
plot(sat12)
```

	I am satisfied with psychotherapy training options in my country	22%	24%	54%
	I am satisfied with psychotherapy component in my training programme	58%	18%	24%
	I am satisfied with the level of funding for psychotherapy training within psychiatry in my country	72%	20%	8%

Percentage

Response Strongly Disagree Disagree Neutral Agree
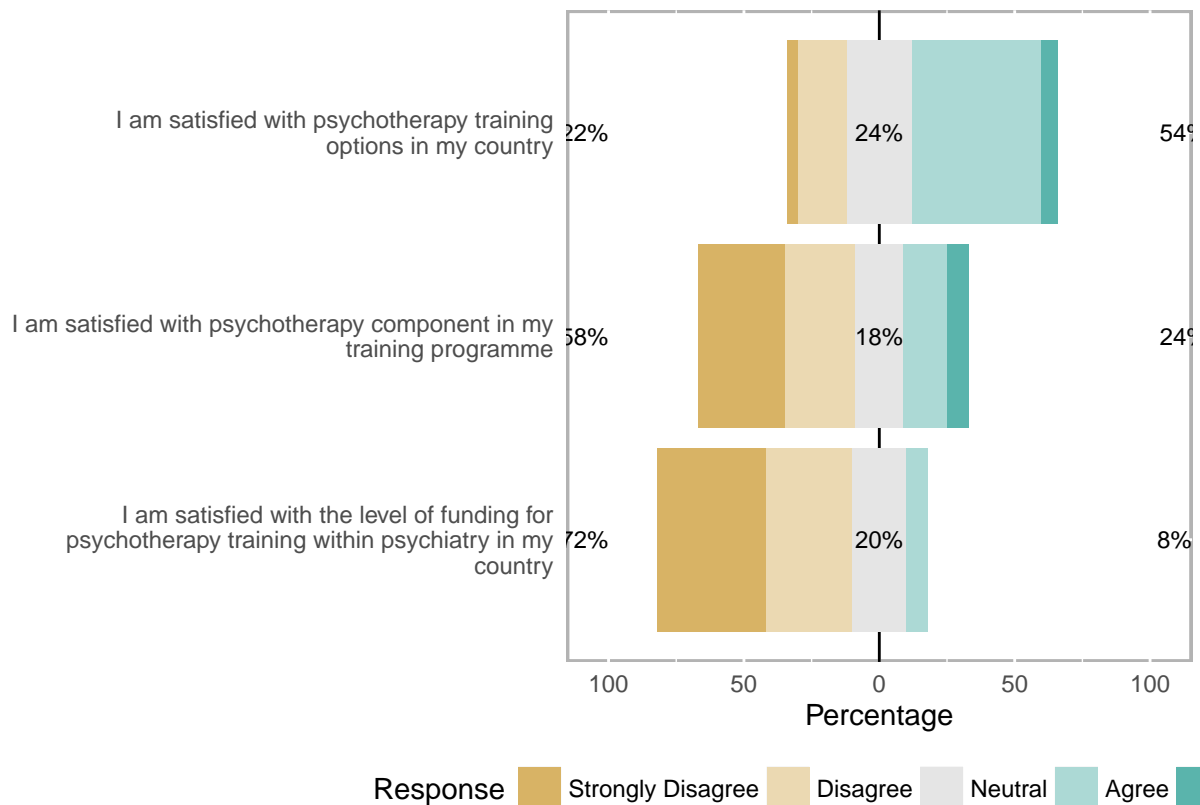
```r
# comment out barplots for now
# barplot(table(Czech_Republic_data$q_0019_SQ001), main ="I am satisfied with Psychotherapy component i

# well, let's deal with UEMS bits as with likert scales
uems1 <- Czech_Republic_data[,46:54]
uems1[,1] <- factor(uems1[,1],c("No","Uncertain","Yes"))
uems1[,2] <- factor(uems1[,2],c("No","Uncertain","Yes"))
uems1[,3] <- factor(uems1[,3],c("No","Uncertain","Yes"))
uems1[,4] <- factor(uems1[,4],c("No","Uncertain","Yes"))
uems1[,5] <- factor(uems1[,5],c("No","Uncertain","Yes"))
uems1[,6] <- factor(uems1[,6],c("No","Uncertain","Yes"))
uems1[,7] <- factor(uems1[,7],c("No","Uncertain","Yes"))
uems1[,8] <- factor(uems1[,8],c("No","Uncertain","Yes"))
uems1[,9] <- factor(uems1[,9],c("No","Uncertain","Yes"))
# Put nice column names for the plot
uems1 <- rename(uems1,c(
  q_0021_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0021_SQ002="Defined number of cases should be seen",
  q_0021_SQ003="at least 120 hours of theory",
  q_0021_SQ004="Work experience with individuals, family, groups",
  q_0021_SQ005="Psychodynamic, CBT, systemic - and maybe integrative",
  q_0021_SQ006="Personal therapy is recommended",
  q_0021_SQ007="Supervisors should be qualified",
  q_0021_SQ008="Regular supervision at least for 100 hours",
  q_0021_SQ009="Training should be publicly funded"
  ))
## Plot: UEMS recs awareness
uems12 <- likert(uems1)
```

```
plot(uems12) +
  ggtitle("Awareness of UEMS recommendations") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))
```

Awareness of UEMS recommendations

	No	Uncertain	Yes
Supervisors should be qualified	5%	9%	86%
Personal therapy is recommended	0%	29%	71%
Regular supervision at least for 100 hours	9%	32%	59%
at least 120 hours of theory	17%	25%	58%
Psychotherapy is a mandatory part of the curriculum	25%	17%	58%
Psychodynamic, CBT, systemic – and maybe integrative	13%	43%	43%
Work experience with individuals, family, groups	17%	39%	43%
Defined number of cases should be seen	17%	39%	43%
Training should be publicly funded	18%	50%	32%

Percentage

Response ▢ No ▢ Uncertain ▢ Yes

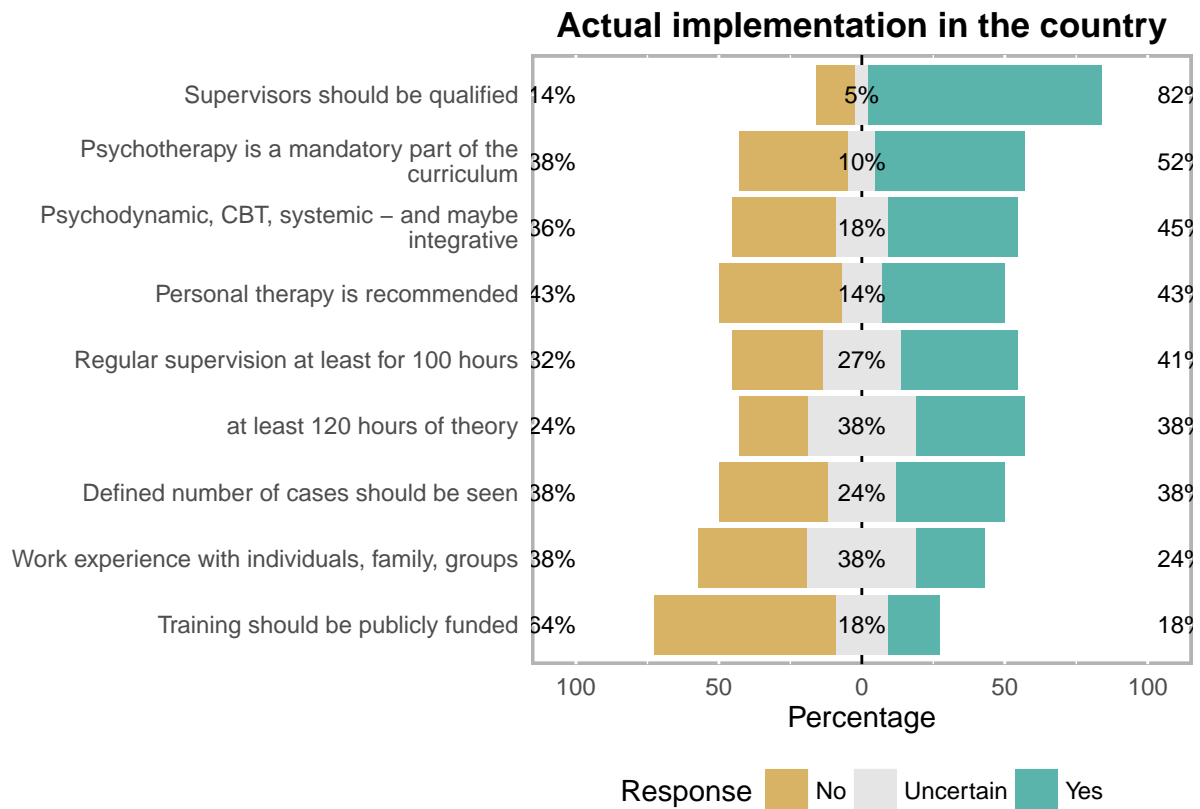Plot: UEMS recommendations awareness

```
# and same with the
uems2 <- Czech_Republic_data[,55:63]
uems2[,1] <- factor(uems2[,1],c("No","Uncertain","Yes"))
uems2[,2] <- factor(uems2[,2],c("No","Uncertain","Yes"))
uems2[,3] <- factor(uems2[,3],c("No","Uncertain","Yes"))
uems2[,4] <- factor(uems2[,4],c("No","Uncertain","Yes"))
uems2[,5] <- factor(uems2[,5],c("No","Uncertain","Yes"))
uems2[,6] <- factor(uems2[,6],c("No","Uncertain","Yes"))
uems2[,7] <- factor(uems2[,7],c("No","Uncertain","Yes"))
uems2[,8] <- factor(uems2[,8],c("No","Uncertain","Yes"))
uems2[,9] <- factor(uems2[,9],c("No","Uncertain","Yes"))

# Put nice column names for the plot
uems2 <- rename(uems2,c(
  q_0022_SQ001="Psychotherapy is a mandatory part of the curriculum",
  q_0022_SQ002="Defined number of cases should be seen",
  q_0022_SQ003="at least 120 hours of theory",
  q_0022_SQ004="Work experience with individuals, family, groups",
  q_0022_SQ005="Psychodynamic, CBT, systemic – and maybe integrative",
```

```
  q_0022_SQ006="Personal therapy is recommended",
  q_0022_SQ007="Supervisors should be qualified",
  q_0022_SQ008="Regular supervision at least for 100 hours",
  q_0022_SQ009="Training should be publicly funded"
))
uems22 <- likert(uems2)
plot(uems22) +
  ggtitle("Actual implementation in the country") +
  theme(plot.title = element_text(lineheight=.8, face="bold"))
```

Actual implementation in the country

Item	No	Uncertain	Yes
Supervisors should be qualified	14%	5%	82%
Psychotherapy is a mandatory part of the curriculum	38%	10%	52%
Psychodynamic, CBT, systemic – and maybe integrative	36%	18%	45%
Personal therapy is recommended	43%	14%	43%
Regular supervision at least for 100 hours	32%	27%	41%
at least 120 hours of theory	24%	38%	38%
Defined number of cases should be seen	38%	24%	38%
Work experience with individuals, family, groups	38%	38%	24%
Training should be publicly funded	64%	18%	18%

Response: No, Uncertain, Yes

Research

UEMS recommendations states that research methodology should be included in psychotherapy training.

Bibliography

- Please join our zotero group