# What is the actual status of psychotherapy training in Europe?

**1. Introduction**

Psychotherapy is one of the most efficient treatments in mental care. Some of these treatments are now widely evidence based. They are necessary for a good understanding of psychiatric patients and to improve their conditions. The European Federation of Psychiatric Trainees (EFPT) wrote recommendations about psychiatry training, especially about psychotherapy. "Psychotherapy should be compulsory in at least one branch of psychotherapy" with "basic knowledge [...] in other forms of psychotherapy". It "must include supervision by qualified psychotherapists". The European Union of Medical Specialist (UEMS) recommands that psychotherapy should be a mandatory part of the curriculum with 120 hours of theorical lectures. 100 hours of regular supervision (50 hours individual) should be provided. It should concern psychodynamic, CBT and systemic approaches (as a minimum) and should be publicly funded.

The EFPT led a survey to evaluate implementation of these recommendations.

**2. Method**

The psychotherapy study run from 2013 to 2015 in 23 European countries among psychiatrist trainees. We surveyed 574 trainees online via the EFPT network.

**3. Results**

We collected responses from 23 countries. The mean age of the participants was 32 years. Most participants were trainees and 70% were female. This study showed that psychotherapy training is very important for psychiatrists. 92 %of respondants considered psychotherapy as important in their professional identity, 90 %would like to practise psychotherapy after their training. 96 %would train for free. There is a broad interest in the psychanalytic, CBT and systemic. Attendance of psychotherapy lectures was compulsory for 70 % of respondants, and supervised psychotherapy was compulsory for 40 % of them.

Howether, lectures are paid by state only in 40% of cases and by the trainees themselves in 40 % of cases. 20 % don't have access at all.

Concerning supervision, 50% of them didn't have any supervision at all.

In the field, despite the recommandations and motivation for trainees to train in psychotherapy, only 52 % were training in psychotherapy with 33 % undertake psychotherapy training on their own initiative and 41 % received personal psychotherapy. 50 % of trainees would be motivated to give at least 5% of their salary for psychotherapy training.

**4. Discussion**

This survey showed the relevance of psychotherapy in the training of psychiatrists. Despite recommendations and motivation, the implementation of this training is not enough. We strongly support initiatives concerning psychotherapy training and think that e-learning resources could be a way to bridge this gap. The European College of European Neuropsychology organized a Neuroscience and Psychotherapy Meeting in France. The European Psychiatry Association is involved in this process and will organize a summer school about basic knowledge for psychotherapy in Brussels after the success of the "Psychotherapy to go school" that took place in Croatia with the support of UEMS, EPA and EFPT.

**5. Conclusion**

Psychotherapy training is very important for psychiatry trainees. It is not enough available on the field. E-learning ressources and european collaborations could help to bridge this gap.