

EUROPEAN FEDERATION
OF PSYCHIATRIC TRAINEES

Should all Psychiatrists be Skilled to Practice Psychotherapy?

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www.efpt.eu



EUROPEAN PSYCHIATRIC ASSOCIATION

24th EUROPEAN CONGRESS OF PSYCHIATRY

Madrid, Spain 12-15 March 2016



TOWARDS A COMMON LANGUAGE
IN EUROPEAN PSYCHIATRY

Faculty Disclosure

<input checked="" type="checkbox"/>	No, nothing to disclose
	Yes, please specify:

Company Name	Honoraria/ Expenses	Consulting/ Advisory Board	Funded Research	Royalties/ Patent	Stock Options	Ownership/ Equity Position	Employee	Other (please specify)

Psychotherapy training

- Biopsychosocial psychiatry
- Unique position of psychiatrists
 - Biological
 - Social
 - Psychological
 - Cultural
 - Interpersonal dimensions of mental illness

Psychotherapy training

- A key component of every psychiatric assessment *and treatment*
 - Scientific-based

Area	TX	NNT
Cardiology	Aspirin prophylaxis	176
Cardiology	Beta Blockers	40
Post menopausal osteoporosis	Risedronate	20
Influenza	Vaccine	12
Hematology thromboembolism	Warfarin	10
Smoking cessation	Nicotine Inhaler	10
Acute asthma	Budesonide	9
Sickle Cell Anemia	Transfusion	7
Acute myeloid leukemia	Bone marrow transplant	5
Mental health	Psychotherapy	3

NNT = number of patients needed to be treated to attain one additional success.

Success = Better outcome than randomly chosen patient in control group

Psychotherapy Training

- Effective communication skills
- Empathic understanding
- Therapeutic alliance
- Integrate treatment modalities
- Trainee's own insight

Recommendations & Guidelines

- European Federation of Psychiatric Trainees
- UEMS – European Union of Medical Specialists
- World Psychiatric Association
- European Psychiatric Association
- World Health Organization

EFPT Psychotherapy WG

Our working-group



EFPT Statement on Psychotherapy Training

“A working knowledge of psychotherapy is an integral part of being a psychiatrist”

“All trainees must gain the knowledge, skills and attitudes to be competent in psychotherapy”

*Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003,
Istanbul 2005, Gothenburg 2008, Cambridge 2009, Zurich 2013*

EFPT Statement on Psychotherapy Training

“Competence should be gained in at least one recognised form of psychotherapy”

“Basic knowledge should be gained in other forms of psychotherapy”

*Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003,
Istanbul 2005, Gothenburg 2008, Cambridge 2009, Zurich 2013*

EFPT Statement on Psychotherapy Training

“Training in psychotherapy must include supervision by qualified psychotherapists”

“Relevant authorities should ensure that time, resources and funding are available for all trainees to meet psychotherapy training needs”

*Lisbon 1996, Tampere 1999, Napoli 2001, Sinaia 2002, Paris 2003,
Istanbul 2005, Gothenburg 2008, Cambridge 2009, Zurich 2013*

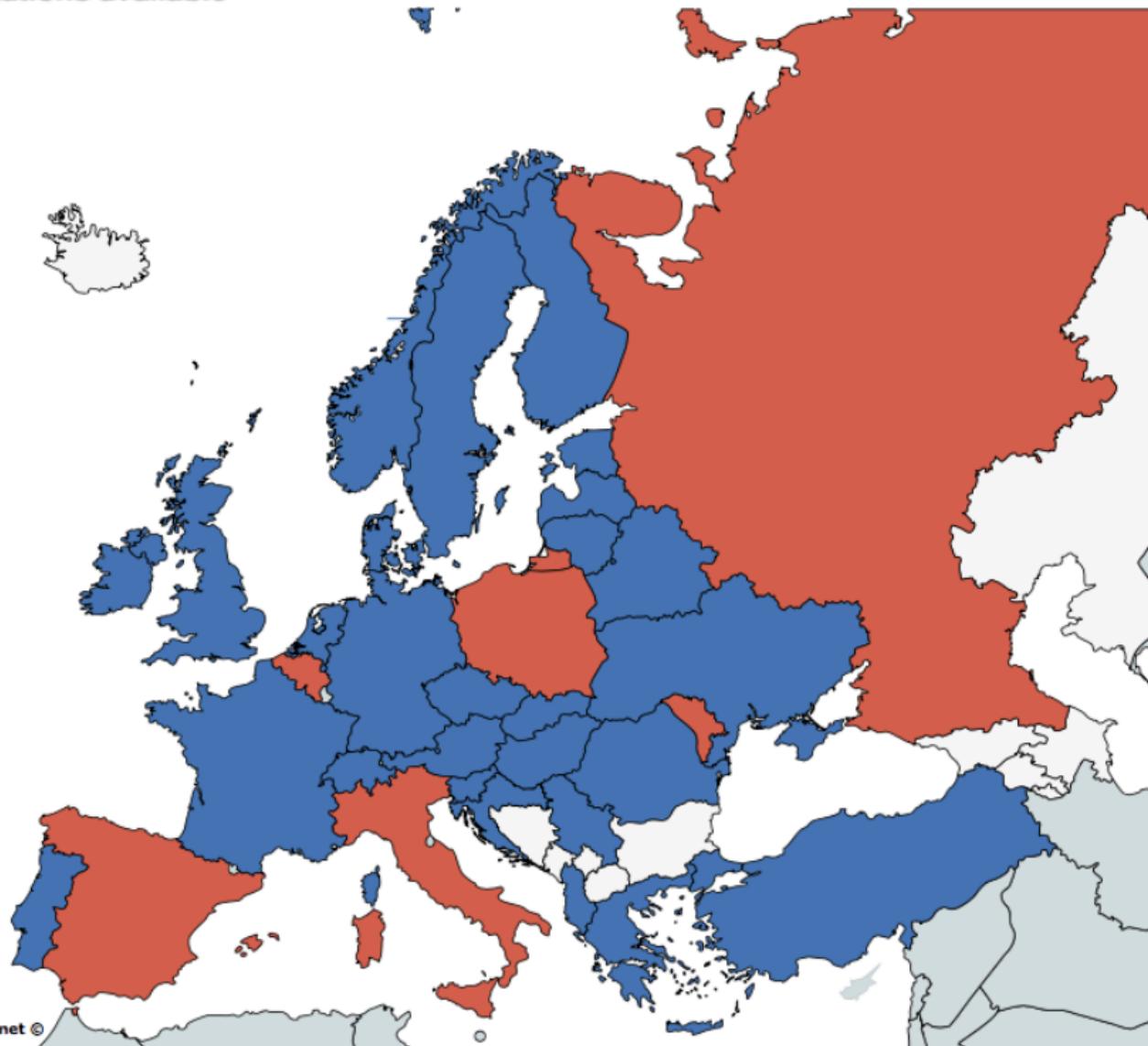
Comparison UEMS-EFPT

EFPT Statements	UEMS – European Board of Psychiatry Charter
An integral part of being a psychiatrist	A mandatory part of the curriculum
-	120 hrs of theory + A defined number of practical cases
Supervision by qualified therapists	100 hrs regular supervision (50 hrs individual)
At least one recognised form of psychotherapy -basic knowledge in the other forms of psychotherapy	Psychodynamic, CBT and systemic theory and methods (as a minimum) -integrative psychotherapies
Time, resources and funding are available to all trainees	Training should be publicly funded

EFPT Country Reports 2015

Psychotherapy rotations available

- Yes
- No
- Not available

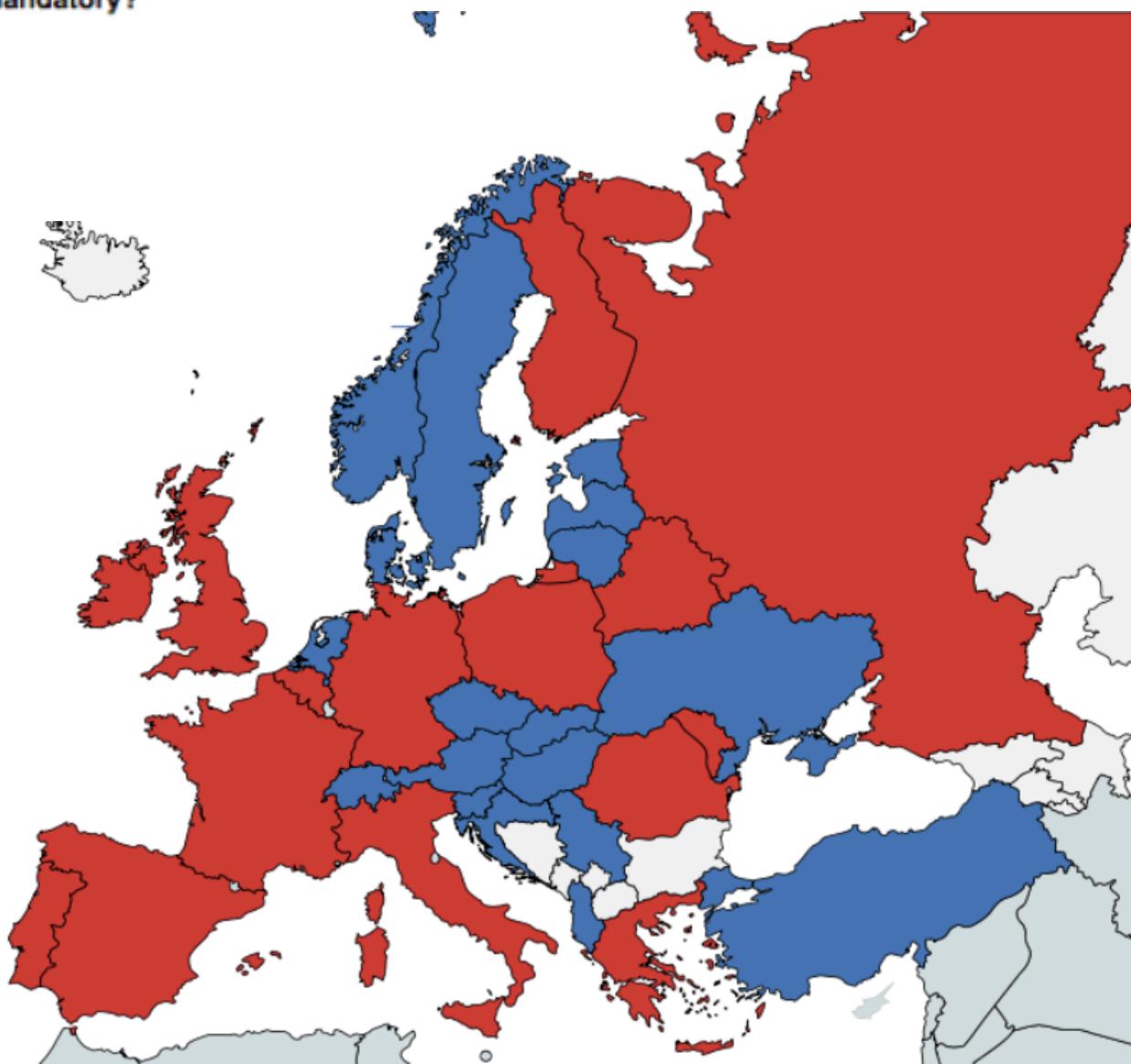


Created with mapchart.net ©

EFPT Country Reports 2015

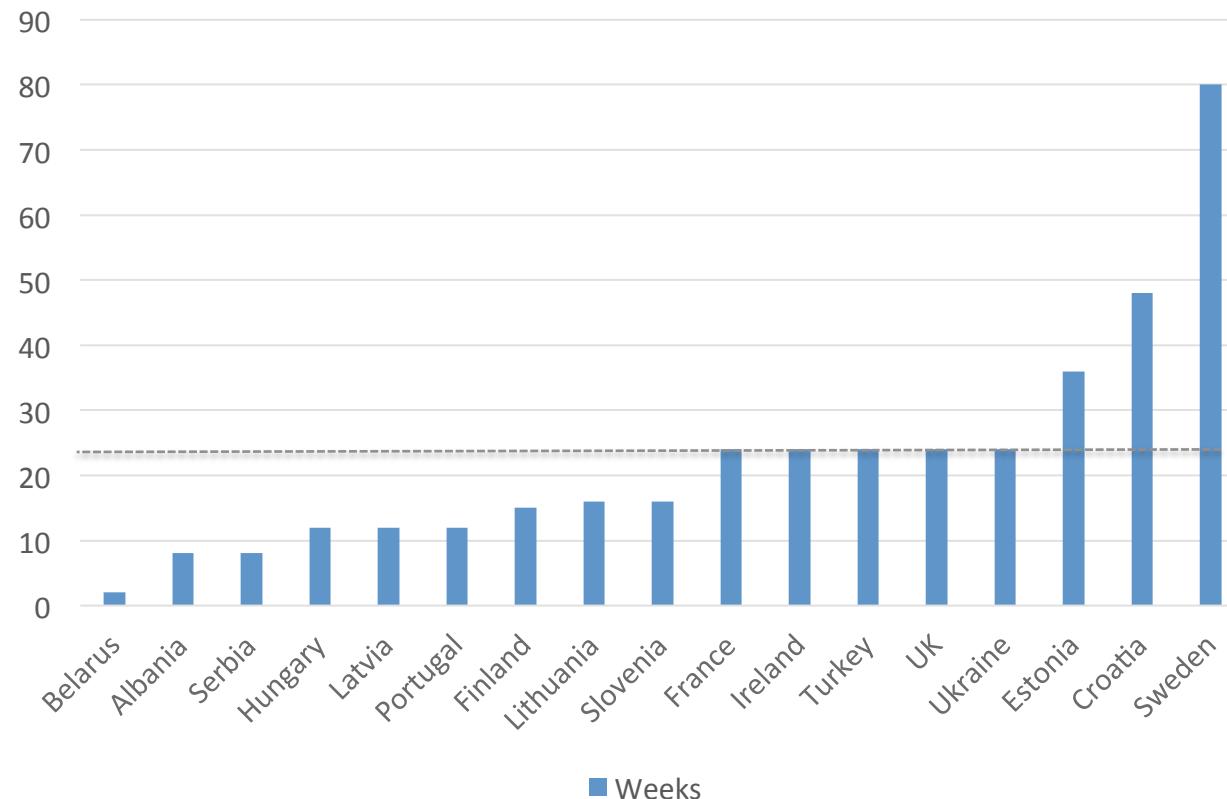
Is psychotherapy rotation mandatory?

- █ No
- █ Yes
- █ Not available



EFPT Country Reports 2015

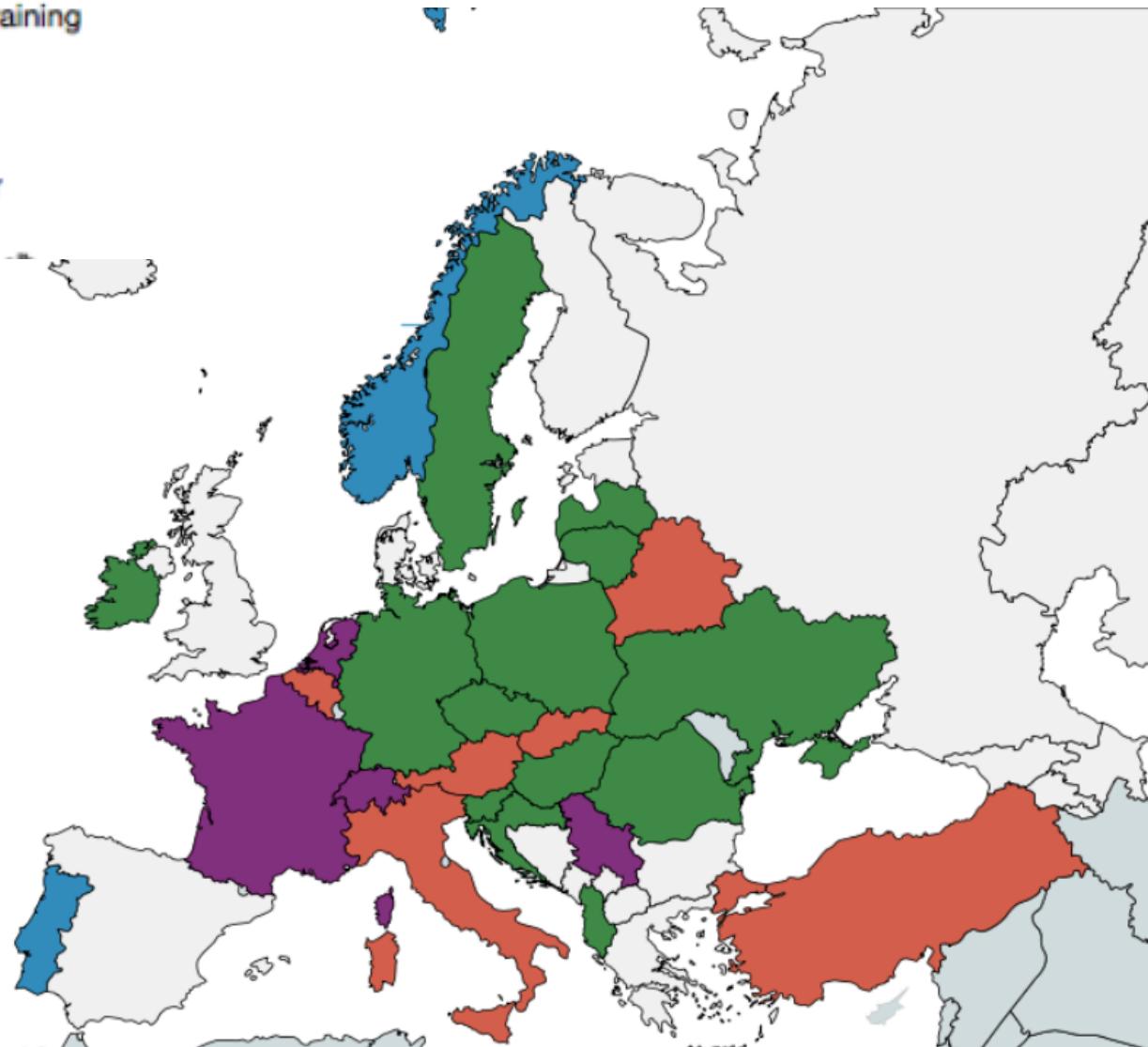
- Duration of psychotherapy rotation



EFPT Country Reports 2015

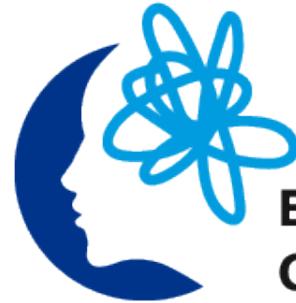
Evaluation of psychotherapy rotation

-  Final exam at the end of training
 -  No evaluation
 -  Checklist-Activity Report
 -  Evaluation by a supervisor
 -  No information available



Challenges

- Lack of standardization / implementation of standards (duration, number of patients, supervision)
- Less affordable
- More time-consuming
- More individualized



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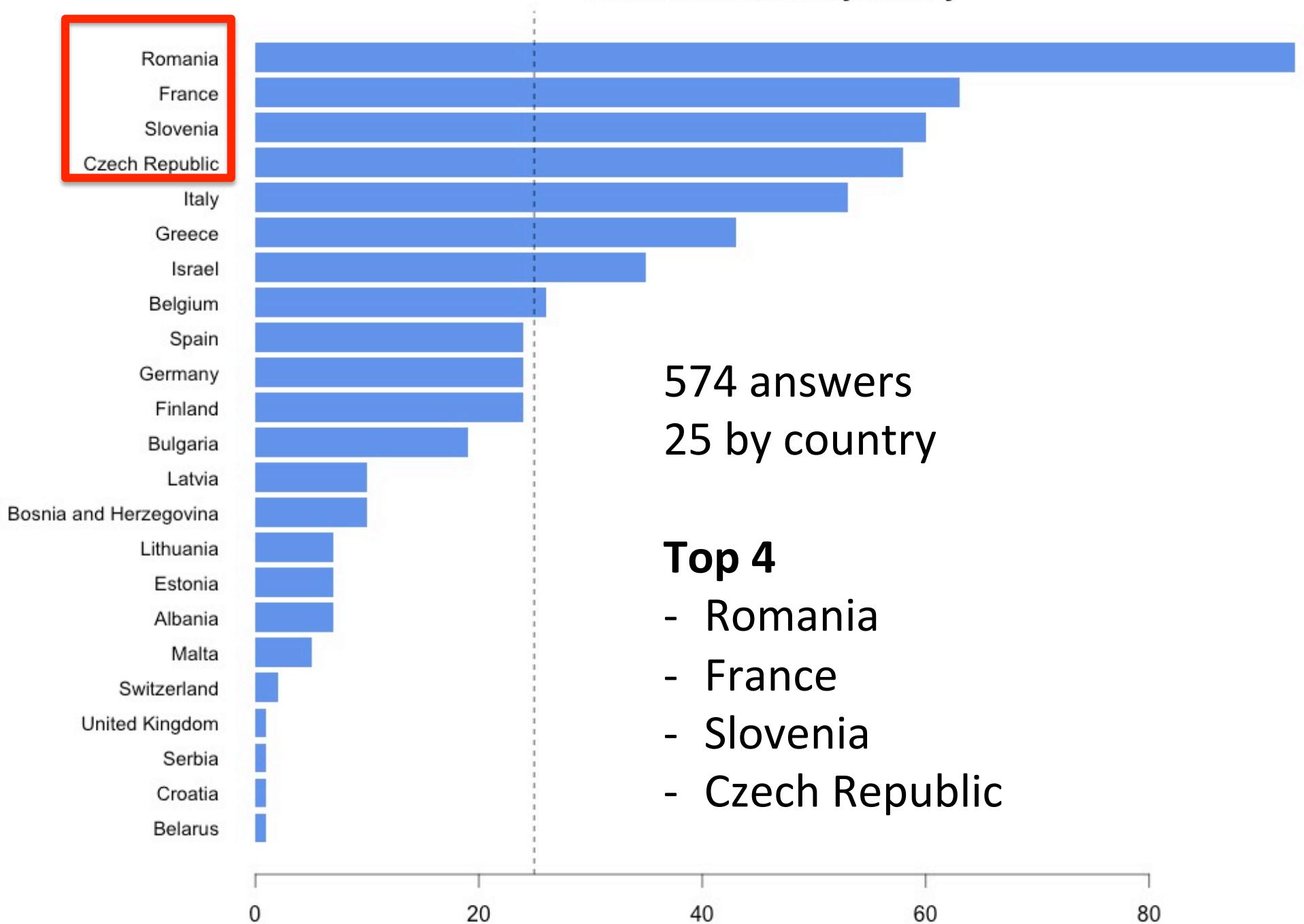
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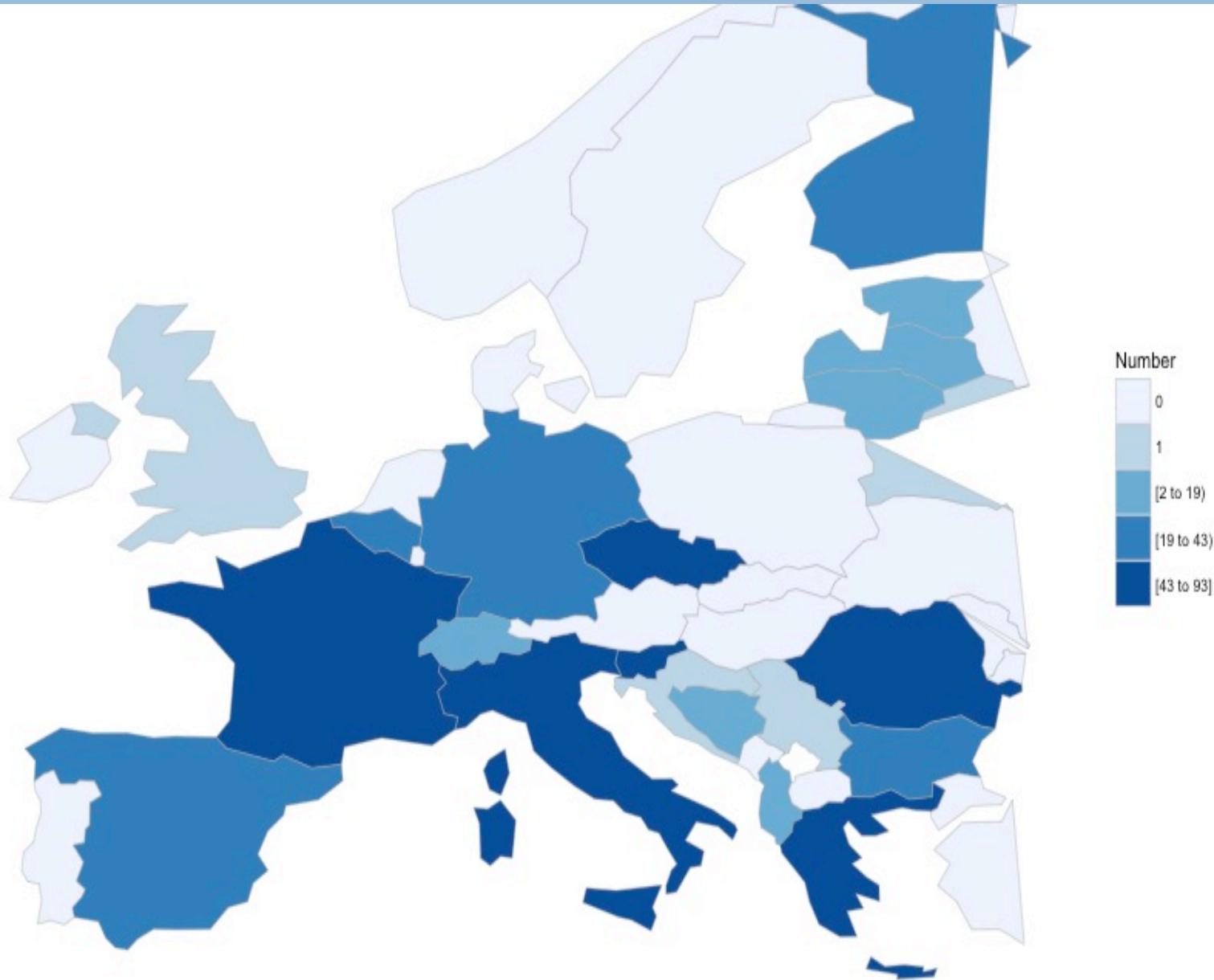
My identity as a psychiatrist survey

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 23 countries.

Number of answers by country

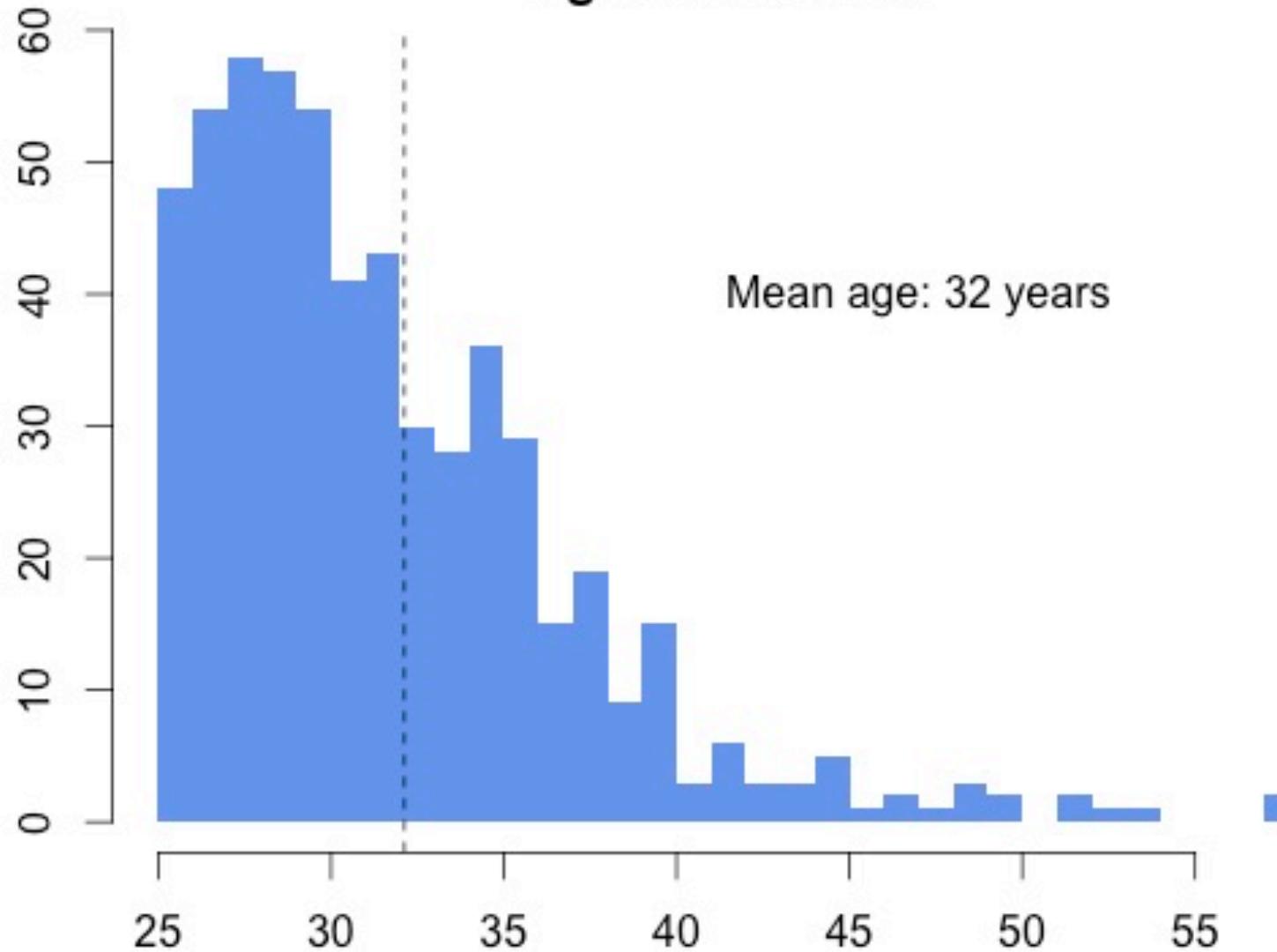


Participants



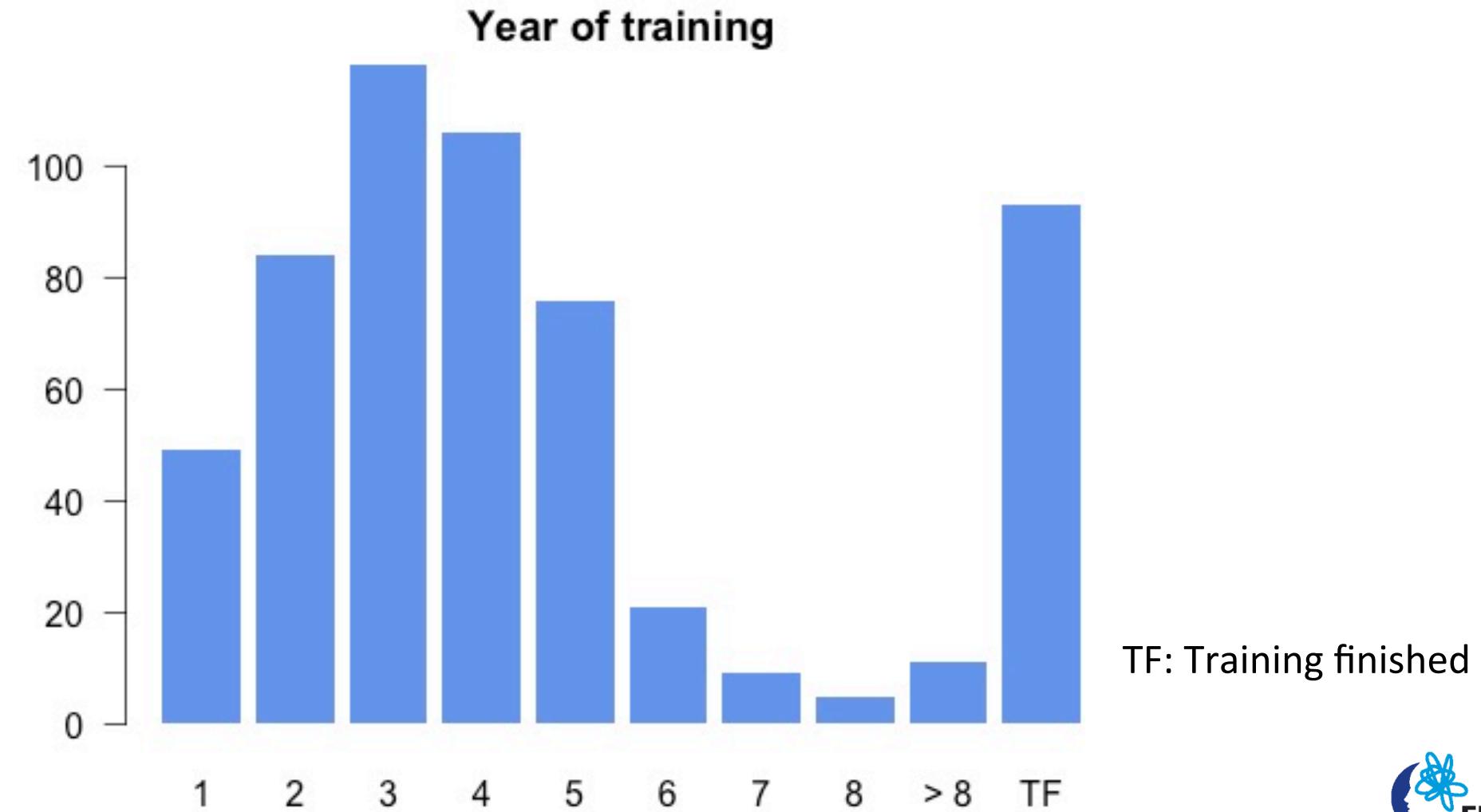
Participants

Age distribution



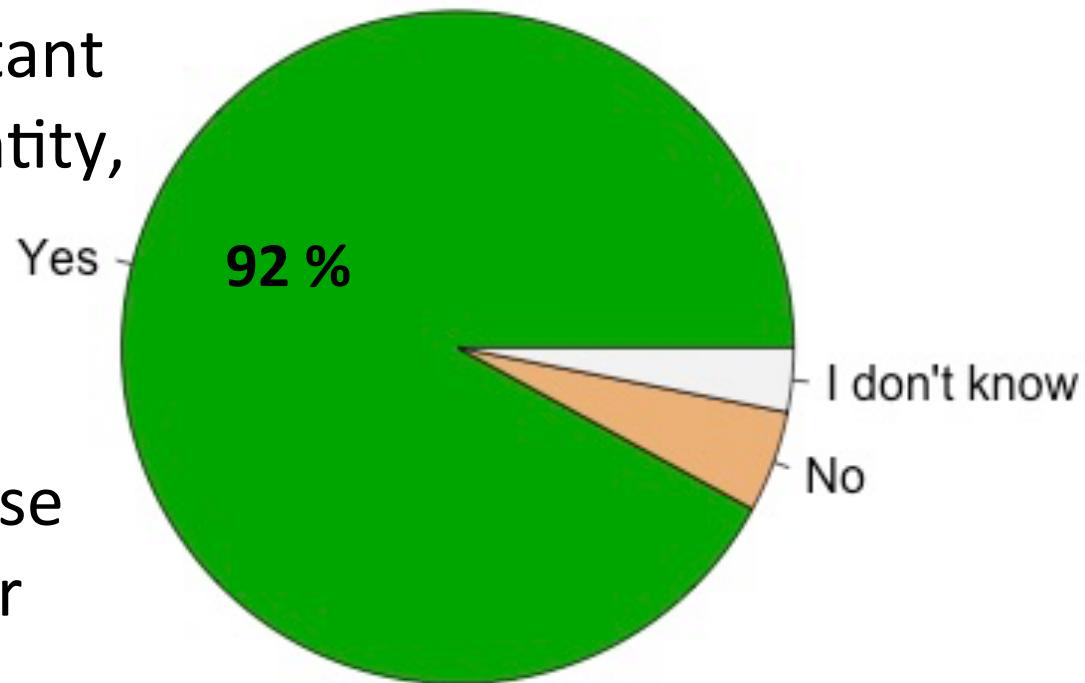
Participants

- 70 % female



Trainees consider psychotherapy as important

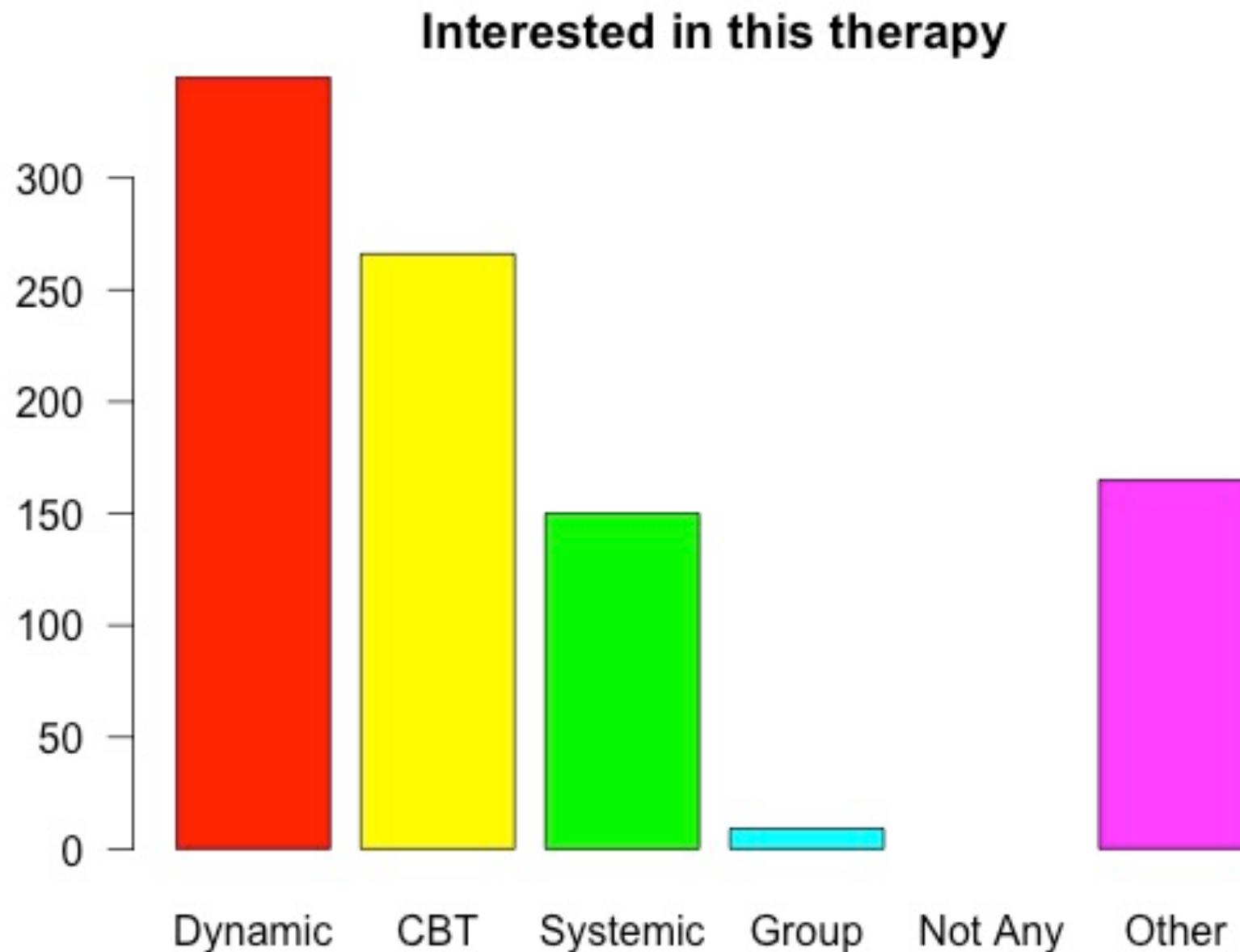
92 % of trainees considered psychotherapy as important in their professional identity,



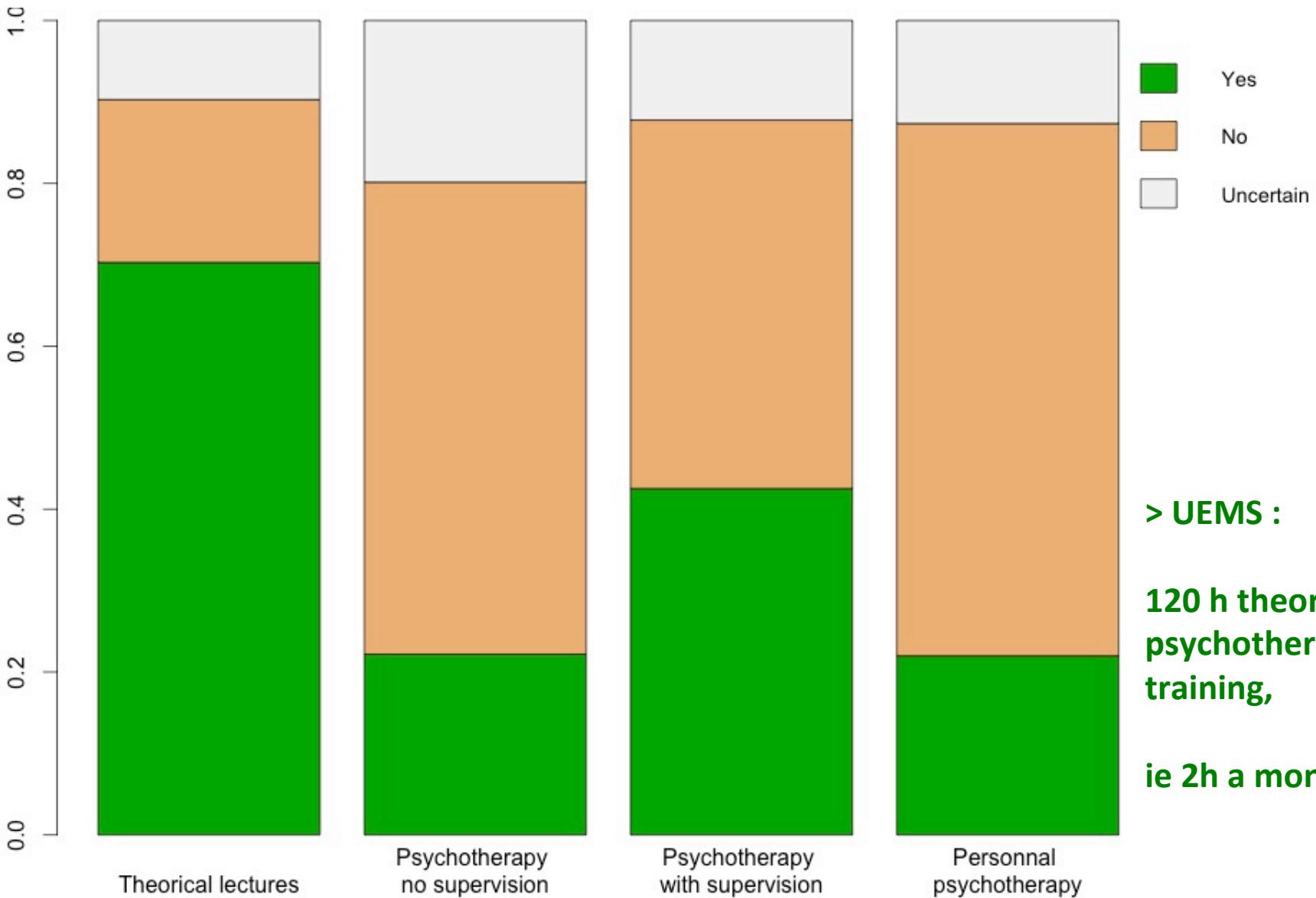
90 % would like to practise psychotherapy after their training

96 % would train for free

Trainees consider psychotherapy as important

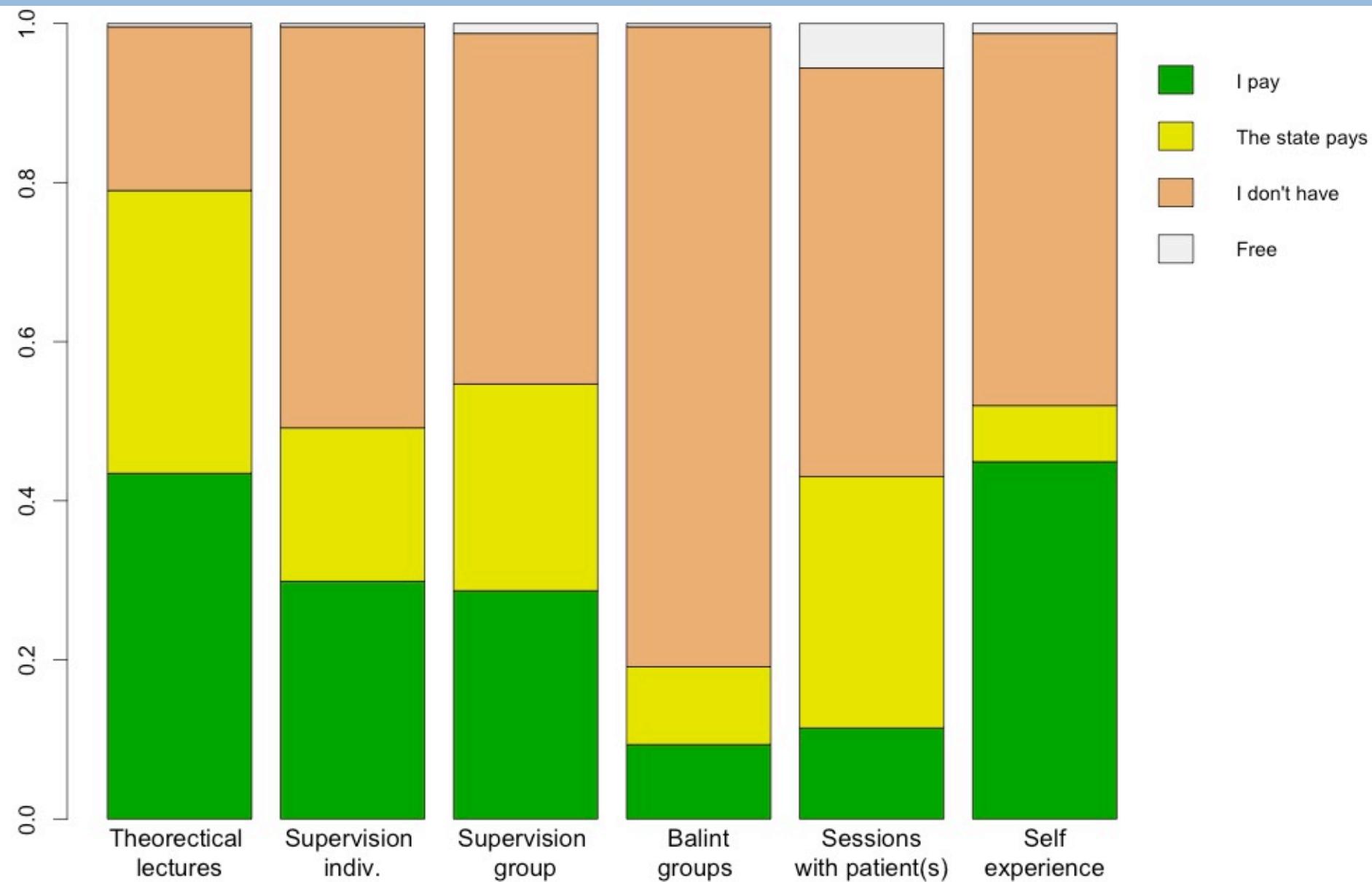


The following experience in Psychotherapy is a mandatory part of my training in Psychiatry

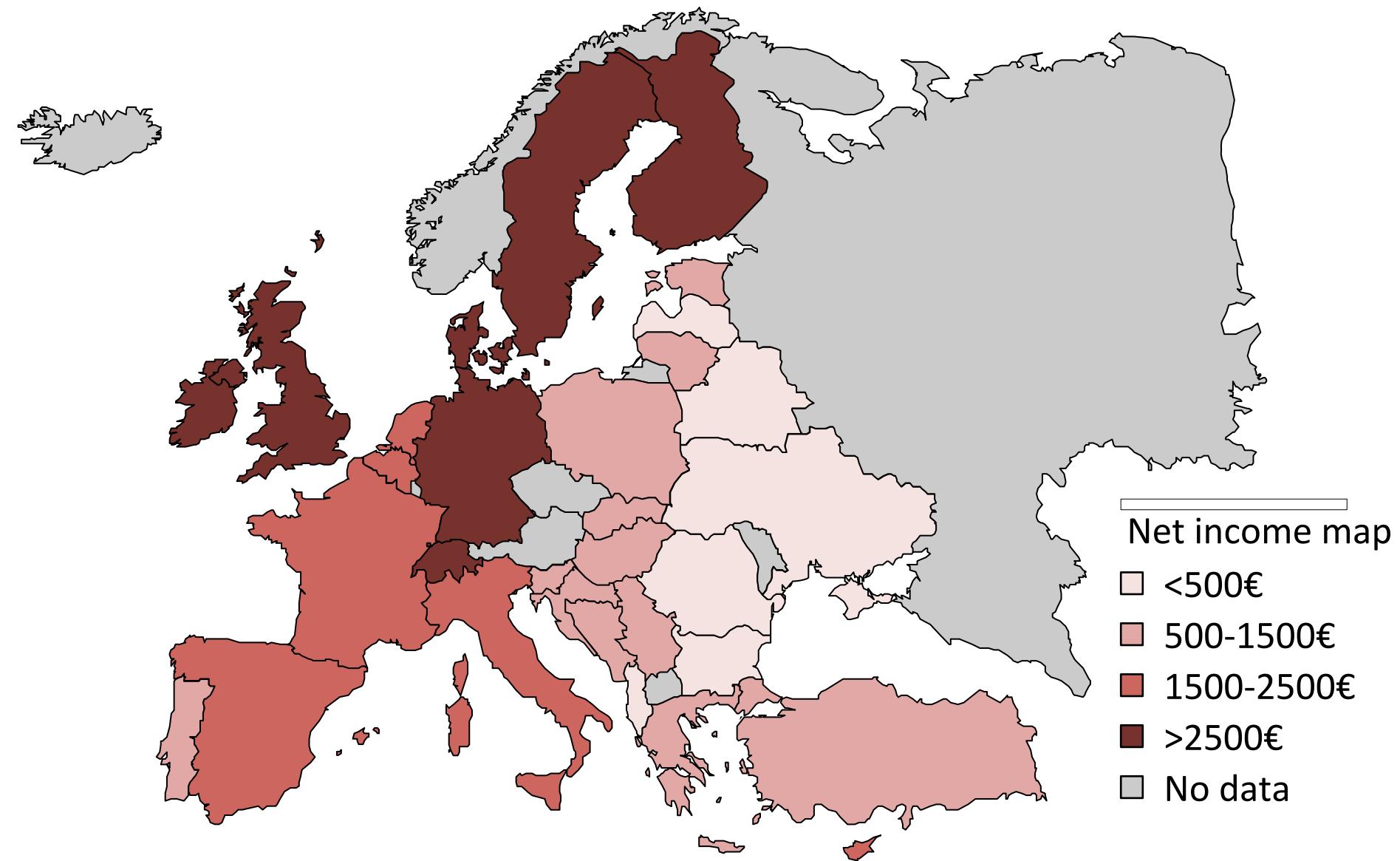


> UEMS :
**120 h theoretical
psychotherapy in
training,**
ie 2h a month

Who pays?



Trainees income in Europe



In practice, it is much more difficult to train

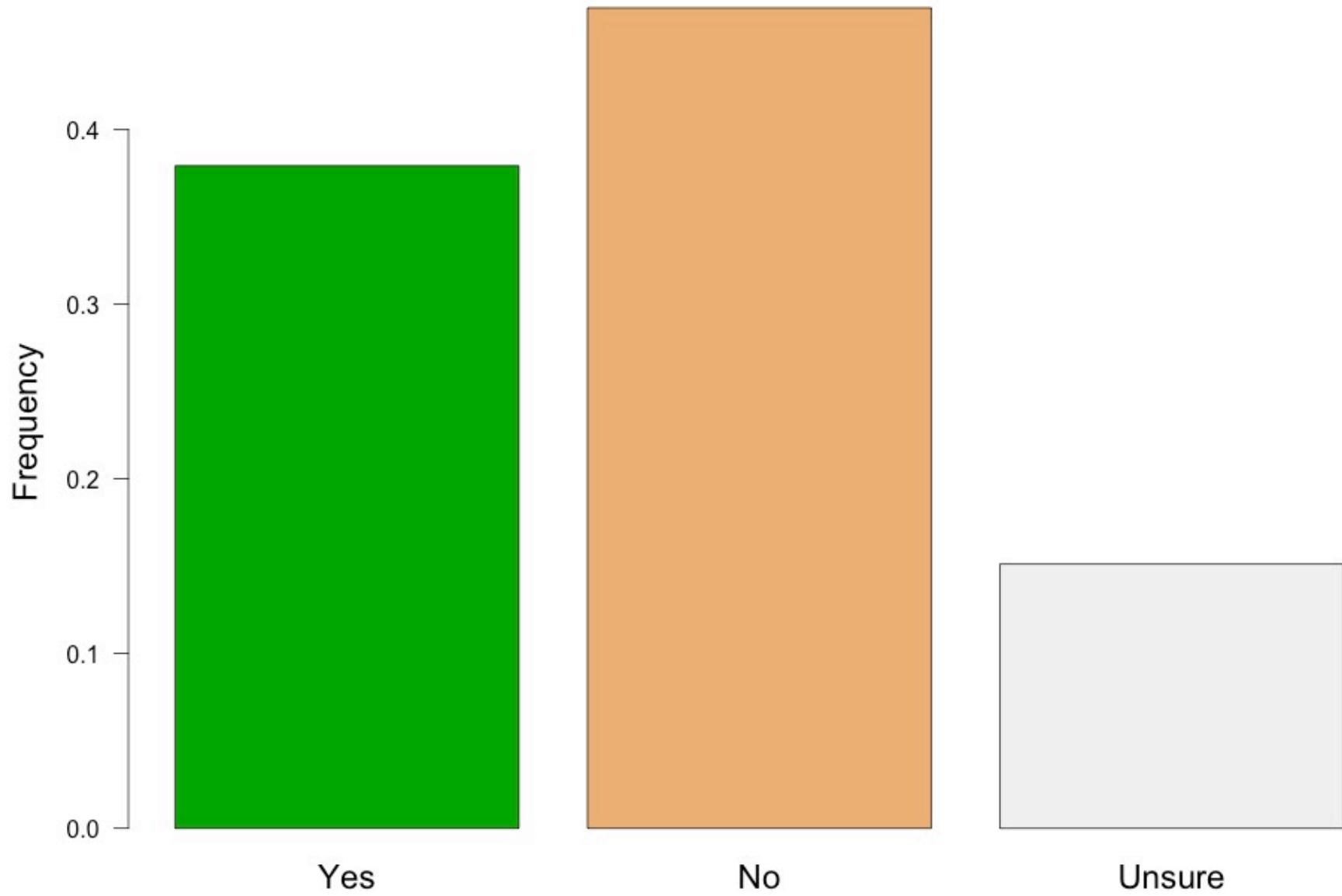
52 % were training in psychotherapy

41 % received personal psychotherapy

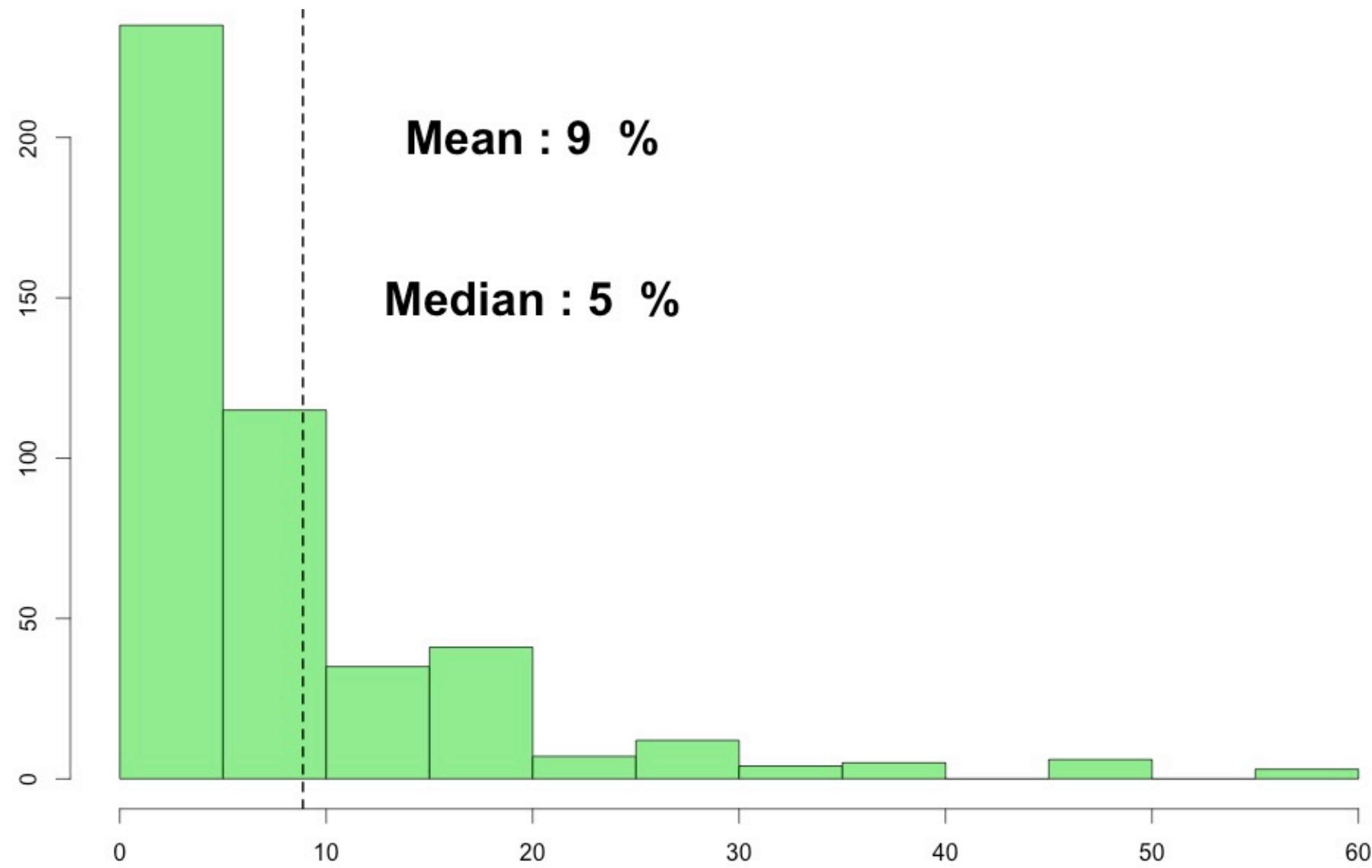
33 % undertake psychotherapy training on their own initiative.

> **Psychotherapy training taking place within working hours is recommended by UEMS as a mandatory component of curriculum.**

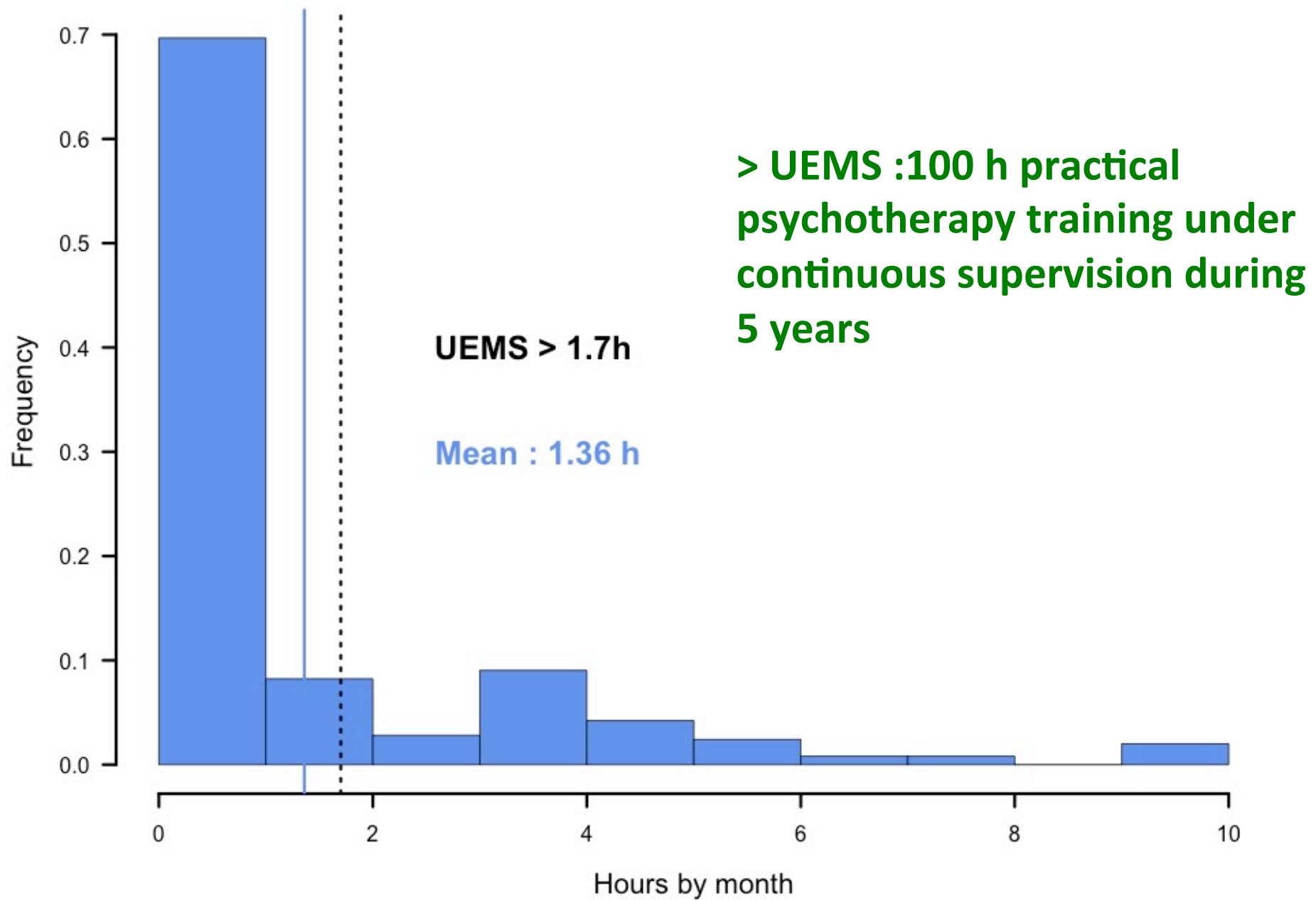
Are you qualified to practice psychotherapy after your training ?



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



Prepartition of hours of supervision



European Psychiatric association



6TH EPA SUMMER SCHOOL

ABCs OF PSYCHOTHERAPY

9-11 SEPTEMBER 2016 BRUSSELS, BELGIUM



www.europsy.net

European Psychiatric Association



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France

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Psychotherapy Training
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Social psychology



Positive Psychology

Université de Caroline du Nord à Chapel Hill

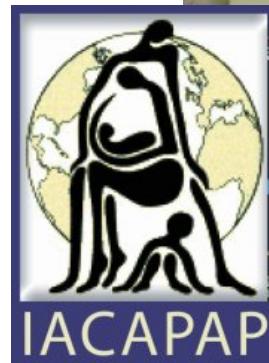
E-Learning

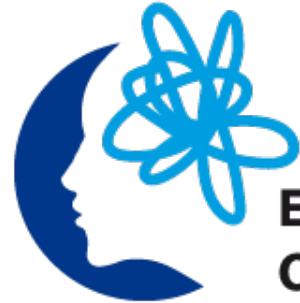


Pedopsychiatry



THE UNIVERSITY
of EDINBURGH





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