

EUROPEAN FEDERATION OF PSYCHIATRIC TRAINEES (EFPT) EXCHANGE PROGRAMME: BUILDING LINKS ACROSS EUROPE

*M. Casanova Dias*¹, *M. Orlova*², *M. Pinto da Costa*³, *M. Saje*⁴, *H. Trebbau*⁵, *N. Jovanovic*⁶, *D. Papanti*⁷, *A. Pontarollo*⁸, *A. Lugtenburg*⁹, *R. Sjøelland*¹⁰, *E. Barrett*¹¹, *A. Pascan*¹², *EFPT Exchange Working Group*

¹University College London, London, UK, ²Moscow Research Institute of Psychiatry, Moscow, Russia, ³Hospital de Magalhães Lemos, Porto, Portugal, ⁴University Psychiatric Hospital Ljubljana, Ljubljana, Slovenia, ⁵Hospital Clinico San Carlos, Madrid, Spain, ⁶University Hospital Center Zagreb, Zagreb, Croatia, ⁷University of Trieste, Trieste, Italy, ⁸Psychiatric Clinic for Adolescents, Grenoble, France, ⁹University Medical Center Groningen, Groningen, The Netherlands, ¹⁰Psychiatric Center of Hvidovre, Copenhagen, Denmark, ¹¹Great Ormond St. Hospital, London, UK, ¹²Child and Adolescent Psychiatry Clinic, Cluj Napoca, Romania

Introduction: This is the first European psychiatric exchange programme and it aims to promote an intercultural professional exchange and cooperation among psychiatric trainees across Europe, with a focus on individual experience.

Objectives: To provide trainees with the opportunities to:

- promote awareness of intercultural aspects of psychiatry
- engage in clinical, and/or research, and/or teaching activities
- become acquainted with different mental health systems
- gain experience of different illness manifestations and treatment options
- experience a different training programme
- socialise with peer group, promote networking and discuss coping strategies regarding work life balance

Methods: The programme was developed by the exchange working group of the EFPT in 2011 and it offers 2-6 weeks in observational placements across Europe in diverse areas.

Results: Feedback from pilot phase (January-July 2012) has shown excellent overall satisfaction of participants in the project. In the 2nd phase (August-December 2012) the programme has expanded offering more observational placements in 8 countries such as: Croatia, Denmark, France, Italy, Portugal, Slovenia, Spain and UK. In the 3rd phase (January-July 2013) it expanded further to include Ireland, Netherlands and Romania in a total of 11 hosting countries. Placements are offered in many subspecialties such as: psychotherapy, emergency psychiatry, child and adolescent psychiatry, eating disorders, family therapy, liaison psychiatry and psychosomatics, drug addictions, learning disabilities, forensic psychiatry and old age psychiatry.

Conclusions: We hope that the diversity of placements offered by this innovative programme will constitute a new approach to the improvement of psychiatric training and practice across Europe.