

S15 *Post-graduate training in psychiatry and psychotherapy : ...*

POSTGRADUATE TRAINING IN PSYCHIATRY AND PSYCHOTHERAPY

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Psychiatry and psychotherapy belong to medicine and as holistic specialties deal with diagnosis, therapy and prevention of psychic troubles and illnesses. The structure and the functioning of the psyche are strongly related to the social environment and the biological processes of the organism and find themselves in a process of continuing development of conscious and unconscious phenomena. Psychiatry and psychotherapy are then concerned by processes on the psychic, the social and the biological levels. Whereas psychiatry could be characterised by the principle of linearity (cause and effect), psychotherapy has much more to do with circularity. Both principles are inseparable and therefore training must always consider both of them.

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Teaching can only be successful if the audience can understand the lesson. It is even more successful if some people take the given information home and use it in their daily life. Therefore we should use different strategies for different "consumers" e.g. patients, relatives, laymen, nurses, students, chemists, physicians, psychologists and psychiatrists. In addition it is necessary to tailor the strategies as individually as possible. The teacher should be able to meet the cognitive and emotional needs of a given audience. Keeping this in mind enables you to choose the teaching material which is best suited to your next audience.

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ÉTHIQUE ET PSYCHOTHÉRAPIE À ORIENTATION ANALYTIQUE. SENSIBILISATION DÈS LA FORMATION

JJ Kress

Les concepts d'autonomie, de bénéfice, de dignité et de consentement informé, qui sont fondamentaux pour les prescriptions éthiques, peuvent être examinés en rapport avec la part inconsciente de la personnalité, dont il y a lieu de tenir compte lors de l'engagement dans un travail psychothérapeutique. Ils n'ont alors plus le même caractère absolu, ce qui est à l'origine d'un questionnement éthique spécifique.

Il est nécessaire de sensibiliser les psychiatres en formation dès qu'ils abordent ce type de psychothérapies en leur communiquant les concepts et les modes d'élaboration spécifiques à l'éthique afin de donner l'accès au débat réflexif qui doit précéder tout engagement psychothérapeutique avec un patient.

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POSTGRADUATE TRAINING

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As part of the work of the UEMS (European Union of Medical Specialities) an inquiry has been made as to the role of psychotherapy training as part of training for psychiatry in Europe today. In most countries psychotherapy is seen as an integral part of the science and practice of psychiatry. However, length of training and content of training especially concerning the requirement for own personal therapeutic experiences varies a great deal. An outline of training practice will be given. The Board of Psychiatry of the UEMS has agreed upon minimal requirements for training in psychiatry including requirements for training of psychotherapy. These requirements will be presented.