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Psychotherapy: From Neglected Training to Neglected Competency

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What patients really want frompsychiatrists is being listened to, experience to be understood by at least someone.

Psychiatrists started their basic training on a largely biological basis becoming medical doctors. The medical society has gone through a euphoric episode after the development and clinical use of potent psychopharma. Both factors have contributed to the decline of psychotherapeutic interest and consequently according competencies of a lot of psychiatrists.

On a societal level, psychiatric practice became the object of critical reflection by external as well as internal sources. Research on non-pharmacological interventions has shown effectiveness of different psychotherapeutic approaches.

Reintroducing psychotherapy training into the training of psychiatrists has become a challenge but seems compulsory for different reasons.

The presentation will reflect on past evolutions and suggest possible pathways to reinstall psychotherapy training within the curricula.