

P-1140 - A SURVEY FROM THE WPA EARLY CAREER PSYCHIATRISTS COUNCIL: WHAT ABOUT TRAINING AND PRACTICE OF PSYCHOTHERAPY ACROSS EUROPE?

D.Giacco¹, M.Luciano¹, V.Del Vecchio¹, et al.

¹Department of Psychiatry, University of Naples SUN, Naples, Italy, ²WPA Early Career Psychiatrists Council, Vienna, Austria, ³WPA Early Career Psychiatrists Council, Cipro, Cyprus, ⁴WPA Early Career Psychiatrists Council, Belgium, Belgium, ⁵WPA Early Career Psychiatrists Council, Tartu, Estonia, ⁶WPA Early Career Psychiatrists Council, Plaisir, France, ⁷WPA Early Career Psychiatrists Council, Freiburg, Germany, ⁸WPA Early Career Psychiatrists Council, Alcalà, Spain, ⁹WPA Early Career Psychiatrists Council, Zurich, Switzerland, ¹⁰WPA Early Career Psychiatrists Council, Stockholm, Sweden, ¹¹WPA Early Career Psychiatrists Council, Ankara, ¹²WPA Early Career Psychiatrists Council, Elazig, Turkey, ¹³WPA Early Career Psychiatrists Council, London, UK

There are some doubts as to whether psychotherapy will remain in the armamentarium of future psychiatrists. Few studies have explored early career psychiatrists' views and their experience with psychotherapy training. The Early Career Psychiatrists' Council of the WPA carried out an online survey on training and practice in psychotherapy in 13 European countries in order to assess:

- 1) main characteristics of psychotherapy training in the participating countries;
- 2) organizational and clinical differences of psychotherapy training;
- 3) trainees' satisfaction and confidence in the use of psychotherapy.

An online survey was conducted through the use of a questionnaire specifically developed for the purposes of this study. Responders were required to collect their opinions on the basis of their own experience. Different aspects of psychotherapy training, such as compulsoriness, payment and supervision, as well as satisfaction with received training and confidence in the use of psychotherapy have been investigated. Results show that training in psychotherapy is mandatory in all countries, except Belgium and France, but most of early career psychiatrists have to pay for it. European trainees are satisfied (70%) with received training, and feel confident to treat patients in psychotherapy settings. Psychodynamic and cognitive-behavioural techniques are more common than systemic, interpersonal, supportive and psychoeducational ones.

In 3 countries out of 12 it is not compulsory to attend a psychotherapy training, and only psychodynamic and cognitive-behavioural approaches are widely spread in all countries. This survey is a starting point to improve training and practice of psychotherapy across Europe and to enhance early career psychiatrists' psychotherapeutic skills and knowledge.