



## EPA PSYCHOTHERAPY SECTION REPORT 2020

### SECTION COMMITTEE MEMBERS:

Chairperson: Prof. Greg RADU  
Co-chairperson: Prof. Alexandra PHILIPSEN  
Secretary: Dr. Thomas GARGOT  
Councillor:

### LAST SECTION COMMITTEE ELECTIONS HELD:

**Date:** 3 April 2017  
**Venue:** Florence, Italy

### ACTIVITIES OF THE SECTION IN 2020:

#### Meetings/events

#### 1st EPA MOOC

##### Description:

Facilitation team of the 1st EPA MOOC (Massive Open Online Course) about Cognitive and Behavioral Therapy. 7.000 participants and more than 1.000 messages posted in the discussions. Section member: Natasha Liu-Thwaites, T. Gargot, Nikitas Arnaoutoglou

Teacher (Stirling Moorey), Coordinator (Cécile Hanon) and facilitation team (from left to right : Natasha Liu-Thwaites, Tiago Costa, Thomas Gargot and Nikitas Arnaoutoglou) during a workshop in EPA Warsaw 2020 about Online Learning

See the EPA MOOC teaser

<https://www.youtube.com/watch?v=MUIbb8qaNO4&feature=youtu.be>

#### Two publications were done after the first session

Gargot, T., Arnaoutoglou, N. A., Costa, T., Sidorova, O., Liu-Thwaites, N., Moorey, S., & Hanon, C. (2020). Can we really teach cognitive behavioral therapy with a massive open online course?. *European Psychiatry*, 63(1).



## EPA PSYCHOTHERAPY SECTION REPORT 2020

Costa, T., Arnaoutoglou, N. A., Gargot, T., Sidorova, O., Liu-Thwaites, N., Moorey, S., & Hanon, C. (2020). The First Massive Open Online course of the European Psychiatric Association on Cognitive and Behavioural Therapy. Handicap 2020: Technologies pour l'autonomie et l'inclusion, 2020, Paris, France.

**Location:** Online

**Start date:** 01/01/2020

**End date:** 01/01/2020

**CME course: Non-pharmacological treatment of adult ADHD: Course Director Alexandra Philipsen, Germany and Natasha Liu-Thwaites, UK**

**Description:** CME course

**Location:** Madrid

**Start date:** 04/07/2020

**End date:** 04/07/2020

**CME course: Interpersonal therapy and Interpersonal and social rhythm therapy, Course Director Benjamin Lavigne, France (Have a taste in IPT chapter of EFPT guidebook) <https://epg.pubpub.org/pub/interpersonal-psychotherapy>**

**Description:**

CME course

**Location:** Madrid

**Start date:** 04/07/2020

**End date:** 04/07/2020

**Internet interventions with CBT**

**Description:**

Chair: Nils Lindefors, Sweden, KI

Co-chair: Thomas Berger, Switzerland

Presentations

Thomas Berger, Switzerland, Scientific basis for ICBT



## EPA PSYCHOTHERAPY SECTION REPORT 2020

Kim Mathiesen, Denmark, A national project for accessible ICBT in Denmark  
Martin Kraepelien, Sweden, ICBT as a national self-care system in Sweden  
Viktor Kaldo, Sweden, Artificial intelligence (AI) for internet interventions

**Location:** Madrid

**Start date:** 04/07/2020

**End date:** 04/07/2020

### 33rd ECNP Congress

#### Description:

Mechanism of action of psychotherapy in psychiatric disorders. The outcomes of psychotherapies in psychiatric disorders

Alexandra Philipsen, Department of Psychiatry and Psychotherapy University of Bonn, Germany

**Location:** Online

**Start date:** 12/09/2020

**End date:** 15/09/2020

### FUTURE ACTIVITIES:

#### Publications

#### Psychotherapy guidebook

##### Journal:

With the support of the EPA section psychotherapy, EFPT psychotherapy working group recently published a Psychotherapy guidebook.

a 3rd edition is on-going

<https://epg.pubpub.org/>

Psychotherapy training is an issue in many european countries. A recent survey was published by the EFPT psychotherapy working group.

<http://efpt.eu/wp-content/uploads/2019/01/psychotherapy.pdf>

##### Authors:

Hugo Canas-Simião, Theodoros Koutsomitros, Roberts Klotiņš, , Thomas Gargot

**(Expected) Publication date:** 01/04/2021



## EPA PSYCHOTHERAPY SECTION REPORT 2020

**Acknowledged as official Section publication? Yes**

**Psychotherapy training for early career psychiatrists and residents in psychiatry: A real need and challenge in education of psychiatrists, Capital Psychiatry, the E-magazine of the**

**Journal:**

Washington Psychiatric Society, January, 2021  
<https://bluetoad.com/publication/?m=65729&i=690396&p=12>

**Authors:**

Handuleh, J. I.M., Koutsomitros, T., Singh, D. K. M. T. Gargot, V. Pereira-Sanchez,  
**(Expected) Publication date:** 01/01/2021

**Acknowledged as official Section publication? No**

**Preventing Post Traumatic Stress Disorder in the general population induced by trauma during the COVID pandemic: A simple brief intervention based on cognitive science that could be delivered digitally.**

**Paper prepared during the EuVsVirus Hackathon sponsored by the EU Commission in collaboration with members of EPA and participants of EFPT Psychotherapy and Psychiatry Across borders working groups.**

<http://efpt.eu/wg/psychotherapy-wg/> <http://efpt.eu/wg/psychiatry-across-borders-wg/>

**Journal:**

European Journal of Trauma & Dissociation

**Authors:**

Gargot, T., Kisand, H., Miguel, A., Tanyeri, S., Soron, T. R., Serene, B., Feron G., Žajai N., Valdés-Flórido M-J., Soto-Angona Ó. & Frankova, I.

**(Expected) Publication date:** 01/05/2021

**Acknowledged as official Section publication? No**

### FUNDING IN 2020

Income: None Source(s) of funding: None

Expenditure: None

Balance: None



EUROPEAN PSYCHIATRIC ASSOCIATION



## **EPA PSYCHOTHERAPY SECTION REPORT 2020**

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA