



EPA PSYCHOTHERAPY SECTION REPORT 2023

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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 26 March 2023

Venue: Paris, France

ACTIVITIES OF THE SECTION IN 2023:

Meetings/events

European (EFPT/EPA) free Balint Group

Description:

Once monthly Balint Groups organised together from European Federation of Psychiatric Trainees (EFPT) and EPA Psychotherapy section : Alina Braicu (EFPT), Theodoros Koutsomitros (EPA)

Describing exactly what a Balint Group is and does to someone who has not experienced one can be difficult. Mention that the Balints were psychoanalysts can sometimes make people worry that they will find themselves being analysed or need to have specialist knowledge of psychoanalytic ideas and vocabulary. However, Balint groups focus on the everyday work of clinicians, using ordinary language, and one of the tasks of the leaders is to help prevent group members inadvertently straying into the terrain of group therapy.

Unlike a clinical case discussion within a medical setting, a Balint group case discussion will focus on the emotions of the clinician and patient arising within the consultation, rather than the clinical content. When listening to others in the group, many people new to Balint case discussions soon recognise the relevance to their own experiences. So the best way to find out more is to take part in a group, but in the mean time, two papers by John Salinsky will act as a guide.

The first has a title which speaks for itself. The second, Balint groups and the Balint method, discusses in more detail how a Balint group runs illustrated by work with GPs in training, includes an example of a case discussion and a summary of what Balint groups hope to achieve and evidence to support benefit

The Balint Group session frequency is once monthly, online on Zoom, and the duration of the session is 60 minutes

The structure is:

One colleague presents a case for 10- minutes

Then clarifying questions from other members of the group for 10 minutes



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The case presenter takes a step back whilst the rest of the group have the discussion - 20 -25 minutes
The case presenter will be invited back in the discussion and then we close the session.

Location: Virtual
Start date: 13/11/2023
End date: 19/06/2024

FUTURE ACTIVITIES:

Meetings/events

Psychotherapy in transition, EPA congress 2024

Description:

Chairs: Fabian Kraxner, Umberto Volpe

· Speakers: Theodoros Koutsomitros, Alexandra Philipsen, Elisa Vigna, Thomas Gargot,

1. Theodoros Koutsomitros, (Greece)

- A lot of different schools of psychotherapy exist with different historical backgrounds, rationales and assessment of efficacy. The EFPT Psychotherapy guidebook aims to make an overview of these different approaches. Their integration in practice allow accessibility of different tools but can lead to specific leadership challenges.

2. Alexandra Philipsen (Germany)

- New technologies offer new opportunities to operationalize them, control what is actually delivered and improve accessibility. This raises challenges in acceptability and integration of these blended practices compared to classical face to face care. We will show concretely such an endeavour in the development of a digital add-on intervention for ADHD.

3. Elisa Vigna (Sweden)

- POTION is an EU funded project that aims to understand the nature of chemosignals in humans and



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their sphere of influence on social interaction. The objective is to decode meaningful social interactions by combining new knowledge about the chemical composition of human social chemosignals with a novel olfactory-based technology to drive social behavior.

- Karolinska Institute contributes to the assessment of effectiveness regarding the clinical application of the system for the treatment of social anxiety, and already have results to share. The clinical study conducted within this project shows that individuals with social anxiety symptoms benefited from mindfulness training especially when exposed to social chemosignals. This study represents an advancement in the field mental health as it explores the potential impact of human chemosignals as catalyst of stand-alone interventions.

4. Thomas Gargot (France)

- There was a great focus on non-specific factors involved in psychotherapy efficacy beyond specific therapy schools. New methodologies with artificial intelligence allows to characterise precisely a the behaviours of clinician and practitioner with multimodal automatic measures of facial and gesture expression or speech analysis. Motivational interviewing which focuses on therapeutic alliance is currently analysed in this way.

Location: Budapest, Hungary

Start date: 07/04/2024

End date: 07/04/2024

Neuroscience and new technologies to improve practice of psychotherapy (in conjunction with EPA section of imagery) EPA congress

Description: Chair: Marcella Bellani, Co-chair: Thomas Gargot submitted by Maria Gloria Rossetti
Speakers: • Cinzia Perlini: “The Impact of cognitive remediation combined with mindfulness and social skills training on social functioning and neural plasticity in early psychosis: preliminary results from a clinical multicentric trial in Italy », Italy • Laura BON, Psychologist, PhD: “Cognitive remediation effects on cerebral activity in schizophrenia: current state of the literature depending on therapeutic strategies”, Centre Ressource de Réhabilitation psychosociale et Remédiation cognitive (CRR), 95 Boulevard Pinel, Bron, Unité d’Evaluation Fonctionnelle du pôle centre, rive gauche (UEF), 57 rue Etienne Richerand, Lyon 3e, France, • Prof David Nutt, Imperial College London, London, United Kingdom, “Implications for psychedelic-assisted psychotherapy” • Prof. em. Dr. Wolfgang Tschacher : Motor and physiological Synchrony in psychotherapy , Universitätsklinik für Psychiatrie und Psychotherapie, Bern, Switzerland • Martin Kraepelien, Clinical psychologist and PhD: “Scaling up internet-based cognitive behavioural therapy while maintaining quality” Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden, Abstract Practice of psychotherapy was historically developed by the perspective of clinicians with a limited understanding of underlying mechanisms and difficulties to measure its reliability, resulting in a mismatch between theory and practice, and poor accessibility.



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With the development of neuroscience and new technologies, it is now possible to understand and measure how a physiological function was impaired (e.g., social cognition, memory, attention, inhibition, thoughts or emotional dysregulation) and what is really happening during psychotherapy processes on different levels of organisation. Neuroscience give insights (1) from the cell level on plasticity and the potential impact of psychedelic, (2) to brain region level measured with functional imaging or (3) peripheral measure of processes involved with emotion with heart rate and electrodermal activity, (4) to higher level function like behavioural mimicry or (5) adaptation of psychotherapeutic program to the patient. We will take example of (1) cognitive remediation understanding from a neuroscience perspective, (2) psychedelic experience, (3) therapeutic alliance understanding thanks to measure of behavioural and physiological synchrony and (4) internet Cognitive Behavioural Therapies to better understand the process and how these psychotherapies could be scaled-up.

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 06/01/2024

Systemic therapy, submitted by Asiley Seker with Mima Simic

- **Resilience, submitted by Fabian Kraxner, with Dr Sabine Werner,**

Submitted Clinical case workshop and or course by Selin Tanyeri

Description:

Systemic therapy, submitted by Asiley Seker with Mima Simic

- Resilience, submitted by Fabian Kraxner, with Dr Sabine Werner,

Submitted Clinical case workshop and or course by Selin Tanyeri

1- Case-Presentation: Selin Tanyeri Kayahan (ECP, EPA Psychotherapy Section, Türkiye) (10 min.): The case will be presented by PPT presentation. During this part of the workshop the introductory information about the case will be provided. For each kind of psychotherapeutic approach which will be discussed by following speakers (and with the audience), additional/required information will be presented interactively with each expert speaker.

2- Chair: Cognitive Behavioural Approach- Alexandra Philipsen (EPA Psychotherapy Section, Germany) (10 min.): The presentation will be in PPT format. The cognitive-behavioural formulation and possible psychotherapeutic techniques towards the case will be discussed. Commonalities and differences of CBT with other psychotherapies will be highlighted.

3- Invited Expert: Cultural Approach- Meryam Schouler-Ocak (EPA Committee on Ethical Issues, Germany) (10 min.): The presentation will be in PPT format. The cultural formulation of the presented case and intercultural aspects of psychotherapeutic approaches as well as gender-related factors while evaluating and treating patients with psychotherapy will be discussed.



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4- Co-chair: Complexities of Empathic Reformulation in the Psychological Treatment- Luis Madeira (EPA Committee on Ethical Issues, Portugal) (10 min.): The presentation will be in PPT format. The empathic approach in psychotherapies and importance of setting will be discussed.

5- Invited Expert: Psychodynamic Approach- Yves Sarfati (10 min.): The psychodynamic formulation and possible psychodynamic techniques for evaluating and treating the case will be discussed. Similar and distinct factors of psychodynamic approach among psychotherapies will be highlighted.

6- Invited Expert: Family Systems Approach- Gilbert Lemmens (10 min.): The systemic formulation and possible intervention techniques for the case will be discussed. The application of systemic family therapy for the case will be highlighted

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 06/04/2024

EPA Psychotherapy Section's first Journal Club of 2024.

Description: In this session moderated by Dr. Fabian Kraxner (Switzerland), Prof. Dr. Thomas Berger (Switzerland) will discuss about "Blended Care in Psychotherapy".

Blended care refers to the integration of online and face-to-face (such as telepsychiatry or in-person) care and has been widely involved in psychotherapeutic applications.

Location: Virtual

Start date: 24/01/2024

End date: 24/01/2024

Publications

The EFPT Psychotherapy Guidebook

Journal:

World Federation of Psychotherapy Newsletter

Authors:

Theodoros Koutsomitros, Thomas Gargot

(Expected) Publication date: 01/06/2024

Acknowledged as official Section publication? Yes



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