



EPA PSYCHOTHERAPY SECTION REPORT 2024

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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 26 March 2023
Venue: Paris, France

ACTIVITIES OF THE SECTION IN 2024:

Meetings/events

Psychotherapy in transition, EPA congress 2024

Description:

Chairs: Fabian Kraxner, Umberto Volpe

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



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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 (Sweeden)

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



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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. 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



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- **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.
- 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



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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

**Webinar: Effective Psychotherapies for depression: State of art and implications for mental health services », by Prof. Pim Cuijper hosted by Selin Tanyery and Thomas Gargot
On Wednesday, 5 June from 15:00 – 16:30 CEST.**

Description:

Effective Psychotherapies for depression: State of art and implications for mental health services », by Prof. Pim Cuijper hosted by Selin Tanyery and Thomas Gargot

On Wednesday, 5 June from 15:00 – 16:30 CEST.

Location: Webinar

Start date: 05/06/2024

End date: 05/06/2024

Balint Groups

Description:

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

A Balint group case discussion will focus on the emotions of the clinician and patient arising within the consultation, rather than the clinical content.



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

The structure :

One colleague presents a case for 10- minutes

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

Location: Virtual

Start date: 17/01/2024

End date: 12/06/2024

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

The EFPT Psychotherapy Guidebook

Journal:

The World Federation of Psychotherapy Newsletter

Authors:

Dr Theodoros Koutsomitros and

Dr Thomas Gargot

(Expected) Publication date: 03/06/2024

Acknowledged as official Section publication? Yes

FUTURE ACTIVITIES:

Meetings/events

Will chatgpt be useful in everyday psychiatric practice?: psychotherapy perspective



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Description:

Title: Will Artificial Intelligence ChatGPT be useful in everyday psychiatric practice?: Psychotherapy Perspective

Duration: 90 min.

Moderators: Theodoros Koutsomitros (Greece) Fabian Kraxner (Switzerland), Selin Tanyeri Kayahan (Türkiye)

Pro: Fabian Kraxner (Switzerland), Beren Özel (Türkiye)

Con: Michael Wallies (Switzerland), Ruta Karaliuniene (Germany)

Brief Description of the Session:

Technological advances, including artificial intelligence (AI), have facilitated innovative solutions in psychiatric care that have the potential to improve existing mental health services and fill treatment gaps. The use of AI in mental health is considered promising with their capabilities in different aspects such as monitoring and delivering therapeutic interventions. In particular, natural language processing tools generally referred to as AI chatbots, have been developed to perform psychoeducation and cognitive-behavioural therapy techniques for certain psychiatric conditions. However, considering the complexity of psychiatric disorders the use of AI models demonstrate challenges and require further exploration. Chat Generative Pre-training Transformer (ChatGPT) is one of the most popular tools which uses deep learning techniques and have the potential to constitute personalized mental health care including psychotherapy. In this session, we aim to discuss whether ChatGPT would be useful in everyday psychiatric practice through psychotherapy perspective.

Location: Madrid

Start date: 05/04/2025

End date: 08/04/2025

Psychotherapy in Challenging Settings

Description:

Symposium : Psychotherapy in Challenging Settings : accepted

Endorsed by: EPA Emergency Psychiatry Section



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Duration: 90 min.

Chair: Julian Beezhold (UK)

Co-chair: Theodoros Koutsomitros (Greece)

- 1- The Suicidal Patient in Emergency Settings: A Possible Role for Psychotherapy?, Carla Gramaglia (Italy)
- 2- Cognitive Behavioural Therapy/Motivational Interviewing in Emergency Settings in Child and Adolescent Psychiatry, Thomas Gargot (France)
- 3- Psychotherapeutic Interventions in Humanitarian Settings, Selin Tanyeri (Turkey)
- 4- Psychotherapeutic Interventions in Forensic Settings, Foteini Papouli (UK)

Brief Description of the Session:

Psychotherapeutic principles apply to everything a psychiatrist does in clinical work. In recent years, psychotherapy has continued to be a basic science of psychiatry, with its application in all clinical settings. Some settings, such as emergency rooms or prisons, may have certain conditions that might challenge the framework and practice of psychotherapy applications. Optimized psychotherapy settings may not be within reach during humanitarian crises such as natural disasters or conflicts. In this session, we aim to review situations that may affect therapeutic alliance in such circumstances and emphasize and discuss various perspectives on applying different psychotherapy techniques in challenging settings

Location: Madrid

Start date: 05/04/2025

End date: 08/04/2025

EPA2025-SP-1329

Psychotherapy in psychiatry training and clinical application in europe: different models, challenges, and solutions

Description:

Symposium Description: In the joint symposium by the Council of NPAs and Section on Psychotherapy, we will discuss the similarities and differences in the psychotherapy training requirements during psychiatry residency and psychotherapy provision in different European countries. Psychotherapy is an essential



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component of the toolbox mental healthcare professionals use to assist patients. Its education requires training and supervision. Implementing high-quality psychotherapy as an accessible practice by psychiatrists necessitates international and national training, supervision, and clinical practice standards. Dr Sönmez will present the situation in Turkey, where, despite high recruitment rates, psychiatry and psychotherapy training is still not yet standardized. She will describe the efforts of the psychiatric association and provide a comparison with other European countries based on international studies conducted in previous years. Dr Chkonia will present the challenges experienced in Georgia and recent achievements through reforms in the last decade. Dr Linden will present on Germany, where the official medical specialist designation is "psychiatrist and psychotherapist," and the state chambers of physicians require that psychiatrists be trained in one of the approved psychotherapy schools under the supervision of psychiatrists, which the chamber has authorized. Dr Koutsomitros will describe the situation in Greece and the UK and present trainee and early career psychiatrist efforts on psychotherapy.

Location: Madrid

Start date: 05/04/2025

End date: 08/04/2025

World Federation for Psychotherapy

Description:

Invited talk about the EFPT Psychotherapy Guidebook

Location: Manila

Start date: 21/01/2025

End date: 24/01/2025

FUNDING IN 2024

Income: None

Source(s) of funding:

None

Expenditure: None

Balance: None

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No