



EPA PSYCHOTHERAPY SECTION REPORT 2025

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Co-chairperson: Dr. Theodoros KOUTSOMITROS
Secretary: Dr. Selin TANYERI KAYAHAN
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Tyson RIZZARDO, New Westminster, Canada
Jose Daniel RODRIGUES, , Portugal
Volodymyr RUSANOV, Kyiv, Ukraine
Ardil Bayram SAHIN, İstanbul, Türkiye
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LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 29 June 2025

Venue: Online

ACTIVITIES OF THE SECTION IN 2025:

Meetings/events

Psychotherapy in challenging settings

Description:

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. Meanwhile, specific psychotherapeutic tools could be effective for crisis intervention in suicidal patients in emergency settings. 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.

Chair: **Julian Beezhold** (United Kingdom), **Theodoros Koutsomitros** (Greece)

The Suicidal Patient in Emergency Settings: A Possible Role for Psychotherapy? - **Carla Gramaglia** (Italy)

Cognitive Behavioural Therapy/Motivational Interviewing in Emergency Settings in Child and Adolescent Psychiatry - **Thomas Gargot** (France)

Psychotherapeutic Interventions in Humanitarian Settings - **Selin Tanyeri Kayahan** (Türkiye)

Psychotherapy in challenging settings: An Acute inpatient ward - **Michael Briggs** (United Kingdom)

Partners:

EPA Emergency Psychiatry Section

Location: EPA2025 Madrid

Start date: 06/04/2025

End date: 06/04/2025

Psychotherapy in psychiatry training and clinical application in Europe: Different models, challenges, and solutions

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 component of the toolbox mental healthcare professionals use to assist patients. Its education requires training and supervision. Implementing



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high-quality psychotherapy as an accessible practice by psychiatrists necessitates international and national training, supervision, and clinical practice standards. Ekin Sonmez 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. Chkonia will present the challenges experienced in Georgia and recent achievements through reforms in the last decade. 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. Koutsomitros will describe the situation in Greece and the UK and present trainee and early career psychiatrist efforts on psychotherapy.

Chair: **Eka Chkonia** (Georgia)

Psychotherapy training in Turkey and Europe, similarities and differences - **Ekin Sonmez** (Türkiye)

Psychotherapy in Psychiatry: Current Challenges and Achievements in Georgia - **Eka Chkonia** (Georgia)

Psychotherapy in residency training and clinical application in Greece and UK - **Theodoros**

Koutsomitros (Greece)

Legal, professional, and practical aspects of psychotherapy education of psychiatrists in Germany - **Michael**

Linden (Germany)

Partners:

Council of National Psychiatric Associations

Location: EPA2025 Madrid

Start date: 08/04/2025

End date: 08/04/2025

Will Artificial Intelligence be useful in everyday psychiatric practice? Psychotherapy perspective

Description:

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 because of its 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-behavioral therapy techniques for certain psychiatric conditions. However, considering the complexity of psychiatric disorders, the use of AI models demonstrates challenges and requires further exploration. Chat Generative Pre-training Transformer (ChatGPT) is one of the most popular tools that uses deep learning techniques and has the potential to constitute personalized mental health care, including psychotherapy. In this case-based session, we aim to discuss whether ChatGPT would be helpful in everyday psychiatric practice from a psychotherapy perspective. Following the case study presentation of ChatGPT as a psychotherapist, the topic of the workshop will be presented by the speakers in a debate format and feedback from the audience will be discussed.



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Chair: **Selin Tanyeri Kayahan** (Türkiye), **Theodoros Koutsomitros** (Greece)

Artificial Intelligence-based Psychotherapy Practices - **Fabian Kraxner** (Switzerland)

Artificial intelligence and psychotherapy interventions - **Ruta Karaliuniene** (Germany)

AI Psychotherapist versus Human Psychotherapist: Case-based Comparison - **Siirnaz Kukurt** (Türkiye)

Limitations of Artificial Intelligence-based Tools in Psychotherapy - **Beren Ozel** (Türkiye)

Location: EPA2025 Madrid

Start date: 06/04/2025

End date: 06/04/2025

EPA Psychotherapy Section Meeting

Description:

An EPA Psychotherapy Section Meeting was held both in person and online, with over 30 participants. During this meeting, where the section's activities were presented, members had the opportunity to meet one another, share ideas, and plan further collaborations.

Location: EPA2025 Madrid

Start date: 06/04/2025

End date: 06/04/2025

Attendance: 30

EPA Psychotherapy Section Meeting

Description:

EPA Psychotherapy Section scientific program submissions for EPA2026 were discussed.

Location: Online

Start date: 30/04/2025

End date: 30/04/2025

EPA Psychotherapy Section Meeting

Description:

EPA Psychotherapy Section Committee elections for 2025-2027 were held online on 29 June 2025. Twenty-five section member participants voted through the secret ballot platform.



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EPA PSYCHOTHERAPY SECTION REPORT 2025

Newly formed Section Committee.

Chair: Thomas Gargot, France

Co-chair: Theodoros Koutsomitros, Greece

Secretary: Selin Tanyeri Kayahan, Turkey Councillors:

Fabian Kraxner, Switzerland

Jesper Nørgaard Kjær, Denmark

Asilay Seker, UK

Location: Online

Start date: 26/06/2025

End date: 26/06/2025

Publications

Psychotherapy training in psychiatry: a systematic review on the early career psychiatrists' interests and opportunities

Journal:

European Psychiatry

Authors:

Selin Tanyeri Kayahan, Mustafa Dinçer, Jesper Nørgaard Kjær, Thomas Gargot

(Expected) Publication date: 16/06/2025

Acknowledged as official Section publication? Yes

Psychotherapy Training in Psychiatry: Call for Contribution on Logbook Use

Journal:

InterACT - Newsletter of the EPA Council of National Psychiatric Associations **Authors:**

On behalf of EPA Psychotherapy Section

Selin Tanyeri Kayahan, Mustafa Dinçer, Jesper Nørgaard Kjær, Thomas Gargot

(Expected) Publication date: 19/12/2025

Acknowledged as official Section publication? Yes

Psychotherapy Training in Psychiatry: Early Career Psychiatrists' Interests and Opportunities

Journal:

World Psychiatric Association Early Career Psychiatry Newsletter **Authors:**

On behalf of EPA Psychotherapy Section

Selin Tanyeri Kayahan, Mustafa Dinçer, Jesper Nørgaard Kjær, Thomas Gargot

(Expected) Publication date: 16/09/2025

Acknowledged as official Section publication? Yes



EPA PSYCHOTHERAPY SECTION REPORT 2025

Psychotherapy Training in Psychiatry: Call for Contribution on Logbook Use

Journal:

EFPT 2025 Winter Newsletter

Authors:

EPA Psychotherapy Section

(Expected) Publication date: 23/12/2025

Acknowledged as official Section publication? Yes

The Pharmacological Void: Death Narcissism in Post-Conflict Northern Ireland

Journal:

BJPsych

Bulletin

Authors:

Adam Flynn

(Expected) Publication date: 24/11/2025

Acknowledged as official Section publication? No

The Unbearable Weight of Autonomy: Simulating Moral Distress

Journal:

BJPsych

Bulletin

Authors:

Adam Flynn

(Expected) Publication date: 26/11/2025

Acknowledged as official Section publication? No

Development and Application of a Psychoeducation-Focused Web-Based Cognitive Behavioral Therapy Program for Panic Disorder

Journal:

Journal of Cognitive Psychotherapy

Authors:

Ali Kayahan, Selin Tanyeri Kayahan, Cenan Hepdurgun, Damla İşman Haznedaroğlu, Özlem Kuman Tunçel, Şebnem Pırıldar

(Expected) Publication date: 01/04/2025

Acknowledged as official Section publication? No



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Psychotherapy in Digital Settings

Setting:

20th Croatian Psychiatric Days

Presenter: Thomas Gargot

Event Start date: 02/10/2025

Event End date: 02/10/2025

Acknowledged as official Section presentation? No

Psychotherapy in Digital Settings

Setting:

French Congress of Psychiatry Webinar

Presenter: Thomas Gargot

Event Start date: 10/06/2025

Event End date: 10/06/2025

Acknowledged as official Section presentation? No

Multimodal Social Signal Analysis and Motivational Interviews

Setting:

World Federation for Psychotherapy Regional Congress in Manila

Presenter: Thomas Gargot

Event Start date: 21/01/2025

Event End date: 24/01/2025

Acknowledged as official Section presentation? Yes

Other Section activities

Description:

Abstract Revision Panel for EPA2026 Congress

Event Start date: 15/08/2025

Event End date: 15/09/2025

Outcomes

By Thomas Gargot, Fabian Kraxner, and Jesper Nørgaard Kjær.

Description:



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Once monthly free Balint Groups are conducted online by EFPT Psychotherapy Working Group and EPA Psychotherapy Section collaboration.

2025-2026 season is coordinated by Dr. Alma Laszlo.

Event Start date: 01/09/2025

Event End date: 01/07/2026

Outcomes

Online Balint Groups for psychiatry trainees and early-career psychiatrists.

Description:

Members of EPA Psychotherapy Section were selected to join the first Leadership Academy of EPA in 5-7 September 2025.

Event Start date: 05/09/2025

Event End date: 07/09/2025

Outcomes:

Anastasia Sikora, Fabian Kraxner, Selin Tanyeri Kayahan, and Vladimir Djuric joined the Leadership Academy 2025.

Description:

Collaboration with Ukrainian Psychotherapeutic League:

- Exchange of Educational Materials and Resources
- Participation in Events and Professional Activities
- Support for Educational Programs
- Cooperation in Digital Solutions and AI
- Research and Development of Evidence-Based Practices



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Event Start date: 28/10/2025

Event End date: 28/10/2025

Outcomes

EPA Psychotherapy Section members Anastasia Sikora, Thomas Gargot, Jesper Nørgaard Kjær, and Selin Tanyeri Kayahan were involved in organizing an introductory meeting in 28 October 2025 and further steps for collaboration between Ukranian Psychotherapeutic League and EPA Psychotherapy Section.

Description:

Collaboration with Making Therapy Better: Measurement Based Care (MBC)

Event Start date: 12/09/2025

Event End date: 12/09/2025

Outcomes

Collaboration between EPA Psychotherapy Section and Dr. Bruce Wampold and Dr. Barrett Griffith from Making Therapy Better was established. The project will continue in 2026.

Members involved: Thomas Gargot, Jesper Nørgaard Kjær, Theodoros Koutsomitros, Suzana Andrei.

FUTURE ACTIVITIES:

Meetings/events

Current mapping of psychotherapy care across Europe

Description:

30.03.2026 | 08:00 - 09:30 | South Hall 2B

Chair: **Mariana Pinto Da Costa** (United Kingdom), **Selin Tanyeri Kayahan** (Türkiye)

The Silent Crisis: Unveiling the Global Health Burden of Psychotherapy Delays through the Mental Health Access Burden Index (MHABI) - **Khutaija Noor** (United States)

Disparities in Access to Psychotherapy Training across Different Parts of the World - **Mariana Pinto Da Costa** (United Kingdom)



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Psychotherapy Services: Treatment Gaps and Unmet Needs - **Fabian Kraxner** (Switzerland)
Anywhere Anytime: Opportunities and Limitations of Digital Psychotherapies - **Imran Gokcen Yilmaz-Karaman** (Türkiye)

Partners:

EPA Public Mental Health Section

Location: EPA2026 Prague

Start date: 30/03/2026

End date: 30/03/2026

Catatonia across the spectrum: clinical cases, challenges, and management

Description:

29.03.2026 | 08:00 - 09:30 | Club A

Chair: **Ömer Yanartaş** (Türkiye) , **Virginio Salvi** (Italy)

Pediatric Catatonia: A Complex Case Study in a Neurodevelopmental Context - **Celestine Bidault** (France)
Detecting the Invisible: Catatonia in Autoimmune Encephalitis and How to Intervene Early - **Francisco Cruz Aviña** (Mexico)
Catatonia in Affective Disorders and Psychotherapeutic Interfaces - **Małgorzata Gietka** (Poland)
Catatonia Across the Spectrum of Psychiatric Disorders: Should Treatment Vary? - **Virginio Salvi** (Italy)
Substance-Induced Catatonia: The Case of Synthetic Cannabinoids - **Anastasia Sikora** (Ukraine)
Somatic Causes of Catatonia: Medical Workup and Psychiatric Management - **Ömer Yanartaş** (Türkiye)

Location: EPA2026 Prague

Start date: 29/03/2026

End date: 29/03/2026

Restoring lives, expanding horizons: multidisciplinary approaches to psychiatric recovery

Description:

29.03.2026 | 15:00 - 16:30 | Terrace 2A

Chair: **Nell Boxall** (United Kingdom) , **David Gurrea Salas** (Switzerland)

Beyond Containment: Risk, Recovery and the Ethics of Forensic Psychiatry - **Hasanen Al-Taiar** (United Kingdom)
An empathic approach to rehabilitation - **Robert Cornish** (United Kingdom)
Rebuilding Lives After Trauma: Positive Psychotherapy in the Rehabilitation of PTSD Patients - **Anastasia Sikora** (Ukraine)
The role of dual diagnosis and real-life examples - **Sureyya Melike Toparlak** (United Kingdom)



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Pathways to Empowerment: Integrating Psychoeducation, Peer Support, and Co-production for Lasting Recovery - **Petr Neckar** (Czech Republic)

Unmet Needs in Recovery and Rehabilitation - **Fahriye Oflaz** (Türkiye)

Location: EPA2026 Prague

Start date: 29/03/2026

End date: 29/03/2026

Psychotherapy training of early career psychiatrists: global challenges, opportunities, and future directions

Description:

30.03.2026 | 15:00 - 16:30 | North Hall

Chair: **Mustafa Dinçer** (Türkiye), **Asilay Seker** (United Kingdom)

Psychotherapy training in psychiatry: Current opportunities and perspectives of early career psychiatrists - **Selin Tanyeri Kayahan** (Türkiye)

Global Standards and Gaps in Psychotherapy Training: A UEMS Perspective - **Marisa Casanova Dias** (United Kingdom)

Psychotherapy Training in Diverse Cultural and Institutional Contexts: Challenges and Adaptations - **Ahmad Alhadi** (Saudi Arabia)

The Role of Supervision in Shaping Psychotherapeutic Competencies: Who, How, and What? - **Jesper Noergaard Kjaer** (Denmark)

Is AI Useful in Psychotherapeutic Education? - **Fabian Kraxner** (Switzerland)

EFPT Psychotherapy Guidebook: The Story of a European Project - **Theodoros Koutsomitros** (Greece)

Location: EPA2026 Prague

Start date: 30/03/2026

End date: 30/03/2026

Useful open science tools for conducting research in psychiatry

Description:

28.03.2026 | 13:30 - 17:00 | Club D

In psychiatry the methodology of scientific method can sometimes be difficult to understand. Different tools ease the processes of collecting and interpreting data but they can be too expensive. Here we will present and review free and open source software that help to communicate, collect, interpret and publish data. These tools can be easily reused and shared. This improves validity and reproducibility of scientific research. While discussing all these challenges and in order to be interactive, we will involve the participants in the different



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steps of collection of the data of a prototypical scientific study, an international cake testing database!
An overview of the processes and tools:

We will evaluate a study protocol and pre-register this protocol defining the primary outcome.

Which is the best cookie from two different brands?

We will discuss the issue of sample selection. Who will taste the cookies?

Randomiser will help us to attribute a condition (cookie A or B) to each subject.

Limesurvey helps to run online surveys.

What did you think about each characteristic of your cookie?

R helps to analyse and plot the data.

What is the mean score?

How to plot the results?

Is the difference significant?

GitHub helps to share our data and analysis script publicly or not.

ArXiv helps to publish early works and manuscripts before publication.

The EQUATOR Network provides guidelines that help to write scientific articles.

Lastly, we can promote our work on Wikipedia and discuss what are the advantages and issues to promote your own work.

Director: **Thomas Gargot** (France)

Co-Director: **Jesper Noergaard Kjaer** (Denmark)

Location: EPA2026 Prague

Start date: 28/03/2026

End date: 28/03/2026

Empowering caregivers, enhancing recovery: European best practices and tools

Description:

30.03.2026 | 15:00 - 18:30 | Club A

Informal caregivers are essential to the recovery of individuals with severe mental disorders. However, this role often results in significant emotional, social, and financial strain, which adversely impact caregivers' mental and physical health. In turn, this reduces caregiving effectiveness and hinders patients' recovery outcomes [1]. Providing comprehensive support for caregivers is therefore essential to sustain their role.

Various caregiver support interventions have been developed, differing in objectives (psychoeducation, family therapy...); format (single-family or multifamily groups; peer-led or service-based...), and duration. Many have proven effective and adaptable across diverse settings [2-3]. However, navigating these interventions raises key questions: How to choose the appropriate intervention? What is the role of family peer support workers? Is a gradual approach advisable, and how should it be designed?

References:

1. Mittendorfer-Rutz et al. (2019). Patients With Schizophrenia—A Nationwide Comparative Study (...).



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Schizophr Bull, 45:794–803.

2. Gemitto, L., Alves, E., Moreira, J., Marques, M. F., Caldeira, E., Ferreira, R., ... & Lopes, M. (2024). Programmes Addressed to Informal Caregivers' Needs: A Systematic Literature Review. *Geriatrics*, 9(3), 71.

3. Sin J, et al. (2017). Effectiveness of psychoeducational interventions for family carers of people with psychosis: A systematic review and meta-analysis. *Clin. Psychol. Rev.*, 56:13–24.

Director: **Elisabetta Scanferla** (France)

Co-Director: **Romain Rey** (France)

Location: EPA2026 Prague

Start date: 30/03/2026

End date: 30/03/2026

EPA Psychotherapy Section Meeting

Description:

Time and place will be announced.

Location: EPA2026 Prague

Start date: 28/03/2026

End date: 31/03/2026

Use and Abuse of Artificial Intelligence-driven Technologies: Opportunities, Risks, and Ethical Dilemmas for Psychiatry

Description:

Proposal by **Fabian Kraxner** was accepted for EPA 2026 Webinar Series. Webinar details will be provided later.

Location: Online

Start date: 01/04/2026

End date: 31/12/2026

Section Meet and Greet

Description:

Organized by Fabian Kraxner. Details will be provided later.



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Location: EPA2026 Prague

Start date: 28/03/2026

End date: 31/03/2026

Publications

Psychotherapy training in psychiatry: A systematic review and narrative synthesis on the early career psychiatrists' satisfaction, strengths, barriers, and recommendations

Journal:

Submitted

Authors:

Mustafa Dinçer, Selin Tanyeri Kayahan, Jesper Nørgaard Kjær, Mariana Pinto da Costa, Thomas Gargot

(Expected) Publication date: 01/04/2026

Acknowledged as official Section publication? Yes

Psychotherapy training in psychiatry: A systematic review and narrative synthesis on the early career psychiatrists' supervision

Journal:

Submitted

Authors:

Selin Tanyeri Kayahan, Mustafa Dinçer, Jesper Nørgaard Kjær, Mariana Pinto da Costa, Thomas Gargot

(Expected) Publication date: 01/06/2026

Acknowledged as official Section publication? Yes

Other Section activities

Description:

European Board Examination in Psychiatry Item Writing Workshop in 2026

Event Start date: 01/01/2026

Event End date:

31/12/2026 **Outcomes By**

Thomas Gargot

Description:



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EPA Psychotherapy Section co-chair Theodoros Koutsomitros participates in EPA Gaining Experience Program as the supervisor of the host institution Greek rTMS Clinic and Institute of Psychotherapy of Medical Psychotherapeutic Centre, in Thessaloniki, Greece.

Event Start date: 01/01/2026

Event End date: 31/12/2026

Outcomes

EPA Gaining Experience Program host institution supervised by Theodoros Koutsomitros.

Description:

Logbook use is an effective training technique to standardize teaching in clinical settings and record psychotherapy experiences, and research shows that its implementation should be improved. From this point of view, we aim to design a European psychotherapy logbook. We are collecting existing psychotherapy training logbooks from different programs and countries to understand current practices and how to harmonize and improve psychotherapy training. We therefore invite all interested colleagues to share the logbooks used to record psychotherapy experiences during training in their national or institutional schemes and their experiences using them. Logbooks can be shared in an online folder or sent directly to jespka@rm.dk and selintanyeri@yahoo.com.tr.

Event Start date: 01/01/2026

Event End date: 31/12/2026

Outcomes

Online folder: <https://utbox.univ-tours.fr/s/A93Qmgmw98CYwLi>

FUNDING IN 2025

Income: None

Source(s) of funding:

None

Expenditure: None

Balance: None

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No