



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the “IΨK Institute of Psychotherapy and Greek rTMS clinic, Thessaloniki, Greece”

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In this report I would like to highlight all of the fruitful experience and research ideas I have gained during my 2-weeks observership at the “IΨK Institute of Psychotherapy and Greek rTMS clinic, Thessaloniki, Greece”. First of all, I was very thrilled to be selected for this observership, especially at this specific clinic since I have always wanted to broaden my knowledge in psychotherapy, neuromodulation and rTMS. There is a terrible war going on in my country and TMS techniques have proven to be helpful for patients with depression, PTSD and there are some research and clinical ideas on improving phantom pain symptoms using rTMS, so it is crucial for mental health workers in my country to know and use any proven method of medical and psychological care to help our patients to live a better life. So, I was unbelievably grateful to be chosen for this programme, especially being so involved into choosing the clinic and the main area of interest.

I was obliged to choose only 2 weeks (minimal duration) of my observership in order to return home as soon as possible since I am responsible for my staff and patients (mostly, veterans and patients with stress-related disorders), so my supervisor Dr. Theodoros Koutsomitros has developed a very efficient and intense schedule for the observership. He was very helpful and supervised me through all of the steps: from the initial interview to the last day of my observership. Dr. Theodoros Koutsomitros is a highly intelligent, skilled and hardworking physician, so I tried to keep up with his skills and knowledge and learn as much as I could in those 2 weeks. He showed me numerous aspects of preparing for, performing and evaluating results of rTMS interventions, sent dozens of publications and books for me to read and give my feedback, and spent a lot of time explaining and teaching me, organised training for me and fellow physicians.

After completing this observership, I feel more competent as a psychiatrist and psychotherapist in the basics of rTMS, and I definitely plan on further learning and training in this field. I had a unique chance to visit and observe the work of the biggest private clinic in Greece, where the flow of compliant patients with different medical histories and diagnoses was just non-stop. The interior and organisation of the working process of the clinic was also breathtaking! The staff was very friendly and professional as well, they guided me everywhere as well. I have also networked with local young psychiatrists and psychologists, which was helpful and fruitful. I will definitely bring the knowledge, clinical and research skills to my hospital, my colleagues, fellows and the administration of the Medical Union I work at.



I am very grateful for Dr. Theodoros Koutsomitros's time and efforts organising this observership and now I plan to join the TMS society as well!

To conclude, I would like to say that this programme was an invaluable experience for me and I am also extremely grateful to the EPA community for this chance, for the support and organisation. Furthermore, I would like to share my experience with my peers and recommend participation in this programme to my colleagues and also for other potential early-career participants from all around Europe. Such programmes inspire young physicians to study more, to broaden their clinical interests, to network and collaborate in times of crisis! Also, exploring and travelling to other countries helps to reduce stress and have the unique chance to get to know your colleagues from abroad a little better, and learn new languages.

So, Σας ευχαριστώ!

