



EPA COURSE TITLE	How to make professional choices in psychiatry
COURSE DIRECTOR	Umberto Volpe, Italy
COURSE CO-DIRECTORS	Norman Sartorius, Switzerland Andrea Fiorillo, Italy
COURSE LEVEL	Basic
EDUCATIONAL INTENTIONS/ COURSE OUTCOMES	After the course the participants should be able to : 1) identify the emerging drives of change and the current challenges of the psychiatric field; 2) self-assess their professional development; 3) orient themselves towards the choice of different psychiatric work environments; 4) use strategies that will enable them to avoid risks and to cope with the problems occurring early in their career aspects, also contributing to their professional development
COURSE DESCRIPTION	Early phases of psychiatric career are often regarded as a stimulating but also complex and challenging period of life. Early career psychiatrists may face difficulties which go beyond academic learning and might not be specifically addressed during training. They often lack the skills which would make it easier for them to choose their career's steps and obtain support for their work; furthermore, they may easily feel isolated and lose motivation for further professional development. This course will provide information on the challenges psychiatrists face in the early phases of their career and on the major drives of change within our discipline. Attendees will learn, with an interactive approach, how to assess themselves, how to manage priorities, how to choose their career and how to build their own professional profile. A further specific focus will be represented by the relational setting at the workplace and the stress-related issues, relevant to early career psychiatrists.
PREREQUISITE KNOWLEDGE	N/A
COURSE METHODS AND MATERIAL	The teaching will be highly interactive; an internationally renowned expert will be present throughout the entire course and will comment on all presentations; role-play will be used to teach priorities' management; stress-management and well-being techniques will be taught in small workgroups. The attendees will also receive a list of references (to further readings) and the handouts of the scheduled presentations.
TARGET AUDIENCE	Early career psychiatrists, psychiatric trainees, academic tutors, practitioners involved or interested in teaching to trainees
RECOMMENDED READINGS	N/A
LANGUAGE(S)	English