



## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership visit at Università Politecnica delle Marche,

Ancona, Italy

Realised from 1 to 29 June, 2019

By Dr. Gamze Erzin

### REPORT:

I am Dr. Gamze Erzin. I work as a psychiatrist in Turkey. I applied to “Gaining Experience 2018–2019 Programme”. It has been an honour for me to spend four weeks with the Department of Clinical Neuroscience of the Università Politecnica delle Marche - Ancona, under the supervision of Prof. Dr. Umberto Volpe.

I made to choose Italy because of my field of interest is similar to with Prof. Volpe and I would like to find the opportunity to observe the contemporary issues in neuroscience among European countries. Professor Umberto Volpe and his colleagues made me feel like a member of their team. During my stay, I attended inpatient visits every day. Residents made it easy for me to understand the patients with their translations, because I can't speak the same language with the patients. We also had the chance to discuss differences of clinical practice and academic research in psychiatry between Italy and Turkey. It was surprising to see that patients who live in Italy share very similar characteristics to patients who live in Turkey. However, while the number of patients to be seen is higher, the time for each patient is shorter in Turkey compared to Italy.

I performed two presentations during my observership. One of them was concerning the conditions of my home institution and health system in Turkey. The other one was about observership and scholarship opportunities provided by EPA for psychiatric trainees in Europe. I shared my experience about EPA and EFPT organisations which was very delightful for me. Martina, who is a resident in Ancona University made an informative presentation about Italian Health System as well. During my observership, I learned that attending therapy trainings outside the university is prohibited. I consider this as a good example of equality in opportunities.

I also had an opportunity to build collaborations for further academic studies. Prof. Volpe and I decided to collaborate on his studies on pathway to mental health care and write a review on neurofeedback. Prof. Annabella Di Giorgio also explained to me her studies on neuroimaging, which provided me with learning a new research field.



This programme was a great opportunity for me and has been a great contribution to my career. The biggest advantage of this programme was becoming familiar with different mental health systems in Europe, having a chance to compare them. Moreover, I found an opportunity to advertise my country and culture properly to colleagues from different countries. Considering my time outside the hospital, Ancona was a very nice city. Living in Ancona was a very fruitful experience.

I would like to thank Professor Umberto Volpe for accepting and inviting me to the Department of Clinical Neuroscience of the Università Politecnica delle Marche - Ancona, Italy. I am so grateful for attending this program under his supervision.

I had the chance to observe Italian culture first-hand which has also been a unique part of my observership. I also would like to thank European Psychiatric Association for giving this great opportunity to me. I will always remember Ancona with beautiful memories and great friends.