

## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership visit at Università Politecnica delle Marche, Ancona, Italy  
Realised from 10 to 16 July, 2023 By Dr. Mehtap Az Genc

I am Dr. Mehtap Az Genc, psychiatrist from Türkiye. It was a great pleasure for me to be selected for the Gaining Experience Programme and to spend a beneficial week at the Department of Clinical Neuroscience of the Università Politecnica delle Marche - Ancona, under the supervision of Prof. Dr. Umberto Volpe.

This observership program was very effective for me even though it was only 1 week. I believe that being able to observe the practice of my profession abroad contributes to broadening my professional vision.

From the moment I stepped into the clinic, I felt welcomed and supported. My dear contact person Assoc.Prof.Dr.Laura Orsolini greeted me on the first day and explained the extremely full and well-structured program prepared for me. She was always very helpful and supportive towards me and had meticulously organized everything.

During my stay, I attended youth mental psychiatry outpatient clinic, perinatal mental health outpatient clinic, research activity and ADHD adult outpatient clinic. It was very beneficial for me to especially observe perinatal mental health outpatient clinics and ADHD adult outpatient clinics. Because, in my own clinical practice, I frequently work with patients in this field so observing different approaches greatly contributed to my clinical vision.

On the other hand, during the observership experience the residents helped me to understand the patients with their translations as I could not speak the same language as the patients. Moreover, they made me feel like part of that team, they were extremely kind, friendly and collaborative. Also we had the opportunity to discuss the differences in clinical practice and academic research in psychiatry between Italy and Turkey. I made a presentation during my observership which was about the conditions of my home institution, health system in Turkey and also I presented the scholarship options provided by EPA for psychiatry trainees in Europe and my experience with EPA organizations.

My observership experience was an eye-opening journey, allowing me to gain valuable insights into the European state of mental health. It was an extremely enlightening experience. I am sure this experience will contribute to shaping my clinical approach. Throughout my observership, I was fortunate to work alongside seasoned psychiatrists who demonstrated immense dedication to their profession. Their holistic approach to patient care, combining medication management with psychotherapy and counseling, was an eye-opener.

It was a unique opportunity for me to observe psychiatric clinical practices and psychiatric research activities in Italy. As a healthcare professional eager to expand my horizons, this

experience allowed me to witness firsthand the cultural aspects, medical practices, and patient interactions that make the Italian healthcare system truly remarkable.

Overall, this program has given me a remarkable opportunity to observe and learn how to develop high-quality mental health services for our patients.

Considering the time I spent away from the hospital, Ancona is a melting pot of various cultural influences, making it an excellent place to experience the diversity of Italian culture. Observing Italian culture in the city of Ancona offered me numerous advantages, as it allowed me to experience a rich tapestry of history, traditions, and lifestyle.

Special thanks to Assoc.Prof.Dr.Laura Orsolini for the kindness and depth of understanding, and for all the valuable possibilities shown to me. I would like to show my deepest gratitude to Prof. Dr. Umberto Volpe for accepting me to the Department of Clinical Neuroscience of the Università Politecnica delle Marche - Ancona, Italy. I am so lucky to have participated in this program under his esteemed supervision.

Also I am truly humbled and grateful to EPA for making this observership experience possible and allowing us to develop our psychiatry and research skills. It will make such a great contribution to our careers. I would recommend this program to all young psychiatrists.