

EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the Ludwig-Maximilian University Clinic, Munich -Munich, Germany

Realised from 3 to 10 July 2023

By Dr. Merve Çukurova

I am Merve Çukurova, a psychiatrist from Istanbul, Turkey. I spent a beneficial week at Ludwig-Maximilians-University (LMU) Hospital as a clinical observer in 3-10 July 2023. This report contains my experience and views regarding this visit.

Although it was for 1 week, the whole experience met my expectations, as it gave me an opportunity to broaden my professional horizons and provided a unique professional and cultural understanding of the mental health services in a short period of time.

I was very lucky to have the opportunity to participate in this very full and well structured program. My kind contact person Dr. Caroline Plett, who was always very helpful and supportive, who carefully organized everything by considering the places I wanted to observe, welcomed me on the first day, showed me around the hospital and gave me information. It was very exciting to see the Emil Kraepelin library in the old historical building.

On the first day I had the opportunity to meet the researchers at the Early Diagnostic Clinic, directed by Prof. Dr. Koutsouleris. In the afternoon I had the chance to observe the examination of the patients in the adolescent inpatient clinic and to participate in a behavioral therapy session using the exposure method. After that I attended the child and adolescent psychiatry rounds.

On the 2nd day, I met Prof. Dr. Kristina Adorjan in the morning. She was very energetic, seminal and supportive. She showed me around the hospital and we went to the ward together. We saw patients with substance abuse and postpartum psychosis, and then I had the opportunity to listen to her seminal work. We talked about career planning and future projects. Afterwards, I attended rounds in the closed psychiatric ward, which was similar to my hospital in Turkey where I was a resident. In the afternoon, I attended the medical student lecture and watched them take and present patient history.

On the 3rd day, I had the opportunity to meet Prof. Dr. Peter Falkai, that was a great honor for me. Afterwards, I attended the resident training, we discussed antisocial personality disorder in the Emil Kraepelin library. On the same day, I attended the affective disorder service rounds. We talked about the mental health system with my fellow residents.

On the 4th day, I attended the morning conference, the morning conference was a meeting where everyone attended with their white coats and gave information about the situation of each

service, as well as a place where I saw the order and discipline of the clinic very clearly and admired it. After the morning conference, I observed the emergency ward with Dr. Weidinger.

On the last day I had the chance to attend Prof. Dr. Peter Falkai's rounds ,where a lot of attention was paid to evaluation of patients' social functioning and not only to presence/absence of the psychopathological symptoms. It was a great experience for me to watch this esteemed professor's skillful approach to patients.

The colleagues and professionals I met during my stay in the clinic were friendly and supportive. I felt welcomed by each of them. Although it was a short time, it was a very full week. This historical and modern psychiatric clinic was a milestone in my professional life.

Participating in the EPA GEP was a great personal development experience for me as well as improving my professional and organizational skills. I would like to thank EPA, my host institution, the Ludwig-Maximilian University Clinic Munich, and the very valuable people who organized all the work in this program. I am very grateful to have participated in this program.