## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the “Institute of Psychology, Psychiatry and Neuroscience of King's College London and South London and Maudsley NHS Foundation Trust (United Kingdom)”

Realised “*01/09/2023 – 15/09/2023*”

By “*Maria Filip*”

As the winner of the EPA Gaining Experience Program 2022/2023, I had the extraordinary pleasure of participate as an Visiting Clinical Academic in the Institute of Psychology, Psychiatry and Neuroscience of King's College London and South London and Maudsley NHS Foundation Trust (United Kingdom). This experience was not only unique for me, but also very inspiring. My internship was supervised by the Dr. Mariana Pinto da Costa, who proved to be not only a great mentor, but also a tremendous inspiration. Her dedication was invaluable, and her ability to impart knowledge and experience was outstanding. I have worked with Dr. Mariana Pinto da Costa in the inpatient clinical settings at The Ladywell Unit University Hospital Lewisham. In the inpatient setting, Dr. Pinto da Costa was very astute in diagnostic measures. Her differential diagnosis was consistently. Her treatment formulations also demonstrated strong mastery of psychopharmacology. I was able to learn a great deal from Dr. Mariana, as well as follow her example, both in terms of patient care, medication selection and professionalism. The internship gave me a unique perspective on the latest developments and research in the field of psychiatry, including ketamine treatment. It was inspiring and eye-opening to new methods and approaches in the field of treating mental disorders.

I also had the opportunity to observe the work of psychiatrists in the wards and participate in the diagnosis and treatment of patients. This was an invaluable experience that gave me a practical understanding of work in the field of psychiatry. But what made this internship special was the opportunity to make numerous contacts and acquaintances with professionals in the field of psychiatry. I know that these relationships will be of great importance in my future career.

In conclusion, it was a delight and honor to have opportunity gaining psychiatry knowledge from Dr. Mariana Pinto da Costa. Dr. Mariana is an excellent physician, a passionate psychiatrist and will forever be an international colleague who has so much potential to improve global psychiatry. Truly an honor and privilege to work. My psychiatry internship in London was not only educational, but also inspiring and full of valuable experiences. I look forward to continuing to work with the people I met and am grateful for this unique opportunity.