



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the *“Département Universitaire de Psychiatrie de L'enfant et de L'adolescent
Centre D'excellence Autisme et Troubles du Neurodéveloppement
INSERM UMR1253 - HOPITAL BRETONNEAU à TOURS, FRANCE”*

Realised “19.08.2024-11.10.2024”

By “Mustafa DİNÇER”

REPORT:

I had the privilege of participating as an observer in the EPA Experience Gaining Program offered at the University of Tours. This observership has been a remarkable journey, providing me with new clinical insights, professional contacts, and a broader understanding of child and adolescent psychiatry. I am truly grateful to the entire team at the University of Tours for their warm welcome and support throughout my stay.

From the very first day, I was warmly welcomed by Assoc. Prof. Dr. Thomas Gargot and his team, who made me feel at home right away. Dr. Gargot ensured that I was smoothly integrated into the daily workflow, giving me access to clinical settings, meetings, and team discussions. Although my role was primarily observational, I was encouraged to actively participate in clinical discussions and case reviews. This active involvement enriched my experience beyond what I initially expected.

During my observership, I had the unique opportunity to focus on child and adolescent neurodevelopmental disorders, a field closely aligned with my interests. I observed emergency psychiatric assessments, learned about the network they have developed for suicide prevention, and witnessed the collaborative nature of Consultation-Liaison Psychiatry. One of the most valuable parts of the experience was observing patient interviews, team meetings, and case discussions related to autism spectrum disorder. These experiences gave me practical insights into how these conditions are managed in France, which will be invaluable for my work in Turkey. A key takeaway was how different departments, such as psychiatry, psychology, and occupational therapy, work together to provide holistic care. Seeing this level of interdisciplinary collaboration up close has inspired me to foster similar teamwork in my own clinical setting.

My communication with Assoc. Prof. Dr. Thomas Gargot and Prof. Dr. Frédérique Bonnet-Brilhault was both regular and supportive. They were always approachable and ensured that I made the most of my time at the University of Tours. I also had the opportunity to connect with residents, psychologists, and occupational therapists, who provided me with multiple perspectives on patient care. These interactions made me feel included and valued as part of the team.

During my observership, I delivered a presentation in French about child and adolescent psychiatry services and the healthcare system in Turkey. This was a rewarding opportunity to share knowledge



and foster cross-cultural understanding. I also plan to share my observership experience with my colleagues and students at Aydın Adnan Menderes University and encourage them to pursue similar international opportunities. While the experience was overwhelmingly positive, I did face some minor challenges related to language barriers. These moments, in fact, became an opportunity to practice my language skills and build confidence.

This observership has been invaluable for my personal and professional development. It has broadened my understanding of child and adolescent psychiatry in a new healthcare context, sharpened my clinical skills, and opened doors for future collaboration. I have gained new perspectives that I will carry into my work in Turkey, and I look forward to applying what I've learned.

I would like to extend my heartfelt thanks to Assoc. Prof. Dr. Thomas Gargot, Prof. Dr. Frédérique Bonnet-Brilhaut, and the entire team at the University of Tours for their kindness, professionalism, and support. Their guidance has had a lasting impact on me, both personally and professionally.

I am also deeply grateful to the EPA for creating and supporting this program. Such opportunities allow young psychiatrists like myself to grow, learn, and collaborate beyond borders. I look forward to staying connected with the people I've met during this program and continuing to build on the experiences I have gained. This observership has been a truly inspiring journey, and I hope that more young psychiatrists will take part in similar programs. Opportunities like this not only enhance clinical skills but also foster lasting professional relationships and cultural exchange.

Merci beaucoup à tous pour tout !

