



EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the University of Pécs, Department of Psychiatry and Psychotherapy

Carried out on 30.09-11.10.2024

By Mikołaj ACHREMCZYK

REPORT:

I completed my observership program at the Pécs University Clinic from 30 September to 11 October 2024. I was introduced to the program by Dr. Osváth, Prof. Tóth, and Prof. Fekete, and mentored throughout the program by Dr. Vörös. My time was divided into four parts, during which I had the opportunity to experience and participate in the clinical work of four different psychiatry units: geriatrics, acute unit, mood/anxiety disorders unit, and a therapeutic unit for chronic psychotic patients. During my stay, I took part in medical rounds, discussed diagnostic issues and treatment with colleagues, and spoke with both German- and English-speaking patients.

Additionally, I was introduced to the academic life of the clinic. I attended lectures held by Prof. Tóth and Prof. Fekete, as well as seminars by Dr. Vörös, Dr. Osváth, and Dr. Simon. As I have a special interest in ADHD and autism spectrum disorders, I was asked to conduct seminars on these topics for English-speaking students. I also accompanied Dr. Vörös in mentoring students on thesis writing. In terms of clinical practice, I visited the child psychiatry department and exchanged experiences with its staff. I also partnered with Dr. Vörös during his night shift at the Pécs hospitals.

During my conversations with Prof. Tóth and Prof. Fekete, I had the opportunity to learn about the Hungarian school of psychiatry and the specific areas of interest developed at Pécs, such as art therapy, mentalization, psychopathology, and suicidology. I read over 30 articles published by the clinic's scientists in recent years, as well as a book on art therapy written by Iren Jakub. I also visited the art museum to view Csontváry paintings.

This observership fully met my expectations in terms of clinical and academic experience. All the staff were exceptionally kind, helpful, and non-intrusive, and I had complete freedom in planning and adjusting my schedule. I was inspired by the good relationships between colleagues at the clinic, as well as the excellent clinical structure, with rounds and discussions about patients taking place twice a day.

Thanks to the kindness of the staff and the opportunity to observe different approaches to clinical structure, student teaching, and vibrant, conscientious scientific endeavours resulting in numerous publications, I am deeply grateful for this experience. I consider it the best in my clinical career so far. I strongly recommend the observership program at Pécs to all clinicians who wish to enhance their everyday practice by observing and participating in the dynamic clinical life and studies at Pécs.