



EUROPEAN PSYCHIATRIC ASSOCIATION

**5>7**  
SEPTEMBER  
2025

STRASBOURG  
FRANCE

# EPA LEADERSHIP ACADEMY

**EMPOWERING LEADERS  
IN MENTAL HEALTH**



*"Under the auspices of the Secretary General of the Council of Europe, Mr Alain Berset"*

## Programme

Centre Culturel Saint-Thomas, 2 Rue de la Carpe Haute, 67000 Strasbourg  
Salle de la Paix

## Faculty

**Dr. Olivier Andlauer**, London (UK)

**Prof. Defne Eraslan**, Karlsbad (Germany)

**Dr. Cecile Hanon**, Paris (France)

**Prof. Anita Riecher-Rössler**, Basel (Switzerland)

**Prof. Norman Sartorius**, Geneva (Switzerland)

**Dr. Asilay Seker**, London (UK)

*Guest speaker* – Simone De Ioanna (France)



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## Friday 5 September

**14:00 – 15:00** | Visit to the Council of Europe

**15:00 – 16:00** | Lecture at the CoE – A human rights-based approach to mental healthcare

**16:00 - 17:00** | Coffee break

**17:00 – 17:45** | Welcome, introductions and course overview

**18:30 - 19:10** | Lecture - Leadership: meaning and action *by Prof. Norman Sartorius*

**19:10 - 20:00** | Welcome cocktail

## Saturday 6 September

**09:00 – 10:40** | Workshop - Introduction to Leadership theory and styles – What is leadership for psychiatrists? *By Dr. Olivier Andlauer*

**10:40 - 10:50** | Coffee break

**10:50 - 12:30** | Workshop - Managing conflict *by Dr. Olivier Andlauer*

**12:30 - 13:30** | Lunch break

**13:30 - 15:00** | Workshop - Managing change *by Dr. Olivier Andlauer*

**15:00 - 15:10** | Stretch & socialise



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## EMPOWERING LEADERS IN MENTAL HEALTH

**15:10 – 15:50** | Lecture - Leadership skills: acquisition and use *by Prof. Norman Sartorius*

**15:50 - 16:20** | Lecture - Common pitfalls for young leaders *by Dr. Asilay Seker*

**16:20 - 16:30** | Coffee break

**16:30 - 18:10** | Workshop - Leadership and work life balance beyond traditional gender roles - a win-win project for both women and men *by Prof. Anita Riecher-Rössler*

**20:00** | Group dinner

### Sunday 7 September

**09:00 – 09:20** | Recap and debrief *by Dr. Asilay Seker*

**09:20 - 10:00** | Lecture - Self-care and self-compassion in leadership *by Assoc. Prof. Defne Eraslan*

**10:00 - 10:10** | Coffee break

**10:10 - 10:50** | Lecture – Psychiatric Leadership in the spotlight: Leadership through the lens of media *by Dr. Cécile Hanon*

**10:50 - 11:30** | Lecture - Adaptive leadership and associations: enabling change in volunteer-led environments *by Simone De Ioanna*

**11:30 - 12:00** | Additional resources and conclusion



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