



## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the "Institute of Psychiatry and Mental Health Hospital General Universitario

Gregorio Marañón, Madrid, Spain"

Realised "01.04.2025-02.06.2025"

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### REPORT:

My time at Gregorio Marañón Hospital was both exhilarating and grounding. For two months, Madrid was my home, and every morning I woke eager to navigate the hospital corridors and discover everything the hospital had to offer. I loved that being in Madrid gave me the chance to practice my Spanish, which helped me connect more naturally with patients and colleagues.

From the first day, everyone I met was incredibly open and friendly. Soon I was introduced to my supervisor and to each department's team. Doctors, nurses, psychologists, and social workers all took time to walk me through procedures and answer my questions, making me feel like part of the team.

My schedule shifted between settings that challenged me in different ways. On the acute wards, I joined morning rounds, reviewed medication plans, and discussed treatment strategies with a team committed to patient safety. In the day hospital, I observed group therapy sessions and helped design interactive exercises that encouraged patients to share their experiences. I was particularly impressed by how the nurses wove psychoeducation, covering stress, trauma, attachment, and other foundational concepts, into everyday conversations.

The AMITEA centre was a highlight. In the Complex Diagnosis unit, I watched how challenging ASD cases were unraveled, piece by piece, until a clear picture emerged. Sitting beside a child drawing his feelings or listening to a teenager describe sensory experiences underscored how each story is unique, and how attentive observation can make all the difference. I was deeply moved every time a child hugged me after their evaluation. Their life stories definitely left a lasting impression on me.

With the PRISMA team, I explored the ATRAPA programme for assessing suicide risk in adolescents and the PIENSA programme for early detection of first psychotic episodes in young people. These early intervention models proved once more how powerful timely, tailored care is and I'm eager to incorporate this approach into my own practice.

I also spent time on the behavioral addictions ward, where I met patients coping with gambling, compulsive shopping, and hours lost to video games or social media. Hearing how modest habits could spiral into serious struggles, and observing how the care team collaborated so



thoughtfully, taught me that small shifts in approach, along with establishing healthy routines, can profoundly influence someone's recovery.

Home visits offered a window into patients' lives that no hospital setting can match. Observing family interactions, daily routines, and living conditions revealed the challenges people face and the resourcefulness they demonstrate every day.

Additionally, every week I attended multidisciplinary case presentations led by different wards. These sessions, covering everything from managing suicide attempts to shaping community outreach strategies, offered valuable insights and highlighted the hospital's collaborative spirit and commitment to continuous learning.

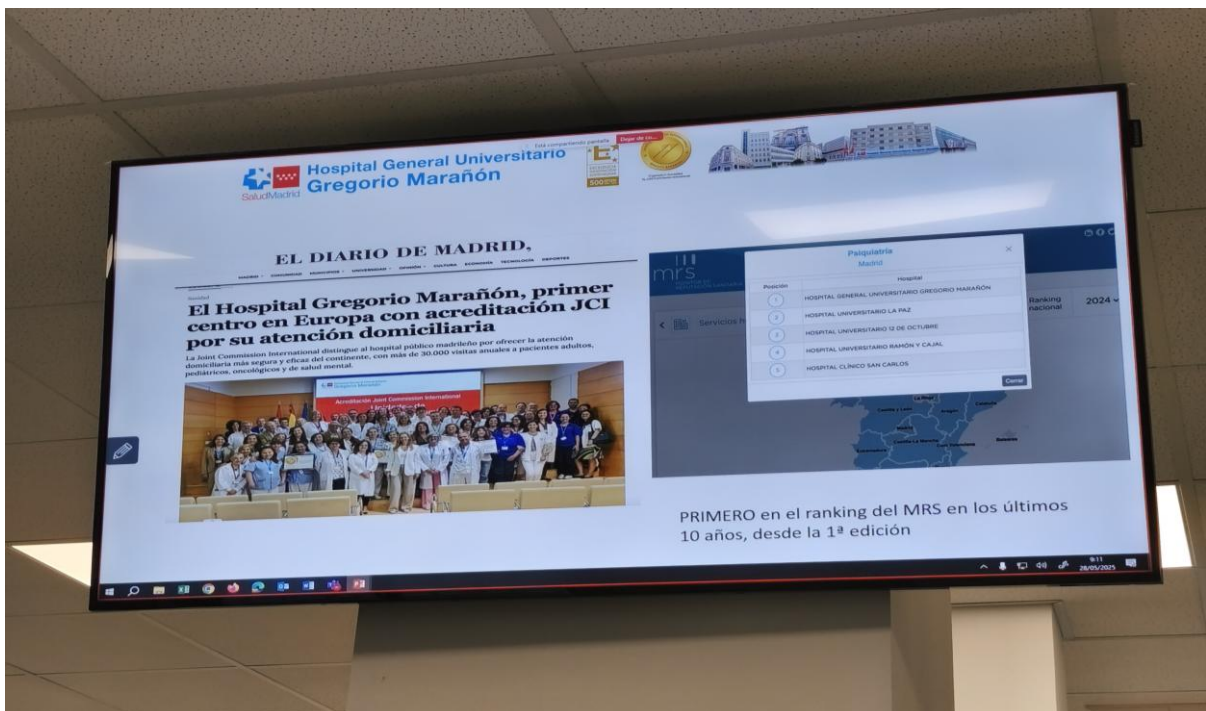
Looking back, my greatest takeaways are empathy and adaptability. The Spanish mental health care system impressed me with its structured prevention strategies, tailored treatment plans, and range of services designed to enhance patient autonomy and quality of life. My diagnostic toolkit is now richer, enriched by real-life stories and state-of-the-art knowledge.

Every conversation, case discussion, and seminar further strengthened my passion for psychiatry, particularly in the field of neurodevelopmental disorders. I'm deeply grateful to Professor Dr. Arango and the entire Gregorio Marañón team for their openness, generosity, and the resources and tools they provided. This exchange has reshaped my clinical perspective and research focus, and I'm eager to bring these insights back to my home institution.

I encourage early-career psychiatrists to apply to the EPA programme, because personal growth and deeper understanding often start when we step outside our comfort zones. I'm deeply thankful to the EPA and to Hospital General Universitario Gregorio Marañón for this truly one-of-a-kind journey.



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