



## EPA GAINING EXPERIENCE PROGRAMME REPORT

On the observership at the **Greek rTMS clinic of SynaΨe : European Medical Institute of Psychotherapy & Brain Stimulation**

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### REPORT:

The observership at the Greek rTMS clinic in Thessaloniki came as a wonderful opportunity for me as I long have been interested in Transcranial Magnetic Stimulation (TMS). At first I became interested in TMS application during my psychiatry specialization. To be living through an era in which psychiatry is evolving toward brain stimulation technologies and to witness its impact firsthand is a true privilege. So driven by the desire to learn more, I applied for this Observership. Previously I have completed a training program and became certified in TMS in Europe. After having gained a short hands-on experience at the TMS center at Sveti Ivan Psychiatric Hospital, in Zagreb, I saw this Observership to be an opportunity for a more complete and thorough experience, allowing me to consolidate my theoretical knowledge through practice. Until now, I have tried to share my knowledge about TMS in my country through conferences and presentations, and I sincerely hope that the next step for me will be to work directly with TMS in clinical practice.

So, with this hopes and aspirations I traveled to Greece. Dr. Theodoros Koutsomitros has founded the TMS clinic in Thessaloniki and what he has built is truly inspiring. After almost ten years of working with TMS, he was now using the newest technology together with neuronavigation in order to provide more precise and safer treatment. What I was able to see and understand there was the vision of the future that this field offers: many possibilities for growth and development. This was definitively inspiring and hopeful, making you wanting to keep learning and moving forward.

During my two weeks of training, I became familiar with the TMS unit within a large clinic specialized in psychiatric services, offering psychiatric consultations, rTMS, and psychotherapy. I had the opportunity to observe the clinical workflow closely, to participate in discussions about treatment planning, and to better understand the practical aspects of rTMS application in everyday psychiatric care. I also had the opportunity to gain hands-on experience with rTMS procedures, which helped me better understand its practical



application in clinical settings, especially the role of neuronavigation in ensuring accurate cortical targeting and more personalized treatment delivery.

Besides that, I had the opportunity to learn more about the multidimensional approach toward the patient, including psychotherapy and especially group therapies, which I was able to observe. It was also very fortunate that the doctor had several Albanian patients, allowing me to conduct psychiatric interviews in my own language and later discuss the cases with him. This was both professionally valuable and personally meaningful for me.

I encourage every young psychiatrist to apply for these observerships and to find their own field of interest so that the learning process can be as effective as possible and the possibility for contribution even greater. Most importantly, I encourage them to apply without hesitation, because these opportunities can significantly change the quality of one's professional life and broaden the entire intellectual approach toward psychiatry and the patient.

Once again, a big thank you to EPA for such invaluable programs!

