

“A story is as important as the words that compose it.”

Dear colleague,

Considering becoming an individual EPA member?

We're all watching our budgets carefully nowadays so you may wish to carefully consider the benefits. I was in your position some years ago, and after weighing my options, I *decided to invest* in my future by *joining EPA*.

EPA is more than just an association; it is a *community* – a *community* that has allowed me to fulfill my *professional goals* in a *personal way*. If you have a few minutes to spare, I'd love to share my story with you.

When I *joined EPA* as an early career psychiatrist, I had immediate *access to a network* of over 2000 *active individual members* to *discuss, debate* and *meet*. Senior psychiatrists were available to *mentor* and *guide* me in my *research* and *career development*.

I remember the feeling of *success* and *accomplishment* the day I saw my first European Congress of Psychiatry poster abstract published in EPA's journal, *European Psychiatry*; and then later my first article. I'm still an avid reader of the journal, so both my wallet and I are grateful that EPA members receive a free electronic subscription, amounting to yearly savings of nearly 400€!

I recall my first European Congress of Psychiatry in Geneva in 2004, being so new and not knowing anyone. But the *networking* opportunities allowed me to quickly *meet peers* from around the world and

I really enjoyed *exchanging experiences* with them. Of course, it's even easier for early career psychiatrists to *network* at the Congress nowadays through the special Early Career Psychiatrist scientific programme geared just for them.

Now I look forward to catching up with these same *colleagues* and new ones when I'm at the EPA European Congress of Psychiatry. EPA members save up to 150€ on the registration so there's always a lot of members present, and the annual Member's Dinner brings us together for excellent conversation over great food, often in an historic building.

Besides this, the high-quality scientific programme is of course the main draw to the Congress! I have been invited to *present* my work a few times, which is always a great honour. More recently I have even proposed some scientific sessions. I also try to get in a few EPA Academia Educational Courses during each Congress; since EPA members get *access to 2 Courses* for the price of 1 (savings up to 70€), this really is an excellent and cost-effective way to ensure *continual learning* and *professional development*.

I still have *access to the network* of psychiatrists, although it is much larger than when I first *joined* and has naturally *evolved* along with the available technology. Thanks to this, I can take advantage not only of online *educational* offerings such as *webcasts* and *e-Posters* but I can also stay *connected* socially

through EPA's presence on Facebook, Twitter, LinkedIn and EPA's own professional social *network* – the European Psychiatric Network.

EPA's *Network* allows me to *connect* easily and quickly with other mental health professionals and I even get a special profile badge to show that



Learn | Network | Contribute | Advance | Influence

I'm an EPA member! Moving along with modern times, EPA has *integrated* its *Member Directory* into the recently launched *Extranet* for members only. This lets me manage my membership in a *user-friendly* and convenient environment 24 hours/day, 7 days/week.

I'm always *up-to-date* on the latest EPA news and happenings thanks to the monthly e-news and the biannual EPA Minds newsletter. This has allowed me to more actively *contribute* to the life of EPA, first through *participation* in Sections and now by *involvement* in a few EPA Committees.

My *participation* in these activities has *enhanced* my CV and complemented my *career advancement*. I later stood, unsuccessfully, for election to the EPA Board because on top of my right to vote at the General Assembly, I really wanted to have the chance to make a greater *contribution* and *influence* the future of the association. However, on my second attempt I was *elected* to the Board and have since had the great privilege of being *elected* Secretary General.



And the future is bright! With the National Psychiatric Associations now able to *join* as full voting members since 2012, the EPA has grown to *represent* over 77,000 psychiatrists and *researchers* across *Europe* and beyond. With more and more *collaboration* with other organisations in the field and the *development* of a new series of Guidance Papers, to name a few, there are many ways for each and every member to get *involved*!

Looking further down the line, I hope to stay as *active* in EPA for many years to come. I am particularly looking forward to *advising* younger *colleagues* and giving back to the new generation of psychiatrists, after all that EPA has given me over the years.

I started by saying that I had chosen to *invest* in EPA, but with annual savings of over 600€, it's easy to see how your membership fee of 100€ pays for itself. And really, can you afford not to become a member?

Enough about me - you could have all of this and more! So what are you waiting for? *Join EPA and start writing your story today!*

Best regards,
Julian Beezhold
Secretary General



LEARN

Keep informed about the latest scientific research and treatments

NETWORK

Integrate the network of European practitioners and researchers in Psychiatry

CONTRIBUTE

Get involved in the association and take an active part in the development of Psychiatry in Europe

ADVANCE

Accelerate your career and professional development

INFLUENCE

Have a voice and a role in shaping the future of the profession

MEMBERSHIP

Am I eligible for individual membership?

All European and International psychiatrists, or scientists working in the field of psychiatric research, are invited to apply for EPA individual membership.

How do I sign up?

Candidates for EPA individual membership are invited to www.europsy.net/join-us to complete the online application form.

Why should I join?

As an EPA individual member, you will become an integral part of our community which will allow you to learn, network, contribute, advance, influence and much, much more! You will also receive:

- An electronic subscription to *European Psychiatry* journal
- Discounted registration fees for the annual European Congress of Psychiatry
- Preferential prices for EPA Academia Educational Courses
- An invitation to EPA General Assembly and right to vote (depending on membership category)
- Access to the EPA Extranet and member directory

- An invitation to join 19 scientific Sections
- Visibility on European Psychiatric Network
- Personal copies of EPA Minds and Minds Online newsletters
- Annual Member's Round Table dinner

How much does it cost?

The annual membership fee is 100€ (or 145€ if you prefer to receive the paper version of *European Psychiatry*).

What about National Association membership?

We would really welcome applications from National Associations who wish to join their many fellow associations as full voting EPA members representing over 77,000 European psychiatrists. For more information, please contact npas@europsy.net.



About the European Psychiatric Association

With active individual members in as many as 81 countries and 33 National Psychiatric Associations who joined as members in 2012 and who represent over 77,000 European psychiatrists, the European Psychiatric Association (EPA) is the main association representing psychiatry in Europe. Its members include leading experts in numerous fields, covered by 19 scientific Sections.

EPA's activities address the interests of psychiatrists in academia, research and practice throughout all stages of career development. Together, EPA members contribute to the life of the association and to the development of Psychiatry in Europe. Each member has the possibility to actively contribute to ongoing projects and play a key role in shaping the future of the Association and its policy.



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