



## Program of our 6th UEMS-CAP Seminar for CAP Trainers

**Friday 28<sup>th</sup> April 2022: ONLINE**

9.00-9.15      **Welcome**

Peter Deschamps, The Netherlands, UEMS-CAP President Board of Education

9.15-10.15    **Introductions**

Coordination Anna Sofie Hansen

*Participants will be asked to prepare a brief description of themselves and their work up front of the meeting with a picture and a short response to the question 'What is your most inspiring training lessons learned?'. An overview will be distributed to all participants. During the workshop, we will split up in smaller groups (8-10 p) and discuss the answers to the questions and share some things about ourselves that have nothing to do with medicine but we feel have been relevant and helpful for teaching. We will continue with a brief feedback of subgroups and themes emerging by one participant of each group. The introduction will move into the rest of the program with a Mindmap plenary on expectations for the seminar.*

10.15-10.30    Break: Coffee

10.30-11.30    **Workshop A: Clinical scholarship skills and research in CAP training and careers.**

Kristina Kapornai and Enikő Kiss, Hungary; Alexis Revet

*As a medical profession, innovation guided by scientific research findings in CAP allows clinical practice to move forward in a well-informed manner. However, balancing practice, research and teaching has always been a challenge, both at the level of the individual doctor/trainer/trainee as well as for the system. Some have argued based on preliminary findings that the pandemic has stressed an already vulnerable system almost beyond repair. We will give a short summary about the current situation along with some examples. Then, the Research Academy of ESCAP will be introduced as an ongoing excellent project which promotes research excellence, and collaborative work among young clinician-scientists in CAP. Also, we will collect other practices and brainstorm about how to assure that all future CAP trainee are sufficiently trained to help scientists ask the relevant questions and interpret and integrate research findings in their own clinical and teaching practices.*

11.30-11.45    Break: Brief Walk

11.45-13.00 **Workshop C: Leading by example: Resilience, wellbeing, and sleep for CAP trainers.**

Coordination Carmen Schroder, France

There is no description for this workshop. The presenter of this workshop was busy running other projects at the time we prepared this program AND needed her sleep. For you as a reader of this program this means you can meditate for 2 minutes in the time you would have read the rest of the description.

13.00-14.00 Break: Lunch

14.00-15.15 **Workshop C: Birds, trees, bees, and child mental health: the impact of the ecological crisis**

Coordination Bernadka Dubicka, Kathryn Speedy and Catriona Mellor, UK

*The Royal College of Psychiatrists (RCPsych) was one of the first medical organisations in the UK to declare a climate emergency, together with an associated mental health emergency. The section of child and adolescent psychiatry have led the way within RCPsych with regards to highlighting the evidence for the impact of the ecological emergency on the mental health of children and young people. Bernadka Dubicka will introduce the session and highlight some of her work in this area. The workshop will present some of the work done by trainees in the UK including a survey of CAPs, 'top tips' for CAPs, CPD module, and contribution to an international survey of the views of young people. The workshop will conclude with a discussion between participants regarding the work being done in their own countries, and ideas for collaboration with interested trainees through UEMS.*

15.15-15.30 Break Coffee

15.30-17.00 **Workshop D: A spoonful of chocolate**

Coordination Brian Jacobs and Suyog Dahkras UK and Gyri Vorren, Norway

*This workshop will explore some aspects of how we develop as child psychiatry trainers to nurture our trainees and ourselves. It will explore this through two paradigms:*

- a) How do we nurture our trainees through sharing basic care: e.g food and drink?*
- b) How do we make the transition to being parents ourselves?*

*What do these two paradigms tell us about how we develop as experienced clinicians and trainers? The workshop will approach this question through small group-work and aims to stimulate thinking and appetite for reflection.*

17.00-17.15 **Evaluation and goodbye**

Coordination Peter Deschamps, The Netherlands, UEMS-CAP President Board