



Program of our 7th UEMS-CAP Training and education Seminar for CAP Trainers and Trainees

Friday 24th May 2024 ONLINE

9.00-9.15 CET **Welcome**

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

9.15-10.15 CET **Introductions**

Coordination Anna Sofie Hansen, Denmark

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 questions: 'What new ideas have I tried over the past months in training?'; 'Where have I failed gloriously?'; 'What successes do I want to share?'. 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 CET Break: Coffee

10.30-11.30 CET **Workshop A: Demographic changes and their effects on CAP**

Coordination Wouter Staal, Netherlands

Demographics across the EU are changing and shifting towards a society with less children and adolescents and more adults. In this workshop we discuss the effects of this demographic change on child and adolescent mental health. Should we expect that this demographic change will allow for more care of (vulnerable) children as there are simply more adults to participate in this care? Will this put even more stress on children and young people as the responsibility to care for the future of our society rests on less shoulders?

11.30-11.45 CET Break: Brief walk, mediation exercise, yoga, ...

11.45-1300 CET **Workshop B: Shared jobs and double roles**

Ulrike Schulze; Marie Aude Piot

As highly trained medical specialists, child and adolescent psychiatrists frequently balance clinical practice with research, teaching and leadership activities. This however challenging to personal wellbeing and balance and changes have put more stress both at the level of the individual doctor/trainer/trainee as well as for the system. The present workshop presents the results from a survey group qualitative study in trainees and trainers from across the EU. Based on the results, we present a model of job sharing and collect other practices and brainstorm about how to assure that future child and adolescent psychiatrists are sufficiently trained to fulfill double roles in a sustainable matter.

13.00-14.00 CET Break: Lunch

14.00-15.15 CET **Workshop C: Artificial intelligence and its impact on CAP (training)**

Coordination Thorsten Schumann (Denmark) and guest speaker

15.15-15.30 CET Break: Coffee

15.30-16.45 CET **Workshop D: Getting things done with Ioanna: why modesty will not get you everywhere**

Coordination Sara Pillen Belgium, Ioanna Giannopoulou Greece

Mostly child and adolescent psychiatrists are trained to listen, take a soft approach, tune into the child and family framework of reference, give gentle advice, be patient and only apply gentle pressure when there are no other options. In this workshop we will reflect on this style and attitude in the context of talking to politicians and negotiating within hospital settings. Ioanna will share her personal style and experiences with people of power in the hospital and discuss alternative approaches. We will practice these alternative styles during active role play, trainees and trainers together.

16.45-17.00 CET **Spare time**

Just because previous seminars learn that there is always more to talk about and discuss than we anticipated ...

17.00-17.15 CET **Evaluation and goodbye**

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