



## POSTER PRESENTATION

# Polish path to a National Psychiatric Trainees Association

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### Abstract

**Introduction:** A few years ago there was an attempt to establish a national trainee association (NTA) in Poland. In the end, though, there was something lacking and the project was never brought to the close. When there appeared to be little hope to change this fact in the foreseeable future, unexpectedly a group of new trainees from Poland attended the EFPT Forum for the first time in 2014. Armed with an uncanny motivation, they wanted to make their mark.

**Objectives:** Our objective is to establish the Polish Psychiatric Association in 2015, in order to soon become full members of the European Federation of Psychiatric Trainees (EFPT).

**Methods:** We joined various EFPT working groups, i.a. the ENTA Working Group and determined creating NTA in Poland one of our main goals. In December 2014 we participated in the International Congress of Psychiatry Medforum in Wisla, Poland, to promote EFPT and the idea of establishing the Polish NTA. We agreed to make it a section of the Polish Psychiatric Association (PTP) and received support from the organisation. Later on we promoted EFPT at local PTP meeting in Wroclaw as well as

during specialization courses. In April 2015 we issued an official application to create a trainee section at PTP.

**Results:** Building network across Poland and getting support from decision makers: contact with over 200 trainees from various parts of Poland via e-mail, social networks groups or during psychiatry training courses. Support received from: Department of Psychiatry, Wroclaw Medical University; Lower-Silesian regional consultant in psychiatry; President of Wroclaw section of PTP; Secretary of the Polish Psychiatric Association and other influential members of PTP.

**Discussion:** We discuss future initiatives of our NTA that lie ahead: promoting EFPT during the conference in Katowice, representing EFPT at Congress in Wisla in 2015 (international societies session, young doctors session), creating a website of the Polish NTA which will include information relevant to trainees, building up further our network.

**Conclusions:** There was a bit of work, but our association's future looks bright. The chances for Poland to become an official member of the EFPT have never been that good.

**Supplementary material:** Complete presentation available at <http://ijcnmh.arc-publishing.org>

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