

I am Ekaterine Berdzenishvili , psychiatrist and PhD student at Tbilisi State Medical University, Georgia. I have just accomplished my ECNP research Internship at the Institute of Clinical Psychology and Psychotherapy, Technical University Dresden. I have spent two fruitful weeks at the institute under an outstanding supervision of Prof. Katja Beesdo-Baum. It was a great experience, which fully fit my professional interests.

At the institute I was actively involved in practical and theoretical work of ongoing research projects. Everyday was different, full with interesting and new experiences. Namely I attended and participated in fMRI studies, Be-Mind experiments, became familiar with new neurocognitive tests like THINK-IT, attended seminars and lab meetings.

I met great young researchers in Professor Beesdo-Baum's and Professor Wittchen's team, each of them gave me a deep understanding and explanations of their work in lab and helped me to improve my research skills.

Prof. Beesdo-Baum kindly spent her time and energy to introduce and explain Composite International Diagnostic Interview(CIDI). Both THINK-IT and CIDI I hope to use in my future studies and research projects.

Besides, during the meeting with Prof. Wittchen and Prof. Beesdo-Baume we discussed aspects of my doctorate research and I got useful and insightful recommendations that will help me to elaborate on my research hypothesis and methodology. We have established a strong connection which will, I hope, result in future scientific and academic collaborations.

Moreover, I had an exceptional opportunity to visit outpatient clinic and met Prof. Jürgen Hoyer, where we discussed the therapeutic effects of Behavioral Activation in depression and also to visit psychiatric department at Carl Gustav Carus University Clinic led by Prof. Michael Bauer , where I was introduced to different clinical studies about suicide and lithium, smartphone research in bipolar disorder and crystal "meth" studies in German population.

Overall, my ECNP Research Internship under the mentorship of Prof. Katja Beesdo-Baum was an outstanding, exceptional and fruitful, that served not only for expanding my knowledge and research skills, but also for establishing long-term relationships with great professionals and implementing this knowledge in my own practice at home. I am very grateful to ECNP for such an amazing opportunity and encourage all the junior scientists to participate in this program.

