

ECNP Research Internship in GEHA Mental Health Center - tailor made psychiatric experience.

Research Internship in GEHA Mental Health Center was a very inspiring time in clinical as well as in research terms. Program of my staying in the hospital was well organized and adjusted to my interests which I've shared with professor Gil Zalsman on the Match Making Meeting during 28th ECNP congress in Amsterdam. First week of the internship was focused on acquaintance with hospital facilities and staff. I had an opportunity to participate in activities such as visit on the farm for Adolescent Day Unit, occupational therapy sessions or visits in petting zoo organized by hospital for young patients. Also members of hospital staff warmly welcomed me in their midst so I could listen to examinations of patients, I was present at the Intake with full translation of patients history and their interview and also got answers for all the questions that came into my mind about the organization of the ward and therapeutic standards in Israel. Particularly interesting experience was the participation in Mindfulness Workshop as a part of introduction to the Mind Body Unit of the hospital. An exceptional approach to a patient I could observe in Failure To Thrive Unit where I was eating lunch with small patients aged 0-6 and their families at the same time observing their eating habits, disabilities and potential causes of problems. After every observation there was multidisciplinary discussion on patients therapy strategies that included opinions of psychiatrists, psychologists, nurses, teachers, dietitians, social workers and all kinds of therapists: occupational, animal, art, theater and more. During the internship I could observe the appliance of traditional methods in Israeli medical health care such as ECT in depression therapy, as well as very innovative ones such as TMS. The second week, apart from the continuation of a clinical experiences such as getting to know the work on a closed ward for adolescents and children day care, was more focused on research. I could got to know the profile of studies ran by the hospital with very interesting program of short-term psychodynamic psychotherapy in adolescents. What I appreciate the most is the opportunity to discuss my interests and research plans with many psychiatric authorities as well as PhD students or young researchers like myself. Many of their advices and tips I'm planning to apply in my future work and the contacts we've exchanged are priceless. I was also able to visit genetic laboratory with some practical tasks like purifying the DNA and interesting presentation of case study on which the great team of psychiatrists and genetics are currently working.

Thanks to perfect organization, willingness of hospital staff: professors, residents, therapists to share the knowledge and experiences, but also kindness as well as hospitality I could feel every day, my internship in GEHA Mental Health Center will be an important step in my future career.

