

In conclusion, the successes realized, challenges so far encountered and lessons learnt in some Sub-Saharan African countries are pointed out with some suggestions as a way forward to improve the HIV/AIDS psychiatric interventions in Sub-Saharan Africa.

## S52.04

Mental health programmes in Africa: Challenges and opportunities

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The countries of Africa are significantly different from one another. A first possible division is by their use of English, French, Spanish or Portuguese as their predominant second language.. The imposition of one of the European languages as the lingua franca for the countries that “belonged” to the same colonial power was always accompanied by the imposition of other contents of the colonizers’ culture, the traces of which can still be seen in many ways today. In addition to these group differences there are many other, individual differences, stemming from the local culture, previous history of the country and other sources. The differences are not only present among countries: within them there are subgroups of the population that differ sharply, in many ways from other citizens living within the same frontiers.

The heterogeneity of the continent makes it difficult to propose the development of mental health programmes for Africa. The rapidly developing large countries will have to build programmes that are different from those that should be developed in the small and often extremely poor countries. Features such as the level and speed of urbanization, the geography, economy and the predominant religion are probably more powerful determinants of programmes in Africa than the fact that the country is on the African continent. International collaboration is therefore particularly important for mental health programmes of the African countries.

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## YP Workshop: How to build a national trainee association

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### YP06.01

The collegiate’s trainees’ committee as gold standard for a young psychiatrists and trainees association

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The Collegiate Trainees Committee (CTC) of the Royal College of Psychiatrists was founded in 1976 following an initiative of the then President, Professor Andrew Sims. It represents trainees from both the United Kingdom and also Ireland. Members are elected to a two year term of office by trainees in each of thirteen constituencies, with elections held in half of these in any given year. This session describes in detail the history, development, structure, role and functions of the CTC with special emphasis on the successes and the challenges encountered over the years. The factors crucial to the viability and strength of the CTC will be critically analysed and discussed, and comparisons will be drawn with national trainee associations elsewhere in Europe.

### YP06.02

Setting up a young psychiatrists and trainee organization while facing new challenges in a changing political context

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**Objective:** Modern health care systems today are marked by rapid changes in various fields such as ethics, politics and economics, therefore leaders in psychiatry have to focus these topics as additional challenges. To face these aspects and to cover the growing international character of professional self-awareness, special organizations for trainees and young psychiatrists are a useful instrument to give young professionals a voice in the evolution of training, research and clinical practice standards. By those means, young psychiatrists and trainees, consequently, can take influence on their own future, destiny and carrier progress.

**Background:** Several international organizations were established to focus the needs and rights of psychiatric trainees all over the world: the European Federation of Psychiatric Trainees (EFPT), based on the UEMS (Union of European Medical Specialists) that was founded in 1958 and followed by the constitution of the European Board of Psychiatry in 1992, as well as the World Association of Young Psychiatric and Trainees (WAYPT) and the Young Psychiatrists’ Council of the World Association of Psychiatry (WPA YPC). To act as powerful and independent associations, they have to rely on committed and courageous young psychiatrists and trainees who communicate national and regional standards and characteristics as well as critical aspects and thereupon provide the opportunity to learn from each other. In this way young psychiatrists and trainee associations represent an outstanding and strong advocacy of colleagues at early career stages.

**Method and Conclusion:** To set up a national trainee organization, whether as a committee within the national psychiatric association or as independent national psychiatric trainee organization, several needs have to be covered right by the start: the establishment of a national network of trainees who then get in touch with national leaders in the field of psychiatry is mandatory. The founding process will be continued by presenting and promoting the organization on national conferences, to constitute and define structure and leadership as well as to organize future funding and to implement profitable co-operations with national and international young trainee and research institutions.

### YP06.03

Poland in European union - New reality and new possibility

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We changed our postgraduate training system from 1999, but from 2001 in addition to previous statements there existed only one degree of specialization. The whole system became comparable to Western Europe. It was included - psychotherapy, day hospital, forensic psychiatry and other additional forms of treatment.

" We need to create the net of hospital with the best specialist and all forms of psychiatric care.

" It is still problem to coordinate all practices with the free places in accredited hospital.

" The supervision in psychotherapy should be provided by qualified therapist and should be performed at the training institution during the working hours and be founded by the institution.

" It should increase the salary.