

## ECNP Research Internship - 2018

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In May of 2018, I was extremely fortunate to be chosen as one of the interns for the ECNP junior scientists research programme, which was realized under the supervision of a Professor David Nutt. Implemented schedule was dynamic and versatile, alternating between different experts and offices, hospitals and campus buildings, capturing the greatness and endless possibilities, as well as the atmosphere of a student life at one of the Europe's most prominent Faculties.

During those two weeks, I was introduced to the research units of experimental medicine studies in Centre for Psychiatry, „Gut Hormones in Addiction“ study team (GHADD ) at Invicro, main principles of PET imaging and observed already scheduled fMRI experiments. I had an opportunity to participate at master's students weekly meetings, psychedelic group meetings, meet senior research fellows and get familiar with the on-going research challenges of post-doctoral fellows and doctoral students. I had a privilege to accompany Professor Nutt at his public engagements, happening in those two weeks, as well as to attend the „International Conference on Addiction & Associated Disorders“ and „Guild of Health Writers“, where Professor Nutt, together with his colleagues, held a press for journalists, freelancers and science enthusiasts. Equally engaging were days at the Traumatic Brain Injury Clinic of St Mary's Hospital, where I got an insight into the UK's public health system and importance of a multidisciplinary approach towards a patient.

I would like to use this opportunity to express my gratitude to Professor Nutt, who happened to be not just an extraordinary scientist and author of over 200 articles, but the most pleasant and joyful person. His dedication to target addiction and depression, the major contemporary culprits, from a completely unconventional perspectives, tailor the future of treatments and influence lives of so many people, altogether, is truly remarkable. Even for a short while, it was inspiring to testify his ground-



breaking and pioneering work, and be part of his open-minded and creative team. I was pleasantly surprised by the quantity of public attention that followed the actions of a whole department, ranging from ordinary citizens to field experts, what just reaffirmed once again that the transparency and availability of a research work, should be assured by all costs.

I am very thankful to ECNP for enabling this internship to realize, for recognizing the importance of collaboration and networking in a career of every young scientist. This internship was an immensely valuable experience and refreshing point on my PhD path, and it would made me extremely glad if my future peers could experience the same.