

Scientific Report to ECNP

ECNP Research Internship 2017 19th February – 5th March

Intern: Vilma Liaugaudaite, PhD student at the Lithuanian University of Health Sciences, Medical Academy, Behavioral Medicine Institute

Host Institution: Prof. Gil Zalsman, GeHA Mental Health Center, Child and Adolescent Department, Petah Tikva, Israel

Participation in GEHA Mental Health Center was a great opportunity and unique experience for me. During the first week of the internship I was introduced with GEHA Mental Health Center facilities and staff. Immediately I got involved into everyday work and participated in morning rounds and morning meetings. 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 GEHA Mental Health Center for young patients. Also I could listen to Dr. David H. Ben-Dor, Child and Adolescent Inpatient Unit, to examinations of patients, I was present at the Intake with full translation of patient's history and their interview. In addition, I participated in the meeting where residents present and discuss their research, I could also exchange experiences on suicide field, about suicide risk factors, psychiatric comorbidity, treatment, and psychosocial risk factors.

The second week, apart from the continuation of a clinical experiences such as getting to know the work on a closed ward, was more focused on research, and I had possibility to meet and discuss with Dr. Dror Dolfon about an app that was able to predict an emerging manic episode, and help avoid a hospital stay. On the practical side I had a rare opportunity to watch ECT and see benefits it has on pharmaco-resistant patients. I had the possibility to visit genetic laboratory with interesting presentation of case study on which the big team of psychiatrists and genetics are currently working. I had the possibility to listening to professor Avi Weizman presentation, and getting help for my own work. It was my great pleasure to discuss the possibility to engage in planning joint research projects. Also I could frequently discuss my research plans and results with professors Gil Zalsman, Gal Shoval, and Dr. Nesrin Lubbad. Professor Gil Zalsman gave me unique experience to participate in the meeting with Ministry of Education on development of suicide prevention program in Israel. Also I could to know the system of Israeli medical health care. During my internship, I gained the opportunity to extend and deepen my research focus on suicide prevention. Over the course of two weeks I was actively establishing professional and personal contacts with colleagues who were working in GEHA and involved in various research projects. On the research side I learned what kind of research is being done on GEHA Mental Health Center and where the major focus is being put for the near future.

In conclusion, I would like to thank ECNP for giving me the opportunity to make this scientific exchange during my PhD studies. I am profoundly thankful to all staff of GEHA (psychiatrists, psychologists, executive assistants, nurses, teachers, social workers and all kinds of therapists), for a warm welcome and sharing the knowledge with me, especially to professors Gil Zalsman and Gal Shoval. Participation in this internship helped me to develop new plans for my future career. This is one of a kind opportunity to learn with high potential of advancing their academic and professional career and development.

