

## ECNP RESEARCH INTERNSHIP 2019

16<sup>th</sup> October – 27<sup>th</sup> October 2019

**Intern:** Fikret Poyraz Çökmüş, Manisa Mental Health and Diseases Hospital, Department of Psychiatry, Manisa, Turkey.

**Host Institution:** Prof. Martien Kas, Groningen Institute for Evolutionary Life Sciences, University of Groningen, Netherlands

I am Dr. Fikret Poyraz Çökmüş. I work as a psychiatrist in Turkey. I applied to the ECNP Research Internship 2019–2020 Programme, and I spent two weeks in Groningen with Prof. Martien Kas and with his team. This year, the ECNP Research Internship (ERI) provided fifteen available places to choose. I chose Groningen over several reasons. First, I spent all my time in psychiatry department with patients during my psychiatry career, and I had no idea about preclinical study and working in a laboratory, so this experiment would be the first time for me to get this opportunity. Moreover, I am going to start PhD in neuroscience at Dokuz Eylül University, so I thought that it would be a great opportunity and experience to broaden skills in neuroscience with this internship programme.

During my internship, I spent my time in laboratory and their department. I attended meeting with Prof. Martien Kas and his team. His team members were so kind, helpful and willing to share their knowledge with me. I observed the procedure of the excision hippocampus and prefrontal cortex of rats, and how they accessed the EEG of rats. Also, in my internship, I got the chance to attend PhD thesis defence. It was great experiment; the topic of thesis was so interesting, the whole procedure and the ambiance of place were breathtaking.

Eventually, gaining this scholarship gives me a great privilege and also a great contribution to my career. In my opinion, the biggest advantage of this scholarship is becoming familiar with preclinical studies and laboratory. I like Groningen so much. It is pretty city, and everywhere is very green. You can go everywhere by bike. I am eager to study with Prof. Martien Kas as soon as possible.

I would like to thank Professor Martien Kas for accepting and inviting me to the neuroscience department of Groningen University. I am so grateful for attending this program with him and

also, I would like to thank European Neuropsychopharmacology Educational Committee for giving this great opportunity to me.

