ECP014

A young doctor's strange, adventurous journey from Turkey to Canada (with a few stops in between)

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Abstract: In this presentation, drawing on experiences from different health care systems and diverse academic environments around the globe, I will reflect on a journey across countries, institutions, and roles, and on the lessons learned while navigating uncertainty, competing clinical and academic demands, and a non-linear career trajectory. I will discuss the value of adaptability as a deliberate process of recalibration rather than a sign of indecisiveness. Together with the audience, I will explore the following questions: How does one define a coherent professional identity amid constant transition? How can passion be pursued without being consumed by *passio*? Ultimately, I will attempt to argue that professional identity is not a fixed destination but an evolving construct.

Disclosure of Interest: None Declared

ECP015

Workshop: how to start the rest of your career as a psychiatrist: a few words with those who made it

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Abstract: Early career decisions in psychiatry shape not only individual professional trajectories but also the future quality, accessibility, and scope of mental health care. This workshop contribution reflects on key lessons from established psychiatric careers, focusing on how young psychiatrists can navigate the transition from training to long-term professional fulfillment while responding to evolving clinical, societal, and global challenges.
Drawing on personal experience and collective insights from senior colleagues, the talk addresses core themes such as finding a professional identity, balancing clinical excellence with personal well-being, integrating psychotherapy, research, leadership, and innovation, and remaining adaptable in a rapidly changing mental health landscape. Emphasis is placed on maintaining patient-centered care while expanding horizons through interdisciplinary work, global perspectives, and emerging technologies.
By sharing practical guidance, reflective insights, and realistic narratives of success and challenge, this contribution aims to empower early career psychiatrists to shape meaningful, sustainable careers that contribute to improving mental health care for individuals and societies alike.

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ECP016

How to become leaders in psychiatry

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Abstract: The topic of the ECP Programme, 'Lessons in Leadership: How to become leaders in psychiatry,' gives us a broad opportunity to explore different aspects of this important subject. Learning leadership skills is not prioritized in the curriculum, neither as medical students nor as a doctor during specialty training. In my presentation I will focus on Inner Leadership — the process by which a leader prioritizes reflection, motivation, transition and personal development in order to lead others more effectively.

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ECP017

Developing leadership in psychiatry

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Abstract: Leadership in psychiatry is gaining increasing importance as healthcare systems grow more dynamic and complex. Despite psychiatrists' essential role in mental health care, structured leadership education during medical school and residency remains insufficient. As a result, many clinicians develop leadership abilities through practical experience rather than formal training. This presentation emphasizes the need to make leadership development a standard and mandatory component of psychiatric education. Clinical leadership in mental health is not only about running services efficiently. Management focuses on keeping systems organized and using resources properly, but leadership is about setting a clear path and helping others move in the same direction. A psychiatrist in a leadership role needs clinical knowledge as well as strong people skills, ethical values, and the ability to see the bigger picture. They are expected to organize services, guide teams, use resources wisely, maintain high professional standards, and respond to wider system challenges. Leadership also involves leading change, encouraging others, and balancing the needs of individual patients with the needs of the community as a whole. Some aspects of leadership may be natural, but many key abilities such as clear communication, leading teams, and thinking ahead can be taught and strengthened through structured education and guidance. Making leadership training part of psychiatric residency programs can contribute to stronger mental health services, better patient outcomes, and the ongoing development of psychiatry in a rapidly changing healthcare environment.

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