CBS008

Psychotherapy training in diverse cultural and institutional contexts: challenges and adaptations

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Abstract: Psychotherapy training is often based on models developed within specific cultural and institutional contexts, which may not readily translate across diverse settings. This presentation explores key challenges in implementing psychotherapy training in varied cultural, social, and healthcare environments, including differences in values, language, resources, and institutional structures. It highlights practical adaptation strategies that balance fidelity to evidence-based psychotherapies with cultural relevance and feasibility. Emphasis is placed on culturally responsive, competency-based training approaches to strengthen the global psychotherapy workforce.

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CBS009

Is AI useful in psychotherapeutic education?

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Abstract: Artificial intelligence (AI) is increasingly entering mental health care and education, raising important questions about its role in training the next generation of psychiatrists. This talk explores whether and how AI can meaningfully contribute to psychotherapeutic education for early career psychiatrists, while maintaining core human values such as empathy, clinical judgment, and therapeutic alliance.

Drawing on current developments and practical examples, the presentation discusses potential benefits of AI-assisted learning, including personalized training, simulated clinical scenarios, feedback on therapeutic skills, and improved access to educational resources across global contexts. At the same time, ethical considerations, limitations, and risks—such as over-reliance on technology, bias, and impacts on professional identity—are critically examined.

By situating AI within the broader goals of improving quality of care and expanding horizons in mental health education, this talk aims to provide a balanced perspective on how AI can support, but not replace, human-centered psychotherapy training.

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CBS010

Clinical case and drug-drug interactions in the elderly: a case report

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Abstract: The management of elderly patients receiving polypharmacy represents a major interdisciplinary challenge in clinical routine due to various aspects, including the age-related physiological changes, the physical comorbidities, and the elevated for drug-drug interactions (DDIs). Rational psychopharmacology based on standardized assessment tools, including blood level assessments of medications, known as therapeutic drug monitoring (TDM), allow for treatment optimization in this highly vulnerable patient subgroup. Here we explicitly present the benefits of TDM assessments in the personalized management of elderly patients receiving polypharmacy. Such benefints include identification of DDIs, but also management of adherence issues and adverse drug reactions.

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CBS011

Pharmacokinetic and pharmacodynamic interactions: from theory to practice

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Abstract: Drug–drug interactions (DDIs) are significant pharmacokinetic and pharmacodynamic consequences of concomitant treatment with two or more agents. DDIs are categorized as potential or clinically relevant. While many DDIs are identified as potential, only approximately 5% become clinically relevant. Various strategies—including the use of DDI checking tools, collaboration with clinical pharmacists, and systematic medication reviews—can reduce the occurrence of potential DDIs and, consequently, the risk of clinically significant DDIs. The speaker will present basic methods for detecting potential DDIs using a clinical case and will discuss the most recommended approaches to reducing clinically relevant DDIs in everyday clinical practice.

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