Results: Based on the results, majority of the child and adolescent psychiatrists actively practicing in the Philippines were female (89.8%), aged 31–40 years old (34.7%) and living in Luzon area (73.5%). Most of the respondents have been practicing for less than 10 years (44.9%) in both private and government settings (59.2%) with increased outpatient load. Commonly, psychotropic medications (59.2%) with psychosocial interventions specifically in counseling (57.1%), parenting advice and guidance (75.5%), and psychotherapy (53.1%) are being practiced. In doing case formulation and treatment planning, attachment theory (51.1%) and learning and cognitive theory (42.9%) were frequently used. Supportive psychotherapy (77.6%) and cognitive behavioral therapy (46.9%) were most utilized in their practice, particularly for patients with depressive (100%) and anxiety disorders (98%). The main hindrance in providing psychotherapy is attributed to the number of duties and responsibilities practitioners handle (59.2%).
Conclusions: In conclusion, it is of great importance that mental health workforce must be strengthened through (a) the increase of recruitment of trainees in child and adolescent psychiatry, (b) strengthen the capacity of general psychiatrists and non-psychiatrists such pediatricians/family practitioners to treat child and adolescent mental health problems, and (c) reinforce relationships with allied mental health professionals that can provide counseling and psychotherapy interventions such as guidance counselors and psychologists.

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EPV1393

Psychotherapy assisted by Ketamin: a narrative review

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Introduction: As the number of treatment resistant patient in the psychiatric field has been growing over the last decades, there is a clear need for new therapeutic options. Over several years, the field of psychedelic assisted psychotherapy has been rapidly developing. In this scope ketamine assisted psychotherapy (KAP) has come into psychiatric use to treat depression resistant depression, generalized anxiety disorder, post-traumatic stress disorder as well as other psychiatric troubles.
Objectives: The aim of this narrative review is to provide a better understanding of the KAP, its indications and the possibles changes during the course of the patient's psychotherapy. In addition, this review studies the efficiency of the KAP and the possible associated risks.
Methods: Extended research has been made on the PubMed and Embase database, reviewing the articles written between 2015 and 2025 using the keys and mesh words psychotherapy and ketamine. Inclusions criteria were the following: use of psychotherapy, KAP session should be done is a relaxing setting and use a bolus dose inducing a psychedelic experience. Twenty for three articles have been finally selected using these inclusion criteria and additional exclusions criteria.
Results: This study shows the clear efficiency of the KAP in the treatment for resistant depression, generalized anxiety disorder, post-traumatic stress disorder as well as other psychiatric troubles as addictions at a short term. These results could be partly related to the positive changes in the patient functioning in his psychotherapy after living a psychedelic experience.
Nevertheless, a large part of patient, varying from 30 to 50%, are not responding to the therapy.
This study has also shown a low risk associated to the KAP when properly conducted, which underlines the need for clearer guidelines and medical good practices.
Conclusions: KAP shows a good therapeutic potential and should yet carefully put into practice through clinical trials. Further studies are yet needed to better understand why some patients aren't responding to the therapy and what could be done to improve the number of responding patients.
The long-term efficiency of KAP isn't yet clear, which opens the door to new studies.

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Personality organization and insight into psychosis in patients in the early stages of psychotic disorders and their parents

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Introduction: Personality development is shaped by genetic predisposition and early caregiver relations. Through the interplay of temperament and early experiences, internalized representations of self and others are formed. The degree of integration of good and bad representations, along with self–object differentiation, leads to three levels of personality organization: neurotic (NO), borderline (BO), and psychotic (PO). These differ in defense mechanisms (mature vs. immature), identity coherence, and reality testing. PO and BO are marked by immature defenses (splitting, projection, projective identification), greater identity diffusion, and impaired reality testing (though preserved in BO). NO is defined by stable identity, mature defenses, and intact reality testing. In early psychosis (≤5 years), impaired insight is common and linked to delayed treatment, poor adherence, aggression, and worse long-term outcomes. Clinical insight is a multidimensional construct involving awareness of illness, consequences, treatment compliance, and recognizing symptoms as pathological.
Objectives: Aim of this study was to investigate level of patient's and parent's personality
organization with clinical insight into early psychosis.
Methods: We conducted a cross-sectional study on 105 parent–child dyads with early-stage psychotic disorders (≤5 years; ICD-10

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