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SEMINAR REPORT

PSYCHIATRY

August 29 - September 4, 2021

A Global Educational Initiative by the American Austrian Foundation

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Weill Cornell Medicine

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SALZBURG WEILL CORNELL SEMINAR IN PSYCHIATRY

August 29 - September 4, 2021

29 fellows from 23 different countries
9 faculty members from the United States of America and Austria
18 lectures given by faculty
29 interesting case presentations by fellows
7 excellent case presentations by fellows

Group Photo of Faculty and Fellows

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Salzburg Weill Cornell Seminar in Psychiatry
Sunday, August 29 – Saturday, September 4, 2021

		Sunday 29.08.2021	Monday 30.08.2021	Tuesday 31.08.2021	Wednesday 01.09.2021	Thursday 02.09.2021	Friday 03.09.2021	Saturday 04.09.2021
07:00	08:00		**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**DEPARTURES**
08:00	09:00		**Introductions** **Pre-Seminar Test**	**COVID-19: Rehabilitation** Abhishek Jaywant, PhD	**Time-Limited Outpatient Psychiatry** Guy Maytal, MD	**Geriatric Depression** Jimmy N. Avari, MD	**Collaborative and Integrated Care** Guy Maytal, MD	
09:00	10:00		**The Case Write Up** W. Wolfgang Fleischhacker, MD	**Workshop** Fellows' Case Presentations W. Wolfgang Fleischhacker, MD Abhishek Jaywant, PhD	**Workshop** Fellows' Case Presentations W. Wolfgang Fleischhacker, MD Guy Maytal, MD	**Workshop** Fellows' Case Presentations W. Wolfgang Fleischhacker, MD Jimmy N. Avari, MD	**Keypoints of the COVID-19 Discussion** W. Wolfgang Fleischhacker, MD	
10:00	10:30		**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	**COFFEE BREAK**	
10:30	11:30		**Workshop** Fellows' Case Presentations W. Wolfgang Fleischhacker, MD Jimmy N. Avari, MD	**COVID-19: International Perspectives** Mátyás Gálffy, MD Barbara Sperner-Unterweger, MD	**Executive Functioning** Abhishek Jaywant, PhD	**Transference-Focused Psychotherapy** Anna Buchheim, PhD	**Psycho-Oncology** Guy Maytal, MD	
11:30	12:30		**Treatment Resistant Schizophrenia** W. Wolfgang Fleischhacker, MD		**CBT for ADHD** Abhishek Jaywant, PhD	**Research on Transference-Focused Psychotherapy** Anna Buchheim, PhD	**Career Seminar, How to Start a Research Career; How to Become a Psychotherapist** All Faculty	
12:30	14:00		**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	**LUNCH**	
14:00	15:00		**Geriatric Assessment** Jimmy N. Avari, MD	**Workshop** Fellows' Case Presentations W. Wolfgang Fleischhacker, MD Jimmy N. Avari, MD	**Free Afternoon**	**Biomarkers in Affective Illness** Marc Dubin, MD, PhD	**Post-Seminar Test** Evaluation & Discussion	
15:00	16:00		**Treatment Resistant Affective Disorders** Marc Dubin, MD, PhD			**Neuromodulation** Marc Dubin, MD, PhD		
16:00	17:00		*16:00 - 16:15* **OMI Presentation**					
17:00	18:00							
18:00	19:00	**FACULTY MEETING TO REVIEW THE WEEK**					**FAREWELL RECEPTION**	
19:00	20:00	**WELCOME RECEPTION & DINNER**	**DINNER**	**DINNER**	**DINNER** FACULTY DINNER IN PRIVATE HOME	**DINNER**	**GRADUATION DINNER** Certificates Awarded	
20:00	21:00					*20:30 – 21:30* **CHAMBER MUSIC CONCERT**		

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FACULTY BOOKLET

PSYCHIATRY
SEMINAR IN SALZBURG

August 29 – September 4, 2021

A Global Educational Initiative by the American Austrian Foundation

Wolfgang Aulitzky, MD

Director, Open Medical Institute
American Austrian Foundation

Associate Dean and Gerhard Andlinger Professor
for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Adjunct Professor of Pediatrics
Perelman School of Medicine at the Children's Hospital of Philadelphia

Associate Professor of Urology
Medical University of Innsbruck, Austria

Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children's Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as a urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

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John W. Barnhill, MD

NYP/Weill Cornell Medicine
525 East 68th Street, Box 140
New York, NY 10065
USA

Phone: +1-212-746-3671
Fax: +1-212-746-5946
Email: jwb2001@med.cornell.edu

John W. Barnhill, MD (Course Director) is a DeWitt Wallace Senior Scholar and a Professor of clinical psychiatry and medical ethics at NewYork-Presbyterian/Weill Cornell Medicine (NYP/WCM). At the hospital, he directs the House Staff Mental Health program and works as a consultant to the Perkin Center for Advanced Heart Failure (evaluation and support of people in need of heart transplants). Within his department, he chairs the committees on Appointments and Promotions and on Faculty Development. He is Chief of Psychiatry at the Hospital for Special Surgery, where he is the liaison to the lupus service. At the Columbia Psychoanalytic Center, he chairs the Ethics Committee and teaches the ethics course to advanced candidates. In addition to his six years of participation in the Salzburg Seminars, Dr. Barnhill has taught and done clinical consultations in Africa, Asia, and the Middle East. Dr. Barnhill has recently edited three textbooks: *The Approach to the Psychiatric Patient* (2nd edition, APA 2019); *Co-Occurring Mental Illness and Substance Use Disorders* (APA 2018, with Jonathan Avery); and *DSM-5 Clinical Cases* (APA 2014).

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W. Wolfgang Fleischhacker, MD

President
Medical University Innsbruck
Christoph-Probst-Platz 1
6020 Innsbruck
Austria

Phone: +43-512-9003-70001
Email: wolfgang.fleischhacker@i-med.ac.at

W. Wolfgang Fleischhacker, MD (Co-Course Director) is the President of the Medical University Innsbruck in Austria, in which he previously served as Professor and Managing Director in the Department of Psychiatry, Psychotherapy, and Psychosomatics. He is a certified psychiatrist and psychotherapist. After receiving his medical degree from Innsbruck University, Dr. Fleischhacker trained at the Departments of Psychiatry and Neurology of the Medical Faculty there. In 1987 he was awarded a Fulbright Scholarship and spent 18 months at Hillside Hospital in New York. Dr. Fleischhacker is a member of the editorial boards of a number of peer reviewed journals. Dr. Fleischhacker's main research interests relate to schizophrenia and psychopharmacology, documented in more than 400 publications. These efforts have led to participation in World Health Organization and World Psychiatric Association programs focusing on schizophrenia. He was also a member of the scientific committee of the Austrian Agency for Health and Food Safety and has served as a consultant for the European Medicines Agency. Memberships: Chairman of the European Group for Research in Schizophrenia, Fellow of the International College of Neuropsychopharmacology; Fellow of the American College of Neuropsychopharmacology, Fellow of the European College of Neuropsychopharmacology. He is also a member of the Schizophrenia International Research Society, Austrian Society of Psychiatry and Psychotherapy, Austrian Schizophrenia Society, Austrian Association of Biological Psychiatry. He also serves as the chair of the scientific advisory board of the Open Medical Institute.

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Jimmy N. Avari, MD

Assistant Professor of Psychiatry
Weill Cornell Medical College
New York-Presbyterian Hospital
21 Bloomingdale Road, White Plains NY
USA

Phone: +1-914-997-5867
Email: jia9010@med.cornell.edu

Jimmy N. Avari, MD is an Assistant Professor of Psychiatry at Weill Cornell Medicine and an Assistant Attending Psychiatrist in the Department of Psychiatry at Payne Whitney Westchester of New York Presbyterian Hospital, Weill Medical College of Cornell University. Dr. Avari is the Training Director of the Geriatric Psychiatry Fellowship Program and the Interim Residency Training Director of the Adult Psychiatry Residency. Dr. Avari completed his psychiatry residency at Brookdale University Hospital Medical Center, where he was selected as Chief Resident. He then completed his Geriatric Psychiatry fellowship at NewYork-Presbyterian/Weill Cornell Medical Center. Dr. Avari is a well-recognized educator having served as the Training Director of the Geriatric Psychiatry Fellowship Program and the Assistant Residency Training Director of the Adult Psychiatry Residency since 2014. Dr. Avari's clinical practice is primarily as an inpatient psychiatrist on the Addiction Recovery Service and the "Haven," a general psychiatry unit that treats patients from an affluent socioeconomic background with a variety of psychiatric disorders. Dr. Avari's clinical research focuses on the development of novel treatments of late-life psychiatric disorders. He has worked with the Weill Cornell Institute of Geriatric Psychiatry since 2010. Dr. Avari has written extensively and published in many journals, including the International Journal of Geriatric Psychiatry, the American Journal of Geriatric Psychiatry and Academic Psychiatry. He has also written many book chapters. Dr. Avari is actively involved in many national psychiatric societies, including the American Psychiatric Association, the American Association for Geriatric Psychiatry, and the American Association of Directors of Psychiatric Residency Training.

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Anna Buchheim, PhD

Chair for Clinical Psychology
Institute of Psychology
University of Innsbruck
Innrain 52
6020 Innsbruck
Austria

Phone: +43-512-507-5567
Fax: +43-512-507-56199
Email: anna.buchheim@uibk.ac.at

Anna Buchheim, PhD is a licensed psychologist and psychoanalyst (IPA), who is specialized in attachment research, psychotherapy research, psychoanalysis, and neuroimaging. Dr. Buchheim grew up in the South of Germany and completed her Diploma in Psychology at the University of Regensburg. She graduated as a research assistant at the Department of Psychosomatic Medicine and Psychotherapy at the University of Ulm. There she completed her Dissertation, Habilitation (Privatdozent) and Psychoanalytic Training. In 2008, she became a Full Professor for Clinical Psychology at the University of Innsbruck. She is a full member of the International Psychoanalytic Association and Transference-Focused Psychotherapy Institute in Munich and Member of the International Society of Transference Focused Psychotherapy. Dr. Buchheim is the vice-president of the German Society for Personality Disorders and Guest Professor at the International Psychoanalytic University Berlin. Dr. Buchheims research interests are psychotherapy research, attachment development and psychopathology, change of attachment representations during psychotherapy. Moreover, she is interested in neural correlates of attachment in several psychological disorders. Recently, she conducted a study on neural changes in depressed patients during psychoanalytic psychotherapy and won the 2013 Paper Prize from the American Psychoanalytic Association in New York. She is co-editor of the German Journal of Personality Disorders: Theory and Practice and in the editorial board of several journals (Psychopathology, Clinical Psychology & Psychotherapy: An International Journal of Theory and Practice, Forum Psychoanalyse, Psychodynamische Psychotherapie, forum Psychotherapie). Dr. Buchheim is the Chair for Clinical Psychology at the Institute of Psychology, University Innsbruck and currently the Vice Rector for Human Resources at the University of Innsbruck.

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Marc Dubin, MD, PhD

Peter Edwin Stokes, MD Clinical Scholar in Psychobiology
Assistant Professor of Clinical Psychiatry and Neuroscience
Weill Cornell Medical College
New York-Presbyterian Hospital
1300 York Avenue
New York, NY 10065
USA

Phone: +1-212-746-5817
+1-646-831-8886
Fax: +1-212-898-1258
Email: mrd9035@med.cornell.edu

Marc Dubin, MD, PhD is a psychiatrist who specializes in treatment-resistant Major Depression, Neuromodulation, and Neuroimaging. Dr. Dubin grew up in the eastern states of New Jersey and Delaware. He graduated from the College of the University of Chicago with a major in Mathematics, earned a Ph.D. in Neurobiology (Advisor: Charles Duffy, MD PhD), and an M.D. from The University of Rochester School of Medicine. After completing his residency in Psychiatry at Weill Cornell Medical College, he was a Fellow at Columbia University and the New York State Psychiatric Institute, where he studied families at high risk for Depression with Dr. Bradley Peterson and Dr. Myrna Weissman. Dr. Dubin's research employs functional magnetic resonance imaging (fMRI) and structural MRI to identify diagnostic biomarkers of Major Depression and predictive and response biomarkers to neurostimulation treatments. Treatments include electroconvulsive therapy (ECT), transcranial magnetic stimulation (rTMS), and low field magnetic stimulation (LFMS). Dr. Dubin is the recipient of current research funding from the Pritzker Neuropsychiatric Disorders Research Consortium. He has also received a Brain & Behavior Research Foundation NARSAD Young Investigator Grant and a Weill Cornell Medical College Clinical and Translational Science Center Pilot Award. Dr. Dubin is on the faculty of Weill Cornell Medical College and New York-Presbyterian Hospital as Assistant Professor of Clinical Psychiatry and Neuroscience. He lives in New York City with his wife Marina Benaur, MD and children Gabriel, Max, and Andrew.

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Mátyás Gálffy, MD

Assistant Doctor for Psychiatry and Psychotherapeutic Medicine
Department of Psychiatry, Psychotherapy and Psychosomatics
Medical University of Innsbruck
Austria

Phone: +43 050-504-82957
Email: matyas.galffy@i-med.ac.at

Mátyás Gálffy, MD was born and raised in Baden near Vienna, Lower Austria. He completed his studies in human medicine in Innsbruck in 2016 and began working at the Medical University of Innsbruck. He works as an assistant doctor at the Department of Psychiatry II. At the same time as studying medicine, he completed training as a person-centered psychotherapist. At the Medical University of Innsbruck, his research focus is on anxiety disorders, especially in the field of e-health (virtual reality, digital support). As part of his PhD studies, he and colleagues developed an online intervention platform for people suffering from the psychological consequences of the corona crisis.

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Abhishek Jaywant, PhD

Assistant Professor of Neuropsychology
Weill Cornell Medicine
525 E 68th St.
New York, NY 10065
USA

Phone: +1-212-746-4666
Fax: 1-212-746-8546
Email: abj2006@med.cornell.edu

Abhishek Jaywant, PhD is a clinical neuropsychologist, assistant professor in the departments of Psychiatry and Rehabilitation Medicine at Weill Cornell Medicine, and assistant attending psychologist at NewYork-Presbyterian Hospital. He completed his Bachelor's degree in psychology at McGill University, his PhD in clinical psychology at Boston University, his clinical psychology internship at the Alpert Medical School of Brown University, and his postdoctoral fellowship at Weill Cornell Medicine. He is the past recipient of the Samuel Perry Distinguished Award in Psychiatric Medicine from the Weill Cornell Department of Psychiatry, the Teacher of the Year Award from the Weill Cornell Department of Psychiatry's Psychology Internship Program, and the 2021 Rising Star Award from the Association for Psychological Science. His research at Weill Cornell focuses on developing and evaluating interventions to improve post-stroke depression and executive dysfunction, and using structural and functional neuroimaging to understand predictors and mechanisms of change. Dr. Jaywant was the attending psychologist on NewYork-Presbyterian/Weill Cornell Medicine's COVID-19 Recovery Unit, where he evaluated and treated recovering COVID-19 patients. He is now conducting research to better understand and address the neuropsychiatric sequelae of COVID-19. At Weill Cornell's Center for Human Rights, Dr. Jaywant conducts psychological evaluations to diagnose post-traumatic stress disorder and mood and anxiety disorders in individuals seeking asylum in the United States.

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Guy Maytal, MD

Assistant Professor of Psychiatry
Weill Cornell Medical College
Collaborative Care Center
250 East 69th Street
New York, NY 10065
USA

Phone: +1-646-962-6946
Fax: +1-646-962-0174
Email: gum9023@med.cornell.edu

Guy Maytal, MD is currently an Assistant Professor of Psychiatry and serves as the Chief of Integrated Care and Psychiatric Oncology at New York-Presbyterian Hospital/Weill Cornell Medical College. Dr. Maytal grew up in Israel and New York City. He graduated with high honors from Harvard College, and completed his medical studies Johns Hopkins University. He completed an Internship in Internal Medicine at Massachusetts General Hospital (MGH), a residency in Adult Psychiatry at the MGH/McLean Adult Psychiatry Residency Program, and a Fellowship in Psycho-oncology and Psychosomatic Medicine at the Dana Farber Cancer Institute and Brigham and Women's Hospital in Boston. Dr. Maytal served on the faculty of MGH and Harvard Medical School for 11 years, where he developed and expanded multiple clinical programs. He served as the Director of Primary Care Psychiatry, Director of Urgent Care Psychiatry Clinic, Medical Director of MGH Behavioral Health Integration Programs, and as the overall Medical Director of Ambulatory Services. He was also the inaugural Psychiatric Liaison to MGH Palliative Medicine and cared for patients in the MGH Cancer Center. During his tenure, he was also an active member of the MGH Ethics Care Committee and on faculty at the Harvard Medical School Center for Bioethics. Dr. Maytal joined the faculty of Weill Cornell Medicine in 2018, where he continues to develop innovative clinical programs, teach students and peers, and provide clinical consultation and care. In particular, his work focuses on developing a Division of Psycho-oncology as well as developing integrated models of mental health care delivery. Dr. Maytal has written widely in his areas of clinical expertise. He has authored and co-authored peer-reviewed papers, review articles, and book chapters in various areas of psychosomatic medicine. Furthermore, Dr. Maytal is a dedicated and passionate educator who is actively involved in the teaching and supervision of medical students, residents, fellows, and staff physicians. Dr. Maytal currently lives in New York City where he enjoys yoga, cycling, poetry, and transformational conversations.

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Barbara Sperner-Unterweger, MD

Director of University Hospital for Psychiatry II,
Director of Department of Psychiatry, Psychotherapy and Psychosomatic,
Medical University Innsbruck
Anichstrasse 35
6020 Innsbruck
Austria

Phone: +43-512-504-23629
Fax: +43-512-504-24778
Email: barbara.sperner-unterweger@i-med.ac.at

Barbara Sperner-Unterweger, MD is a Professor of Consultation-Liaison Psychiatry at the University Hospital for Psychiatry II, Medical University Innsbruck. She completed her residency training at the Departments of Psychiatry, Neurology, and Internal Medicine at the Innsbruck University Hospital. Following her residency training, she worked as an Assistant Professor at the Department of Psychiatry, where she was responsible for an inpatient unit with the main treatment focus on alcohol and drug dependence, as well as schizophrenia. She has trained in psychotherapy, and has specialized in cognitive behavioral therapy, and hypnotherapy. She also holds a diploma in psychosomatic medicine. In addition, she had a scholarship at the Western Psychiatric Institute, Schizophrenia Treatment and Research Center, in Pittsburgh Pennsylvania, where she worked with Professor Rohan Ganguli. Since 2013, she is the Director of the University Hospital for Psychiatry II (mainly focusing on psychosomatic medicine) and since 2017, she is also the Chair of the Department of Psychiatry, Psychotherapy and Psychosomatic. Professor Sperner-Unterweger's research interests include two main areas: Psycho-immunology and various aspects of consultation-psychiatry, with a special focus on psycho-oncology. Her recent publications include clinical aspects of psycho-oncology, as well as issues of quality of life in oncology patients. Psycho-immunology, in particular depression as a systemic illness and its relationship to the immune system, have represented her main research interests during the past years. Professor Sperner-Unterweger is a faculty member at the Medical University Innsbruck, a lecturer in psychiatry, and teaches psycho-oncology to medical professionals. Professor Sperner-Unterweger is married, has two grown- up sons, and lives with her family in a small village near Innsbruck.

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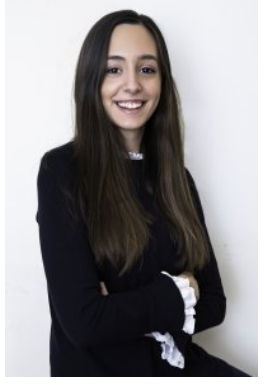
Fellow Booklet 774SWCS21 Psychiatry

Azeb Asaminew Alemu, MD
College of Health Sciences, AAU
Department of Psychiatry
Addis Ababa Lideta Sub City Tikur Anbessa
1000 Addis Ababa
Ethiopia
azaskora@gmail.com

Peter Almos, MD, PhD
University of Szeged
Department of Psychiatry
Koranyi fasor 8-10
6720 Szeged
Hungary
almos.peter@med.u-szeged.hu

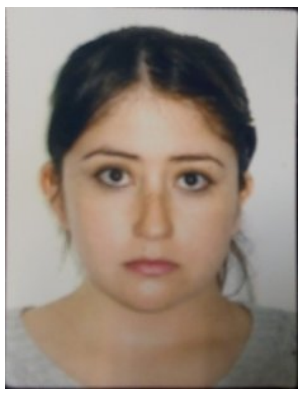
Ekaterine Berdzenishvili, MD
Rustavi Mental Health Center
Department of Psychiatry
Saint Nino Street 5
3700 Rustavi
Georgia
ebself@gmail.com



Sarah Bjedov, MD
University Hospital Centre Zagreb
Department of Psychiatry
Kišpaticeva 12
10000 Zagreb
Croatia
sarahbjedov@gmail.com

Dmytro Boiko, MD
Ukrainian Medical Stomatological Academy
Department of Psychiatry
Medychna
36013 Poltava
Ukraine
bojko998@gmail.com

Kamilė Budrytė, MD
Vilnius University
Department of Psychiatry
Universiteto g. 3
01131 Vilnius
Lithuania
kbudrytes@gmail.com



Gina del Carmen Chapa Koloffon, MD
Hospital Infantil de México Federico Gómez
Department of Psychiatry
Doctor Marquez
06720 Mexico City
Mexico
ginachapak@gmail.com

Nadezhda Cherchenko, MD
Republican Scientific and Practical Center for Mental Health
Department of Psychiatry
88 Amangeldy Street
050060 Almaty
Kazakhstan
nadezhdacherchenko@gmail.com

Eugeniu Cotelea, MD
State University of Medicine and Pharmacy “Nicolae Testemiţanu”
Department of Psychiatry
Grenoble Street 147
2019 Chisinau
Moldova
eugeniu.cotelea@gmail.com

Ieva Everte, MD
Riga Centre of Psychiatry and Addiction Medicine
Department of Psychiatry
Tvaika Street 2
LV1005 Riga
Latvia
everteieva@gmail.com

Edlira Horjeti, MD
'Mother Theresa' University Hospital Center
Department of Family Medicine
Rruga Arkitekt Kasemi
1001 Tirana
Albania
edlira.horjeti@icloud.com

Valentina Roxana Hutanu Munteanu, MD
Vaslui County Emergency Hospital Romania
Department of Psychiatry
Tipografiei Street
730113 Iași
Romania
valentina.roxana.hutanu@gmail.com

Mohamed Adil Shah Khoodoruth, MD
Hamad Medical Corporation
Department of Psychiatry
Al Rayyan Road
00000 Doha
Qatar
mkhoodoruth@hamad.qa

Antonin Kolek, MD
University Hospital Olomouc
Department of Psychiatry
I.P. Pavlova 6
77900 Olomouc
Czech Republic
antonin.kolek@gmail.com

Yekaterina Lyan, MD
Tashkent Medical Academy
Department of Psychiatry
Almazar District, Street Farobi, 2
100109 Tashkent
Uzbekistan
yekaterina.lyan@gmail.com

Kateryna Melamud, MD
Kharkiv Municipal Psychoneurological Dispensary #3
Department of Psychiatry
Alchevskych 32
61002 Kharkiv
Ukraine
ekaterinamelamud@gmail.com

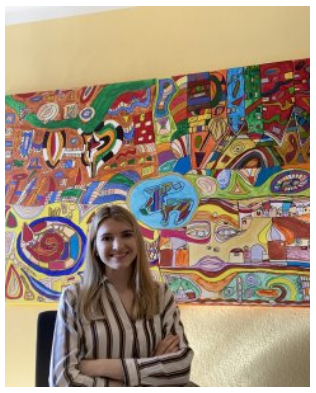
Camille Noël, MD
Centre Hospitalier Universitaire Saint-Pierre
Department of Psychiatry
Rue Haute 322
1000 Brussels
Belgium
camillenoel1@gmail.com

Azan Nyundo, MD
University of Dodoma
Department of Psychiatry
P.O Box 395
395 Dodoma
Tanzania, United Republic of
azannaj@gmail.com

Anamarija Petek Eric, MD, PhD
Clinical Hospital Center Osijek
Department of Psychiatry
Ul. Josipa Huttlera 4
31000 Osijek
Croatia
ana5ek@gmail.com

Anela Purisic, MD
Clinical Center of Montenegro
Department of Psychiatry
BB Ljubljanska
81000 Podgorica
Montenegro
applav@hotmail.com

Simon Schmid, MD
Klinik Landstraße
Department of Psychiatry
Juchgasse 25
1030 Vienna
Austria
simongeorgesschmid@gmx.at



Sonja Sigl, MD
Medical University of Innsbruck
Department of Psychiatry
Anichstrasse 35
6020 Innsbruck
Austria
sonja.sigl@tirol-kliniken.at

Marta Skelin, MD, PhD
University Psychiatric Hospital Vrapce
Department of Psychiatry
Bolnicka cesta 32
10000 Zagreb
Croatia
marta.skelin@gmail.com

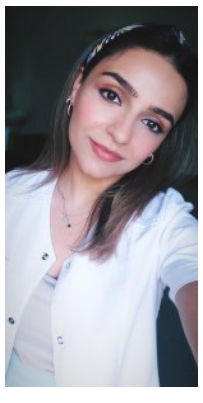
Tomas Skront, MD
University Hospital Ostrava
Department of Psychiatry
Listopadu 1790
70852 Ostrava
Czech Republic
t.skront@gmail.com

Aleksandar Todorov, MD
Medical University Pleven
Department of Psychiatry
1 Kliment Ohridski Street
5800 Pleven
Bulgaria
alex_9020@abv.bg

Andrej Turan, MD
Psychiatrická ambulancia, Martin, (ANIMA MEA, s. r. o.)
Department of Psychiatry
Štvrť Čajkovského 3734/10
03601 Martin
Slovakia
and.turan@gmail.com

Vuk Vuković, MD
Special Hospital for Psyhiatric Disorders "Dr. Slavoljub Bakalovic"
Department of Psychiatry
Podvršanska 13
26300 Vršac
Serbia
vukhob@gmail.com

José Antonio Zorrilla Dosal, MD, PhD
Hospital Psiquiatrico Infantil Juan N. Navarro
Department of Neurology
San Buenaventura 86 Col. Belisario Dominguez
11000 Mexico City
Mexico
psiquiatrajosezorrilla@gmail.com



Reyhan Zulfugarova, MD
Azerbaijan Medical University
Department of Psychiatry
Inshaatcilar 12/26
1141 Baku
Azerbaijan
reyhan.elizade@gmail.com

DIARY

Mohamed Adil Shah Khoodoruth, MD
Hamad Medical Corporation
Department of Psychiatry
Qatar

Saturday, August 28, 2021

I arrived at Vienna International Airport at 13:20 after a 6-hour flight from Qatar. Little did I know that a fascinating train tip awaited me from Vienna to Salzburg. The scenes of green nature were so captivating that I had to share them with a live video-call with my loved ones back in Qatar. The beautiful landscapes, the green meadows and fields, the bluish charming mountains, and the gorgeous lakes during this three-hour train trip simply took my breath away. I grabbed a bus at Salzburg Hbf and jumped off at Mozartsteg where I was greeted by the fresh breeze of the Salzach river. I then walked to Schloss Arenberg where I was welcomed heartily by Dr. Wolfgang K. Aulitzky (Medical Director of AAF) and his team. After filling out some paperwork, I settled in my comfy room and had a good night's sleep.

Sunday, August 29, 2021

I woke up with the chirping of birds and took a morning stroll around the lush green park at Schloss Arenberg to contemplate the outdoor arts craft such as Gertrude Reum's sculptural steel works. I took breakfast at a local coffee shop and then visited Mozartplatz, Residenzplatz, and Salzburg Museum among others. At 19:00, the organizing team introduced the faculty members and the practical tips in light of the COVID-19 pandemic. The environment was very vibrant and we were all so glad to be able to have a face-to-face intensive medical course after so long. The climax that night was the social networking with psychiatry colleagues the world

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over, from Slovakia to Mexico and all across Europe. We then had an appetizing welcome dinner and spent the night breaking the ice and get to know each other better.

Monday, August 30, 2021

Finally, the countdown was over and our rigorous training course was about to start. We started the day with an energizing breakfast and settled down at the main academic lecture hall at 0800. The eminent Dr. Wolfgang Fleischhacker put us at ease and gave us an overall introduction of the psychiatry seminar. A pre-seminar test followed after that. After the coffee break at 1030, four interesting and interactive case presentations were delivered by my fellow colleagues which fueled a rich discussion on various areas such as panic disorder and conversion disorder. Drs. Wolfgang and Jimmy delivered two stimulating talks on treatment-resistant schizophrenia and geriatric assessment respectively. In the afternoon, Dr. Marc Dublin joined us virtually for a nice lecture on treatment resistant depression and electroconvulsive therapy. The day ended with Ms. Stephanie Faschang giving a concise presentation about various programs available at the Open Medical Institute (OMI) and how a lot of efforts and resources are being invested to minimize brain drain and promote brain gain.

Tuesday, August 31, 2021

We started the morning with a very rich and informative session on COVID-19 rehabilitation by Dr. Abhishek Jaywant. He discussed various psychiatric symptoms in post-COVID-19 patients in the inpatient and outpatient settings. Fellows' case presentations then followed. We had the opportunity to learn how each other managed complex psychiatric clinical cases in their day-to-day practice. After the coffee-break, we began a very interesting exercise where we were all divided into nine groups and we had to present an exposé about the international perspectives of COVID-19. I teamed up with delegates from Ethiopia and Tanzania. This session was supervised by Drs. Mátyás Gálffy and Barbara Sperner-Unterweger, the founders of 'psychosomatik-innsbruck' online platform. After a delicious lunch, we resumed with fellows' case presentations in the afternoon.

Wednesday, September 1, 2021

We were half-way across this wonderful training experience and by that time we knew everyone and the atmosphere became more family-friendly. Dr. Guy Maytal shared his wonderful experience about the establishment a Collaborative Care Clinic at Weill Cornell Medical College in NYC. I presented my Clinical Case after Dr. Guy's lecture and I was very impressed by the excellent organizing skills of the IT technicians and the moderators. After coffee-break, Dr. Abhishek discussed very important concepts about executive functioning in psychiatric disorders. He also covered CBT techniques for adult ADHD which were very practical to incorporate into our clinical work. We had a free afternoon that day, so a few friends and I visited Mondsee lake where the scenes of nature, including waterfalls, were breathtaking. It was a definitely a day to remember.

Thursday, September 2, 2021

We had a very diverse range of academic lectures on Thursday. Dr. Jimmy Avari began with an interesting talk on geriatric depression. I really benefitted from his clinical tips about

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assessment of psychiatric symptoms in medically geriatric patients. The final course of fellows' case presentations ensued. After having some refreshing tea and cakes during the break, Dr. Anna Buchheim from the University of Innsbruck recommended excellent research-based strategies and tactics when working with patients with patients with borderline personality disorder. After lunch, I learnt so much from Dr. Dublin's virtual presentations about neuromodulation and biomarkers in affective illness. After the lectures, I visited some souvenir shops downtown with my friends. At night I had the golden opportunity to attend a live Austrian chamber music concert lead by the duo Chiara and Gianfranco Sannicandro, who both gave a spectacular performance.

Friday, September 3, 2021

The last day of the seminar was fraught with interesting and engaging lectures ranging from Collaborative and Integrated Care to Psycho-Oncology. The faculty members dedicated a whole session on career development. Mixed feelings started to emerge as the day was about to end. It was time to go back home. On one hand I had this once in a lifetime opportunity to meet wonderful friends and faculty members from so many different countries and it was time to say goodbye. On the other hand, I was glad to return back after acquiring so much practical clinical psychiatric experience which would in fact benefit my own clinical practice and positively impact on patient care.

I would like to express my thanks and gratitude to the organizing team, truly from the bottom of my heart. It was an unforgettable moment with wonderful and beautiful people, in the gorgeous city of Salzburg. I will surely recommend this masterclass to my friends and colleagues.

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DIARY

Gina Chapa Koloffon, MD
Hospital Infantil de México Federico Gómez
Department of Psychiatry
Mexico

Saturday, August 28, 2021

I arrived to Salzburg by plane, coming from Frankfurt. Everything is stunningly beautiful; I even took some pictures from the plane. I took a taxi from the airport to Schloss Arenberg. I had a nice walk across downtown and have dinner in a traditional Austrian restaurant.

Sunday, August 29, 2021

I got up early in the morning to visit every interesting place in Salzburg, including the Mirabelle Garden, a Fortress, a Cemetery and Mozart's Museum. Words can't describe how beautiful everything is here. There was the first meeting at 7 o'clock. Dr. Wolfgang K. Aulitzky (Medical Director of AAF), and Dr. Wolfgang Fleischhacker (Co-Director of the Course) introduced the rest of the Faculty members.

Monday, August 30, 2021

At 8 o'clock, Dr. Wolfgang Fleischhacker welcomed us to the seminar again, and we took the pre-seminar test. We had the first set of Fellow's Cases Presentations, which made me think that although we come from 20 different countries, our clinical practice is not that different after all.

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Tuesday, August 31, 2021

Today most lectures and case presentations were about COVID. We were gathered by countries with similar characteristics to present how each country was dealing with COVID and mental health problems, it was really interesting to see all the differences and similarities across countries.

Wednesday, September 1, 2021

Today I presented my clinical case and I was very nervous, but everyone was very nice to me. We had a conference about CBT for ADHD which will be so helpful for me in my clinical practice. We also had a conference about Time- Limited Outpatient Psychiatry which is a topic of great interest to me in particular; I think a lot from what I learned in that conference would be useful in Mexico.

Thursday, September 2, 2021

Today was the last day of Fellow's Clinical Case Presentations, which made me think that this seminar is coming to its end. After dinner, we were treated with a chamber music concert in Schloss Arenberg, which was amazing. Afterwards we got to spend some time with the faculty members and with other fellows.

I am really grateful to everyone who organised this seminar; it was a unique experience for me. I think everything I learned here will be useful in my clinical practice, and I also made connections with fellows from other countries like Qatar, Ethiopia, Tanzania, Belgium, Croatia and so on, who are also interested on psychiatry research, so maybe we could work together sometime.

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