

Erfahrungsbericht/Experience Report

1) Gasthochschule bzw. Praktikumsinstitution/Host university resp. internship institution

Bitte beschreiben Sie kurz Ihre Gasthochschule/Ihre Praktikumsinstitution.

Please describe briefly your host university/your internship institution.

Founded in 1931, and now part of the Tavistock and Portman NHS Foundation Trust, the Portman Clinic is a small specialist NHS outpatient forensic psychotherapy clinic offering psychoanalytically informed assessment and treatment services for adults, adolescents and children who are troubled by problems of criminality, violence, problematic sexual behaviours, or anti-social personality disorder. Patients may present with a range of unusual, abnormal, harmful or illegal behaviours including burglary and theft; deception and fraud; violence, including sexual violence; sadomasochism; exhibitionism and voyeurism; fetishism; compulsive use of adult and/or child internet pornography; paedophilia and incest. Children and adolescents may present with sexually inappropriate behaviour, delinquency, aggression and violence.

Individuals accepted for assessment can be seen for up to six meetings, during which the clinician, with the patient, will carefully decide whether they are suitable for one of the psychotherapeutic treatments that the Portman Clinic offers – usually individual or group psychoanalytic therapy, but also couple or family work. Therapy tends to be long-term and sessions are usually once weekly. The Portman Clinic also offers a mentalisation-based treatment (MBT) service for men with a diagnosis of antisocial personality disorder who want to address their aggression and violence. The Portman's clinical staff consists of qualified psychoanalysts or psychoanalytic psychotherapists (child or adult). All clinicians have a core professional training in psychiatry, clinical psychology, social work, probation or nursing. Senior experienced post-graduate trainees and honorary clinicians also undertake clinical work under supervision.

2) Studium bzw. Praktikum/Studies resp. internship

Bitte beschreiben Sie die während Ihres Studienaufenthalts besuchten Kurse/Tätigkeiten im Praktikum. Wie erfolgte die Betreuung? Wie waren die Studien-/Arbeitsbedingungen? Gab es besonders positive oder auch negative Erfahrungen?

Please describe the courses you attended during your study abroad/activities you carried out during your internship. How did the mentoring work? How were the study conditions? Have there been especially positive and/or negative experiences?

My traineeship at the Portman Clinic encompassed the following duties: assisting the collection and organisation of confidential data as a part of the clinic's outcome measure system and developing research projects; carrying out diagnostic research interviews, including the depression (HRSD interview) and personality disorder assessment (DSM 5 SCID-interview); assisting with data management and analysis (using Excel, SPSS and STATA); assisting with literature searches and reviewing relevant articles (using the internet, search engines and End Note); assisting on an ad hoc basis on other satellite research projects.

I received supervision on a regular basis and worked very closely with my supervisor. Next to the research supervision I attended three times a month a clinical supervision with a senior clinician what was very useful. The work with forensic patients is hard but the Portman Clinic provides a safe and containing environment to do this important work.

3) Erworbenes Wissen/Acquired knowledge

Welches Wissen haben Sie während des Studien-/Praktikumsaufenthalts erworben bzw. erweitert?

Wie hat Ihr Aufenthalt fachlich Ihr Studium an der IPU ergänzt?

Which knowledge did you acquire during your studies/internship? How has the study internship abroad contributed to your studies at IPU?

- Development of a good understanding of outcome monitoring in a specialised forensic psychotherapy service including quantitative and qualitative research methods.
- Insight in violence and sexual offending
- Training of the Hamilton Depression Interview + SCID Interview for personality disorders
- Bridging research with psychoanalytic work

The research and psychoanalytic knowledge I learned from the IPU helped me to apply this with real patients and concrete research questions.

4) Integration

Wie haben Sie sich eingelebt? Haben Sie andere Studierende der Gasthochschule/Institution kennengelernt?

How did you settle in? Did you get to know other students of the host university/institution?

Ich hatte mich gut in London eingelebt und durch mein Praktikum Freunde gefunden.

5) Vorbereitung/Preparation

Wie haben Sie sich auf den Auslandsaufenthalt vorbereitet (sprachlich, interkulturell, fachlich, organisatorisch etc.)?

How did you prepare for your stay abroad (language, interculturally, study related, organizationally etc.)?

Die Vorbereitung meines Praktikums erfolgte vor allem durch mein Studium, in dem ich viele englische Text las und mich vor allem in der englischen Objektbeziehungstheorie und modernen psychoanalytischen Forschung vertiefte.

6) Unterkunft/Accommodation

Wie haben Sie Ihre Unterkunft gefunden? Welche durchschnittlichen monatlichen Kosten hatten Sie für das Leben im Gastland?

How did you find your accommodation? On average, how high were your living expenses per month in your host country?

Ich hatte das Glück bei einem Bekannten ein Zimmer mieten zu können, was inklusive aller Nebenkosten 600 Pfund gekostet hat. Die Lebenskosten sind sehr hoch, jedoch kann man auch mit weniger Geld eine gute Zeit zuhause haben.

7) Sonstige Informationen/Further information

Gibt es noch etwas, das Sie anderen Studierenden bzgl. eines Auslandsaufenthalts allgemein und in Ihrem Gastland im Speziellen mitteilen möchten? Gibt es empfehlenswerte Links oder Tipps?

Is there anything else you like to inform other students about regarding a stay abroad in general and regarding your host country in particular? Can you recommend any links or tips?

8) Fazit/Conclusion

Was hat Ihnen der Auslandsaufenthalt persönlich gebracht? Wie lautet Ihr Fazit?

What are your personal gains from your stay abroad? What are your conclusions?

Fachlich habe ich mich enorm weiterentwickelt. Die Anwendung meines durch das Studium erworbenen Wissens führte zu einer weiteren Entwicklung. Zudem hat sich mein Englisch enorm verbessert, sodass ich keinerlei Hemmungen mehr habe vor einer größeren Gruppe einen Vortrag auf Englisch zu halten.