

Reading and research

Research teaching and supervision are both available to trainees. Academic and computing services are excellent. The Medical Library is well stocked. All the major journals are taken, and there is an additional selection of psychiatry and psychology texts in the University Central Library. Photo-copying is charged at a fraction of the UK rates and CD Rom Medline is available. Language laboratory facilities are available with self instruction courses in all the regional languages.

Military service

No description of training would be complete without reference to military service which, for male Singaporean trainees, continues simultaneously with their psychiatric training. Basic military service is for two and a half years and is generally undertaken after graduation from medical school and before starting postgraduate studies.

There is, however, an additional requirement for most male postgraduate trainees (together with their peers from other walks of life) to report for 28 days military service annually. It is mandatory and the psychiatric department has to provide cover in their absence. In addition trainees have to undergo a bi-annual military fitness test, the Individual Physical Performance Test (IPPT). Failure to reach the necessary standard may require an additional stint at a residential physical training establishment.

Conclusion

UK trainees benefit in many ways from their rotation to Singapore. Foremost is contact with different racial and linguistic groups. It opens the mind to different cultures and traditions, and helps to develop a sensitivity towards patients' underlying attitudes and beliefs. For UK psychiatrists destined to work in racially mixed catchment areas it is invaluable.

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The European Federation of Psychoanalytic Psychotherapy (EFPP)

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The EFPP is a British initiative concerned with public sector psychoanalytic psychotherapy that seems to have touched upon a recognised need in our European neighbours and colleagues. Its origins are inextricably linked with the development of the Association for Psychoanalytic Psychotherapy in the British Health Service (the APP).

The APP was founded in 1981 by a group of psychoanalysts working as consultant psychotherapists in the NHS. It rapidly became a multidisciplinary organisation with full members having completed training in specified training organisations and employed at senior levels within the public services. The main concerns of the APP stem from the limited amount of skilled psychoanalytic psychotherapy available in Britain, except in a few centres of excellence. Furthermore there has been a failure of the professions of psychiatry and psychology to seriously address these issues in training and service provision. From early days the APP has also had in mind mem-

bers of the traditional caring professions who find the ideas and understandings of psychoanalysis (and techniques derived from it) invaluable in their daily work. It has encouraged and supported such persons through associate membership and its need is illustrated by its rapid growth such that after ten years there are 425 associate and full members.

As well as developing a journal *Psychoanalytic Psychotherapy*, the APP organises important conferences in different parts of the country on themes relevant to work in the NHS, some related to the politics of the provision of public sector psychoanalytic psychotherapy. One example was a conference in November 1989 debating the issues for and against the development of a separate non-medical adult psychotherapy discipline in the NHS, along the lines of the child psychotherapy discipline. The council of the APP sees this as a necessary step if the NHS is to face the severe shortage of trained therapists.

The APP organised the first European Conference in Psychoanalytic Psychotherapy in November 1988 in London. At that time our continental contacts were very few. However 150 participants came from 15 countries, in fact more from the rest of Europe than from Britain. For many of us this meeting was an eye opener.

Four features stand out in my mind. Firstly, a realisation that, compared with some countries, the quality and quantity of public sector psychoanalytic psychotherapy available was very low in this country. Secondly, we had a lot to learn from overseas colleagues about organisational skills in relation to Government and other third parties. Those countries with good provision of public sector psychotherapy are those where formal psychotherapy has been restricted to well established theoretical frameworks, and has maintained a clear distinction between those who have undergone rigorous in depth trainings in psychotherapy and professionals who have been helped in their core disciplines by understandings from psychoanalytic and other theoretical frameworks. Thirdly, I became aware that considerable improvements in psychotherapy training within psychiatry and psychology seem to occur once psychotherapy is recognised as a discipline in its own right. For example, all psychiatrists in Holland now have to undergo a full psychotherapy training including personal therapy. Governments and others have been doing important research work showing cost economic benefits from the provision of skilled psychotherapy for chronically sick persons. The fourth point, made by a number of participants, was that changes in the European Community legislation in 1992 would present opportunities and challenges for psychotherapy.

Following the Conference, I was elected the APP's European Secretary and spent two years contacting leading psychoanalytic psychotherapists working in the public sector in the EC and EFTA countries. This confirmed that there was considerable support and a felt need for a European psychoanalytic psychotherapy organisation. Furthermore there was vigorous representation that the training criteria be of a high standard.

It became clear that the organisation would be strengthened if there were three sections within the

organisation: psychoanalytic psychotherapy and psychoanalysis with adults, child and adolescent psychoanalytic psychotherapy, and group analytic psychotherapy. Senior representatives from the Association of Child Psychotherapy and the Institute of Group Analysis joined the steering committee and linked up with colleagues in the 18 countries involved. A draft constitution was drawn up and sent out for consultation. In spite of last minute withdrawals because of the Gulf crisis, 55 delegates consisting of up to two persons from each section of the 18 countries met in London and a detailed constitution and high training standards were agreed. A nine person committee was elected (three from each section), with members from six countries, within two days because of the considerable goodwill towards such an organisation and the skills of the chairman, Dr Anton Obholzer.

Following the meeting of delegates, the APP hosted 'The Second European Conference on Psychoanalytic Psychotherapy'. At the banquet the APP and the newly formed EFPP was honoured by the presence of the President of the Royal College of Psychiatrists, the President of the International Psychoanalytic Association, the President of the European Group Analytic Training Organisations, and the President of the British Psychoanalytic Society.

The EFPP aims to help some countries create their own national organisations or network of organisations such that there is a clear national voice for psychoanalytic psychotherapy in the public sector. It is a hope that the EFPP and national organisations can use one another for support and encouragement to improve services and trainings. EFPP will be politically active within the European Commission and Parliament, drawing attention to the need to develop services, seeking funding for its activities and working out how it can work creatively with psychotherapy organisations including the proposed umbrella organisation – The European Association of Psychotherapy. It is hoped that EFPP, because of its insistence on high standards of training, will be of assistance to those national organisations of psychotherapists seriously intent on making psychotherapy a profession of high standing based on well established theoretical frameworks and techniques.