

The 18th International ESCAP Congress



# CONGRESS REPORT

Vienna, Austria 30th June - 2nd July



18<sup>th</sup> INTERNATIONAL CONGRESS  
OF EUROPEAN SOCIETY FOR CHILD  
AND ADOLESCENT PSYCHIATRY

## VIENNA 2019

30 June – 2 July 2019 | Hofburg  
Vienna, Austria



European Society for Child  
and Adolescent Psychiatry

The 18th International European Society for Child and Adolescent Psychiatry (ESCAP) Congress lived up to its goal of creating collaboration and knowledge exchange on very specific topics in child and adolescent psychiatry, under the theme title “Developmental psychiatry in a Globalized World”.

Over 1600 child and adolescent psychiatrists and allied professionals from 71 countries descended on a very hot Vienna during the three full-day event on the 30th June to 2nd July. They were treated to an array of 7 keynote and 18 state of the art talks as well as 80 symposiums and two special lectures, and over 400 posters presenting the most cutting-edge research in the field.

The congress was organised in collaboration with the Austrian Society of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (ÖGKJP) who choose one of the most iconic venues in the city, the Hofburg. The royal palace where the empress Elisabeth of Austria Sisi spent her court life at the end of the nineteenth century. Congress president and ESCAP Board member Andreas Karwautz developed a well-balanced scientific and social event. In the opening ceremony, he highlighted four special topics related to the history of Vienna that he incorporated into the program; Nazi history and child psychiatry, substance abuse, the role of psychotherapy, and suicide in the context of transport. The opening ceremony continued with a decadent theme with the Austrian Boys and Girls choir blessing participants with their voices and a talented Harpist and singer Sophie-Theres Völkl played on our own heartstrings.



Andreas Karwautz, congress president, ÖGKJP

# SCIENTIFIC HIGHLIGHTS

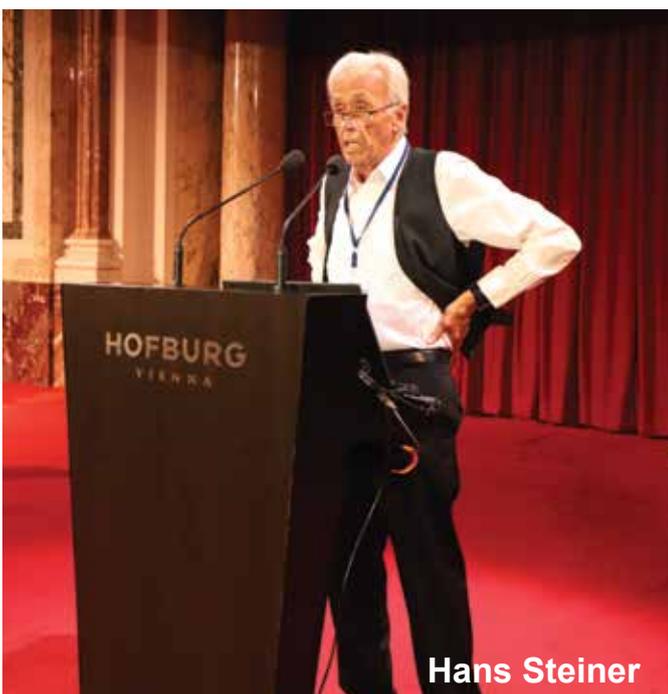
## Keynote speakers bring a wealth of knowledge to the stage

Speakers renowned in the field of child and adolescent psychiatry took to the stage to present their current views of psychiatry in our globalized world. Bringing technology to the forefront, Lucia Valmaggia introduced participants to the immersive world of virtual reality and its use to treat psychosis and other mental health issues. Followed by Dickon Bevington, who, with his colleagues in the UK have developed the AMBIT project that aims to bring communities of healthcare providers together to improve the lives of 'hard to reach' youth.



**Dickon Bevington**

Otto Kernberg, a name that would've graced every psychiatrist's psychotherapy training pages, majestically sat on the stage and simply spoke to the audience about recent developments in psychoanalytic treatments. Meanwhile, Hans Steiner gracefully praised the work of several colleagues when summarising key aspects of how a person's anger can push them to commit criminal acts and how the justice and legal systems, as well as the diagnostic criteria of these asocial behaviours need to be refined for our modern society.



**Hans Steiner**

Anke Hinney spoke of the advances being made in the big data world of genetics and genome-wide association studies in relation to eating disorders. Michael Pluess reminded us of how everyone is different in terms of environmental sensitivities and its pivot to consider the development across the life in children. Lastly, but no means least, Franz Resch spoke about new morbidities and changing risks in a changing environment.

We thank all speakers who took the time to present, as well as state of the art and symposium organisers. The congress would not exist without you.

## Asperger in Nazi Vienna

Hans Asperger was a pioneer in the field of autism and Asperger syndrome, which is still in use today. However, recent revelations have positioned Hans Asperger in the racial policies of the Nazi regime. A packed special state of the art lecture and a discussion group was held, chaired by Hans Steiner, a former student of Hans Asperger. It saw historian Herwig Czech talk on the topic 'Hans Asperger, National Socialism, and "race hygiene" in Nazi-era Vienna' followed by another historian and author Edith Sheffer who presented her findings from her recent book 'Asperger's Children. The Origins of Autism in Nazi Vienna'.



**Herwig Czech**

## Special lecture & symposium

ESCAP did not expect the overflowing crowds that generated to hear Thomas Niederkrotenthaler special lecture on 'Suicide in adolescents in the United States after the release of "13 reasons why": Time series analysis and implications for prevention and policy'. It highlights the concerns surrounding suicide not only in the United States but in all nations and how this information and social impact can affect suicide rates worldwide.

Helmut Remschmidt gave a special lecture on 'The fundamentals of responsible research. Theory and practice'.

Several symposia were organised by other societies; WAIMH, ISAPP, EFPT, UEMS and the United Nations Office on Drugs and Crime (UNODC) also delivered a symposium on drug prevention in adolescents.



**Katrin Skala, Elizabeth Saenz, Gilberto Gerra, Emma Jane Rose, Eli Sloboda  
UNODC**

# ESCAP BOARD

## Changes are a plenty in the ESCAP board

The congress also marked a significant moment in our board, president Stephan Eliez who has been president for 4 years, stepped down from the position and handed the reigns over to Dimitris Anagnostopoulos. Also, during the congress ESCAP took the opportunity to hold a General Assembly where all our member countries are invited to vote on ESCAP issues and raise points of interest. During the meeting, four existing members stepped down from their two-term commitment (8 years), which opened up five new positions on the board. ESCAP are delighted to announce the elected new members are Anne Marie Råberg Christensen from Denmark, Joerg Fegert from Germany, Konstantinos Kotsis from Greece, Manon Hillegers from the Netherlands, and Eniko Kiss from Hungary. They will all take up positions in the division sections of the board to work as subgroups on specific ESCAP issues.



**Andreas Karwautz, Stephan Eliez, Jean-Philippe Raynaud, Joerg Fegert, Eniko Kiss, Dimitris Anagnostopoulos, Maeve Doyle, Milica Pejovic-Milovancevic, Konstantinos Kotsis, Manon Hillegers, Johannes Hebebrand, and insert Anne Marie Råberg Christensen.**

“In general, we direct our society in a very democratic way. It is really the work of a board and the president to convey the plurality of our vision of European child psychiatry”.

- Stephan Eliez

“Our vision is to collaborate closely with national societies to synthesise an authentic European CAP perspective and work together to be more visible in the EU”.

- Dimitris Anagnostopoulos

# RESEARCH ACADEMY

## Bringing novel technologies to child and adolescent psychiatrists

The third official meeting of the Research Academy (RA) took place ahead of the congress on the 28-29th June. The RA is a specialised two-day event organised by Johannes Hebebrand, head of the research division and editor-in-chief of the *European Child & Adolescent Psychiatry* (ECAP) journal, senior organiser Paul Klauser from Switzerland and junior organiser Alexis Revet from France. The three organisers put an excellent program together bringing in four international speakers and selecting 20 young clinician-scientists, representing 14 ESCAP member countries. The aim of the RA is to promote research excellence and collaborative work among young clinician-scientists in the field of child and adolescent psychiatry (CAP). Previous years have proved to be successful with a collaborative article about to be published in the ECAP journal. This year is no exception, the post-workshop collaborative ongoing project will aim to assess the routine assessments in outpatients on their first contact with a CAP. The group hope to involve members from the European Federation for Psychiatric Trainees (EFPT) and the European Union of Medical Specialties (UEMS) CAP section.

The theme of this year's RA was 'Novel technologies for diagnostic assessment and treatment in child and adolescent psychiatry: history, current development and future perspectives', chosen by the organisers due to the exponential growth of new technologies that can be applied in CAP. Participants were treated to four expert talks; Lucia Valmaggia on virtual reality and its use in the clinic for a diverse range of mental health issues, Frank Verhulst spoke of the assessment process in CAP and highlighted the importance of multiple informant assessment, Johannes Hebebrand discussed genome-wide association studies and the big data world, and lastly Ulrich Reininghaus introduced participants to mobile health applications and ecological momentary assessments.

A report will be published as an ESCAP Communication article in ECAP soon.



The participants, organisers and expert speakers of the 2019 Research Academy

# EVENTS

## Celebrations at the Gala dinner

Hundreds of congress attendees made their way to the iconic Vienna Town Hall and were treated to a plethora of musical delights. Barbara Helfgott took to the stage with her voice and violin and got the crowd off their feet. Eleven year old Soley Blümel silenced the crowd with her mesmerizing piano performance, and Brigitta Karwautz lifted the roof with her powerful operatic voice. After, guests were invited to learn some Viennese Waltz steps.



Soley Blümel



Brigitta Karwautz



Barbara Helfgott



Vienna Town Hall

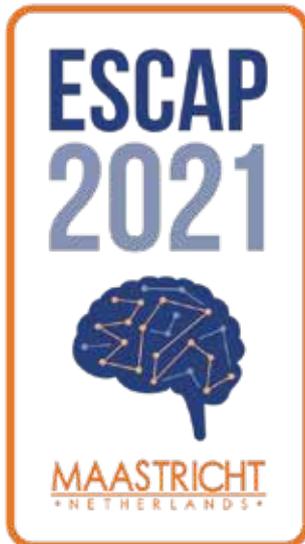
# 18th International ESCAP Congress

# Special thanks

We would like to extend our thanks to the following people and associations:

- Hanser-CPO, especially to Kerstin Birth who headed the team
- All National Members of ESCAP for attending and taking an active involvement in the General Assembly
- The members of the Austrian Society of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (ÖGKJP) for organising such a precise congress
- Members of the International Scientific Advisory Board who took time and effort to select abstracts
- All symposia organisers
- All keynote and state of the art speakers
- Special lecture speakers
- To our partner societies: IACAPAP, EFPT, UEMS-CAPs for advertising the congress through their networks
- Springer publications
- All exhibitors and merchandise stands
- The team at the Hofburg, congress centre

# See you in Maastricht



19th International Congress  
of ESCAP Maastricht

**NETWORKS IN CHILD AND  
ADOLESCENT PSYCHIATRY**

27-29<sup>th</sup> June 2021

For more information on  
the Vienna congress or  
the 2021 congress  
organised in Maastricht  
please visit our website:  
[www.escap.eu](http://www.escap.eu)