



The López-Ibor Psychiatric Clinic, Madrid

PI: María José López Ibor, MD, PhD

Internship type: Psychiatric clinic

Internship Language: Spanish

Location: The clinic is located at the street Dr. Juan José López Ibor 2, which is at 30 minutes bus ride from the Foundation Ortega y Gasset-Gregorio Marañón. <http://www.lopezibor.com/>

Summary

Stigma against people with mental illness is common in Western societies. This social rejection and the discrimination that goes along with it, make life all the more difficult for people with serious psychological conditions. To some, the stigma is so unbearable that they avoid seeking help for their illness. Our clinic is dedicated to providing the comprehensive care to people suffering from mental illness. In addition, one of our objectives is to fight the social stigma and discrimination of people suffering from mental illness that negatively affects patients and their families alike. Our primary goal is the proper diagnosis and treatment of the affected persons in order to provide the best fit with their environment, to reach a high degree of autonomy and adapt to the different situations of their day-to-day to achieve optimal quality of life. To achieve this goal, our staff has broad experience and is specialized in different branches of psychiatry. Furthermore, we participate and collaborate in both training and research activities in all areas of psychiatry and neuroscience. We are up to date with the latest advances in the field to provide our patients with novel and effective treatments.

Methodology

At the clinic we employ a wide range of interventions and specific techniques. In addition to the clinical history, that is a legal medical document in which the psycho-biopathological data of the person are collected, we perform complementary explorations like: electroencephalography (EEG), psychological/neuropsychological and genetic studies. Moreover, our team has extensive experience in the application of Transcranial Magnetic Stimulation (TMS) to patients suffering from mental illnesses that have not responded to other treatments, specifically in cases of resistant depression, obsessive compulsive disorder and some cases of schizophrenia.

Activities

Students will work under supervision, their involvement will be observational and without a direct contact with patients. Depending on their knowledge, curiosity and time dedication, students will have the opportunity to learn about the various aspects of the counselling process, case studies, session summary and observations, as well as the importance of art therapy and physical exercise. The research questions are generated by the faculty but approaches and methods are feasible for students participating in research for the first time.

Requirements

Student's involvement is essential, as well as their good knowledge of Spanish language that should be at intermediate-to-high level. To take full advantage of this internship the students should have passed all the introductory psychology courses.