

Summer Internship Comments

During my internship at the Forensic Psychiatry Unit, University of Rostock, I had a great time getting involved in a variety of activities. I observed sports therapy and ergo therapy sessions, which showed me how different therapies can help in patient recovery. I also joined an English class with the patients, which was a fun way to interact and help them improve their language skills.

One of the most memorable aspects was getting to know the patients personally. It really broke down any preconceived notions I had about forensic psychiatry. The patients were genuinely friendly and open, and the staff created a supportive and understanding environment. It was a welcoming community where everyone, including the patients, was approachable and kind. This experience helped me see forensic psychiatry in a new light and made me appreciate the positive, caring atmosphere that can exist in these settings.

Improvements

If it were possible to get small CBT or other workshops to show how those sessions are conducted I think that would be amazing.