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The EFPT Psychotherapy Guidebook

In a recent survey of 574 trainees and young psychiatrists in Europe, 92% considered psychotherapy important for their professional identity, and 90% wanted to practice psychotherapy after their psychiatry training. However, the training possibilities are scarce, and only 52% of trainees were receiving any training in psychotherapy.

What could we do as psychiatrist trainees to engage our colleagues in psychotherapy training? (**Page 2**).

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"Nothing is more powerful than an idea whose time has come."

- Victor Hugo

The EFPT Psychotherapy Guidebook

Theodoros Koutsomitros & Thomas Gargot
Thessaloniki, Greece



In a recent survey of 574 trainees and young psychiatrists in Europe, 92% considered psychotherapy important for their professional identity, and 90% wanted to practice psychotherapy after their psychiatry training. However, the training possibilities are scarce, and only 52% of trainees were receiving any training in psychotherapy. What could we do as psychiatrist trainees to engage our colleagues in psychotherapy training?

Victor Hugo stated it best: *"Nothing is more powerful than an idea whose time has come."*

It started in London in 2014 when the idea of a free guidebook on psychotherapy written by trainees for trainees was conceptualized by members of a psychotherapy working group of the European Federation of Psychiatric Trainees (EFPT). It expanded and evolved year after year, traveling across Europe until the first edition of the free Psychotherapy Guidebook was released in 2018. After several European and worldwide congresses, other trainees and early career psychiatrists expressed their interest in contributing to the guidebook, the number of chapters in the second and third edition increased. Recently, the mobile-friendly version of the guidebook has been updated on PubPub.org, an open-source web authoring platform for international collaboration developed by the Massachusetts Institute of Technology.

In a letter to the WFP, we explained, "There are over a thousand psychotherapeutic techniques – some being minor variations of

other techniques, while others are based on very different conceptions - making it difficult for trainees to comprehend and orientate themselves."

We add that the literature argues that, even if the basic foundations and the practical aspects are very different between different types of psychotherapies, there are essential common factors (i.e., motivation of the patient, empathy, transference, countertransference, the therapeutic alliance) that lead to a general efficacy of psychotherapies. With these in mind, we believe that *"there seems to be no better way to explain psychotherapies than exchanging ideas with other trainees or early-career psychiatrists who have had experience in a particular form of psychotherapy."*

As trainees throughout Europe, the Guide-book authors wanted to share their different tastes in psychotherapies based on their interests. Even though the diversity of therapeutic approaches is vast, the authors used a similar template for every chapter, which begins with a brief historical overview and description, its indications and efficacy, comments from experts and trainees, accompanied by recommendations for books, journals, videos, research possibilities, related training events, and links and contact information for psychotherapy associations in different countries.

Each chapter presents a specific psycho-therapy option, including Cognitive Behavioral Therapy (CBT), Client-Centered Psycho-therapy, and Family Therapy, as well as those inspired by past discoveries about the unconscious (Psychoanalysis), neuropsychology (Cognitive Remediation Therapy), theatre (Psychodrama),

The EFPT Psychotherapy Guidebook

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and ancient Buddhism (Mindfulness), among others. We point out, *"the road of psychotherapy is still open and long"*, quoting Professor Norman Sartorius, one of the living legends of psychiatry worldwide, who further said, *"Find something that speaks to you."* We hope that the guidebook and its subsequent editions will become a valuable gift to our younger colleagues who are choosing their path and inspire all psychiatrists to continue looking for new challenges and expand their knowledge.

Recognizing that many forms of psychotherapy still need to be included in later editions of the Guidebook, we are looking for new co-authors and contributors. For those interested in psychotherapy and who would like to help in subsequent editions of the guidebook, please contact us to learn more about how to become an author or contributor.

(theodoroskoutsomitros@gmail.com)

Dr. Koutsomitros is a consultant psychiatrist, the clinical director of education, and the founder and director of the Greek rTMS clinic of the Institute of Psychotherapy at Medical Psychotherapeutic Center (IΨΚ) in Thessaloniki, Greece. He is also currently a PhD candidate at the Cognitive Neuroscience Department of Maastricht University in the Netherlands. He is the secretary of the Psychotherapy Section of the European Psychiatric Association (EPA), the co-chair of the Psychotherapy Working Group of the European Federation of Psychiatric Trainees (EFPT), and the co-chair of the Young Member Engagement Committee of the International College of Neuropsychopharmacology (CINP). He was previously the President of the Early Career Psychiatrists of the Hellenic Psychiatric Association. He has been the project leader of the second and third editions of the EFPT Psychotherapy Guidebook.

Editor's note:

The European Federation of Psychiatric Trainees (EFPT) is an independent, non-profit making umbrella organization for European national psychiatric trainees' associations. It is officially recognized by the European Union of Medical specialists (UEMS) and currently represents thousands of psychiatric trainees from more than 34 European countries. Although most of the authors of the Guidebook are from Europe, some of the reviewers of the chapters are well-known psychiatrists worldwide, including Irvin Yalom, Emeritus Professor of Psychiatry at Stanford University. In their letter, Drs. Koutsomitros and Gargot also expressed their appreciation to the 65 psychiatrists who worked on the guidebook as well to their colleagues from Australia, Brazil, India, USA, and Europe, who kindly helped the authors revise the chapters.

Check out the Psychotherapy Guidebook
<https://epg.pubpub.org/>

Dr. Gargot is an associate professor in child and adolescent psychiatry at the Centre Universitaire de Pédiopsychiatrie EXcellence Center in Autism and neurodevelopmental disorders Tours (ExAC-T) of the University Hospital of Tours, France. He is also the current Chair of the Psychotherapy Section of the European Psychiatric Association (EPA). Previously, he was the Chair of the Psychotherapy Working Group of the European Federation of Psychiatric Trainees (EFPT). He holds a European PhD in Computer Sciences.

Editor's Note: Convene. Collaborate. Connect. Conceptualize.

Alma Lucindo-Jimenez, MD, FPPA
WFP Secretary General (2023-2026)
Editor, WFP Newsletter



Drs. Alfonso and Jeste forge ahead with organizational efforts to enliven psychotherapists' presence in the mental health field.

Convene. Collaborate.

In March 2024, Professors Alfonso and Jeste delivered the keynote addresses at the World Association of Positive and Transcultural Psychotherapy (WAPP) International Meeting in Istanbul, signaling future collaborations with the WAPP.

WFP maintained their relationship with the American Psychiatric Association (APA) by delivering a panel presentation on the social determinants of health in psychotherapy at the APA Annual Meeting in New York last May 2024 with Professors Dilip Jeste, Alma Jimenez, and Cesar Alfonso at the helm. This is the WFP's inaugural session at an APA conference.

In the latter half of the year, two meetings are calendared: 1) A Psychodynamics Conference in Singapore in July and 2) An International Congress in Rome in October.

The Singaporean Psychodynamics Conference which will be held on July 25-26, 2024 with the theme, *'Psychodynamics in Everyday Clinical Encounters,'* will be keynoted by Dr. Alfonso.

The Italian meeting is being organized by the Massimo Fagioli Foundation and the World Federation of Psychotherapy, themed *"Psychotherapy, Creativity, and the Arts,"* in Rome on October 18-19 in 2024.

Furthermore, Professors Ulric Schnyder, Dilip Jeste, Alma Jimenez and Cesar Alfonso will deliver a symposium on Social Determinants of Mental Health at the World Psychiatric Association World Congress of Psychiatry in Mexico City in November 2024.

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These collaborations with WAPP, APA and WPA, should prime us for more exciting joint endeavors with other mental health professionals from all over the world.

For 2025, the Philippines and Puerto Rico are slated to host similar meetings.

The Manila meeting is being hosted by the Philippine Psychiatric Association and jointly organized with the World Federation of Psychotherapy. Themed *"Biopsychosocial Advances in Therapies in Psychiatry"* the international meeting will be held in EDSA- Shangri-la Hotel in Manila on January 21-24, 2025.

The term of Dr. Alfonso is capped by a fitting culminating activity.

In June 2026, the Big Apple locates the 24th World Congress of Psychotherapy, with the theme *"Psychotherapy and Human Rights - Caring for Vulnerable Populations, Health Professionals, and Humanitarian Relief Workers."* Held under the auspices of the United Nations Critical Incident and Stress Management Services (CISMS), opening ceremonies in the UN Headquarters befit the UN's unqualified support for psychosocial interventions to promote wellness.

Editor's Note: Convene. Collaborate. Connect. Conceptualize.

Alma Lucindo-Jimenez, MD, FPPA
WFP Secretary General (2023-2026)
Editor, WFP Newsletter



Connect.

The WFP website has undergone a comprehensive renovation with a beautiful new layout. There are plans to update the website further to incorporate a virtual library and comprehensive details about WFP member societies.

To assist interested authors with the publication process, a Consortium of Journal Editors comprising the editors-in-chief of the International Psychogeriatrics (Professor Dilip Jeste) and Psychotherapy and Psychosomatics (Fiametta Cosci) will be established.

Conceptualize.

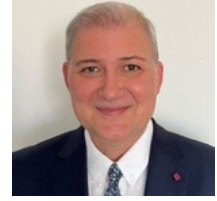
Recently reappointed, Dr. Chiara Rafanelli of Bologna has been leading the WFP Research Awards Committee with distinction. The World Congress for Psychotherapy will present three categories of research awards, as decided by the WFP Board: 1. Award for Lifetime Achievement, 2. Young Investigator Awards; and 3. Mid-Career Research Award.

The WFP leadership accords attention and appreciation to activities in various world regions in a bid to harness the member societies' initiatives to promote socially-responsive psychotherapy in the mental health profession, especially in psychiatry.

Alma L. Jimenez, MD is Secretary General of the WFP and the editor-in-chief of the WFP Newsletter. She is Professor of Psychiatry at the University of the Philippines Manila and the World Association for Dynamic Psychiatry Regional Representative. She is a past-president of the Philippine Psychiatric Association, a diplomate of the Philippine Board of Psychiatry and is a Life Fellow of the Philippine Psychiatric Association.

President's Column

César A. Alfonso, M.D.
WFP President (2023-2026)



Halfway through my term as President of the World Federation for Psychotherapy, I am pleased to highlight in this column exciting initiatives. The following would not be possible without the able leadership of my colleagues in the WFP Executive Board and Council and the boards of our active Member Societies, and I am grateful for the opportunity to work alongside such extraordinary talent.

24th World Congress of Psychotherapy

The 24th World Congress of Psychotherapy will take place in New York City in June 2026. Dual venues are being finalized, including the United Nations Headquarters on Day 1 of the congress and a satellite venue nearby for days 2 and 3 of the congress. The congress will be co-sponsored by the United Nations Critical Incident and Stress Management Services (CISMS) under the leadership of Dr. Sohail Ali, the Bellevue Program for Survivors of Torture under the leadership of Prof. Asher Aladjem, City University of New York facilitated by CUNY Dean Ekaterina Sukhanova, and the Association of Women Psychiatrists, represented by WFP Council member Silvia Olarte, a past president of AWP.

The theme of the World Congress will be *"Psychotherapy and Human Rights- Caring for Vulnerable Populations, Health Profes-*



United Nations Headquarters Conference Room

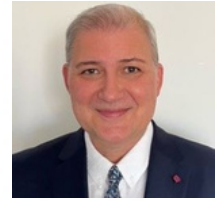
-nals, and Humanitarian Relief Workers."

Educational activities will focus on the following areas of interest:

- Caring for Humanitarian Relief Workers
- Caring for Health Professionals
- Disaster Mental Health
- Psychotherapy of Trauma Related Disorders
- Caring for Persons with Intellectual Disabilities
- Caring for Vulnerable Older People
- Caring for Vulnerable Children and Adolescents
- Caring for Refugees/Displaced Persons
- Caring for Survivors of Torture
- Bioethics and Psychotherapy
- Caring for Persons with HIV/AIDS
- Caring for Persons with Addiction
- Caring for Sexual Minorities

President's Column

César A. Alfonso, M.D.
WFP President (2023-2026)



Caring for Ethnic Minorities Women's Rights

In addition to symposia, workshops, interactive panels, case presentations, and clinical and research poster sessions, several introductory and intermediate courses will be offered to review advances in evidence-based psychotherapies. The Congress Social Event/Awards Dinner will take place at the United Nations Delegates Dining Room. Also, museum tours will be arranged for congress registrants at the Morgan Library and Museum, the Museum of Modern Art, and the Rubin Museum of Himalayan Arts, all located near the congress venues.

Regional Meetings Co-Sponsored with Member Societies

WFP will continue to support member societies and affiliate groups with similar interests by participating in Regional Meetings. Regional Meetings for the 2023-2026 triennium include the following conferences in Morocco, Malaysia, Iran, Turkey, Singapore, Italy, Philippines, and Puerto Rico:

1. May 5-6, 2023: *Moroccan Association for Dynamic Psychiatry (MADP) 2nd Colloquium of Psychoanalysis at the Intersection of Disciplines*. Venue: Faculty of Medicine, Fes, Morocco.

2. July 13-14, 2023: *Southeast Asia Regional Psychodynamic Psychotherapy Training Workshop*. Venue: Zecon Hotel, Cheras, Kuala Lumpur, Malaysia.

3. August 30-September 1, 2023: *4th Iranian Congress of Psychoanalysis and Dynamic Psychiatry*. Venue: Tehran, Iran

4. March 20-23, 2024: *World Association for Positive and Transcultural Psychotherapy, International Meeting: Building Bridges for Mental Health*. Venue: Lionel Hotel, Istanbul, Turkey.

5. April 16-20, 2024: 20th World Congress of the World Association for Dynamic Psychiatry: *"Social Challenges and Shared Responsibility in Psychiatry and Psychotherapy"*. Venue: Faculty of Medicine, Marrakesh, Morocco.

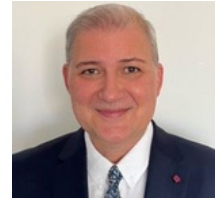
6. July 25-26, 2024: *Changi General Hospital Psychodynamics Conference*, Venue: Singapore.

7. October 18-19, 2024: WFP Regional Meeting *"Psychotherapy and Creativity"*, co-sponsored with the Massimo Fagioli Foundation. Venue: Sapienza University, Rome.

8. January 21-24, 2025: WFP Regional meeting *"Update on Empirically Based Psychotherapies"*, co-sponsored with the

President's Column

César A. Alfonso, M.D.
WFP President (2023-2026)



Philippine Psychiatric Association. Venue: EDSA Shangri-La, Manila.

9. July 2025, precise date TBD: *WFP Regional Meeting Psychotherapy Summit*, co-sponsored by Sociedad Puertorriqueña de Psiquiatría (SPP), Venue: San Juan, Puerto Rico.

If you are interested in becoming involved as a presenter or attending any of the upcoming meetings, please contact me via email and I will direct you through the proper channels:
cesaralfonso@mac.com

WFP Website Redesign

www.wfpsychotherapy.org

Phase 1 of the WFP website has been completed and resulted in an aesthetically pleasing website with increased functionality. This initiative was spearheaded by our President-Elect Dilip Jeste. Phase 2 of the website redesign will include creating a virtual library with access to webinars, power point slides, reading lists, recorded lectures, and other educational materials, and including detailed information about WFP member societies.

Consortium of Journal Editors

As Editor of *Psychodynamic Psychiatry*, together with Professors Dilip Jeste (Editor-in-Chief of *International Psychogeriatrics*)

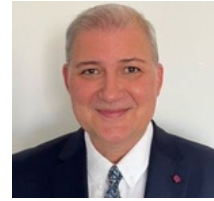
and Fiammetta Cosci (Editor in Chief of *Psychotherapy and Psychosomatics*), we will create a Consortium of Journal Editors to make psychotherapy more visible and guide prospective authors through the publication process. Editors from other psychotherapy journals will be asked to join. We have a preliminary commitment to also include the following journals: *The Global Psychotherapist*, *Journal of Psychotherapy Integration*, *Dynamische Psychiatrie*, and *World Social Psychiatry*.

Liaison with the American Psychiatric Association (APA)

With 1600 members, the APA Psychotherapy Caucus is an active group representing psychotherapy in psychiatry in the United States. The APA Psychotherapy Caucus Leader is Jeffery Smith, and a member of the WFP Council. With Dr. Jeste and Dr. Smith, we have met to figure out effective ways to increase visibility within our respective organizations with aligned missions. I co-chaired with Dr. Smith a symposium at the WADP Marrakech World Congress in 2024, with Eric Plakun, Frank Summers and Jeffery Smith as speakers representing the APA. Dilip Jeste, Alma Jimenez, and I presented a Presidential Symposium at the APA Annual Meeting in New York in May 2024 addressing the relevance of social determinants of health in the practice of psychotherapy.

President's Column

César A. Alfonso, M.D.
WFP President (2023-2026)



Liaison with the WPA

We will present a symposium on Social Determinants of Mental Health at the World Psychiatric Association World Congress of Psychiatry in Mexico City in November 2024, with participation from Ulrich Schnyder, Dilip Jeste, and Alma Jimenez. WFP leaders will be conducting two psychotherapy courses on day 1 of the WPA Mexico meeting. We were well represented at the Vienna 2023 WPA World Congress and plan to create a steady presence at future meetings of the WPA.

Positive and Transcultural Psychotherapy

Prof. Jeste and I were fortunate to be invited as Keynote Speakers at the International Meeting of the World Association of Positive and Transcultural Psychotherapy (WAPP) that took place in Istanbul in March 2024. WAPP is one of the most active WFP member societies, with over 2000 members from over 50 countries. The international meeting in Istanbul was well attended with participation of 300 registrants from 24 countries. A highlight of the meeting for me was a Balint-group experience that gathered clinicians from Russia and Ukraine to discuss the impact of war on clinical work and therapists' well-being. WAPP is under the able presidency of Hamid Pesechkian who practices and teaches in Wiesbaden. Next year's congress may take place in China. WAPP has been training psychotherapists all

over the world for decades with a rigorous curriculum and clinical supervision, creating a vibrant international referral and treatment network.

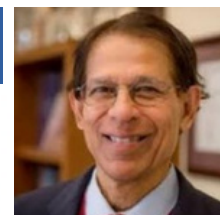
I hope to be able to meet WFP constituents in person later this year in Singapore, Rome, and Mexico City, and next year in meetings in Manila and San Juan. Ours is a truly international federation that is diverse and inclusive, protecting and promoting the practice of psychotherapy in the clinical professions worldwide.

César A. Alfonso, M.D. is President of the WFP. He is Clinical Professor of Psychiatry at Columbia University, Adjunct Professor of Psychiatry at Universitas Indonesia, and Visiting Professor of Psychiatry at Prince of Songkla University in Thailand and University Kebangsaan Malaysia. He is Chief Psychiatrist at Lighthouse Guild in New York and Editor of Psychodynamic Psychiatry. Professor Alfonso is a Fellow of The American Academy of Psychodynamic Psychiatry and Psychoanalysis, The New York Academy of Medicine, and The Academy of Consultation-Liaison Psychiatry. He is a Distinguished Fellow of the American Psychiatric Association.

President-Elect's Column

Dilip V. Jeste, MD

WFP President-Elect (2023-2026)



It is with great pleasure that I write this piece for the World Federation for Psychotherapy (WFP) Newsletter. The organization has continued to thrive under the highly impactful Presidency of Dr. Cesar Alfonso, supported eminently by Drs. Alma Jimenez (Secretary), and François Ferrero (Treasurer). The Council and the Board of the WFP are also making effective contributions to its rapid growth. Below I list a few of the new steps taken in which I have been involved.

Annual Conference of the World Association of Positive and Transcultural Psychotherapy (WAPP): As mentioned by Dr. Alfonso, he and I attended the annual conference of the WAPP in Istanbul on March 20-23, 2024. The WAPP President Dr. Hamid Peseschkian has been a world leader in positive psychotherapy. His father, an internationally renowned psychiatrist, Dr. Nossrat Peseschkian was a pioneer in this field and published the first ever book on this topic in 1977. The movement has been expanding globally since then.

Two related topics on which I spoke at the conference in Istanbul were positive psychiatry and social determinants of mental health. Positive Psychiatry, Positive Psychology, and Positive Psychotherapy are closely related, and provide an exciting pathway to reverse the behavioral pandemic of loneliness, social isolation, and deaths of despair from suicides and opioid abuse and overdose. The solution to these problems lies in shifting the focus of clinical care to positive psychosocial factors such as

wisdom, compassion, spirituality, resilience, optimism, and especially, positive social connections. Individual psychotherapy-based interventions such as trauma-focused psychotherapy, close links to social services such as social prescribing, and community-level approaches such as compassionate community movement are beginning to evolve, and will help make the society healthier, happier, and wiser.

The WFP and the WAPP will work closely in the months and years ahead to make global collaborations in this area both practical and productive.

WFP Research Awards Committee: Dr. Chiara Rafanelli from Bologna has been doing excellent work as the Chair of the WFP Research Awards Committee and was recently reappointed by the WPA Board. She will discuss with her committee members reappointments and additional new members. The WFP Board agreed that three types of research awards will be given at the World Congress of Psychotherapy, once every three years: 1) Life-time Achievement Award, 2) Mid-Career Research Award, and 3) Young Investigator Awards (up to 10). The Lifetime Achievement awardee will receive a certificate/ plaque. The recipient of the Mid-Career Award will be invited to deliver a plenary session and receive an award certificate/plaque. Funds for travel and accommodation will be provided in the form of travel fellowships to young inves-

President-Elect's Column

Dilip V. Jeste, MD

WFP President-Elect (2023-2026)



-tigator awardees.

Website: The management of the WFA Website was switched last year to the Parthenon Management Group. The renewed website is www.wfpsychotherapy.org. It is regularly updated with new information regarding meetings, membership societies, newsletters, and other relevant events. WFP Newsletter readers are encouraged to use the website and to send any suggestions for improvements.

Annual Conference of the American Psychiatric Association: I chaired a Presidential Session titled "Psychotherapies Targeting Social Determinants of Mental Health" at the annual conference of the American Psychiatric Association (APA) in New York, NY, on May 5, 2024 from 1:30 to 3:00 pm. Three officials of the WFP - Drs. Alfonso, Jimenez, and I, gave presentations. This was the first ever session by the WFP at an APA conference, and the first major session focused on psychotherapies that address social determinants of mental health.

Upcoming Conferences: Several WFP leaders will present lectures in a symposium on social determinants of mental health in the Congress of the World Psychiatric Association (WPA) in Mexico City on November 14-17, 2024. The conference provides an excellent opportunity for the WFP, an affiliate of the WPA,

to interact with various other components of the WPA. The coming year is expected to open up new and exciting opportunities for further development of the WFP. We all will be looking forward to utilizing these opportunities for innovative advances in research, training, and clinical use of psychotherapies.

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Dilip Jeste MD is the President-Elect of the WFP. Concurrently, he presides over the Global Research Network on Social Determinants of Mental Health and Exposomics, and is the Editor-in-Chief of International Psychogeriatrics. An eminent neuropsychiatrist, he is a former Professor of Psychiatry and Neurosciences and Director of the Center for Healthy Aging at UC San Diego, and a Past President of the American Psychiatric Association

Challenges and Strategies in Implementing Group Psychotherapy in South Africa



Gerhard P. Grobler
Pretoria, South Africa

South Africa is an upper-middle-income country (World Bank, 2022), where the healthcare system is divided into public and private sectors. Majority of the health care demand is addressed by the public sector, while the latter addresses around 18% of the population's needs. Given this disparity, scalable strategies, such as group therapy, optimizes health care delivery.

The benefits of group therapy are well-described in literature (McRoberts et. al, 1998). It is cost effective and can address various psychiatric disorders. It should be considered at all treatment stages, as early as the patient's initial presentation. Moreover, it is aligned with the principles of Value-Based Care (Porter and Lee, 2013) and the Care Pathways, an initiative by the South African Society of Psychiatrists (SASOP) which provides treatment guidelines for Schizophrenia, Major Depressive Disorder, and Bipolar Mood Disorder utilizing a public-private framework. SASOP aims to enable all mental health care workers (including psychiatrists, psychologists, social workers, and occupational therapists) to organize and conduct group therapy.

Treating patients in groups delivers services more efficiently in a resource-constrained country. It has the potential to improve patient outcomes, enhance symptom reduction, prevent relapses, ensure treatment adherence, maximize the

availability of social support, and reduce the total cost of treatment.

However, implementing group therapy has unique challenges. Mental health professionals in South Africa do not receive adequate training in organizing and presenting groups as part of formal pre-graduate training. This leads to a dire shortage of group therapy programs accepting patient referrals. Mental health care workers (specifically in the private sector) will have to adjust to the principles of Value-Based Care and move away from a fee for service model. Treating patients individually is often more convenient to mental healthcare workers than slotting them into a group program. Patients in South Africa are used to being treated individually, and thus are often reluctant to join group programs. In our view, patients and practitioners should commit to a group program to sustain access. Health-care funders should also facilitate this commitment and support Integrated Practice Units (IPUs) (Porter and Lee, 2013).

Logistic and infrastructure challenges also exist. In both the private and public sectors, inpatient group programs are not standardized as no published guidelines exist. Mental healthcare workers in South Africa also have not routinely measured treatment outcomes, which needs to be addressed as well.

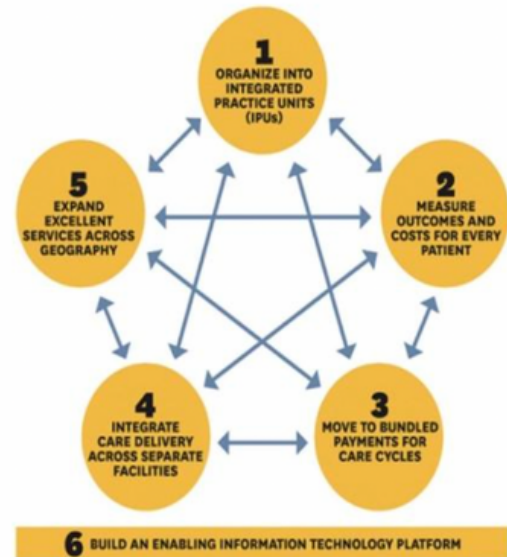
Challenges and Strategies in Implementing Group Psychotherapy in South Africa

Gerhard P. Grobler
Pretoria, South Africa



Our current funding model (Managed Health Care) presents a major challenge to group therapy, as a maximum of 15 Prescribed Minimum Benefits (PMBs) are available annually. PMBs only apply to certain conditions and are shared between psychiatrists and psychologists. This makes offering an 8-week program using eight PMB sessions virtually impossible. In the public sector, most patients do not have access to online programs because of the frequent unavailability of electricity on account of national “load shedding”. This adds the challenge of transporting patients to group therapy sites. A standardized information technology platform is also needed to accommodate the various provinces and healthcare sectors. The only available platform, Outcomes IT, currently only captures data from 80 psychiatrists in private practice.

The content of group therapy varies with the group composition. In-hospital groups should align with the reason for admission (e.g. substance rehabilitation or emotional regulation). Outpatient groups can follow a specific psychotherapeutic model, (e.g., Dialectical Behavior Therapy (DBT), Mindfulness-Based Cognitive Therapy (MBCT), Acceptance and Commitment Therapy (ACT). Groups can also be more psycho-educational or psychodynamic. All should have clear inclusion and exclusion criteria so that patients are likely to benefit from the group's content.



The principles of Value-Based Care will guide the implementation of group programs. Integrated Practice Units (IPUs) should be established (Porter and Lee, 2013). Measuring outcomes of the programs using appropriate tools and platforms.

Training programs should be standardized, bearing in mind the Scope of Practice guidelines for health professionals, as stipulated by the Health Professional Council of South Africa (HPCSA).

The timeline for this endeavor is initially set as follows:

2023

- Pilot programs
- Training workshops
- Presentation of VBC at psychiatric congresses
- Negotiations with funders

Challenges and Strategies in Implementing Group Psychotherapy in South Africa

Gerhard P. Grobler
Pretoria, South Africa



- Collaboration between private and public sector
- Establishing VBC guidelines
- Writing and publishing of Care Pathways

2024

- Establish a training platform
- Collaboration between the public, academic, and private institutes to develop, standardize and accredit training
- Build on previous pilot programs and use the data to improve outcomes.
- Build a comprehensive database to facilitate referrals into group programs
- Streamline implementation of Care Pathways
- Implement VBC according to the Value Agenda

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Dr. Grobler is an Adjunct Professor at the University of Pretoria and the head of the Clinical Unit of Psychiatry at Steve Biko Academic Hospital in Tshwane, South Africa. His clinical work focuses on acute psychiatric care and gender affirming services. He teaches undergraduate medical and postgraduate students in psychiatry. His research covers transgender care and human rights of mental healthcare users. He is a Past President of the South African Society of Psychiatrists (SASOP).

Psychotherapy in Focus: Psychiatrists' Attitudes Across SEA Nations



Warut Aunjitsakul, MD, PhD
Bangkok, Thailand

Representing esteemed researchers from Southeast Asian (SEA) countries, I extend our gratitude for your interest in the ATPsySEA project – an initiative to understand the attitudes towards psychiatry and psychiatry trainees.

Psychiatry has made significant strides in treatments for mental disorders, employing both biological and psychological approaches with success. Biological treatments, like medication and electroconvulsive therapies, are well-documented and play a crucial role in managing mental conditions. Psychological treatments, which involve discussions with mental health professionals like psychiatrists or psychologists, have also proven effective, either alone or combined with other treatments.

Originally rooted in Western countries, psychotherapy spread to Eastern regions despite cross-cultural challenges. Evidence suggests that psychotherapies, such as psychodynamic psychotherapy and cognitive behavioral therapy, work across different cultures, effectively addressing issues like depression and anxiety. In Asia and SEA, psychotherapies have been adapted to fit cultural contexts, and efforts have been made to integrate them into mental health care and psychiatric training programs. The shift towards accepting and incorporating psychotherapies has been supported by advancements in knowledge, skills, and technology, especially highlighted during the COVID-19 pandemic with the widespread adoption of telemedicine.

Alongside advancements in knowledge, competence, and technology, attitudes towards psychotherapies have also evolved. Recent evidence indicates a global trend where the public increasingly recommends psychiatric help for treating mental disorders, with psychotherapy emerging as a favored method. However, preferences vary across different regions and demographics. For instance, while the USA tends to favor psychiatric medication, Germany shows more skepticism. China leans towards traditional approaches over cognitive behavioral therapies. Factors such as strong religious beliefs and lower education levels correlate with negative attitudes towards psychiatrists. Moreover, stigma remains a significant barrier for individuals seeking therapy. Social, cultural, and healthcare system differences possibly contribute to these varied attitudes, impacting not only the general public but also psychiatrists and psychiatric trainees.

Acknowledging the significance of psychotherapy in psychiatric education and clinical settings, adjustments to curricula have been implemented. Consequently, gaining insights into the present perspectives on psychotherapy within SEA countries becomes imperative. It is essential to recognize the potential impact of social, cultural, and healthcare system values on attitudes towards psychotherapy.

In this project, the author sought guidance from Prof. Cesar Alfonso to shape the project's concept and received full support and encouragement to reach out to all SEA countries.

Psychotherapy in Focus: Psychiatrists' Attitudes Across SEA Nations



Warut Aunjitsakul, MD, PhD
Bangkok, Thailand

Leveraging strong connections within the WFP, positive responses were received from esteemed colleagues across the SEA region, facilitating the project's implementation. Participating countries include Thailand, Singapore, Philippines, Indonesia, Malaysia, Vietnam, and Brunei Darussalam. The aim is to investigate the perspectives of psychiatrists and psychiatric trainees regarding psychotherapies, and to collect data on psychotherapy utilization, obstacles, and future trends in each nation. Data collection will include socio-demographic details and practice patterns.

The significance of conducting this study lies in gaining insights into the attitudes of psychiatrists and psychiatric trainees, which serve as reflections of the prevailing characteristics and trends in psychotherapy. More importantly, it aims to cultivate cultural understanding specific to the SEA region. This knowledge holds the potential to enhance the delivery and effectiveness of psychosocial interventions, refine didactic approaches within residency training programs, and potentially influence the development of culturally adapted psychotherapy methods. Ultimately, the study endeavors to contribute towards improved mental health care practices tailored to the diverse cultural contexts within the SEA region.

Despite being a work in progress and encountering challenges in data collection, this project marks a promising beginning for advancing psychotherapy within the SEA countries.

It is an opportunity to ignite research efforts aimed at enhancing mental health care in our region. Additionally, this initiative will foster unity and strengthen the bonds among psychiatrists across SEA.

Dr. Aunjitsakul is an Assistant Professor of Psychiatry at the Department of Psychiatry, Faculty of Medicine, Prince of Songkla University, Thailand. His research focuses on psychological treatments for people with psychosis and digital mental health. He is part of the Leadership of Network of Early Career Psychiatrist Thailand (NECpT) and the Membership Committee of the Psychiatric Association of Thailand
E-mail: warut.a@psu.ac.th, awarut@medicine.psu.ac.th

The World Association for Positive and Transcultural Psychotherapy

Hamid Peseschkian
Wiesbaden, Germany



Positive Psychotherapy (PPT) is a humanistic psychodynamic method developed by Nossrat Peseschkian during the 1970s and 1980s. PPT integrates elements from various modalities of psychotherapy: a humanistic conception of human nature; a psychodynamic understanding of disorders; a systemic approach that considers family, culture, work, and environment; and a goal-oriented five-step therapy process that integrates techniques from different therapeutic methods. It is characterized by its conflict-centered and resource-oriented approach, which draws influence from transcultural observations across more than twenty diverse cultures. Positioned between manualized cognitive behavioral therapy and process-oriented analytical psychotherapy, PPT employs a semi-structured approach to diagnostics, treatment, post-therapeutic self-help, and training.

The World Association for Positive and Transcultural Psychotherapy (WAPP) is the international umbrella organization of Positive Psychotherapy, consisting of 2,100 individual members in 52 countries and 6 continents, national associations, regional and local training institutes, centers, representative offices, trainers, and supervisors. The Association's purpose and mission is to promote and improve global mental health through the worldwide promotion and application of psychotherapy, with a focus on Positive Psychotherapy. WAPP has been registered as a non-profit and non-governmental organization in Germany since

1996. Its physical headquarters are in Wiesbaden, near Frankfurt am Main, with its staff residing in three different countries. WAPP and its affiliated institutions are members of the World Federation for Psychotherapy (WFP), and the European Association for Psychotherapy (EAP).



Fig. 1. Member countries represented in WAPP

The WAPP regularly organizes national and international gatherings, such as conferences, workshops, and annual training seminars. Every three years, the WAPP holds a World Congress, with the next one planned for October 2025.

The WAPP elects its governing Executive Board every two years. The Executive Board currently consists of 7 members (five women and two men; all psychiatrists and psychologists) from Germany, Poland, Romania, Turkey, Ukraine, and the United Kingdom.

The World Association for Positive and Transcultural Psychotherapy

Hamid Peseschkian
Wiesbaden, Germany



The WAPP is also focused on the training of postgraduate professionals in psychotherapy, family therapy, psychosomatics, and counseling in more than 20 countries worldwide.

WAPP's main postgraduate training program is divided into three parts:

- Basic Consultant of Positive Psychotherapy (200 h – including theory and self-discovery).
- Candidate Certified Positive Psychotherapist (710 h – including theory, supervision, and self-discovery).
- European Certified Positive Psychotherapist (1400 h – including theory, practice under supervision, and self-discovery).

WAPP Psychotherapy education

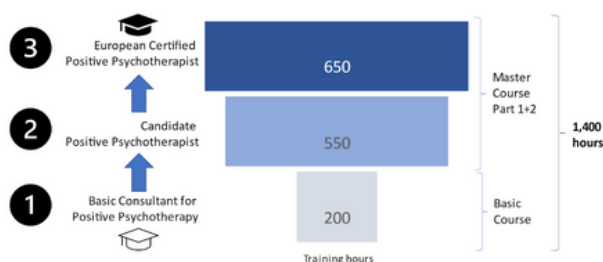


Fig. 2. Psychotherapy education/training in WAPP

The courses are split up into modules of 3 or 4 days each, spread over several months depending on the kind of course. Training in Positive and Transcultural Psychotherapy consists of three content parts: theory, self-discovery/self-experience, and supervision. Training sessions are usually in-person, but due to the pandemic and the current situation in some countries, online and hy-

brid seminars have been made available. WAPP has developed universal Training Standards for the postgraduate training courses in Positive Psychotherapy, based on the requirements of the European Certificate of Psychotherapy (ECP).

The **transcultural aspect** is the foundation of PPT and influences the work on many levels: Developing cultural competency and sensibility in the training of the next generation; engaging in projects to promote mental health; multi-center research projects on the efficacy of positive psychotherapy; publishing of a bi-annual peer-reviewed journal "The Global Psychotherapist" (JGP); on the organizational level; sharing expertise for new psychotherapy legislations in different countries. The shared objective of all institutions of Positive Psychotherapy is to promote the physical, mental, social, and spiritual health of individuals, families and groups, and the mutual understanding and tolerance between different cultures.



Fig. 3. PPT Trainings in China

The World Association for Positive and Transcultural Psychotherapy

Hamid Peseschkian
Wiesbaden, Germany



Fig. 4. PPT Trainings in Ethiopia and Georgia

In addition to developing its own members, the WAPP is actively involved in organizing various projects to influence the mental health of individuals around the world. The WAPP has been developing the mental health field in Ethiopia for many years, by organizing and sponsoring training for counselors and psychotherapists. From the very beginning of the war against Ukraine in 2022, under the patronage of WAPP, a large-scale project of mental and educational support for people who suffered from the war was organized. Involving five other worldwide organizations and about 500 professionals from different psychotherapeutic modalities, this project was able to support more than 4,000 Ukrainian refugees. The Association intends to continue its activities in Ukraine by developing a project to restore the mental health of the Ukrainian people after the end of the war. As the WAPP community expands, its influence continues to grow, making a tangible difference in the lives of people from diverse cultural backgrounds.

For all inquiries, please contact us by email at wapp@positum.org
WAPP's official website: positum.org

Dr. Peseschkian is the President of the World Association for Positive and Transcultural Psychotherapy (WAPP). He also serves as the Director of the Wiesbaden Academy of Psychotherapy, the Head of its Psychotherapy Residency Program, and the Medical Director of the Wiesbaden Psychotherapy Clinic. He is an International Distinguished Fellow of the American Psychiatric Association, and is board-certified in psychiatry, neurology, and psychotherapy. Dr. Peseschkian serves on the WFP Council.

Persons featured in these photographs gave informed consent for publication of these images.

International Congress : *Psychotherapy, Creativity, and the Arts*
Massimo Fagioli Foundation & World Federation for
Psychotherapy
Rome 2024, October 18th-19th



Daniela Polese, M.D., Ph.D.
Rome, Italy

"Creativity in the interhuman relationship requires a deeper and more total dialectic than in the man-nature relationship...It is necessary to confront... the psychic reality... Beyond conscious and logical discussion... representations of men... their dreams. To go to the affections: to clash with the more or less latent lack of affection, envy, anger."

- (M. Fagioli, Bambino Donna e Trasformazione dell'Uomo (1980), L'Asino d'Oro Edizioni, 2013).

The conference "Psychotherapy, Creativity and the Arts," is organized by the Massimo Fagioli Foundation and the World Federation for Psychotherapy. Co-sponsors include the World Psychiatric Association Psychotherapy Section and the World Association for Dynamic Psychiatry. This WFP Regional Meeting will be held in Rome, October 18 -19 2024 at Sapienza University, Palazzo Marco Polo, Aula Magna, and live streamed online. A special event will be held at the Biblioteca Angelica and additional social events have been planned.

The theme of the congress is based on issues that link psychotherapy, creativity, and the arts, as do the works of Massimo Fagioli, and Caravaggio.

Massimo Fagioli, psychiatrist, psychotherapist, philosopher, and artist, is known for the discovery of the disappearance fantasy, the Human Birth Theory, and the Collective Analysis seminars. He dedicated his life and medical practice to the research of human reality. His theory of mind is transversal and influences not only psychology and psychiatry, but also the arts, education, economy, and politics.

Worldwide Participation

Speakers from Italy and from all around the world will participate, along with local and international registrants.

Entry to the congress will be free of charge, while seats last, but reservation and pre-registration is essential. Registrants will have the opportunity to listen to experts on Human Birth Theory and scholars who will engage in a dialogue representing different psychotherapy schools of thought, addressing creativity and arts and psychotherapy as a creative process.

International Congress : *Psychotherapy, Creativity, and the Arts*
Massimo Fagioli Foundation & World Federation for
Psychotherapy
Rome 2024, October 18th-19th



Daniela Polese, M.D., Ph.D.
Rome, Italy

MFF/WFP speakers include César Alfonso, Maria Ammon, Richard Brockman, Jennifer Downey, Silvia Olarte, Daniela Polese, Joseph Silvio, Timothy Sullivan, Mirra Bank, Massimo D'Orzi, Daniela Durante, Francesca Fagioli, Marcella Fagioli, Annelore Homberg, Dilip Jeste, Alma Jimenez, Maureen Lyon, Alessaandro Mazzetta, Elena Monducci, Veronica Montanino, Etheldreda Nakimuli-Mpungu, Helene Nissen-Lie, Ana Maria Panzera, Manuela Petrucci, Norman Sartorius, Teri Silvio, Ekaterina Sukhanova, Stefania Tallini, Saman Tavakoli, and Ugo Tonietti.

Pre-registration for in-person attendance:
conferencewfp2024@fondazionemassimofagioli.it

To view the program, please visit:
<https://fondazionemassimofagioli.it/progetto/psychotherapy-creativity-and-the-arts/>

Daniela Polese, M.D., psychiatrist, individual and group psychotherapist, is a Council Member of the World Federation for Psychotherapy and a Member of the Massimo Fagioli Foundation. She works in the Unit of Child Neuropsychiatry at University Hospital Sant'Andrea, Sapienza University in Rome.



Biblioteca Angelica, Roma

An Invitation to the 51st Philippine Psychiatric Association Annual Convention and World Federation for Psychotherapy Regional Meeting in Manila, Philippines (January 2025)

Maria Fatima Martinez, MD, DSBPP
Manila, Philippines



Mabuhay!

We are thrilled to announce the upcoming 51st Philippine Psychiatric Association Annual Convention and World Federation for Psychotherapy Regional Meeting, with the theme “Advances in Evidence-Based Psychotherapies”, set to convene from January 21-24, 2025, at the prestigious EDSA Shangri-La, Ortigas Center, Mandaluyong, Metro Manila, Philippines.

This gathering aims to unite experts from various corners of the globe, to foster the exchange of knowledge, best practices, and insights in mental health treatment.

At the heart of this assembly lies the belief that collaboration across borders enhances the quality and diversity of discourse. Thus, we extend our invitation to individuals who have made and want to make remarkable contributions to the advancement of psychotherapies for individuals with mental illness.

Our roster of speakers spans continents, reflecting the global reach and currency of our field. Delving into the past, present, and future of psychotherapy, they will integrate evidence-based approaches for addressing mental health and neurological conditions across cultures.

Highlights from our scientific program in-

clude symposia, case conferences, workshops, and interactive panel discussions on psychotherapies targeting social determinants of mental health, insights into community-based group supportive psychotherapy, and interchanges on trauma, gender issues, adverse childhood experiences, neurobiological correlates of psychotherapy, and cultural adaptations in psychotherapy. Additionally, attendees can anticipate deep dives into innovative techniques such as EMDR and VR-assisted cognitive behavioral therapy; alongside explorations of the democratic therapeutic community model for outpatient settings; hypnotherapy; intensive short-term dynamic psychotherapy; and interpersonal therapy.

Finally, PPA-WFP Manila 2025 promises to enrich and unite minds and hearts from diverse backgrounds towards the advancement of our collective understanding and practice of psychotherapy. We eagerly anticipate your participation in this transformative gathering to join forces to shape the future of mental health interventions.

Dr. Martinez, a member of the Philippine Psychiatric Association, serves as a Medical Officer IV at the Bataan General Hospital and Medical Center in Balanga City, Bataan, Philippines. She is also a consultant for the Bridges of Hope and Sobriety Foundation in Bulacan and Pampanga. Dr. Martinez is presently undergoing advanced training in Lifestyle Medicine, emphasizing the profound impact of balanced nutrition and physical activity on mental well-being.

INVITATION

The Philippine Psychiatric Association
In collaboration with
The World Federation for Psychotherapy
presents



51st PPA Annual Convention and WFP Regional Meeting BIOPSYCHOSOCIAL ADVANCES IN EVIDENCE-BASED THERAPIES IN PSYCHIATRY

January 21-24, 2025
EDSA Shangrila Manila, Philippines

WFP Plenary Speakers

Psychotherapy: Past, Present, and Future: Cesar A. Alfonso (USA)

Positive Psychotherapies to Address Social Determinants of Mental Health: Dilip V. Jeste (USA)

Rethinking Psychotherapy: Alma L. Jimenez (Philippines)

Evidence-Based Psychotherapies for PTSD: Differences, Commonalities, and Future Directions: Ulrich Schnyder (Switzerland)

Group Supportive Psychotherapy: Ethel Nakimuli-Mpungu (Uganda)

Transgender Care in Developing Nations: Gerhard P. Grobler (South Africa)

The Evolution and Future of Evidence-Based Therapies: Timothy B. Sullivan (USA)

**Early Registration: USD 450
Regular Fee: USD 550**

For more information, please contact ppa-wfp@philippinepsychiatricassociation.org
or visit <https://philippinepsychiatricassociation.org/ppa-wfp-annual-convention-2025/>

INVITATION

51st PPA Annual Convention and WFP Regional Meeting : BIOPSYCHOSOCIAL ADVANCES IN EVIDENCE-BASED THERAPIES IN PSYCHIATRY

PPA Plenary Topics:

Drug Development in Psychiatry:
Application of Psychopharmacologic Principles
Culture Specific Perspective of
Dementia Care in the Philippines
Treatment Resistant Mood Disorders:
Diagnosis, Genetics, and Therapeutics
Evidence-based Use of Neuromodulation
Novel Chemical Treatments

Early Registration: USD 450
Regular Fee: USD 550

January 21-24, 2025

EDSA Shangrila Manila, Philippines



For more information, please contact ppa-wfp@philippinepsychiatricassociation.org
or visit <https://philippinepsychiatricassociation.org/ppa-wfp-annual-convention-2025/>

INVITATION

CGH PSYCHODYNAMICS CONFERENCE 2024

Welcoming all psychiatrists, psychologists, medical social workers, and clinicians with an interests in mental health and psychotherapy

Join us to explore psychodynamics in everyday clinical practice and understand how dynamically informed interventions can improve patient care and enhance the professional satisfaction and wellness of clinicians.



Featuring keynote speaker

Cesar Alfonso

President of the World Federation for Psychotherapy; Clinical Professor of Psychiatry, Columbia University;
Editor, *Psychodynamic Psychiatry*

Date: 25 – 26 July 2024

Time: 9am – 5.30pm

Venue: Changi General Hospital Auditorium

Fees: \$200 (Early bird)
\$240 (Standard)

*Fees exclude 9% GST



or scan to register

Submit your registration: <https://for.sg/wo93pj>

Confirmation of registration is based on submission of a completed registration form and fee payment on a first-come-first-serve basis.

Refund is eligible only on compassionate grounds.



Changi
General Hospital
SingHealth



Endorsed by:

WORLD
PSYCHIATRIC
ASSOCIATION

INVITATION

CGH PSYCHODYNAMICS CONFERENCE 2024

About the Conference

Psychodynamics are relevant in everyday aspects of clinical care. Clinicians and patients bring their life experiences, thoughts, motivations, and feelings into the treatment relationship. These unconscious mental processes impact on how clinicians and patients interact and behave, and in turn, affect treatment outcomes.

This conference will bring together an international and interprofessional group of clinicians working across diverse settings such as the community and social service sector, primary care to tertiary care settings to network and exchange knowledge and ideas on how psychodynamics improve patient care and clinician wellness.

Through a series of lectures, symposia and interactive workshops, participants will appreciate how dynamic principles and psychodynamically informed interventions can improve quality of care, treatment adherence and patient outcomes, as well as enhance professional satisfaction and reduce burnout.

Conference Learning objectives:

- 1) To attain knowledge of psychodynamic principles and the ability to apply this knowledge in day-to-day clinical encounters.
- 2) To increase the awareness of how dynamic factors affect clinicians' experience of patients, colleagues, and thereby treatment processes and outcomes.
- 3) To enhance the ability of clinicians to integrate dynamic principles, psychopharmacology, and psychotherapy in clinical practice.

For any enquiries: please email psych_med_sec@cgh.com.sg



Changi
General Hospital
SingHealth



INVITATION

CGH PSYCHODYNAMICS CONFERENCE 2024

3 Workshops

**Workshop spots are limited and assigned on a first-come-first-served basis, register early to avoid disappointment*

Balint Group

Balint Groups are reflective forums where healthcare professionals convene regularly to discuss cases involving patients with whom they share therapeutic relationships, in order to improve their understanding of the dynamics of these interactions. This workshop will feature an introductory session, live demonstrations of Balint Groups in action, and analysis and discussions of video vignettes. Participants will have the opportunity to gain insight into the process and its benefits.

Family Dynamics and Psychodynamics – Exploring the Interface

The primary focus of Individual Psychodynamic Psychotherapy is the intrapsychic dynamics of the individual psyche. However, these forces are not only shaped and maintained by dynamics in the family, but they also significantly impact the interpersonal processes in the system. As such, psychodynamics and family dynamics are inevitably intertwined. In this workshop, a panel of psychodynamic and family therapists will share their experience in working at the interface of intrapsychic and family dynamics. This will be followed by a case discussion which will provide a platform to apply their insights to clinical material.

Exploring Psychodynamics in Everyday Practice with Psychodrama

In this workshop, participants will be introduced to the use of all Therapeutic Spiral Model – Trauma Survivor Internal Roles Atom Assessment Map (TSM-TSIRA) safety structures. They will also re-enact a psychodrama between professionals with clients and people behind all. Participants will learn how to manage therapeutic ruptures, deepen their understanding of transferences, and utilize containment strategies and neurobiological 'slips' to foster personal and professional growth while facilitating internal and group congruity.



Changi
General Hospital
SingHealth



CONGRESS CALENDAR



2024

Psychodynamic Psychotherapy Regional Workshop: Psychodynamics in Everyday Clinical Encounters

25 & 26 July 2024

Changi General Hospital, Singapore
joan_shim@cgh.com.sg

WFP Regional Meeting: Psychotherapy, Creativity and the Arts

18-19 October 2024

Rome, Italy
conferencewfp2024@fondazionemassimo.fagioli.it

World Psychiatric Association - 24th World Congress of Psychiatry: New Horizons for Good Mental Health for All

14-17 November 2024

Mexico City, Mexico
<https://wcp-congress.com/>

2025

WFP Regional Meeting: Advances in the Evidence-Based Psychotherapies

January 2025

Manila, Philippines
<https://philippinepsychiatricassociation.org>

2025

WFP Regional Meeting: Psychotherapy Summit

July 2025, precise date TBD

San Juan, Puerto Rico
Co-sponsored with the Sociedad Puertorriqueña de Psiquiatría.s

8th World Congress on Positive and Transcultural Psychotherapy

October 2025

China
<https://www.positum.org/world-congress>

2026

24th World Congress of Psychotherapy: Psychotherapy and Human Rights: Caring for Vulnerable Populations, Humanitarian Relief Workers, and Health Care Professionals

June 2026

New York, New York
<https://wfpsychotherapy.org>

For inclusion in the Congress Calendar of future issues of the WFP Newsletter, please send your congress announcements to
amljimenez@yahoo.com / cesaralfonso@mac.com

OFFICIAL JOURNAL



Psychiatry and
Psychology



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CiteScore: 17.0



Acceptance rate 10%



Time to first decision
7 days



MEDLINE



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RESEARCH

Psychotherapy and Psychosomatics



Editors-in-Chief
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Jenny Guidi (Bologna)

A unique journal with a top SCI ranking

Published since 1953, *Psychotherapy and Psychosomatics* has progressively increased its reputation for independence, originality, and methodological rigor. It has anticipated and developed new lines of research concerned with psychosomatic medicine, psychotherapy research, and psychopharmacology. Ranking among the world's most cited journals in the field now, *Psychotherapy and Psychosomatics* provides a unique forum for current and controversial issues and innovations in assessment and treatment. As the official journal of the International College of Psychosomatic Medicine and the International Federation for Psychotherapy, it is the home of cutting-edge thinking at the interface between medical and behavioral sciences, addressed to both practicing clinicians and researchers.

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