

World Federation for Psychotherapy

24th World Congress of Psychotherapy

4-6 June 2026

United Nations Headquarters and City University of New York Graduate Center

Welcoming Remarks



César A. Alfonso, M.D.

The World Federation for Psychotherapy invites you to the 24th World Congress of Psychotherapy, to be held in New York City, United States of America on 4-6 June 2026. The theme of this congress is *Psychotherapy, Mental Health and Human Rights: Caring for Vulnerable Populations, Humanitarian Relief Workers, and Healthcare Professionals*. We are honored to be cosponsoring this congress with the Critical Incident Stress Management Section of the United Nations Department of Safety and Security, the City University of New York Graduate Center, and the Association of Women Psychiatrists. The congress' educational activities will take place in two venues over three days, at the United Nations Headquarters and at the City University of New York Graduate Center, both conveniently located in Midtown Manhattan.

This congress invites participation from international delegates from WFP member societies and clinicians, trainees, students and academics from all mental health disciplines. We seek to provide a forum for the collegial exchange of diverse ideas and theoretical constructs to advance the practice of psychotherapy treatments. This conference will include Plenary Sessions, Symposia, Panel Discussions, Interactive Workshops, and Review Courses. In addition, there will be two Poster Session tracks, clinical and research, to give opportunities to trainees, researchers, and clinicians from all over the world to present their work in a collegial setting. Submissions will cover a wide range of 55 topics related to the overall congress theme.

Special sessions will address relevant topics such as caring for refugees, displaced persons and asylum seekers, caring for survivors of natural disasters, human rights, women's rights, children's rights, caring for healthcare professionals, prevention of burnout and moral injury, caring for survivors of torture and terrorism, social psychiatry, public health, and caring for marginalized and vulnerable populations.

The World Federation for Psychotherapy (<https://wfpsychotherapy.org>) is an organization of national, regional, and international psychotherapy societies. It aims to facilitate and promote communication among the various schools, professional groups and cultures within psychotherapy by organizing international congresses and regional conferences on psychotherapy. Additionally, the Federation promotes the development of psychotherapy in practice, teaching and research and encourages and supports appropriate standards in the practice of psychotherapy.

The World Federation for Psychotherapy, like other mental health organizations, has transformed over time to reflect the cultural and paradigm shifts in the field. It was first incorporated ninety years ago in 1934 as the *International General Medical Society for Psychotherapy*, with Carl G. Jung as its first President from 1934-1940 and delegates from Denmark, Germany, The Netherlands, Sweden and Switzerland. In 1954, with Medard Boss as President, it was re-established as the *International Federation for Medical Psychotherapy*, with delegates from 13 nations. In 1991 it became the *International Federation for Psychotherapy* and in 2023 the *World Federation for Psychotherapy*. The Federation lost its exclusive medical identity in 1991 and became multidisciplinary, welcoming all psychotherapists in the mental health professions. Presiding over the Federation after Carl G. Jung were Medard Boss (Switzerland; 1948-1967), Pierre Bernard Schneider (Switzerland; 1957-1969), Finn Magnussen (Norway; 1979-1988), Edgar Heim (Switzerland; 1988-1998); Wolfgang Senf (Germany; 1998-2002), Ulrich Schnyder (Switzerland; 2002-2010), Franz Caspar (Switzerland; 2010-2014); Paul Emmelkamp (The Netherlands; 2014-2018), Driss Moussaoui (Morocco; 2018-2023), and César Alfonso (USA; 2023-2026), with Dilip Jeste (USA) as its President-Elect from 2026-2029.

At present, the Federation includes 20 member societies from all continents representing over 30,000 constituents worldwide. New societies from Nigeria, the Kingdom of Saudi Arabia, Armenia, and Malaysia are currently seeking membership status. The Federation includes member societies from Morocco, South Africa, Philippines, Indonesia, Iran, Korea, Austria, Czech Republic, Germany, The Netherlands, Spain, and Switzerland, plus two large international societies-the Society for the Exploration of Psychotherapy Integration, with 20 Regional Networks, and the World Association for Positive and Transcultural Psychotherapy, representing constituents from 60 countries. The World Federation for Psychotherapy also includes individual members in countries where member societies are not available.

WFP is inclusive and all treatment modalities will be featured at the 24th World Congress of Psychotherapy, including cognitive behavioral and third wave therapies, motivational interviewing, supportive psychotherapy, psychoanalytic/psychodynamic

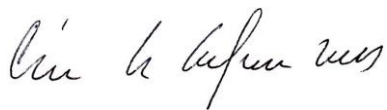
psychotherapies, humanistic therapies, interpersonal therapy, meaning-centered psychotherapy, trauma-focused psychotherapies, and positive psychotherapy, provided in individual, group, outpatient and structured settings. Conference participants will be able to compare theoretical approaches and learn to integrate modalities to better tailor treatments. Common factors psychotherapies will be discussed, and cultural adaptations will be highlighted.

We would like to thank the Critical Incident Stress Management Section of the United Nations Department of Safety and Security and the City University of New York Graduate Center, for so graciously hosting the WFP World Congress of Psychiatry, and express gratitude to all the member societies and affiliate organizations such as the World Psychiatric Association, the American Psychiatric Association, the World Association of Social Psychiatry and the World Federation for Mental Health for their dedication and cooperation to ensure success and academic rigor of the congress.

Lastly, we are grateful to the Ellen Violet and Mary Thomas Foundation and the Association of Women Psychiatrists for a grant received to support our program.

It is with enthusiasm that we invite you to join us in New York City for this historic conference.

Sincerely,



César A. Alfonso, M.D
Chairperson, Scientific Committee, 24th World Congress of Psychotherapy
President, World Federation for Psychotherapy (2023-2026)

For additional information about the congress, please contact:

E-mail: cesaralfonso@mac.com

World Federation for Psychotherapy

www.wfpsychotherapy.org

E-Mail: info@wfpsychotherapy.org