



EAP NEWSLETTER

AN OCCASIONAL COMMUNICATION FROM THE
EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY

May 2012

Dear EAP Psychotherapist,

Sometimes, as you will know from your own practice, the most obvious things can be staring you right in the face, without being seen.

This is even more true of organisations and institutions than it is of individuals.
In this case, it is the EAP itself, which has had a blind spot!

As you know, the EAP represents 128 organisations ([28 national umbrella associations](#), [17 European-wide associations for psychotherapy](#)) from [41 European countries](#) and by that more than 120.000 psychotherapists. And there are over **7000** individual ECP holders, as well as almost 200 psychotherapists who have chosen to become individual members of the EAP.

And yet, with all that talent behind us, all that body of experience - we have been slow to communicate with our ECP holders and Individual Members, about what the EAP is doing, about important developments in the profession, and about the variety of knowledge and approach, which the EAP represents.

We now intend to rectify that, in a small way, by communicating with you three times a year, in the form of a brief newsletter. [We have decided on three times a year, as this links in with EAP meetings in February, July and October.]

We hope that our next Newsletter will have a more professional look to it - and we are preparing material on, for example, the status of various national laws relating to psychotherapy, around Europe.

But for now, we offer information about:
the XVIII European Congress, in association with FEAP in Valencia in July;
the Journal of the EAP - the “International Journal of Psychotherapy” ;
and a major piece of work being undertaken by the EAP the “Project To Establish the Professional Competencies of a European Psychotherapist” with which we would like your help.

And one other thing:

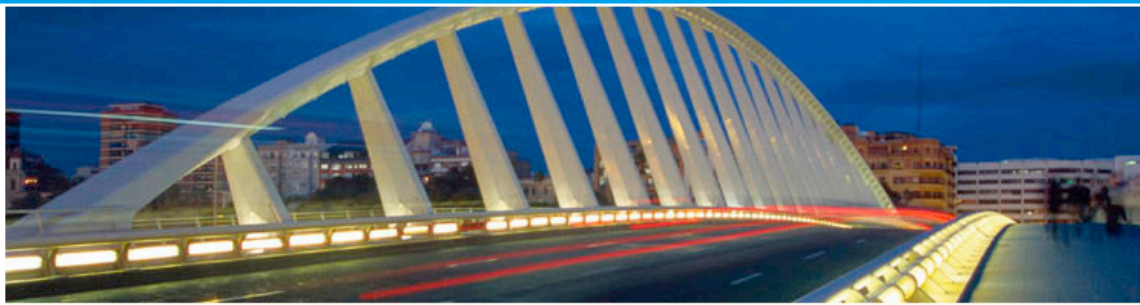
Preliminary Announcement of a **major Congress for ECP Holders & EAP Individual Members**, to be held in autumn 2014 - probably in Vienna. This will be an opportunity for the EAP family to celebrate its history, its variety and its depth of wisdom and experience. Watch this space for further information.

In the meantime, do enjoy this initial newsletter - and please feel free to contact us about issues in psychotherapy within Europe, which excite you, give you cause for concern - or about which you just wish to know more.

Adrian M. Rhodes,
EAP President.

European Association for Psychotherapy

Schnirchgasse 9a/4th floor/410, A-1030 Vienna, Austria - www.eurapsyche.org



Psychotherapy: "Improving Mental Health and Emotional Wellbeing in Europe"

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**WE KEEP THE 2nd
REGISTRATION FEE:**

(until 31st of May)

Pre-Conference Matinée:
Valencian Psychotherapy
in Europe

Wednesday 4th of July

We would like to see you all in Valencia.

The European Congress, at this moment, offers additionally, a pre-conference matinée (in Spanish) in the Faculty of Psychology, University of Valencia, free for conference participants, as we had lots of abstracts for workshops and symposiums. It has 38 Oral communications, 24 workshops, and 20 Round table discussions, of different length, besides around 40 Posters. Valencia is a fabulous place to visit.

Please have a look at the conference web-site, and the Facebook site of the Conference for more informal information.

<http://www.congresouropeopsicoterapia2012.eu/eng/>

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The EAP Project:

To Establish the Professional Competencies of a European Psychotherapist

Hopefully, most of you will have been informed about the existence of this exciting and extremely significant Project for the future of psychotherapy in Europe. There have been several bits of information and Bulletins circulated at various intervals over the last 2-3 years. There is also a very comprehensive website:

www.psychotherapy-competency.eu.

We suggest that you visit it, if you want more information.

Where we are at now, in this Project, at this moment (Spring 2012), is that, over the last year, we have put together a fairly comprehensive set of 'draft' **Core Competencies**.

These are professional competencies that we think that you – or any other European psychotherapist – should be able to perform. These are skills that we think that *every* European psychotherapist should have, or should be able to do.

However – at present – these Core Competencies are only in draft form. So, we obviously need a lot of feedback as to how realistic, and important, and often these are performed, and this is where and why we really need your particular involvement. You are actually the experts, working out there, in many different countries, and in many different disciplines. You have all been trained up to ECP standard, but at different times, in different countries, and in different disciplines. So we are looking for some consensus here. Only **you** can tell us whether you feel that we have got this draft set of 'core' skills or competencies correct.

We are actually sure that we haven't got these completely correct; but we need you to tell us whether this competency, or that skill, is not common to **all** psychotherapists in **all** European countries. To paraphrase, **some** of the competencies are certainly correct for **all** disciplines and countries; **all** the competencies are certainly correct for **some** disciplines and some countries; but what we are sure of is that – **all** competencies are not correct for **all** disciplines and all countries. So, we have a fairly massive 'sorting out' process to perform.

And this is where we need **your** input. You can either 'participate' as an individual, or as a representative of an organisation: European Wide Organisation (EWO) for a modality, or National Umbrella Organisation (NUO) for a country; or an institute, like a European Accredited Psychotherapy Training Institute (EAPTI). Please sign up as a Participant of this project. And then fill in the Practice Analysis Survey (PAS) forms. These are how and where you can feedback directly to us. And we really need lots of these forms to be filled in so as to get a very wide spread of opinion.

We are trying to get all the NUOs and the EWOs – as well as EAPTIs – to fill in these forms as well. As most of you are all members of at least one of these organisations, maybe you can actually do the necessary work for them. So, please sign up and fill in these forms. This will help us complete Phase 1 of the Project: to get a realistic set of Core Competencies for a European Psychotherapist.

The next phase, Phase 2, is to establish the **Specific Competencies** for your particular modality, or discipline, or for your country. And we also need your expertise here as well. Only **you** can really determine what the **Specific Competencies** for your particular modality actually are; or what the required competencies for your country are. So, we ask you to get together in small groups, with other people in the same modality, or in the same country, and help us to write these **Specific Competencies**. This is the start of Phase 2, and this is where we are at, at this present moment.

However, we have one main condition: at least one person in this group must have already taken part, as a Participant, and have filled in the PAS forms. A second condition is that these groups are in contact with, or represent the relevant EWO or NUO, or at least represent at least two EAPTIs.

We hope for your involvement.

Working Group:

Traudl Szvskowitz. Renée Oudiik. Courtenav

European Association for Psychotherapy

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International Journal of PSYCHOTHERAPY

IJP Breaking News

The **International Journal of Psychotherapy** is producing another "Special Issue" this summer, following the great success of last year's Special Issue (2010, Vol. 15, No. 2) on "**R.D. Laing, '40 Years after 'The Divided Self'**". This time the Special Issue will be on "**Roberto Assagioli and Psychosynthesis**".

We have a very interesting collection of articles, especially written for this issue, by Tan Nyugen, Massimo Rosselli, Chris Robertson, Bonney & Richard Schaub, Dorothy Firman, Alberto Alberti, Joanne Graham-Wilson and Kristina Brode-Thies, on themes like "Roberto Assagioli, A Bright Star", "Psychosynthesis: A way of openness"; "The Numinous Psyche: A spiritual tension between Jung & Assagioli"; "Psychosynthesis and Recovery from Addictions"; "The Call of Self in Chronic Illness"; "Psychosynthesis and Psychotic Suffering"; "From Corporate Stress to Inner Balance"; and "Psychosynthesis in Coping with Cancer & Dying".

The **International Journal of Psychotherapy** is the EAP's professional journal: it is peer-reviewed and is produced 3 times per annum.

It is a leading professional and academic publication, which aims to inform, to stimulate debate, and to assist the independent profession of psychotherapy to develop throughout Europe, and internationally. The Journal often raises important issues in the field of European and international psychotherapy practice, professional development, theory and research for psychotherapy practitioners, related professionals, academics & students. The Journal is also working to becoming listed in the Thomson Reuters Social Science Citation Index and the Journal Citation Reports.

This journal is therefore essential reading for informed psychological and psychotherapeutic academics, trainers, students and practitioners across these disciplines and geographic boundaries, who wish to develop a greater understanding of developments in psychotherapy, particularly in Europe, but also internationally.

The **ethos** of the Journal is that we publish submissions from anyone involved in the field of psychotherapy, as long as the submission is well-written, in clear English (or in its language of origin), is well researched, respectful and unbiased and has been submitted in accordance with the guidelines given in the 'Information for Authors'.

We publish all articles in English, as well as some articles in their 'mother-tongue' language. We are always interested in new theoretical and professional articles; clinical practice articles; case histories; research articles; as well as short political descriptions or personal points of view; book reviews; etc.

The annual subscription, for people with the ECP and on the EAP Register, is €30 (East) or €45 (West): for other non-EAP individuals, it is €45 (East) or €60 (West); for EAP Organisations, it is €90 (East, or less than 250 members) or €135 (West, or more than 250 members) and you get 3 copies of each issue; a non-EAP Institutional Subscription is €100 (East) or €150 (West).

We also offer individuals an Introductory Subscription (for 1st 2-years only), if on the ECP/EAP Register, €45 (East) or €60 (West) [for 6 issues]; if non-EAP, €60 (East) or €80 (West). You can pay on the website by PayPal, or there are downloadable Subscription forms.

Back copies of the Journal are also available; some back copy single articles are downloadable as a PDF file for €3 each; or the whole issue is downloadable for €15.

Printed back copies for the last 6-7 years are also available for - usually - €15 (East) or €20 (West) [postage included].

Full details are on the **IJP**

website: www.ijp.org.uk

This is 'your' professional Journal – please involve yourself

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