

# 01.18



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## EDITORIAL

Dear colleagues,

The IFP board is glad to send you this latest Newsletter.

IFP President Paul Emmelkamp concluded his period of Presidency during the 2018 IFP congress which was held in Amsterdam, The Netherlands, in the fabulous venue of Beurs van Berlage. We warmly thank Paul Emmelkamp for his fruitful effort in working for the IFP and keeping it at high levels of quality. Unfortunately, Paul Emmelkamp will not be able to go on serving the IFP being too busy with other working assignments and responsibility.

During the IFP 2018 congress, Stephan Ziipfel resigned from the position of General Secretary due to his deep involvement in the direction of the Department of Psychosomatic Medicine and Psychotherapy, University Medical Hospital Tuebingen, of the direction of the Excellence for Eating Disorders, University Tuebingen, of the position of Vice Dean of Academic Affairs, Medical Faculty Tuebingen and of the presidency of the German College of Psychosomatic Medicine (DKPM). We warmly thank him for the relevant work and contributions he devoted to the IFP.

During the IFP 2018 congress, Michael Rufer resigned from his position of Treasurer due to the new position as Head of the Psychiatry and Psychotherapy Department, Zurich University. We thank him for his continuous and tireless work in favor of the IFP.

In Amsterdam, a new President was elected who will serve for the next 4 years. The Board Members are pleased and honored to welcome Prof. Driss Moussaoui, Head of the Department of Psychiatry, University of Casablanca, Morocco who has accepted the challenging task of being the new President of the IFP. We offer him our best wishes for success in this work and we hope he will help the IFP to maintain its high level of activities. We also welcome Francois Ferrero, University of Geneva.

The present issue first presents a letter from President Driss Moussaoui. After this, you will find a brief report of seven Society members of the IFP. We are pleased to have more details and information on their activities and structure and we hope this overview can offer the reader

comprehensive information on the IFP and its members and can facilitate the contacts among IFP members.

We are pleased to announce that the 2018 IFP WORLD CONGRESS on "PSYCHOTHERAPY, STRONGER THROUGH DIVERSITY" was held from the 7th of June to the 9th of June in Amsterdam, The Netherlands. It offered key-note presentations, plenary lectures, special forums, symposia, workshops, and was successful. More details on the 2018 IFP congress will be given in the next newsletter. We thank the Nederlandse Vereniging voor Psychotherapie for the organization of the congress and the IFP congress participants for their attendance.

The IFP Board wishes all of you a pleasant reading,

Fiammetta Cosci, MD, MSc, PhD  
IFP Newsletter Editor  
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## LETTER FROM THE PRESIDENT

It is a true honor for me to have been elected as president of the International Federation for Psychotherapy (IFP) in Amsterdam last month for the four coming years during the IFP World Congress. IFP deserves the full support of all mental health workers who, one way or another, use this powerful tool in serving the mentally ill: Psychotherapy.

The IFP Board intends to involve as much as possible member societies in IFP activities for the promotion of the field of Psychotherapy, both nationally and internationally. The first meeting of the Board took place in Amsterdam on the 9<sup>th</sup> of June 2018, the day after the IFP General assembly, and the next Board meeting was held in Geneva, Switzerland on the 6<sup>th</sup> of July 2018, in parallel with the First European Congress of Social Psychiatry. Apart from the Board members (Franz Caspar, Fiammetta Cosci, François Ferrero and Driss Moussaoui), the last meeting was attended by the two designated advisors (Ulrich Schnyder and Norman Sartorius), as well as by the past IFP secretary (Madeleine Haengli) and the new one (Carolina Alvarez). During this Board meeting, the IFP plan of work 2018-2022 was presented by me and thoroughly discussed. I will come back to it in more details in the next IFP Newsletter. In the future, Board meetings will take place at least every 2 months, most of them through Skype teleconferences, with one face-to-face Board meeting every year.

A number of projects will be launched, and a number of partnerships will be initiated in the coming months.

Despite the fact that it will be in 4 years from now, it would be useful to receive already candidacies for the site of the 2022 IFP World Congress. It would be also important to receive candidacies for the IFP Research Prize. Details can be found in the IFP website.

The institutional life of IFP would be meaningless without the involvement of Member Societies. This is why, each member of the Board will be carefully listening to your ideas and suggestions and reporting to the rest of the Board. I will be personally permanently available to any communication you might feel necessary. We do have the will to make of our federation a strong tool for the promotion of Psychotherapy in its huge diversity, not only in developed countries, but also in low and middle income regions.

With best regards and wishes,

Driss Moussaoui, M.D.

President, International Federation for Psychotherapy



*Driss Moussaoui, MD, was the founder and chairman of the Ibn Rushd University Psychiatric Centre in Casablanca from 1979 to 2013. He was also director of the Casablanca WHO Collaborating Centre in Mental Health from 1992 to 2013. He is a founding member and past president of the Moroccan Society of Psychiatry, as well as past president of the Arab Federation of Psychiatrists. He edited or co-edited 11 books and more than 150 papers in international journals. He founded with the WPA Executive Committee the Jean Delay Prize (1999) and is the scientific director of the series "International Anthologies of Classic Psychiatric Texts" (World Psychiatric Association). He is past-president of the World Association of Social Psychiatry (WASP, 2010-2013) and is currently President of the International Federation for Psychotherapy and Member of the French Academy of Medicine; World Psychiatric Association and World Association of Social Psychiatry Honorary Fellow*

## EXISTENTIAL ANALYSIS AND LOGOTHERAPY

Alfried Längle, Vienna

This approach to psychotherapy was founded by Viktor Frankl in the 20s of the last century in Vienna. Frankl's intent was originally to enlarge Alfred Adlers Individual Psychology. He was at that time a member of this society and planned – under the influence of Max Scheler's philosophical anthropology – to bring in the concept of meaning and human spirituality.

Adler refused this attempt and expelled Frankl from his society. From then on, Frankl began to speak about Logotherapy as “a supplement to depth psychology” (Frankl, 2004), as he conceived his contribution to psychotherapy at that time. Logos stands in philosophy for meaning – Logotherapy therefore was thought to be “therapy through meaning” (see also Frankl, 1959).

Existential Analysis for Frankl was just a theoretical background to the practice of Logotherapy.

### Actual Existential Analysis

Since the 1980s, a group of logotherapists in Vienna started to develop further some principles of Existential Analysis. Apart from the development of several methods to make Logotherapy better applicable, they brought in a fundamental change, the so called “turn to emotionality” (Längle, 2012). This was the foundation of Existential Analysis as an own psychotherapy. Frankl applied Logotherapy just in a cognitive way – the modern Existential Analysis focussed on the subjective experience, mobilising emotions in the clients and patients, working on them, including biographical work (what Frankl rejected). As a consequence, this group started a new approach as a phenomenological psychotherapy in both theory and practice. Phenomenology indeed forms the basis of Existential Analysis (EA) nowadays (Längle, 2016). Instead of interpreting the patient's symptoms and narratives, EA therapists try to let act the saying upon on themselves to receive a subjective and felt impression. This impression, “cleaned” as best as possible from projections and own themes, contains what is essential for the client's problem.

Phenomenology is a method or attitude to detect the essential in the client's report. The means with which it is working is one's own essence, the therapist's personal

intuition. It refrains from “interpreting” the sayings with experience, knowledge, theory, associations etc. The focus is on trying to understand the content, but only out of what the client says, combining it with all information like gesture, tone of voice, moment of saying. This holistic view leads to a holistic understanding in the observer who never pretends “to know” but just to trying to understand better (Längle, in press).

Based on this procedure, the EA structural model and the EA processual model were developed. The first one leads to an access to a personally lead existence (or “life”). It is the inner dealing with one's freedom expressed by referring to one's inner, personal consent to what one does. Thus, we can describe EA briefly and practically as a psychotherapeutic approach which helps people to live with inner consent to what they do or don't do. This existential top-activity is based on a 4-fold yes to the structures of existence, which have also been found phenomenologically. The existential structures are inescapable basic facts with which every human being has to deal constantly during the whole life. They therefore form the four fundamental existential motivations (Längle, 2016) which lay ground for any kind of motivation: the motivation to be in the world, to live one's life, to be authentically oneself and to place oneself into a greater context of values (meaning).

On the other hand, the processual model is designed to work through difficulties, problems, conflicts or trauma that occupy a person (Längle, 2003; Kwee & Längle, 2013). The work is mainly phenomenological and divided into three main steps which are apt to mobilize the personal power for overcoming the blockage and functioning again as free persons. In the first step, the work is focussing on freeing the emotionality; then a personal, authentic positioning with a felt will is elaborated. Eventually a strategy to act and realizing the personal content concludes the process.

Whereas Logotherapy is mainly indicated for meaning related problems, both in its prevention as well as in its treatment, Existential Analysis is indicated in the full range of psychotherapeutic diagnosis (Längle, in press). There are a few empirical investigations which show the efficacy of Logotherapy and Existential Analysis, but as it is often the case in phenomenological methods further systematic investigation are still needed.

Both methods are stately recognized in Austria, Czech Republic, Switzerland (in proof now for the new law).

Logotherapy has about 50 institutes around the world, Existential Analysis about a dozen societies (in Europe, North- and South-America) where it is taught. The International Society for Logotherapy and Existential Analysis (GLE-I) is the biggest society in the world for existential psychotherapy with about 2,000 members. A journal is edited twice a year, and an international conference is held every year with about 800 participants in a German speaking country.

Webpage: [www.existenzanalyse.org](http://www.existenzanalyse.org)



Alfried Längle, Vienna

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## THE ACTIVITIES OF THE INDONESIAN PSYCHIATRIC ASSOCIATION - SECTION ON PSYCHOTHERAPY

Sylvia D. Elvira and Petrin Redayani Lukman, Indonesia

Indonesian Psychiatric Association section on Psychotherapy as one of the other sections of the umbrella – Indonesian Psychiatric Association – was born in 2003, and established as a section in 2005 in the National Conference of Indonesian Psychiatric Association. The goals of this organization are to increase the value and role of psychotherapy in psychiatric practice, to improve the competency of psychiatrists from all over of Indonesia in doing psychotherapy for the sake of patient's health and wellbeing. Moreover, a goal is to produce Indonesian psychotherapy books, guidelines, develop psychotherapy researches, etc. The members of this organization are Indonesian psychiatrists who are interested in and would like to study more in depth about psychotherapy.

The national conferences had been conducted every two years. The first national conference was in 2004 in Bali, 2006 in Batam, 2010, 2012, and 2014 in Jakarta, and the last conference was in 2017 at Malang, East Java. Franz Caspar, as IFP President, opened the national congress in Jakarta and held workshops. In every conference, we invite keynote speakers from abroad. In 2010, we invited former Prof. Aaren Veninga, in 2014 we invited Prof Cesar Alfonso from USA, and in 2017 we invited Prof. Frank Summer and Prof. Cesar Alfonso.

In 2008, we had an opportunity to held the fifth conference of Asia Pacific Association for Psychotherapists (APAP) in Jakarta; it was chaired by Prof. Ulrich Schnyder – in those days President of the IFP - and attended by participants from many Asia Pacific countries, some European and USA.

In Indonesia, we have 9 Universities that conduct the education for psychiatrists, which lie in 9 different cities and islands. To improve the competency of psychiatric teachers from these Psychiatric Schools, the Section supervised the teaching of psychotherapy. The activities conducted are workshops, regular meeting to discuss many topics regarding teaching and learning psychotherapy. These activities started in 2016 and continued in 2017 – during the National Conference on Psychotherapy and in the national Conference on Schizophrenia. These activities will be held regularly twice a year.

Psychotherapy section has also run several workshops on Psychodynamic Psychotherapy and Cognitive Behavioral Therapy for Psychiatrist and Residents during the National Conference on Psychotherapy or by collaborating with the Psychiatric Schools.

For research, we just started a few years ago. We started validating instruments (Operational Psychodynamic Diagnostic by Prof. Gerhard Schubler from Switzerland, Working Alliance Inventory Instruments, Relational Questionnaire, etc.). We also supervised residents who conducted Consultation Liaison Psychiatry researches, such as Supportive Psychotherapy for Cervical Cancer Patient who had Depression Symptoms at Cipto Mangunkusumo Hospital, The Effect of Supportive Psychotherapy on Depression Score of Terminal Stage Chronic Renal Failure Patients Undergoing Routine Hemodialysis at Hasan Sadikin Hospital Bandung, Supportive Psychotherapy for Patients with breast Cancer who had been receiving chemotherapy in Hasan Sadikin Hospital, Bandung. In psychotherapy research, we still need to improve the design as well as the methods and want to have collaborations with psychotherapy organizations (such as IFP, WADP, PIP of WPA) and with other countries which have already advanced in psychotherapy research.

To improve the competence and to give an infinite experience of our young members, we conducted a distance learning on Advanced Training on Psychodynamic Psychotherapy in collaboration with Prof. Cesar Alfonso (from Columbia University – he is the Coordinator of The Psychoanalysis in Psychiatry Section, World Psychiatric Association as well as the Secretary of the World Association on Dynamic Psychotherapy) as the trainer, and Sylvia D. Elvira and Petrin R. Lukman as co-trainers. The training consisted of ten sessions, each session last 90 minutes, and is run every other week via skype. In the last session, Prof Alfonso came to our country to examine and meet the students personally. This training was held during September 2016 until March 2017.

Continuing the Advanced training on Psychodynamic Psychotherapy above, we also created international collaborations with Psychoanalysis in Psychiatry Section, World Psychiatric Association. We have published our works in British Journal of Psychiatry International, with the title: Psychodynamic Psychotherapy Training in Southeast

Asia - A Distance Learning Pilot Program. With Co-authors: César A. Alfonso (New York), Limas Sutanto (Indonesia), Hazli Zakaria (Malaysia), Rasmon Kalayasiri (Thailand), Petrin Redayani Lukman (Indonesia), Sylvia Detri Elvira (Indonesia), Aida Adlan (Malaysia). We also have other publication in the same journal: Innovative Educational Initiatives to Train Psychodynamic Psychiatrists in Underserved Areas of the World, (Alfonso CA, Michael MC, Elvira SD, Lukman PR, et al) – that published in this early 2018.



Sylvia D. Elvira and Petrin Redayani Lukman  
 Adviser and Chairperson, Indonesian Psychiatric Association – Section on Psychotherapy

## **INTRODUCTION TO PROFESSOR RHEE'S TAOPSY- CHOTHERAPY OF KOREAN ACADEMY OF PSYCHO- THERAPISTS**

Huh Chan Hee, M.D., Korea, huhch01@naver.com

### **What is Taopsychotherapy?**

To describe what Taopsychotherapy encompasses - in the ways it has been conceived of and founded by Prof. Rhee Dongshick, we could quite simply state that Taopsychotherapy is Prof. Rhee's psychotherapy of fusing the eastern Tao with western psychotherapy. But in accepting this simple definition it is perhaps useful to go further than this, in order to better understand the deeper intentions which lie within Taopsychotherapy. We really need to gain some insight into Prof. Rhee's life and the influential experiences he had, as a psychotherapist.

### **Prof. Rhee's Experiences and Influences as a Psychotherapist**

Prof. Rhee began studying psychiatry in 1942 at Seoul (then Keijo Imperial) University, when the Second World War was under way. At that time the Japanese occupied every leading position in every area; psychiatry was no exception. The Japanese psychiatry being practiced was organic psychiatry, of the Kraepelinian tradition.

Prof. Rhee was exposed to German literature along with taking a personal interest in British, American and French psychiatry. In the beginning, he was influenced by Eugen Bleuler, Ernst Kretschmer and Kurt Koller. Later on, as a result of the influences of Sigmund Freud, Pierre Janet and Jean-Martin Charcot, he came to believe in the emotional origins of most mental disorders which further confirmed the personal insights he had formed during late childhood. He then came across Ludwig Binswanger's paper on 'Inner Life History' (Binswanger, 1963). After 3 or 4 years study of psychiatry, he began to understand the inner world of his patients. As a medical student he was exposed to Hermann Hesse's novels which depict the inner world and loneliness. He also read Arthur Schopenhauer and much of Friedrich Nietzsche, Soeren Kierkegaard and Max Scheler. In the first years of his psychiatric studies, he was also introduced to Martin Heidegger's "Sein und Zeit" (Heidegger, 1927). He read almost all of the books written by Bertrand Russell (except "Principia Mathematica"), studied linguistics,

psychology, cultural anthropology and was interested in the American philosophers, William James and John Dewey, plus the study of shamans/shamanism.

In 1954, he went to New York to study psychoanalysis on the strong recommendation and urging of an American military psychiatrist. Here, he was exposed to North American psychiatry and was analyzed for six months, also attending the William Alanson White Institute as a general student for one year

Upon his return to Korea at the end of 1958, he introduced dynamic psychiatry, psychotherapy and interview techniques, as well as existential psychiatry to Korea.

Since 1965, he has been studying the Eastern Tao including Buddhism, Confucianism, Laotzu and Chuangtzu with prominent Buddhist monks and scholars.

Prof. Rhee argues that in Buddhism, a Bodhisattva helps all sentient beings by fostering and providing relationship and in doing this, accommodates him/herself to the ego-strength of the sentient being congruently. The Bodhisattva becomes or embodies any kind of Object(s) needed by the sentient being (Oh, 1980). Complete removal of projection through purification of the mind or the resolution of love and hate is the final goal of the Bodhisattva.

In 1974, Prof. Rhee founded the Korean Psychotherapy Case Study Group, which then developed into the Korean Psychotherapy Study Group in 1976 and became the present Korean Academy of Psychotherapists (KAP) after 1979. It is at this academy that Prof. Rhee had taught Taopsychotherapy for approximately 40 years.

His Academic Activities with IF(M)P

Since 1976, he had presented a series of papers at international meetings; "Process of the Tao Practice and Psychotherapy" (Rhee: 1976) at the 10th meeting of the International Federation for Medical Psychotherapy (IFMP) in Paris, "The Tao, Psychoanalysis and Existentialism/Existential Thought" (Rhee: 1990) at World Psychiatric Association (WPA) meeting in 1977 (Honolulu), "The Tao and Western Psychotherapy (Rhee: 1979)," at the 11th meeting of IFMP in Amsterdam, Holland, "Assimilation of Western Psychotherapy in Asia" (Rhee: 1984) at the Pacific Congress of Psychiatry in 1981 (Manila).

At the 13th meeting of IFMP in Yugoslavia in 1985 and the 14th meeting of IFMP in Switzerland in 1988, he organized some symposia about "Psychotherapy in East and West," which made a significant contribution to integration of the

Eastern Tao and western psychotherapy and these were both co-chaired with Medard Boss. In December 1989, he presented "The Tao and Taoistic Intervention" (Rhee, 1989) upon the request of members of the American Academy of Psychoanalysis; this conference was held in Florida, USA. In 1991 he presented "Psychotherapy: East and West" (Rhee, 1991) at the 15th meeting of International Federation for Psychotherapy (the former IFMP) in Hanover, Germany, and chaired and gave lectures about "Integration of Eastern Tao and Western Psychotherapy" at two workshops held at Masaryk University in Bruno, Czechoslovakia and in Moscow, Russia hosted by the USSR Academy of Sciences (now, the Russian Academy of Sciences).

In addition, there are simply too many other activities to enumerate. His professional activities encompass broad areas such as psychotherapy, problems of identity and subjectivity in and of Koreans, fusion of the eastern Tao and western psychotherapy, significance of the Tao in contemporary times, relationship between the Tao and science plus, psychotherapy and traditional culture within Korea

**The Essence of Taopsychotherapy**

**1. Emphasis on Feelings**

One of the most important considerations in Taopsychotherapy is to empathize with the patient's feelings. Prof. Rhee insisted that the feelings of the psychotherapist cure the patient's feelings. He pointed out the primary importance of grasping and overcoming the patient's 'nuclear feelings' which hold such sway over the patient's mind and behavior throughout his/ her life at every moment. He argued that the nuclear feelings are the same as "something stuck in the chest" which Tahui said 1,000 years ago. Also, he indicated that behind something stuck in the chest, there is nuclear feelings.

**2. The Importance of Compassion in Taopsychotherapy**

Another one of the most important issues in Taopsychotherapy is how the therapist can come to fully empathize with their patients' feelings. This issue is based upon the premise that it is most important that the therapist be 'in-tune' (empathize) with the patient's subjective, inner feelings. This question of how well the therapist understands the patient's feelings is very seriously attended to in Taopsychotherapy, as compared with western psychotherapy. He always says, "The therapist should treat

a patient with his/her own compassion or, the therapist should have compassion and the patient will be cured by it."

**3. How to Attain Complete Compassion?**

Thirdly, one of the most important things in Taopsychotherapy is the issue of how the therapist can reach the state of complete compassion. In other words, how a therapist can attain perfect empathy to understand the patient's feelings. For this purpose, therapists should resolve (remove) their own nuclear feelings (neurotic desires) through purification of their minds. This is one of the distinctively different issues worked with in Taopsychotherapy.

**Summary**

In summary, the essence of Taopsychotherapy is that the feelings of the therapist are utilized to treat the nuclear feelings of the patient, which hold sway over the patient's mind and behavior throughout his/her life at every moment. In order to empathize with the patient's feelings, the therapist should have and should develop compassion, which can be attained by resolution of therapist's nuclear feelings through purification of the mind.

The goal of Western psychoanalysis/psychotherapy and eastern Tao is the same and the only difference is one of degree or level. In other words, the process of western psychotherapy/psychoanalysis and Zen practice are the same, up to a particular point.



Huh Chan Hee  
 Council member, IFP  
 President, Korean Academy of Psychotherapists (2005-2011)

## INSTITUTE OF RELATIONAL PSYCHOTHERAPY

Alejandro Avila-Espada, Spain

The Instituto de Psicoterapia Relacional (IPR) is a training and scientific-professional association, founded in 2006 in Spain, as an evolution and transformation from prior associations devoted to Interpersonal and Group Psychoanalytic Psychotherapy from 1975 to 2005. We are closely linked with IARPP since our foundation and some of our senior members are also IAPSP members. We are member of International Federation for Psychotherapy (IFP).

IPR provides a forum for the ongoing discussion, study and elaboration of Contemporary Thinking and Practice of Psychoanalysis and Psychoanalytic Psychotherapy (mainly Relational and Contemporary Self Psychology) to Spanish speaking professionals worldwide. Our association has currently more than 100 members and our meetings attendance range from 120 to 300 people.

IPR main site is in Madrid (Spain) (Ágora Relacional: Alberto Aguilera, 10 28015-Madrid, Spain) and it has other Associate Centers in Barcelona, Sevilla, Cáceres, Salamanca, Pamplona, and Valencia where we are developing a variety of opportunities through training programs, lectures, case presentations, supervision and others.

Over the last ten years we have had regular seminars on Ferenczi's, Winnicott's, Mitchell's, and Kohut's thinking and many other authors. Kohut's work and thinking, and the development in Contemporary Self Psychology is one of our main themes. Seminars on Kohut's, Sullivan's and Winnicott's work have been developed by Prof. Alejandro Ávila-Espada each year since 2006-2007 and, since 2015, we have an online training specifically devoted to an introduction on the main contributions of those authors, also with many other on psychotherapy research and psychotherapy technique, personality disorders and so on, also under Profs. Ávila-Espada and Carlos Rodríguez faculty.

Among our international guests for lectures and seminars, over the last years we have invited a number of distinguished professors, such as Robert D. Stolorow, Donna M. Orange, Joseph D. Lichtenberg, Rosemary Segalla, Frank L. Summers, James L. Fosshage, Howard

Bacal, Shelley Doctors and many more. Our members gain access to these training activities on reduced fees.

IPR sponsors publications:

- an open-access e-journal on psychotherapy and contemporary psychoanalytical thinking published in Spanish: CLINICA E INVESTIGACION RELACIONAL [CeIR] ([www.ceir.org.es](http://www.ceir.org.es)) now in their 11th year, CeIR is DOI referenced, included in Latindex and CCH-CSIC databases, between others

- A series of books on "Relational Thinking" now with 18 volumes, including Spanish authors and translations of main works from English. See the complete list at: [www.psicoterapiarelacional.es/publicaciones.aspx](http://www.psicoterapiarelacional.es/publicaciones.aspx).

Since 2009 we met yearly or biannually in Conferences, in Spain's main cities or historical sites. Here is an overview of these meetings:

- 2009 – Las Navas del Marqués (Ávila, Castilla y León), with Hazel Ipp and Joan Coderch
- 2010 – Barcelona, with Shelley Doctors
- 2012 – Sevilla, with Jessica Benjamin
- 2013 – Barcelona, with Susie Orbach and Karlen Lyons-Ruth
- 2014 – Cáceres, with Michael Eigen
- 2015 – Valencia, with Susanna Federici and Malcolm Slavin
- 2016 – Salamanca, with Peter Fonagy and Joan Coderch
- 2018 – La Granja de San Ildefonso (Segovia, Castilla y León), with Andrew Samuels and Phil Ringstrom

Updated information concerning all our activities can be available at: [www.psicoterapiarelacional.es/IPR.aspx](http://www.psicoterapiarelacional.es/IPR.aspx)

Contact: [jpr-s@psicoterapiarelacional.com](mailto:jpr-s@psicoterapiarelacional.com)



Alejandro Avila-Espada, President of the Instituto de Psicoterapia Relacional

## THE INTERNATIONAL SOCIETY FOR THE DEVELOPMENT OF JUNGIAN PSYCHOANALYSIS

Mikel García, Spain

### Presentation

The International Society for the Development of Jungian Psychoanalysis (SIDPaJ) emerges from the desire of a group of psychoanalysts, psychotherapists, and clinical psychology professionals to create a common space that has Jungian psychology with its deep capacity for integration as its reference point.

The inclusion of the terms Jungian and Psychoanalysis in the name of the Society indicates our integrative orientation. The Society values the originality of Jungian thought in which the idea of the objective psyche and the creative and teleological functions of the unconscious are fundamental, while at the same time acknowledging the importance of the work of psychoanalysts who have significantly broadened the Freudian psychoanalytic theory, such as Ferenczi, Reich, Sullivan, Klein, Winnicott, Kohut, Mitchell or Stolorow.

This new project originates from the Valencian Institute of Psychology and Analytical Psychotherapy (IVaPPA). Its training program, with the support of the Official College of Psychologists in the Valencia region of Spain, created the foundations of what is now SIDPaJ. Once the old institute had reached the necessary maturity, it became the core of this new association.

SIDPAJ members represent a diversity of perspectives and formative training. We consider that this diversity enriches the association, as well as the extensive clinical experience of all its title members.

The aim of the Society is to facilitate study and research into the complex and fascinating world of the psyche. Consequently, the institutional structure of the SIDPAJ aims to prevent bureaucracy and a hierarchy and to enable collegial collaboration without any power complexes.

The Society is convinced that Jungian Psychoanalysis can become one of the most important currents of psychoanalysis, being a model capable of integrating an unconscious perspective that is able to guide us by compensating or complementing our consciousness, but at the same time being aware that the unconscious has different dimensions and that character analysis, the

interpretation of transference, countertransference awareness, the valuing of empathy, the interpretation of defence mechanisms or relational analysis are essential aspects of an analytical process.

Consistent with our research perspective, we consider it necessary to develop social action collaborating with various associations and institutions with which we can work together in joint projects in a spirit of cooperation and with respect for different approaches. So far this has resulted in an agreement with the Official College of Psychologists, the summary is presented below as an example to help understand in what and how this collaboration and mutual recognition can function.

### The Code of Ethics SIDPaJ

<https://sidpai.es/wp-content/uploads/2014/10/Code-of-Ethics.pdf>

### Members

<https://sidpai.es/en/find-a-analyst/>

The society has three types of members:

*Extraordinary members.* Professionals in psychology, psychoanalysis and psychotherapy who have accredited an important academic and/or clinical career. Not necessarily working as Jungian psychoanalysts but who contribute actively to promote and support the society's objectives.

*Title members.* Jungian psychoanalysts who have their analytical education accredited in three areas; personal analysis, supervision hours and training seminars.

*Associate members.* This category includes two types of members: students in training that are candidates for title membership who have previous accredited training in analytically oriented psychotherapy; and students or professionals whose interest is not focused on psychotherapy work, but are interested in Jungian psychology that could be applied to other areas of knowledge, such as education, social, historical and anthropological analysis.

### Train with the SIDPaJ

<https://sidpai.es/en/train-with-the-sidpai/>

We have a rigorous training programme that follows the criteria set by EFPA (European Federation of

Psychologist's Associations) and COP (Official College of Psychologists) with respect to the guidelines that both make regarding the training and recognition of Psychotherapists. In the agreement with the Official College of Psychologists, the training provided by the association has recognition as "technical training".

It is a distance training programme offering online modular training with accreditations, seminars, and specialist courses that enable candidates to study with flexibility and convenience from anywhere in the world. At present, the modular training is only available in the Spanish language; however, we are currently working on amplifying our training programme to include English and Portuguese in the future.

### Publications

<https://sidpaj.es/en/publications/>

This page aims to become an area of information related to work, articles and books about analytical psychology, giving special importance to the integrative perspective and its clinical form. We also present texts that, although not having a direct link with psychotherapy, serve to help understand, broaden and compare different psychotherapeutic perspectives to those related to mythology, anthropology and the comparative history of religions.

### Resources

<https://sidpaj.es/en/resources/>

This area is intended to facilitate the access to materials of SIDPaJ or its members and other materials that can facilitate the acquisition of knowledge and to the opening up of fields of human consciousness. The SIDPaJ is not responsible for the author's content or assumes these as

constituting the paradigm of the society: Jungian Psychoanalysis. The materials refer to clinical, anthropological, philosophical, ethnic, artistic aspects. Some are in Spanish, but there are also other languages with or without subtitles in Spanish.

### Newsletter SIDPAJ

<https://sidpaj.us9.list-manage.com/subscribe?u=da051200abc872b96b9195eb4&id=62bef06670>

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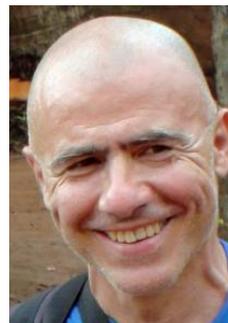
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IFP International Federation for Psychotherapy

<http://www.ifp.name/>



Mikel García, Treasure SIDPaJ

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## **EUROPEAN FEDERATION OF CENTERS FOR POSITIVE PSYCHOTHERAPY**

Hamid Peseschkian, MD, DM, DMSc, IDFAPA  
Chairman, EFCPP

### **Overview of the EFCPP**

The European Federation of Centers for Positive Psychotherapy (EFCPP) has evolved from the International Center of Positive Psychotherapy (ICPP) which was the forerunner of today's World Association for Positive and Transcultural Psychotherapy (WAPP) with currently some 900 members worldwide. As a sub-organization of WAPP, the EFCPP is the umbrella organization of national, regional and local centers of Positive Psychotherapy in Europe. It was formally established in 1997 and has been accepted as European Wide Organization (EWO) and European Wide Accrediting Organization (EWAO) by the European Association of Psychotherapy (EAP) in 1998.

### **The Method of Positive Psychotherapy**

Positive Psychotherapy (PPT) is a psychotherapeutic method developed by Nossrat Peseschkian and co-workers in Germany since 1969. It is a humanistic Psychodynamic Psychotherapy method which is based on a positive conception of human nature. PPT is an integrative method which includes humanistic, systemic, psychodynamic, and CBT-elements. The word "positive" in the context of Positive Psychotherapy is derived from the Latin word "positum", which means the factual and given.

Since 1974, the method has been introduced in more than 80 countries worldwide, and in the late 1980s and 1990s the first Centers of Positive Psychotherapy were established. The EFCPP engages in training and postgraduate education of medical doctors, psychologists, and social workers in some 20 countries worldwide. It is particularly active in Eastern and Southern European countries like Russia, Romania, Poland, Bulgaria, Ukraine, Kosovo, Turkey, Macedonia, and Cyprus. In some of these countries, Positive Psychotherapy is one of the most well-known and well-established psychotherapy methods. PPT has been also introduced and is trained mainly in Armenia, Georgia, Azerbaijan, China, Bolivia, and Ethiopia.

Transcultural research has also been very important in the field of Positive Psychotherapy, as it includes a particular

transcultural approach. A vast number of articles, Master theses, and Ph.D. dissertations have been written on PPT. Books have been published in many European languages and have been among the first ones in Eastern Europe. Positive Psychotherapy (PPT after Peseschkian, since 1977) is a registered trademark in the European Union.

### **Present Centers and Activities**

At present (May 2018), the following countries are represented with their (national) associations or centers in the EFCPP: Austria, Bulgaria, Cyprus, Germany, Kosovo, Latvia, Poland, Russia, Romania, Ukraine, and Turkey.

The main tasks and activities of the Centers of Positive Psychotherapy is the introduction of Positive Psychotherapy to an interested audience, offering training seminars and the organization of flanking training parts like group intervention and self-discovery classes, summer schools and compact seminars. National associations organize larger events like regional, national and even international conferences. They define national training standards for PPT, qualify trainers and engage themselves in national psychotherapy organizations to actively participate in the making of national psychotherapy regulations.

### **Training Programs**

The centers of the EFCPP offer trainings in Positive Psychotherapy as advanced trainings for specialists: doctors, psychologists, pedagogues, teachers, social workers, counselors, and coaches. In some countries these trainings are state acknowledged and enable the graduates to work as psychotherapists, e.g. in Romania and Bulgaria. Certified training programs are defined by the World Association for Positive and Transcultural Psychotherapy (WAPP) as an international standard. The centers of the EFCPP offer these programs as Basic and Master Courses of Positive Psychotherapy. These two main training programs guarantee the same level and quality of Positive Psychotherapy trainings worldwide. They consist of 1400 hours of theory, self-discovery, supervision and practical training.

### **Conferences and Events**

In cooperation with the WAPP, the EFCPP offers frequent events like World Congresses and International Training

Seminars (ITS) for Positive and Transcultural Psychotherapy. National Associations of the EFCPP have organized local and regional gatherings. Altogether, there have been six World Congresses, 18 International Training Seminars, national conferences in Bulgaria, Germany, Kosovo, Macedonia, Romania, Turkey and Ukraine, as well as numerous summer schools and compact seminars in Bulgaria, Germany, Latvia, Poland, Romania, Russia and Ukraine.

#### Further information

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#### Further Reading

Cope T. 2014: Positive Psychotherapy - Let the truth be told. International Journal of Psychotherapy, Vol 18, 62-71.

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Peseschkian N. 2016. Positive Family Therapy: Positive Psychotherapy Manual for Therapists and Families. AuthorHouse UK (original German by Fischer Frankfurt 1980, first English edition by Springer 1986).

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## THE GOALS AND ACTIVITIES OF THE DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

### E.V.

Wolfgang Merkle, Director of the Psychosomatic Clinic in Frankfurt, Psychoanalyst IPA, President of DCAP  
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The DCAP was founded by German and Chinese psychiatrists and psychologists. It started to work in 1996. The DCAP has two presidents. The president of the Chinese members is Prof. Dr. Shi Qija from Wuhan, vice president is Mrs. Prof. Fang Xin from Beijing. The president of the German members is Dr. Wolfgang Merkle from Frankfurt, the Vice-president is the former 10 year president Prof. Dr. Alf Gerlach. The cooperation partners of the DCAP are hospitals and university departments in Germany and China. The financial support of the different projects were given by the German Academic Service (DAAD), the International Bureau of the German Ministry for Education and Research BMBF. Some German and Chinese Universities, foundations and hospitals, the IFP and the WCP give some support for the congress activities.

In the moment, the DCAP consists of 90 members. There is no school limitation, so we are a very integrative group with psychoanalysts, cognitive behaviour therapists, systemic therapists.

The foundation of the group was in 1996, but there were a lot of precursors:

- M.Haass-Wiesegart, D.Biedermann, A.-K. Scheerer (1976/77): Working Group in China
- 1978 The reopening of the psychological faculty of Beijing University.
- A.Gerlach, E.Troje: Psychoanalytic lectures at psychiatric symposium in Guangzhou 1983.
- A.Gerlach, E.Troje, W.Leuschner, B.Wengler (Frankfurt): Symposia about psychoanalytic psychotherapy and psychosomatic medicine in Wuhan und Guangzhou 1985.
- 1985 Invitation of Chinese psychiatrists to Germany (Sigmund Freud Institute and Departement of Psychosomatic Medicine of the Frankfurt University clinic: Prof. Wan Wenpeng, Prof. Shen Decan, Prof. Yang Huayu, Prof. Zhang Boyuan.

- German-Chinese Symposia for Psychotherapy: 1988, 1990, 1994.
- Foundation of the Deutsch-Chinesischen Akademie für Psychotherapie 1996.

### Goals and activities of the DCAP

The German-Chinese Academy for Psychotherapy promotes the scientific exchange in the psychotherapeutic field between Germany and China; organizes psychotherapy training programs in China. In China these courses are known under the name zhong de ban in china; performs intercultural congresses on the field of Psychotherapy in China and in Germany; promotes the personal meeting, contact and exchange of German and Chinese psychotherapists; assigns scholarships for education and research on the field of psychotherapy in China and in Germany; encourages the distribution of learning material and scientific knowledge in psychotherapy in China and Germany; maintains a place of documentation of her activities in China and Germany. In recent years, it also started a new cooperation projects between psychosomatic wards of a German hospital and Chinese hospital including the whole interdisciplinary teams. The DCAP supported Chinese in there research stay in Germany and short- and long-term stay of Germans as lecturers in China. Last year the DCAP started a new cooperation with the alumni-network of the University of Heidelberg and Freiburg, Tongqi Shanghai, Psychosomatic Departments in Beijing and Chengdu to improve psychosomatic Medicine in China. Another Project which started last year is the training-program for psychiatrists in social psychiatric methods. It is in cooperation with the 6. Hospital belonging to Beijing University. The DCAP had organized a visit of official Delegation of Members of the Ministry of Health and People Congress of China. The Symposium about the Health Care System in Germany and the Psychotherapy Law in Germany was held with the support of the Ministry for Health, Social Affaires of Baden Wuerttemberg and the German Ministry of Health.

### The training programs

The training programs of the different therapeutic schools, known in China under the name of Chinese German Class, Zhong De Ban last about 330 hours. It includes theory, case work, case reports and some. self-experience. Several

thousand Chinese colleagues have been attending a Zhong De Ban,. So the Chinese German cooperation is very known and respected in China. Many Chinese members of the DCAP Training Programs are involved to establish a better treatment for mental ill patients in China. They contributed a lot to the new Mental Health Law in China. Besides training programs in psychodynamic therapy, family therapy, cognitive behavior therapy, hypnotherapy the DCAP offer Workshops in couple therapy, groups therapy, supervision that means train the Trainer programs, systemic therapy for children and adolescents.

### Congresses

The IFP with the president Wolfgang Senf supported the First International Congress for Psychotherapy in China, organized by die DCAP in Kunming 2001 in cooperation with die First affiliated hospital of Kunming, with its president Prof. Dr. Zhao Xudong.

The Second Congress in China was held 2007 in cooperation with the Shanghai Mental Health Center, under the president Prof. Dr. Xiao Zeping. Since then, she had been for many years Board member of the IFP. Now, Prof. Dr. Zhao Xudong is the Vice president of the Chinese Mental Health Association, and honorary president of DCAP. Mrs. Haass-Wiesegart is honorary President of the DCAP is Member of the Council Team of IFP.

2014 The International congress of IFP with the president Prof. Dr. Caspar in cooperation with the Dong Fang Hospital, Tongqi University with Mr. Zhao Xudong, was held in Shanghai. The DCAP supported this congress too.

2008 the DCAP got the Sigmund Freud Award of the City of Vienna for their outstanding activities in the field of Psychotherapy in China. It was die first time the award was given to an organization and not to an individual person. The award was hand over by die President of WCP Prof. Pritz. In the meantime, there were a lot of activities of different schools and we try to establish a common basis of quality for the courses of different schools.

As an example I show the way of psychoanalytic/psychodynamic training of the Frankfurt School led by Dr. Alf Gerlach.

### The psychoanalytic/psychodynamic training of the Frankfurt School led by Dr. Alf Gerlach

Both in the basic group as the advanced group the training contains 32 days with 10 hours/day of theory, case work and self-experience. The 32 days are divided into four parts (4x8 days)

In the meantime 6 periods of education, each period lasted 3 years with 200 participants with one psychoanalytic teacher from Germany and a co-teacher from China.

This scope was also striven by the other schools (CBT, systemic therapy and so on)

Many of the candidates of the first education circle meantime are in important positions in the Universities and Clinics of China. They have very much influence on to the development of the health system and the development of Psychotherapy. During the process of establishing the first Mental Health Law of 2012 in China the DCAP offered an intensive exchange about the legal situation of psychotherapy in the public health care system in Germany and enabled the implementation of some basic ideas in this legislative process.

In the meantime, there are some extension of education on the field of special psychosomatic multidimensional and integrative therapy (inward and day-clinic) as an addition to the base work of Prof. Dr. Fritzsche concerning the Psychosomatic primary care

The most important leader of the DCAP from the German side were Dr. Margarete Haass-Wiesegart (first president, CBT) and Dr. Alf Gerlach (IPA, second president), Prof. Dr. Wolfgang Senf (Psychosomatic) and Doris Biedermann (Systemic Therapy).



The group of members during the DCAP meeting in January 2018

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CONGRESS CALENDAR

**Please send announcements of your congresses!**

**2<sup>nd</sup> Workgroup on Psychosomatic research and Practice (WPRP)**

September 20- September 21, 2018

**Venue: Paris, France**

<http://www.icpmonline.org/world-congresses-workgroups/coming-congresses-workgroups>

**The 25th World Congress on Psychosomatic Medicine (ICPM)**

September 11 – September 13, 2019

**Venue: Florence, Italy**

[www.icpmonline.org/25th-world-congress-florence-2019](http://www.icpmonline.org/25th-world-congress-florence-2019)

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