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EDITORIAL

Dear Colleagues,

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

The present issue first presents an editorial from President Driss Moussaoui which summarizes the news in IFP. The IFP Board is working on a new version of the IFP statutes, with some significant changes. It will be circulated to IFP member societies for comments in the few coming weeks and will be proposed to the General Assembly that will take place during the 23rd World Congress of Psychotherapy in Casablanca, Morocco from 9 to 11 February 2023. This World Congress is going to be an outstanding event and the first time IFP organizes a conference in Africa and in an Arabian speaking country. You cannot miss it! Follow the event at www.ifpwc2023.com! This is also the last President letter by Prof. Driss Moussaoui since his term will end in February 2023. We are really grateful to Driss for the immense job he did for the International Federation for Psychotherapy and we wish him a great success for future projects!

Thereafter, *Petrin Redayani Lukman*, Chair of the Psychotherapy Section of Indonesian Psychiatric Association, nicely illustrates the many activities and initiatives of the Psychotherapy Section of Indonesian Psychiatric Association, which is a society member of the International Federation for Psychotherapy since 2008.

Hachem Tyal, President of the Moroccan Association of Dynamic Psychiatry (MADP), comprehensively illustrates the aims and activity of the MADP, which is now one of the society members of the International Federation for Psychotherapy.

Paolo Migone, Coordinator of the Editorial Committee of the Italian "Consensus Conference on psychological therapies for anxiety and depression", shows the proposal formulated in the framework of the Consensus Conference.

Then, *César A. Alfonso*, Department of Psychiatry, Columbia University, US, gives details on the terrific programme of the 23rd World Congress of Psychotherapy which will be in Casablanca, Morocco, from 9 to 11 February 2023. The theme of the World Congress is "Psychotherapy and World Mental Health 2023". The Scientific Committee responsible for organizing the congress has close to 100 members from 38 countries. The conference will include 7 half-day courses specifically designed to improve the clinical skills of early career clinicians and trainees, 12 panel discussions where senior experts will debate controversial topics, and 7 plenary

addresses by internationally recognized experts from Africa, America, Asia, and Europe. More details on IFP WCP 2023 Scientific Committee are also provided and available at www.ifpwc2023.com.

Finally, the IFP Board is proud to announce that Dr. Tobias Krieger (Luzerne, Switzerland) received the 2022 IFP Mid-Career Researcher Award. Congratulations Dr. Krieger! It is now open the call for the Young-career Researcher Award, more details are available at <https://www.ifpnet.org/ifp/ifp-awards/>

The IFP Board wishes you a pleasant reading.

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Fiammetta Cosci. Associate Professor of Clinical Psychology, Editor in Chief of the Journal Psychotherapy and Psychosomatics, General Secretary of the IFP and Newsletter Editor, General Secretary of the Academy of Well-Being Therapy, Member of the Board of the International College of Psychosomatic Medicine and of the European Association of Psychosomatic Medicine

EDITORIAL FROM THE PRESIDENT

Driss Moussaoui, M.D.

President, International Federation for Psychotherapy

This my last editorial for the IFP Newsletter, as I finish my term as President of the International Federation for Psychotherapy in less than 3 months. Since 1934, when IFP was created, with its first President Carl Gustav Jung, 22 world congresses of Psychotherapy were organized. From 9 to 11 February 2023, the 23rd World Congress of Psychotherapy will take place in the Faculty of Medicine and Pharmacy of Casablanca, Morocco. This is the first time it happens in Africa and in an Arab speaking country. The current situation concerning Covid-19 is excellent in Morocco and tourism came back almost at the same level as it was in 2019. This is why it was decided to organize this congress as face to face, not hybrid and not virtual.

A splendid scientific programme was designed by the scientific committee under the chairmanship of César Alfonso from Columbia University in New York. This programme is now almost complete and can be downloaded from the website: www.ifpwcp2023.com. More than 42 countries from 4 continents are so far represented, almost 3 months before the Congress starts. We expect delegates from more countries in the coming weeks.

During this world congress, a general assembly will take place for statutory purposes, mainly reviewing IFP statutes (a lot of work has been put into new statutes), and electing new officers of the Board and the Council. A 'Casablanca Proclamation' will be signed during this congress by IFP and some other sister NGOs in the field of Mental Health. This proclamation requests all decision makers in the Health field, worldwide, to give better chances to all those in need

of Psychotherapy to access it. Treatment gap with Psychotherapy is one of the most neglected problems in every single country in the world, mostly in low and middle-income countries. As a matter of fact, one of the main topics that will be discussed in this congress is the Public Health aspect of Psychotherapy.

Many activities in the programme involve also users and carers, as well as young professionals in the field of Psychotherapy.

A very nice cultural and social programme, as well as 3 exhibitions, will take place during the Congress. Casablanca is quite a vibrant city that is worth discovering, as well as other parts of beautiful Morocco (the cities of Marrakech, Essaouira, Fez, and the deep South of the country...).

All in all, we'll have a historic world congress of Psychotherapy for a number of reasons. I hope you will be able to join us in order to learn more about novelties in Psychotherapy, see friends after two-year lockdowns of Covid-19, and make new acquaintances and friendships among the many attendees of this Congress. See you in Casablanca next February!



Founder and chairman of the Ibn Rushd University Psychiatric Centre in Casablanca from 1979 to 2013, director of the Casablanca WHO Collaborating Centre in Mental Health from 1992 to 2013. Founding member and past president of the Moroccan Society of Psychiatry and of the Arab Federation of Psychiatrists. He is past-president of the World Association of Social Psychiatry (2010-2013) and is currently Member of the French Academy of Medicine; World Psychiatric Association and World Association of Social Psychiatry Honorary Fellow

Psychotherapy Section of Indonesian Psychiatric Association

Petrin Redayani Lukman

Chair of Psychotherapy Section of Indonesian Psychiatric Association

Introduction

As a large archipelagic country with over 170,000 islands, Indonesia houses a population of no less than 273 million people, and along with it comes a multitude of psychiatric diagnoses. Schizophrenia, depression, and affective disorders are the top three psychiatry diagnoses in Indonesia, and data from the Basic Health Research of Indonesia (Riskesmas) showed that not 100% of the patients have received therapy (Kompas, 2022). There are at least 1,221 psychiatrists in Indonesia, as reported by the Indonesian Psychiatric Association (PDSKJI) in 2022. In 2020, the Psychotherapy Section of PDSKJI performed a survey on 159 psychiatrists in Indonesia to assess their opinion on the need for psychotherapy in treating patients. About 98% of the participants stated that they regularly perform psychotherapy on their patients. Most of the participants performed supportive psychotherapy, cognitive behavioral therapy, and family therapy as their approach. The survey also revealed the many challenges that Indonesian psychiatrists have to face in performing psychotherapy: the whopping number of patients in both primary and secondary health centres, the long duration of psychotherapy sessions, and the complexity of the cases found in Indonesia. Regular training sessions to help psychiatrists improve their psychotherapy skills were deemed necessary. PDSKJI plays a central role in managing the dissemination of knowledge and skills in the field of psychiatry, and the Psychotherapy Section is one of the sections. In this newsletter, I will delve into the activity of the Psychotherapy Section of PDSKJI and how we contribute to the professional development of psychiatrists in Indonesia.

The History

Formerly a part of the Indonesian Neurology, Psychiatry, and Neurosurgery Association, the professional psychiatric association of Indonesia branched off to become an independent association in 1984 after realizing the need to create a unified network to aid the process of alliance, communication, learning, and standardization for the psychiatrists in Indonesia. The association was named The Indonesian Union of Psychiatrists (IDAJI) before changing its name to PDSKJI in 2001. Initially, the association did not have any

section dedicated to psychotherapy. Prof. Didi Bachtiar Lubis, M.D., initiated a study group for members interested in learning psychotherapy, which was then inaugurated as the Psychotherapy Section of PDSKJI in 2005. Sylvia Detri Elvira, M.D., was appointed the first chair of the section. For the next period the section was led by Limas Sutanto, M.D., and Petrin Redayani Lukman, M.D., subsequently. The vision of the Psychotherapy Section is to foster the practice of psychotherapy in Indonesia. The mission is improving the quality of professional learning, services, and research in the field of psychotherapy. Since its establishment, the section has held multiple national psychotherapy conferences throughout the years. We have invited speakers from abroad for these conferences, including members of International Federation for Psychotherapy. Some of our esteemed speakers include Prof. Ulrich Schnyder, M.D., Prof. Franz Caspar, Ph.D., Prof. César Alfonso, M.D., and Prof. James L. Furrow, M.D.. In turn, some of our members have gotten the chance to speak in international psychotherapy conferences, such as IFP World Congress of Psychotherapy, World Association for Dynamic Psychiatry Congress, American Academy of Psychodynamic Psychiatry and Psychoanalysis Annual Meeting, World Congress of Psychiatry, and Malaysian Conference of Psychological Medicine. The section has been officially listed as a member of the International Federation for Psychotherapy (IFP) since 2008 (Elvira, 2019). As of March 2022, the section has at least 204 members, consisting of psychiatrists and residents with a deep interest in psychotherapy.

The Activities of the Section

The section is further segregated into four divisions with their specific focuses: the Education and Training Division, the Research and Services Division, the Psychoanalysis Division, and the Public Relations and Publication Division. The Education and Training Division works on the development of knowledge in psychotherapy, from the level of institutional to professional. The Division has held several training seminars and workshops for established psychiatrists and students alike, and aims to organize a training program for the teaching staff in the psychiatry educational institutes in Indonesia. Apart from organizing various training, the Division also sends representatives to speak at national and international scientific events. Every month, the Division encourages learning by holding a psychotherapy case discussion that can be attended by the members. The Research and Services Division is in charge of improving the quality of

psychotherapy services across all levels of healthcare in Indonesia. The Division initiates official communication with health care administrators to optimize various aspects of psychotherapy service and to achieve the standardization of psychotherapy care across all of Indonesia. Communication with healthcare administrators often results in a nationwide policy, such as discussing the price of psychotherapy services in Indonesia. The Division has recently released a handbook of psychotherapy that could be used as a reference by any psychiatrists and practitioners at all levels of healthcare, which would be discussed in detail shortly. The Psychoanalysis Division organizes seminars and workshops on the topic of psychoanalysis. The Public Relations and Publication Division broadcasts information about upcoming national or international psychotherapy events in by publishing announcements or flyers.

Latest Activity: Developing a Handbook of Psychotherapy for General Practitioners and Psychiatrists

Indonesia is one of the countries with a national health insurance system, called the National Healthcare Insurance (BPJS Kesehatan). Considering the size of the population in Indonesia, standardization of care ought to be achieved to ensure all patients are receiving the adequate quality of care, and to optimize the transfer of care between various levels of healthcare, even amongst different health centres at the same level. Our latest activity is developing a handbook that would serve as a guideline for the process of psychotherapy service at all levels of healthcare. The standardized guide would also serve as an important tool in the process of documenting health insurance claims, by being a point of reference of healthcare administrators to check the psychotherapy process performed by psychiatrists or practitioners.

The book provides comprehensive guides for performing various types of psychotherapy such as psychoeducation, supportive psychotherapy, cognitive-behavioural therapy, psychodynamic psychotherapy, and group therapy. The guides consist of the goals, activities, number of sessions, desired outcomes, and indications and contraindications of each method so as to guide therapists to pick the appropriate approach for their patients. The book also provides forms that could be readily used in the process of psychotherapy: need assessment form, progress form, and activities report form for each type of psychotherapy. The need assessment form comprises of the indications for each type

of psychotherapy and is intended to be used before any specific therapy program starts. The progress form is used by psychiatrists to record the progress of the patients in the therapy. The activities report form lists the psychotherapy activities that have been performed in each session. Psychiatrists could then write the results of each session in the form and determine whether they've achieved the target of the session. Each of the form is designed to outline the minimum standards of care that ought to be achieved. The book also provides an elaborate flowchart of the delivery of psychotherapy services from the primary, secondary, to tertiary healthcare level. The book was developed with the assistance of the national healthcare administrators. As of now, the book has been released and we plan to disseminate it to various hospital across all Indonesia.

Future Plans

Psychotherapy is an indispensable tool for psychiatrists. The Psychotherapy Section was established to aid the professional development of psychiatrists in the field of psychotherapy. Our greatest aspiration is to make Indonesian psychiatrists deliver the best quality of psychotherapy care to the patients, through organizing various events and training to improve the knowledge and skills of the psychiatrists in Indonesia. In the future, we would like to further advance our activities by organizing nationwide training for the use of the handbook of psychotherapy, as well as expanding the scope of our training so more psychiatrists could receive the benefit for their professional development.

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Petrin Redayani Lukman is the Staff of Psychotherapy Division, Department of Psychiatry, Faculty of Medicine Universitas Indonesia (FMUI)/Cipto Mangunkusumo Hospital (CMH). She completed her education as a Psychiatrist in 2006, a Master on Medical Education in 2011, had the licence in Psychotherapy in 2012, and received Consultant of Psychotherapy from Indonesian College of Psychiatry in 2013. She is appointed as Chair of Psychotherapy Section of Indonesian Psychiatric Association since 2017. She is a Board Member of Psychoanalysis in Psychiatry Section of World Psychiatric Association, Psychiatric Fellows of The American Academy of Psychodynamic Psychiatry and Psychoanalysis, and the Chairwoman of Indonesian Branch of World Association for Dynamic Psychiatry. She serves as a Council Member of IFP.

The Moroccan Association of Dynamic Psychiatry

Hachem Tyal

President of the Moroccan Association of Dynamic Psychiatry

The MADP, Moroccan Association of Dynamic Psychiatry, is an association that was founded in August 2020 and is currently a member of the International federation for Psychotherapy (IFP). Its purposes are:

- The development of strategic thinking and research pertaining to all aspects of psycho-dynamically oriented psychiatry.
- The development of ongoing education in psychodynamic psychiatry to be based in purposely specialized established schools.
- To work on introducing the psychodynamic approach in the Psychiatry universities' courses, in particular regarding the therapeutic methods and the standards of universities that have teachings in psychiatry and child psychiatry.
- To work for the inclusion of the psychodynamic approach in international or national recommendations concerning the management of mental disorders.
- To establish links with national and international associations, and psychiatry and child psychiatry-oriented schools.
- To introduce the psychodynamic approach in studies on mental health.

The Association has the ambition to give psychopathology its rightful place in the care of the mentally ill. This psychodynamic approach allows the Association leaders to give a true place to the "subject" in patients' accompaniment. Their wish is to work in close collaboration with associations of psychiatrists, child psychiatrists, users of psychiatry, parents of mentally ill people, as well as with all associations of psychologists, sociologists, psychoanalysts, philosophers, national, regional and international associations.

The Association has already launched its first symposium "Psychoanalysis at the intersection of disciplines" in Oujda on March 11 and 12, 2021 and proposes to reiterate at least twice every 3 years of mandate the same experience in different cities of the Kingdom. Next symposium "Psychoanalysis at the intersection of disciplines" will be held in Fez, on Friday, May 5, and Saturday, May 6 2024, in collaboration with the Faculty of Medicine and Pharmacy of Fez and the Department of Psychiatry of the University Hospital of the same city. The chosen thematic is "Violence-aggression-destructiveness".

The MADP has also launched a cycle of conferences focused on psychopathology every two months in collaboration with the psychiatric clinic "Villa des Lilas" in Casablanca and is negotiating with medical faculties to introduce modules of psychopathology and psychodynamic psychiatry in students' curricula. It is also trying to systematically introduce round tables in Moroccan psychiatry congresses. The next one will take place during the congress of public health psychiatrists scheduled for February 23-25, 2023 and will be entitled "Psychopathology of the aging elderly".

The MADP hopes in this way to invite reflection and thoughts to the debate and thus contribute to the development of mental health in the country.



Hachem Tyal, M.D., is specialist in psychiatry, psychotherapy (cognitive-behavioral, hypnotherapy, sex therapy, couple therapy), psychoanalysis. He is the director-founder of the first psychiatric clinic in Morocco the "Villa des Lilas"

An Italian “Consensus Conference on psychological therapies for anxiety and depression”

Paolo Migone

Coordinator of the Editorial Committee of the Italian “Consensus Conference on psychological therapies for anxiety and depression”

On November 18-19, 2016, Ezio Sanavio, Professor of Clinical Psychology at the University of Padua (Italy), organized a meeting in Padua entitled “Psychological therapies for anxiety and depression: Benefits and costs” (Sanavio, 2016; Research Group for Treatment for Anxiety and Depression, 2017; Migone, 2017a). The main speaker at this conference was professor David Clark, of London, who, together with the economist Richard Layard, of the *London School of Economics* (LSE), in 2008 launched the English program *Improving Access to Psychological Therapies* (IAPT), that since then is implemented in the National Health Service in the UK (Clark, 2011, 2012, 2017, 2018; Clark *et al.*, 2008, 2009, 2017; *London School of Economics*, 2006; Layard & Clark, 2014). The two starting points of the IAPT program, presented in detail by Clark at the meeting, were the following: according to the empirical evidence, as shown also in the recommendations of the English *National Institute for Health and Care Excellence* (NICE), in the treatment of common mental disorders such as anxiety and depression psychotherapy is often more effective than medication (there are fewer relapses and long lasting outcomes) (American Psychological Association, 2013); as suggested by the *London School of Economics*, improvement of access to psychological therapies in mental health services could achieve not only greater well-being for patients, but also an economical gain for the national finances (less absences from work, lower indirect costs, etc.).

After the Padua meeting, professor Sanavio and other colleagues decided to create a “Consensus Conference on psychological therapies for anxiety and depression”: a Sponsoring Committee started to work in 2018 and designated a Scientific Committee to gather evidence about efficacy and effectiveness of psychological therapies for anxiety and depression, to review their patterns of use in Italy, to identify the ways to disseminate information about evidence-based treatments and to make them accessible in the National Health Service. In 2022 this Consensus Conference completed its work, and the Final Document of a “Consensus Conference on psychological therapies for anxiety

and depression” (Working Group “Consensus on Psychological Therapies for Anxiety and Depression”, 2022; Barbato *et al.*, 2022) has been published in the web site of the Italian National Institute of Health (*Istituto Superiore di Sanità*), which is the main governmental agency for research, control and technical-scientific advice on public health in Italy, and which is sponsor of this Consensus Conference together with the University of Padua.

This Consensus Conference reviewed the main international guidelines (English, American, Australian, etc.) for the treatment of common mental disorders, that recommend that psychotherapy should be considered as a first choice treatment, while physicians, both due to the training they received and the pressure exerted by pharmaceutical companies, often limit themselves to prescribing medications without suggesting a psychotherapy. It would therefore be in the general interest to increase access to psychological therapies in mental health and in primary care services, and for this reason it would be necessary to invest in hiring psychotherapists (who are employed in very limited numbers today in the Italian National Health Service) and organize adequate training in evidence-based treatments for psychiatrists and psychologists who work in the public sector. The specific aspects concerning childhood and adolescence should also be taken into account, given the complexity in research and clinical practice in this area. In Italy there are thousands certified psychotherapists who completed a full 4-year psychotherapy training after graduation in psychology or medical school, with dedicated personal supervision and 400 hours of internship in the public Mental Health Services, according to a specific national law (no. 56/1989), and are included in the National Board of Psychotherapists. Today patients who need psychotherapeutic treatment must resort to the private sector, with unacceptable wealth discrimination and disrespect for the Italian Constitution (Sanavio, 2022, p. 17).

The final document of the Consensus Conference, of 117 pages, is both in Italian and in English (Working Group “Consensus on Psychological Therapies for Anxiety and Depression, 2022), with an Introduction by Silvio Brusaferrò (President of the *Istituto Superiore di Sanità* of Rome) and a Presentation by Silvio Garattini (President of the *Mario Negri Institute for Pharmacological Research* of Milan and of the Jury of the Consensus Conference). This document includes the Report of the experts prepared for the Jury, and recommendations of the Jury in the following four areas: A.

Current knowledge on the access to treatment of people with anxiety and depressive disorders, and the scientific evidence and appropriateness of treatments; B. Instruments to identify people with anxiety or depressive disorders; C. Training for the provision of in-depth knowledge and competences in the psychological therapies for anxiety and depressive disorders; D. Resources, organizational models, and diagnostic and therapeutic training necessary to improve people's access to psychological therapies.

The Final Document of the Consensus Conference represents an important contribution for the improvement of policies in the field of mental health in Italy; it should be disseminated among mental health professionals, policy makers and the media, it could possibly stimulate similar approaches in other countries and have multiple meanings from both a cultural and scientific point of view.

After the Consensus Conference completed its works, a Permanent Committee of the Italian "Consensus Conference on psychological therapies for anxiety and depression" was created, with the following members, listed here in alphabetical order: Angelo Barbato (Mario Negri Institute for Pharmacological Research, Milan, Italy), Massimo Biondi (Department of Human Neurosciences, Sapienza University of Rome, Italy), Gioia Bottesi (Department of General Psychology, University of Padua, Italy), Elena Bravi (Department of Mental Health, Psychology Unit, Province of Trento, Italy), Gemma Calamandrei (*Istituto Superiore di Sanità*, Rome, Italy), Nino Dazzi (Department of Psychology, Sapienza University of Rome, Italy), Paola De Castro (*Istituto Superiore di Sanità*, Rome, Italy), Santo Di Nuovo (Department of Educational Sciences, University of Catania, Italy), Gerardo Favaretto (Department of Neuroscience, University of Padua, Italy), Mario Fulcheri (Department of Psychological, Health and Territorial Sciences, University of Chieti-Pescara, Italy), Silvio Garattini (Mario Negri Institute for Pharmacological Research, Milan, Italy), Claudio Gentili (Department of General Psychology, University of Padua, Italy), Antonella Gigantesco (*Istituto Superiore di Sanità*, Rome, Italy), David Lazzari (Italian Board of Psychology, Rome, Italy), and Department of Psychology, Terni General Hospital, Italy), Paolo Michielin (Department of General Psychology, University of Padua, Italy), Paolo Migone (*Journal Psicoterapia e Scienze Umane*, Parma, Italy), Luca Muglia (UNCMLab@Science and Child Law Research, Rome, Italy), Piero Porcelli (Department of Psychological, Health and Territorial Sciences, University of Chieti-Pescara, Italy), Daniela Rebecchi (*Studi Cognitivi*, Milan and Modena, Italy),

Ezio Sanavio (Department of General Psychology, University of Padua, Italy), Renata Tambelli (Department of Psychology, Sapienza University of Rome, Italy).

The Permanent Committee has four committees: Editorial Committee, Training Committee, Developmental Age Committee, Sensitization and Monitoring Committee.

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*Paolo Migone, M.D., is a psychiatrist and psychoanalyst in Parma, Italy. He authored more than three hundred scientific publications in various languages, including book chapters and was the founder of the Italian sections of the Society for Psychotherapy Research (SPR) and the Society for the Exploration of Psychotherapy Integration (SEPI). He has been appointed chair (coordinator and program manager) of the Rapaport-Klein Study Group and a member of the editorial board of the Psychological Issues series. He is currently the editor of *Psicoterapia e Scienze Umane*.*

23rd World Congress of Psychotherapy, Casablanca, Morocco, 9-11 February 2023

César A. Alfonso, M.D.

Department of Psychiatry, Columbia University, US

Since its foundation in 1934, the International Federation for Psychotherapy organized 22 world congresses, throughout Europe and Asia. The 23rd World Congress of Psychotherapy will take place in Africa for the first time, in Casablanca, Morocco, from 9 to 11 February 2023. The theme of the World Congress is “Psychotherapy and World Mental Health 2023”. The congress will be held in person at the ample facilities of the University Hasan II Casablanca, Faculty of Medicine and Pharmacy. This conference has as a primary objective to demonstrate the importance of evidence-based psychotherapy in everyday practice across all clinical settings throughout the world.

The Scientific Committee responsible for organizing the congress has close to 100 members from 38 countries. The President of the Congress is Driss Moussaoui (Morocco), and the Executive Planning Committee includes César Alfonso (USA), Tom Craig (UK), Fiammetta Cosci (Italy) and Gisèle Apter (France). Advisors to the Executive Committee are Norman Sartorius (Croatia), Ulrich Schnyder (Switzerland), and François Ferrero (Switzerland). The local organizing committee is led by Nadia Kadri, Hachem Tyal and Chaimaa Aroui.

The conference will include 7 half-day courses specifically designed to improve the clinical skills of early career clinicians and trainees, 12 panel discussions where senior experts will debate controversial topics, and 7 plenary addresses by internationally recognized experts from Africa, America, Asia, and Europe. In addition, conference registrants will have an opportunity to present their work in various formats. We have slotted space for 36 one-and-a-half-hour symposia, 16 one-hour interactive workshops, 8 one-hour case conferences where early career clinicians will have an opportunity to present cases and receive input from expert discussants, 4 ninety-minute paper sessions assembled by topic, and 2 one-hour panels for brief oral presentations. In addition, there will be poster sessions accommodating up to 100 posters in clinical and research tracks. Ten early-career clinicians poster authors will be awarded travel fellowship grants.

Submissions for poster, symposia, workshops, case conferences, oral communications and papers will be considered

through the deadline of October 1, 2022. Submission forms are available in the congress website: www.ifpwc2023.com

Conference Topics to guide submissions include:

1. CBT
2. DBT
3. ACT
4. Third-Wave Therapies
5. Psychodynamic Psychotherapy
6. Psychoanalysis
7. Motivational Interviewing
8. Interpersonal Therapy
9. Supportive Psychotherapy
10. Group Psychotherapy
11. Family Therapy
12. Couple Therapy
13. Psychosocial Therapies
14. Computer-Assisted Therapies
15. Tele-psychotherapy
16. Manualized Psychotherapies
17. Culturally Adapted Psychotherapies
18. Combined/Integrated Psychotherapies
19. Psychotherapy Outcomes
20. Psychotherapy Research
21. Clinicians' Wellbeing
22. Caring for Caregivers
23. Parent-Infant Psychotherapy
24. Psychotherapy with Children and Adolescents
25. Psychotherapy in Late Life
26. End-of-Life and Palliative Care Psychotherapies
27. COVID-19
28. Psychotherapy and Primary Care
29. Psychotherapy with the Medically Ill
30. Psychotherapy, Culture and Society
31. Religion and Spirituality
32. Narrative Medicine
33. Refugees, Displaced Persons, and Asylum Seekers
34. Trauma and Stressor-Related Disorders
35. Xenophobia, Stigma and Discrimination
36. LGBTQ+ affirmative psychotherapies
37. Natural Disasters
38. Climate Change
39. Suicide Prevention
40. Persons with Sensory Impairment

Pre-congress courses will include:

Course 1. Fundamentals of Supportive Psychotherapy

Course Directors:

Erin Crocker

Clinical Associate Professor of Psychiatry,
Psychiatry Residency Training Director,
University of Iowa, Health Care, USA.

Chair of the Psychotherapy Committee,
American Association of Directors of Psychiatry Residency
Training (AADPRT).

Randon Welton

Margaret Clark Morgan Endowed Chair of Psychiatry,
Northeast Ohio Medical University, USA.

Course Description:

Educational objectives include identifying and mastering the common factors that are curative in all psychotherapies and understanding the importance of supportive psychotherapy interventions across all treatment settings. The common factors include empathy, expression and regulation of affect, validation, support, mentalization, and forming a therapeutic alliance.

The course objective is to increase knowledge and competence in the delivery of supportive psychotherapy. Faculty members will present principles and practical applications of supportive psychotherapy in general psychiatric practice settings such as inpatient, outpatient, Emergency Room (ER), general hospital Consultation-Liaison (CL), and addiction psychiatry settings. Particular attention will be given to cultural adaptations and optimizing services in high volume clinical settings. Attendees will have opportunities to gain practical, hands-on experience in applying the skills learned through interactive Q&A sessions.

Course 2. Fundamentals of CBT

Course Directors:

Roger M. K. Ng

Secretary for Education,
World Psychiatric Association, Geneva, Switzerland.

Department of Psychiatry,
Kowloon Hospital, Hong Kong Special Administrative Region, China.

Reham Aly

Executive Committee Member, WPA Psychotherapy Section
Consultant Psychiatrist, Ain Shams University, Cairo,
Egypt

Academy of Cognitive Therapy Diplomate & Member, Philadelphia, USA

President of Egyptian Association of Cognitive Behavior Therapy

Course Description:

Educational objectives include understanding the theory of cognitive-behavioral therapy (CBT), reviewing, and mastering basic CBT therapeutic techniques, and formulating clinical cases based on the CBT Model. CBT is an evidence-based, problem-focused, and action-oriented psychotherapy modality that focuses on identifying and correcting cognitive distortions that result in maladaptive behaviors and emotional dysregulation. It is the most widely studied form of psychotherapy for adults, children, adolescents, and the elderly. CBT helps persons in distress understand the connection between thoughts, feelings, and behavior to devise more adaptive coping strategies. CBT techniques are applicable to all psychological problems and most psychiatric disorders. CBT emphasizes the people's ability to choose their thoughts to guide actions and earn control over life events. This course will serve as a practical introduction to this important treatment modality.

Course 3. CBT for Psychosis

Course Director:

Warut Aunjitsakul

Associate Professor, Department of Psychiatry, Faculty of Medicine,

Prince of Songkhla University

Hat Yai, Songkhla, Thailand.

Institute of Health and Wellbeing, University of Glasgow,
Glasgow, United Kingdom.

Course Description:

Educational objectives include understanding the relationship between social anxiety and psychosis and applying CBT techniques for persons with psychosis, including schizophrenia, in a culturally sensitive way. In people with psychosis, deficits in social functioning are associated with problems with social relationships, and social anxiety disorder co-morbidity is under-recognized. Moreover, comorbid social anxiety can lead to low functioning and self-esteem, poor quality of life and well-being, and co-morbid depression. This course will examine the association of negative social appraisals and safety behaviors with social anxiety and paranoia. The course director will demonstrate practical

CBT psychotherapeutic techniques targeted to reduce anxiety and ameliorate negative symptoms in persons with schizophrenia.

Course 4. Psychotherapy in Primary Care (in French)

Course Director:

François Ferrero

Board Member of the International Federation for Psychotherapy,

Geneva, Switzerland

Honorary Professor, University of Geneva, Switzerland

Course Description:

Educational objectives include delineating collaborative agreements between general care primary physicians and psychiatrists to improve the delivery of treatments for persons with mental disorders; and discussing the possible collaborative models of care, including the transfer of psychotherapeutic skills to primary healthcare providers, supervisory role of psychiatrists to oversee task shifting, and complementarity of roles. Most patients with mental disorders are first diagnosed and treated by primary care physicians. As a result, psychiatrists and general practitioners very often collaborate for the benefit of their patients. In most countries around the world, the number of trained psychiatrists offering access to psychotherapy is very low. Despite existing programs to train primary care healthcare workers in psychotherapy, a need still exists for establishing common guidelines aiming to improve both the quality and the accessibility of such treatments. This course will offer medical students interested in primary care, primary care trainees, primary care physicians who are front-line workers, and affiliated healthcare personnel and trainees the opportunity to improve their skills and basic knowledge of psychotherapy.

Course 5. Fundamentals of Psychodynamic Psychotherapy

Course Directors:

Alma Lucindo Jimenez

Associate Professor,

University of the Philippines College of Medicine

Department of Psychiatry and Behavioral Medicine, Manila, Philippines.

Senior Advisor, WPA Psychotherapy Section.

Constantine Della

Head of Consultation-Liaison Psychiatry,

University of the Philippines College of Medicine

Department of Psychiatry and Behavioral Medicine, Manila, Philippines.

Secretary, WPA Psychotherapy Section.

Allan Tasman

Emeritus Chair and Professor, University of Louisville, Kentucky, USA.

Co-Chair, WPA Psychotherapy Section.

Past President of the American Psychiatric Association.

Course Description:

Educational objectives include understanding the essential theoretical concepts of psychodynamic psychotherapy; identifying and learning psychodynamic psychotherapy technique; learning how to do a psychodynamic formulation that informs treatment; and describing the associated theoretical paradigms that enhance the psychodynamic approach such as the biopsychosocial model. The psychoanalytic tradition influenced modern psychiatric practice by helping clinicians understand intrapsychic and interpersonal conflicts and unconscious motivations. Contemporary psychodynamic psychotherapy has distilled concepts of transference, countertransference, resistance, adaptation, and defense mechanisms in a unifying way to inform the clinical treatment of persons with mood disorders, addictions, eating disorders, anxiety disorders and personality disorders. This course will demonstrate how the psychodynamic approach is particularly useful for treatment resistant and complex, comorbid psychiatric disorders.

Course 6. A Review of Third Wave Therapies

Course Directors:

Jian Linn Loo

Betsi Cadwaladr University Health Board,

Wrexham Maelor Hospital, Wrexham, United Kingdom

Noor Melissa Nor Hadi

Department of Psychiatry, Faculty of Medicine, Universiti Teknologi MARA,

Selangor, Malaysia.

Department of Psychiatry and Mental Health, Hospital Tuanku Fauziah,

Perlis, Malaysia

Izax Ramírez

Mexican Society of Neurology and Psychiatry,

Mexico City, Mexico.

Course Description:

Educational objectives include understanding the development of specialized psychotherapies known as the third wave therapies, which include dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), behavioral activation therapy (BAT) and mindfulness-based cognitive therapy (MBCT); and learning how to integrate DBT, ACT, MBCT and BAT skills in the routine psychotherapy clinical care of patients in a variety of clinical settings. Given the burden of mental health morbidities, especially in the pandemic and post-pandemic era, there is an increasing need for the provision of effective psychotherapies. The third-wave therapies have been validated transculturally and are especially helpful in regions of the world that value collectivism and interdependence. This course will offer registrants practical skills to inform eclectic approaches to psychotherapy to maximize treatment effectiveness in real world clinical settings and complex conditions.

Course 7. Fundamentals of Motivational Interviewing

Course Directors:

Hazli Zakaria

President, Malaysian Psychiatric Association.

Director, Alaminda Psychiatric Clinic,

Kuala Lumpur, Malaysia.

Faiz Tahir

Consultant Psychiatrist,

International Islamic University Malaysia,

Kuantan, Malaysia.

Chair of the WPA Psychotherapy Section Special Interest Group on Cultural Adaptations of Motivational Interviewing.

Course Description:

Educational objectives include describing the theory of Motivational Interviewing (MI) and highlighting basic MI techniques that could be incorporated in all psychotherapies. Motivational Interviewing (MI) is a psychotherapy that is directive, patient-centered and designed to elicit behavior change. MI helps patients to explore and resolve ambivalence, promote willingness to change and couple insight with action. Research demonstrates the effectiveness of MI in the management of chronic medical illnesses (hypertension, diabetes mellitus, and obesity), smoking cessation, alcohol dependence, and medication and treatment adherence. This course will focus on describing the theory behind MI (including the transtheoretical stages of change model) and demonstrating basic MI concepts and techniques (such as

the user of open-ended questions, affirmations, reflection, summary statements). The psychotherapy process sequence of engaging, focusing, evoking, and planning will be explained, as well as the key principles of expressing empathy, supporting self-efficacy, creating discrepancy, avoiding arguments, and rolling with resistance. Clinical demonstrations will be offered to course registrants in an interactive fashion.

Invited Plenary Speakers include Afzal Javed (Pakistan/UK), Moussa Ba (Senegal), Driss Moussaoui (Morocco), Norman Sartorius (Croatia), César Alfonso (USA), Tom Craig (UK), and Jalil Benaani (Morocco).

Interactive Panel Discussions moderated by experts will address the following controversies:

1. How different are third wave psychotherapies from traditional CBT?
2. Are cultural adaptations of psychotherapies necessary?
3. Controversies about the delivery of psychotherapy early interventions after trauma.
4. Can psychotherapy be meaningful with the terminally ill?
5. What can psychotherapists learn from the social sciences?
6. Is psychoanalysis relevant in the twenty-first century?
7. Should resources be allocated for infant-parent observation clinics and programs?
8. What is the place for religion in psychotherapy?
9. No we need changing paradigms in psychotherapy education?
10. Adolescents and psychotherapy- An impossible quest?
11. Should psychotherapy modalities be integrated or delivered separately in manualized forms?
12. Is there a dose effect in psychotherapy (arguments for and against long-term treatment)?

It is with enthusiasm that we invite you to join in the vibrant cosmopolitan city of Casablanca for this historic conference!

www.ifpwcp2023.com

**23rd World Congress of Psychotherapy, Casablanca,
Morocco, 9-11 February 2023**
www.ifwcp2023.com

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Eduardo Gastelumendi (Peru)

Asher Aladjem (USA)

Raúl Condemarin (USA)

Erin Crocker (USA)

Eugenio Rothe (USA)

Joseph Silvio (USA)

Timothy Sullivan (USA)

Allan Tasman (USA)

Asia

Roger Ng (China)

Wang Hongxing (China)

Debasish Basu (India)

Sylvia Detri Elvira (Indonesia)

Rizky Aniza Winanda (Indonesia)

Amir Jalali Nadoushan (Iran)

Saman Tavakoli (Iran)

Shigeru Iwakabe (Japan)

Aimée Karam (Lebanon)

Hazli Zakaria (Malaysia)

Afzal Javed (Pakistan)

Constantine Della (Philippines)

Alma Jimenez (Philippines)

Warut Aunjitsakul (Thailand)

Rasmon Kalayasiri (Thailand)

Australia

Helen Herrman (Australia)

Europe

Christopher Pieh (Austria)

Marc Hermans (Belgium)

Katerina Duchonova (Czech Republic)

Jan Prasko (Czech Republic)

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Peter Schulthess (Switzerland)

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Jian Lin Loo (UK)

IFP Mid-Career Research Award WINNER

The IFP Executive Board is pleased to announce that the IFP Research Committee, chaired by Prof. Chiara Rafanelli (Bologna, Italy), proposed Dr. Tobias Krieger (Luzerne, CH, 26/03/1981) as candidate for the award and awarded him.

Dr. Tobias Krieger obtained his PhD in 2013 and became Psychotherapist in 2015. He is Senior Psychologist, at the Outpatient clinic of the Institute of Psychology, University of Bern (Prof. Dr. T. Berger) and Senior Researcher, at the Department of Clinical Psychology and Psychotherapy, University of Bern (Prof. Dr. T. Berger).

His research interests predominately follow two tracks:(i) transdiagnostic vulnerability factors, i.e., a variety of constructs relevant to understanding psychopathology that cut across traditional diagnostic categories, including self-compassion, interpersonal problems and loneliness, and (ii) internet interventions as an efficacious form of a low-threshold self-management resource to empower individuals suffering from various psychopathologies and to facilitate change. He has co-authored more than 60 papers in international, peer-reviewed journals and he is first author of 12 of them. He authored several papers on the negative consequences of a lack of self-compassion and interpersonal problems on well-being and mental health. In addition, he authored empirical studies on the efficacy and effectiveness of a wide range of internet-based interventions for clinical and non-clinical populations, on potential benefits and pitfalls of the combination of conventional therapies and modern technologies, and on the outcome and process of regular psychotherapy. His research on transdiagnostic vulnerability factors and internet-based interventions as an efficacious form of a low-threshold self-management resource have the potential to make psychotherapy accessible to cultural minorities and other populations with limited access to traditional mental health services. He has also made numerous presentations and has been reviewer of a number of professional journals.

According to the IFP Research Committee, Dr. Tobias Krieger stands out as an excellent candidate. His research is in line with the goals of the IFP. He has broken new ground in the field of psychotherapy, and he is internationally known as a leader in his area of expertise.

IFP Research Award: Call for Nominations

Dear IFP Community,

This is a call for nominations for the 2023 IFP Research Award. IFP Research Awards seek to foster a broad spectrum of psychotherapy research that furthers the purposes of IFP, with special emphasis on studies relating to cultural issues, psychotherapy delivery, clinical excellence, and training.

The IFP Research Committee accepts nominations for the following three awards, which will rotate each year:

1. Young researchers who have completed a doctoral dissertation and published a minimum of 3 research papers in refereed journals;
2. Mid-career researchers who have conducted and published important research beyond the post-dissertation level;
3. Distinguished senior researchers whose research and publications represent a lifetime of significant achievements.

For the current year, nominations are invited for the Young-Career Researcher Award.

Nominations can be made by:

(a) Member societies represented by their officials, (b) individuals who are members of IFP member organizations, and (c) IFP Individual members.

A nomination must include: (1) a completed nomination form (found on the IFP homepage), (2) a letter of recommendation by the nominating person/society, (3) a current Curriculum Vitae, (4) copies of the publications on which the decision will be made, and (5) a brief statement by the nominee summarizing his/her work and explaining how it is related to the aims of IFP. Additional letters of recommendation may be included or submitted separately by any colleague familiar with the nominee's work.

All documents should be sent as email attachment to the IFP Awards Committee chair, Prof. Chiara Rafanelli (chiara.rafanelli@unibo.it)

The deadline for nomination is May 31st 2023.

The IFP Research Committee, in its function as Awards Committee, will propose an awardee and the IFP Executive Board will decide about the proposal. The award will be granted in Spring following the submission with a diploma, as well as an official declaration in the IFP Newsletter. The awardee and her/his work will then be presented at the IFP World Congress of Psychotherapy (which takes place every 3 years) following the distinction. If feasible, the recipient of the award will be invited to this meeting.

There are several ways that you can assist us with selecting best candidates:

- Disseminate the information via your professional list,
- Post the information on your professional website,
- Forward this e-mail to your colleagues,
- Nominate researchers you believe deserve this IFP Research Award.

For questions, please contact the IFP Research Committee chair: chiara.rafanelli@unibo.it

CONGRESS CALENDAR

23rd World Congress of Psychotherapy

9-11 February 2023

Venue: Casablanca, Morocco

<https://ifpwcp2023.com/>

31st European Congress of Psychiatry

25-28 March, 2023

Venue: Paris, France

<https://epa-congress.org/>

2023 Congress of the European Association of Psychosomatic Medicine (EAPM)

June 14-17, 2023

Venue: Wrocław, Poland

The 27th World Congress on Psychosomatic Medicine (ICPM)

September 19-21, 2024

Venue: Tübingen, Germany

<https://www.icpmonline.org/27th-world-congress-tubingen-2024>

TO MEMBER SOCIETIES

THE IFP WEBPAGE IS AT www.ifpnet.org

Please send announcements of your congresses!

Please send information about your Society activities (e.g., training, congresses, new Boards, pictures of activities).

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