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## United Nations Spotlights Mental Health and Psychosocial Support

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# United Nations Spotlights Mental Health and Psychosocial Support



**Joffrey Sebastian E. Quiring, MD, FPPA\***  
**Manila, Philippines**

In a landmark move, the United Nations (UN) General Assembly adopted its first-ever resolution, shining the light on mental health during its 84th plenary meeting of the 77th session on June 26, 2023.

Drafted by a core group of Member States led by Mexico, the document entitled "Mental health and Psychosocial Support for Sustainable Development and Peace" reaffirmed previous UN resolutions on achieving global sustainable development goals and built upon those formulated by the UN Human Rights Council, as aligned with the Convention on the Rights of Persons with Disabilities.

This resolution, coming at the heels of the COVID-19 pandemic, rightfully recognizes mental health as a critical component of overall health, echoing the rallying cry "There is no health without mental health."

## *Key Messages*

The resolution veers away from a myopic view of institutionalization, medicalization, and power asymmetries in mental health settings. Instead, it exhorts Member States to promote holistic, community-based, evidence-based, and people-centered mental health services addressing mental health's social, economic, and environmental determinants.

Member States are encouraged to build teaching and service delivery capacities among critical stakeholders, especially in pla-

ces with the most need, integrating mental health services in schools and primary health care. They are likewise urged to strengthen health information systems and to include mental health in universal health coverage, thereby increasing the accessibility and affordability of quality mental health and psychiatric care.

Furthermore, the resolution enjoins everyone to respect, protect, and uphold the autonomy of persons using or seeking to use mental health services, free from stigma and discrimination. Parallel mental health promotion and prevention initiatives, in their different stages - primary, secondary, and tertiary, particularly psychosocial rehabilitation- are to be pursued in various settings and milieus.

It focuses on the needs of vulnerable populations and communities that deal with emergencies, psychological trauma, and the effects of humanitarian efforts, including those of relief workers and health care professionals. As envisioned in the 2030 Agenda for Sustainable Development, it guarantees that "no one will be left behind."

## *Show of Support*

The initiative, co-sponsored by Argentina, Canada, Equatorial Guinea, Israel, Japan, Morocco, and Zambia, quickly gained traction as several other countries joined consensus on the resolution. The European Union, with its 27 Member States and other candidate and potential candidate countries, appreciates the

# United Nations Spotlights Mental Health and Psychosocial Support



**Joffrey Sebastian E. Quiring, MD, FPPA**  
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initiative, calls for international collaboration in addressing global mental health challenges and reaffirms that "mental health is truly a priority for us all."

The United States of America, on behalf of other Member States Australia, Canada, New Zealand, and the United Kingdom, hails the resolution as "an important step in the application of a social and rights-based model of psychosocial disability and mental health," urging other Member States to implement the resolution, and calling all stakeholders "to ensure that mental health and psychosocial support remains a key global priority."

Since its promulgation, public expressions of support for the resolution have grown steadily as other countries, professional groups, non-government organizations, and influencers add their voices to the clamor for top-level and grassroots solutions using a whole-of-government and whole-of-society approach.

## *What it Means for the WFP*

This policy breakthrough bolsters the WFP's preparations for the next World Congress of Psychotherapy in June 2026, a nod to the UN's call to improve mental health and psychosocial support services across nations.

To be convened strategically at the UN Headquarters in New York City, the congress

adopts the theme "Psychotherapy and Human Rights: Caring for Vulnerable Populations, Humanitarian Relief Workers, and Health Care Professionals," and offers mental health stakeholders, especially psychotherapists and psychosocial support providers, a venue for discussion, sharing of research and best practices, collaboration, and networking, in alignment with the resolution's agenda.

The 24th edition of the WFP's world congress coincides with the closing of the 80th session of the UN General Assembly in September 2026, when the Secretary-General delivers a progress report on the implementation of the resolution, after consultation with Member States and in collaboration with the World Health Organization and other relevant stakeholders.

Hopefully, by then, the WFP will have significantly contributed to the implementation of the resolution in its pursuit of its mission to ensure accessible, acceptable, and evidence-based psychotherapy worldwide.

*Dr. Quiring is a Fellow of the Philippine Psychiatric Association and a member of the Philippine Society of Public Health Physicians. He is an Associate Professor at the University of the Philippines College of Medicine and the Philippine General Hospital. He also holds a joint masters degree in Public Health and Sustainable Regional Health Systems.*

# Editor's Note: A Confluence of Forces



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

We banner the United Nations General Assembly's resolution which *"brings the issue of mental health and psychosocial support for sustainable development and peace to the attention of the plenary."*

Coming at the heels of Dr. Cesar Alfonso's rallying call in the WFP World Congress on Psychotherapy around the theme: "Psychotherapy and Human Rights- Caring for Vulnerable Populations, Health Professionals, and Humanitarian Relief Workers", the UN's declaration of "building on and bridging health and human rights perspectives on human rights of the WHO and resolution of the Human Rights Council," manifests the alignment of the WFP mission with international policy-making bodies.

Dr. Alfonso's decision to hold the 24th World Congress of Psychotherapy in the United Nations Headquarters in New York City, USA was made four months before the adoption of the UN Resolution. Call it prescient or whatever you will. But certainly, this confluence of events inspires global action to promote psychotherapy as vital psychosocial support for sustainable development.

Featured in this issue of the Newsletter are messages from WFP leadership and articles by contributors from member societies on their advocacies through thematic foci, educational initiatives, liaison with key organizations, and support for members' undertakings, activities that resonate key messages of the UN Resolution.

*Advocacies through Thematic Foci in Papers, Lectures, and Conferences*

- The planned congress' focus on caring for vulnerable populations, persons in traumatizing situations and their carers echoes the UN Resolution's key message to address the needs of vulnerable populations and communities that deal with emergencies, psychological trauma, and the effects of humanitarian efforts, including those of relief workers and health care professionals.

## WFP Newsletter Editorial Team

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- Dr. Alfonso's lecture on psychotherapy and biological processes promotes the effectiveness of psychotherapy as a biological intervention without neglecting impact of the social environment and how social determinants of health relate to pathogenesis and health.
- The WFP leadership will speak in the 2024 APA Presidential Session entitled "Psychotherapies Targeting Social Determinants of Mental Health." This symposium, the first one in a major psychiatric conference will highlight psychotherapies addressing the social factors that interplay with biological and psychological factors in the pathogenesis, assessment and psychotherapeutic management of persons with serious mental illness. Through this discourse, the WFP endorses a holistic, up-to-date, and pragmatic approach to the association of mental health with social inequalities.
- Drs. Jeste and Alfonso have jointly authored an article entitled "Psychotherapies in Positive Psychiatry," in the October 2023 issue of the American Psychiatric Association's monthly newsletter, the Psychiatric News. Advocacy of these therapies, with their focus on patients' strengths, remind us of the WFP's inclusion of various perspectives of cultural influences on psy-

# Editor's Note: A Confluence of Forces



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

-chotherapies, including those targeting positive psychosocial factors.

- Dr. Joffrey Quiring of the Philippines describes the affirming confluence of the UN Resolution declaring mental health as a priority and the WFP focus on Psychotherapy and Human Rights.
- Dr. Nadoushan of Iran details how the 4th Congress of Psychoanalysis and Dynamic Psychotherapy in Iran addressed the theme, "Living and Thinking in an Unsettled World" discussing various topics such as psychoanalysis and its connection to homelessness; dreams during the COVID-19 pandemic; artificial intelligence and its implications on human identity; immigration and asylum; race and ethnicity; online psychoanalytic treatment and education, and the non-verbal expressions of love and hate.
- Dr. Goran Mijaljica of Sweden describes how the 23rd Nordic Conference for Professionals working with Traumatized Refugees, to be held in Göteborg, Sweden on the 7th and 8th of December 2023, adopts the theme, "Rehabilitating torture survivors and traumatized refugees". It aims to develop knowledge and understanding of different aspects of treating and rehabilitating victims of torture, severely traumatised refugees and their families. Likewise, it strives to strengthen the network and collaboration of professionals working with traumatised refugees in the Nordic countries, and other parts of the world, in consonance with the declared need by the UN General Assembly.

## *Educational Initiatives*

The redesign of the WFP website ([www.wfpsychotherapy.org](http://www.wfpsychotherapy.org)); the push for the aca-

-demic advancement of trainees and early career psychotherapists and the award of travel grants for the upcoming World Congress; the creation of a Consortium of Journal Editors to network for psychotherapy publication responds to the UN's reminder to build capacities of the mental health professionals in service, training and research.

- Dr. Ethel Mpungu of Uganda transfers grassroots experience in conducting Group Supportive Psychotherapy for persons living with HIV in Uganda, Nigeria, and Cameroon, consonant with the UN's call "to promote the recruitment and retention of competent, skilled and motivated health workers, including community health workers and mental health professionals."
- Dr. Nik Ruzyanei of Malaysia holds up the Southeast Asia Regional Psychodynamic Psychotherapy Training Workshop, as a model of a regional effort to improve accessibility of psychotherapy to the Southeast Asian region.

## *Liaison with the American Psychiatric Association (APA)*

- Dr. Alfonso will co-chair a symposium at the WADP Marrakech World Congress in 2024 with Dr. Smith with speakers representing the APA, Eric Plakun, Frank Summers and Jeffery Smith.
- Drs. Alfonso and Jeste and I will present papers on psychotherapies targeting social determinants of mental health at a Presidential Symposium at the APA Annual Meeting in New York in May 2024.

## *Support for Members' Undertakings*

Dr. Alfonso organized an in-person meeting of the members of the WFP Council and Board of Directors who attended the World Psychiatric Congress in Vienna, Austria, on September 30, 2023. In this meeting, attendees reported their achievements in their respective professional work in various countries

# Editor's Note: A Confluence of Forces



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

while Dr. Norman Sartorius reported the UN General Assembly's resolution declaring the important role of mental health and psychosocial support for sustainable development. Inputs from the Council members were recognized and met with great appreciation by all.

In this edition, we celebrate the confluence of the forces working towards delivering psychosocial support through psychotherapy and improving the mental health of all.

As we enter the holiday season and usher in a new year, let this issue of the WFP Newsletter resound with the message of hope and renewal for the cause of mental health.

I am grateful to the following for their invaluable contribution to the production of this edition:

- WFP Newsletter Editorial Team
- Contributors
- WFP Council
- WFP Executive Board

Happy holidays!

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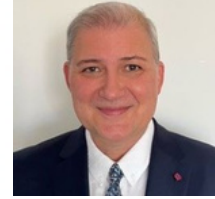
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<https://digitallibrary.un.org/record/4014613>

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[https://www.eeas.europa.eu/delegations/un-new-york/eu-explanation-position---un-general-assembly-resolution-mental-health-and-psychosocial-support\\_en?s=63](https://www.eeas.europa.eu/delegations/un-new-york/eu-explanation-position---un-general-assembly-resolution-mental-health-and-psychosocial-support_en?s=63)

Joint Explanation of Position (US, Australia, Canada, New Zealand, and the United Kingdom)  
<https://usun.usmission.gov/joint-explanation-of-position-at-the-adoption-of-a-ga-resolution-mental-health-and-psychosocial-support-for-substantiable-development-and-peace/>

# President's Column

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



With less than one year into the presidency of WFP, I am pleased to highlight in this column some accomplishments and evolving initiatives. The following would not be possible without the able leadership of my colleagues in the WFP Executive Board and Council, and I am grateful for the opportunity to work alongside such extraordinary talent.

## *24th World Congress of Psychotherapy*

The 24th World Congress of Psychotherapy will take place in New York City in June 2026. The dual venues that have been finalized are the United Nations Headquarters and nearby facilities of Bellevue Hospital Program for Survivors of Torture. The congress will be co-sponsored by the United Nations Critical Incident and Stress Management Services (CISMS) under the leadership of Dr. Sohail Ali, the Bellevue Program for Survivors of Torture under the leadership of Prof. Asher Aladjem, and the USA National Consortium of Torture Treatment Programs under the leadership of Dr. Hawthorne Smith. CISMS is composed of 200 international mental health professionals, half of whom are based at the UN Headquarters in New York.

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



*United Nations Headquarters Conference Room*

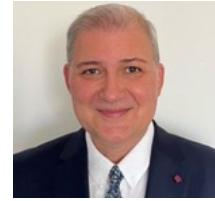
*-nals, and Humanitarian Relief Workers."*

Educational activities will focus on the following areas of interest:

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

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



Caring for Persons with Addiction  
Caring for Sexual Minorities  
Caring for Ethnic Minorities  
Women's Rights

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

*Regional Meetings Co-Sponsored with Member Societies*

WFP will continue to support member societies and affiliate groups with similar interests by participating in regional meetings.

Regional Meetings taking place in 2023-2025 include:

1. April 16-20, 2024: 20th World Congress of the World Association for Dynamic Psychiatry: "Social Challenges and Shared Responsibility in Psychiatry and Psychothe-

-rapy". Venue: Faculty of Medicine, Marrakesh, Morocco.

<https://wadpinternational.com/>

2. November 2024: "Psychotherapy and Creativity", co-sponsored with the Massimo Fagioli Foundation. Venue: Biblioteca Angelica, Rome.



*Biblioteca Angelica, Rome*

3. January 21-24, 2025: "Update on Empirically Based Psychotherapies", co-sponsored with the Philippine Psychiatric Association. Venue: EDSA Shangri-La, Manila.

WFP Website Redesign

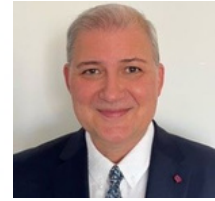
[www.wfpsychotherapy.org](http://www.wfpsychotherapy.org)

Phase 1 of the WFP website has been completed and resulted an aesthetically-pleasing website with increased functionality. This initiative was spearheaded by our President-Elect Dilip Jeste. Phase 2 of the website redesign will include creating a



# President's Column

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



library with access to webinars, power point slides, reading lists, recorded lectures, and other educational materials, and including detailed information about WFP member societies.

## *Other Educational Initiatives*

I wish to reiterate my commitment to education, supporting the academic advancement of trainees and early career psychotherapists. We will continue to reserve funds for travel awards for early career clinicians to attend the upcoming World Congress based on merit and scholarship.

As Editor of *Psychodynamic Psychiatry*, together with Professors Dilip Jeste (Editor-in-Chief of *International Psychogeriatrics*) and Fiammetta Cosci (Editor in Chief of *Psychotherapy and Psychosomatics*), we will create a Consortium of Journal Editors to make psychotherapy more visible and guide prospective authors through the publication process. Editors from other psychotherapy journals will be asked to join. You will hear more about this initiative at a future time.

## *Liaison with the American Psychiatric Association (APA)*

With 1600 members, the APA Psychotherapy Caucus is an active group representing psychotherapy in psychiatry

in the United States. The APA Psychotherapy Caucus Leader is Jeffery Smith, who earlier this year became a member of the WFP Council. With Dr. Jeste and Dr. Smith, we have met twice so far this year to figure out effective ways to increase visibility within our respective organizations with aligned missions.

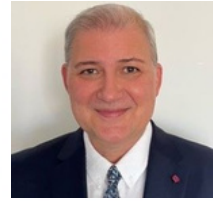
I will be co-chairing with Dr. Smith a symposium at the WADP Marrakech World Congress in 2024, with Eric Plakun, Frank Summers and Jeffery Smith as speakers representing the APA. Dilip Jeste, Alma Jimenez, and I will be presenting a Presidential Symposium at the APA Annual Meeting in New York in May 2024 addressing the relevance of social determinants of health in the practice of psychotherapy.

## *Psychotherapy and Biological Processes*

Psychotherapy results in improved mentalization, affective regulation, effective adaptation, and symptomatic reduction. It results in increased levels of functioning at work, within the family unit, and in social settings. Psychotherapy not only alters brain chemistry and function, but also effects change at the level of the DNA. Understanding gene-environment interactions is relevant to the clinical practice of psychotherapy. Traumatic events, during the sensitive periods of brain development in early childhood and

# President's Column

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



adolescence, may trigger enduring epigenetic changes.

Recent research suggests that epigenetics may be an important underlying mechanism for the pathogenesis of mental disorders. Epigenetic mechanisms that have been studied include DNA methylation, histone modifications and non-coding RNA interference and silencing. There is emerging data showing that psychosocial interventions, including brief psychotherapy interventions, may reverse epigenetic changes associated with major depression, PTSD and stressor related disorders, decreasing suicide risk and improving overall health and quality of life.

Research findings from the last two decades have mapped how psychotherapy results in modified synaptic connections, normalization of brain activity as visualized in fMRI, reduction in circulating inflammatory cytokines, and ensuing neuroprotective changes. Without neglecting the impact of the social environment and how social determinants of health relate to pathogenesis and health, we continue to develop comfort affirming that psychotherapy is an effective biological treatment.

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

# President-Elect's Column

**Dilip V. Jeste, MD**  
**WFP President-Elect (2023-2026)**



The World Federation for Psychotherapy (WFP) has been making rapid progress under the leadership of Dr. Cesar Alfonso (President), with wonderful support from Drs. Alma Jimenez (Secretary-General), and François Ferrero (Treasurer).

Below I will summarize three examples of successful steps taken during the past six months.

## *Presidential Session at the Largest Psychiatric Conference in the World*

The American Psychiatric Association, which hosts the largest psychiatric conference in the world, is sponsoring a Presidential Session at its annual meeting in New York, USA, on May 4-8, 2024, with presentations by the WFA leadership. Drs. Alfonso, Jimenez, and myself will speak in this Symposium titled *"Psychotherapies Targeting Social Determinants of Mental Health"*.

Growing literature provides strong evidence for a significant impact of social determinants of mental health on mental, physical, and social functioning in people with psychiatric disorders - even greater than the impact of traditionally considered medical risk factors including hypertension, diabetes, and smoking (4). Examples of major social determinants of mental health include early-life adversities; lower socioeconomic status that reduces educational and occupational opportunities; social connections; different forms of discrimination such as racism, sex-

-ism, gender-related stigma, and ageism; and disadvantaged urban neighborhoods with high levels of substance use and violence (5). At the same time, an individual's mental health status can also affect social determinants of mental health through personal choices such as those related to living conditions. Yet, social determinants of mental health are rarely assessed in routine clinical practice, let alone targeted toward psychotherapeutic and policy-based interventions at personal and community levels. Recent research suggests an important role for psychotherapies to promote the well-being and overall health of persons with mental illnesses through a focus on social determinants of mental health. To our knowledge, this symposium will be the first one at a major psychiatric conference addressing the use of psychotherapies that target social determinants of mental health.

In this session, I will summarize the literature on the association of social determinants of mental health with the risk of schizophrenia and major depressive disorder, as well as valid and pragmatic ways of assessing these factors, and psychotherapeutic interventions at individual and group levels. Dr. Alfonso will focus on the effects of psychotherapies on biology, especially epigenetic changes that can potentially reverse the adverse genomic effects of early-life trauma.

# President-Elect's Column

**Dilip V. Jeste, MD**  
**WFP President-Elect (2023-2026)**



Dr. Jimenez will discuss ways of training medical students, residents, and early career psychiatrists in the use of individual and group psychotherapies that address social determinants of mental health (2). Thus, this symposium will address clinical, research, and educational aspects of psychotherapies that can enhance the health and well-being of persons with serious mental illnesses. The speakers will also discuss strategies for promoting international collaboration in clinical care, research, and education in psychotherapies.

In sum, this Symposium will impart the message that attending to social determinants of mental health in routine clinical assessment, evaluation, and psychotherapeutic management of people with serious mental illnesses represents a holistic, up-to-date, and pragmatic approach to addressing the mental health impact of social inequalities.

## *Article in the Psychiatric News*

The American Psychiatric Association's monthly Newsletter, the Psychiatric News, has published in its October 2023 issue, an article by Dr. Alfonso and myself on "Psychotherapies in Positive Psychiatry". The Psychiatric News is distributed to tens of thousands of psychiatrists, and is available both online and in print. Positive Psychiatry is the science and practice of psychiatry that focuses on study and pro-

-motion of mental health and well-being through enhancement of positive psychosocial factors such as resilience, wisdom, and social relationships (3). There is strong empirical evidence, based on numerous well-designed studies, that these positive factors are associated with significantly better mental, physical, and cognitive function.

Typically, psychotherapy for people with mental illnesses aims at reducing their psychopathology and stress. While this is unquestionably important, there is also a need for psychotherapy that seeks to enhance positive factors in the patients. There are a number of psychotherapeutic interventions that seek to enhance resilience, wisdom, social relationships and meaning or purpose in life. (7)

Epigenetic studies suggest that there are periods of human development in which individuals are particularly vulnerable to trauma. DNA methylation in response to stress commonly occurs in preschool and adolescent years (1), and increases the risk of mental illnesses.

Psychotherapeutic interventions have reportedly reversed trauma-induced DNA methylation in gene regions associated with psychopathology (6,8). Interventions studied include several forms of psychotherapy – e.g., Psychodynamic, Supportive, Cognitive behavioral, Dialectical, and Interpersonal. Even brief psychotherapy

# President-Elect's Column

**Dilip V. Jeste, MD**  
**WFP President-Elect (2023-2026)**



interventions can promote neuroplasticity, transformative learning via memory reconsolidation, increased serotonin transporter density, and normalization of fronto-limbic connectivity. Psychotherapy can be neuroreparative and promote adaptation to stressors.

Of course, these studies do have a number of methodological limitations similar to those seen in other intervention research. Nonetheless, they at least suggest that, in the care of people with mental illnesses, there is also a place for psychotherapies that seek to promote positive factors. The therapies mentioned above differ from others in their focus on patients' strengths, which is likely to make them feel empowered.

With rapid globalization and expansion of technology, there are increasing opportunities for a collaboration between high-income countries and low- and middle-income countries. While basic principles of psychotherapy may be universal, there are several cultural factors that can impact the design and administration of psychotherapies. The WFP emphasizes both broad and narrow perspectives of cultural influences on psychotherapies, including those targeting positive psychosocial factors.

*In-Person Meeting of Members of WFP Council and Board of Directors in Vienna*

Dr. Alfonso organized an in-person meeting

of the members of the WFP Council and Board of Directors who were attending the World Psychiatric Congress in Vienna on September 30, 2023. It was enlightening and heart-warming to listen to the achievements of the attendees in their respective professional work in various countries. Dr. Norman Sartorius reported that the United Nations has, for the first time, incorporated the important role of mental health in ensuring human rights across the globe. The World Psychiatric Association, of which the WFP is an affiliate, was a major contributor to this historical accomplishment for psychiatry.

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# Bridging the Gap: How Group Support Psychotherapy is Revolutionizing HIV Treatment in Africa



**Etheldreda Nakimuli-Mpungu**  
*Kampala, Uganda*



In many parts of Africa, a significant number of people living with HIV also grapple with depression. In northern Uganda, which has experienced conflict and where individuals often face extreme poverty, food scarcity, and limited access to mental health care, challenges are intensified. Regrettably, the mental health needs of these individuals have not received adequate attention. However, the impact of the Group Support Psychotherapy (GSP) program is evident in the transformative experiences of its participants.

One female participant who attended GSP sessions shared, "I have learnt that keeping secrets that are hurting without sharing with others is very dangerous. I have also learnt that I am useful and important to self and others and I am hopeful about the future." A male participant remarked, "Last year, at around this time, I had not paid fees for my children. Now, I no longer have a school fees problem. My relationship with my wife has improved."

This highlights the program's multifaceted impact, from improving mental well-being to enhancing interpersonal relationships and economic stability.

When depression remains untreated in HIV patients, it can result in poor medication adherence, uncontrolled viral loads, and increased mortality rates. Some researchers prematurely concluded that Africans could not benefit from psychotherapy, choosing antidepressants as the primary treatment for mild-to-moderate depression in HIV patients. This inspired me to develop a culturally sensitive group support psychotherapy tailored to this community's unique needs (Nakimuli-Mpungu et al., 2014). This initiative was a collaboration among mental health professionals from Makerere University's Psychiatry Department, the Ministry of Health, and the various stakeholders. To ensure cultural relevance and acceptance, we conducted focus group discussions to understand the community's perception of depression and its manifestations.

# Bridging the Gap: How Group Support Psychotherapy is Revolutionizing HIV Treatment in Africa



**Etheldreda Nakimuli-Mpungu**  
*Kampala, Uganda*

Feedback from these discussions shaped the structure and content of the GSP.



The final GSP model was grounded in cognitive behavior theory, social learning theory, and the sustainable livelihoods framework. Its objective was not only to address emotional challenges but also potent triggers of depression such as stigma and poverty. Participants acquired new coping skills and forged stronger social bonds, enhancing their well-being, and reducing depressive symptoms. Imagine feeling isolated and despondent while battling a severe illness. Now, envision having a supportive group to converse with, learn from, and that uplifts and reinforces your self-worth. They collaborate with you, showcasing how you can generate income using available resources. This is the essence of GSP and its positive impact in Uganda, Cameroon, and Nigeria.

## *GSP Structure*

GSP consists of eight meetings, each span-

-ning 2-3 hours. We ensure separate groups for men and women, each comprising 10-12 individuals. Trained local individuals lead these groups, following a structured guide. The inaugural meeting outlines the group's objectives in addressing depression, participants' expectations, and foundational rules. Participants are paired and encouraged to do an activity together during the week. In the following meeting, we delve into the causes of depression, its symptoms, and its association with HIV. Some individuals attribute depression to spiritual or mystical causes, so we elucidate the condition in universally understandable terms. In the third and fourth meetings, participants share challenging experiences.



They are encouraged to discuss these with trusted individuals, fostering emotional relief and clarity. In the subsequent two meetings, coping strategies are discussed, with guidance on effective and ineffective methods. The final two meetings focus on skills for collaborative income generation.

# Bridging the Gap: How Group Support Psychotherapy is Revolutionizing HIV Treatment in Africa



**Etheldreda Nakimuli-Mpungu**  
*Kampala, Uganda*



Our prior experiences underscored the necessity of this approach. When individuals grapple with both mental and financial challenges, they often feel trapped in a vicious cycle. Our aim is to disrupt this cycle, offering support in both domains. Active participation in group income-generating activities signifies healing. Successful projects motivate members to initiate more income-generating endeavors. Each meeting commences and concludes with a communal activity like a song, dance, or prayer. Participants also receive practical assignments to apply their acquired skills.

GSP empowers individuals by diminishing mental health stigma, nurturing a sense of community among individuals with shared mental health challenges, and augmenting income (Nakimuli-Mpungu, 2023).

The efficacy of GSP in treating depression has been validated in two trials (Nakimuli-Mpungu et al., 2015; Nakimuli-Mpungu et al., 2020). The core objective of these trials was not merely to address depression but to assess its broader impact on HIV outcomes (Nakimuli-Mpungu et al., 2015). Recent research underscores the intrinsic link between mental and physical health, prompting a reevaluation of traditional medical care paradigms, especially for chronic conditions like HIV.

Our evaluations indicate that GSP enhances both mental and physical health outcomes for HIV patients (Nakimuli-Mpungu et al., 2022), which translates into significant potential for integration into existing HIV service delivery platforms.



# Bridging the Gap: How Group Support Psychotherapy is Revolutionizing HIV Treatment in Africa



**Etheldreda Nakimuli-Mpungu**  
*Kampala, Uganda*

## GSP Benefits

GSP also significantly bolstered antiviral therapy (ART) adherence, leading to improved viral suppression. Essentially, by addressing depression, we positively influenced the physiological response to HIV. Moreover, we noted a significant decline in recurrent infections among GSP participants. By fostering an environment conducive to communication and mutual support, GSP effectively mitigated the stigma associated with HIV, which subsequently reduced depression and enhanced physical health outcomes.

## Mental Health in Primary Care

What are the implications for mental health care for HIV patients, especially in Africa? Our discoveries underscore the pivotal role of holistic mental health care in HIV management. GSP's success accentuates the necessity of incorporating mental health interventions into standard HIV care protocols.

In conclusion, a supportive, stigma-free environment is indispensable for HIV patients, especially in Africa where stigma hinders HIV treatment access and adherence.

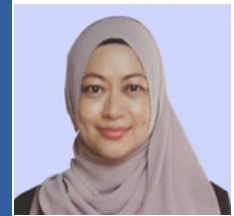
*Dr. Etheldreda Nakimuli-Mpungu is an Associate Professor of Psychiatry at Makerere University, Uganda, focusing on culturally appropriate psychotherapy for HIV patients with depression. She developed a cost-effective group support psychotherapy program, improving medication adherence and viral suppression. Recognized internationally, she received the 2016 Elsevier Foundation Award, a National Independence Medal of Honor, and was featured on BBC's 100 Most Inspiring and Influential Women in 2020. Dr. Nakimuli-Mpungu holds a medical degree, Master of Medicine in Psychiatry, and a doctorate in psychiatric epidemiology. She serves on the Board of the WPA Psychotherapy Section and in the World Federation for Psychotherapy Council.*

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

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# Advancing Access to Psychodynamic Psychotherapy Across Southeast Asia: Insights from the Southeast Asia Regional Workshop in Kuala Lumpur



**Farah Nabila Abd Majid, Nuur Asyikin Mohd Syukor, Nik Ruzyanei Nik Jaafar**  
*Kuala Lumpur, Malaysia*

The Southeast Asia (SEA) Regional Psychodynamic Psychotherapy Training Workshop, held on July 13-14, 2023, in the vibrant city of Kuala Lumpur, Malaysia, was a pioneering endeavor to enhance the accessibility of psychodynamic psychotherapy training within the region. This workshop was organized through collaborations involving the Department of Psychiatry of the National University of Malaysia, the World Federation for Psychotherapy (WFP), the World Psychiatric Association (WPA) Section on Psychotherapy and the Malaysian Psychiatric Association (MPA).

## *Workshop Overview*

The SEA Regional Psychodynamic Psychotherapy Training Workshop aimed to enhance the understanding of psychodynamic principles and therapeutic techniques. The intensive two-day event attracted nearly 200 mental health professionals, including psychiatrists, psychologists, counselors, psychiatry and psychology trainees, as well as medical doctors and nurses nationwide and from neighboring countries, including Indonesia and Brunei. Participants engaged in interactive lectures, incisive panel discussions, and enlightening



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case presentations, each of which probed the intricacies inherent in psychodynamic practice.

## *Key Highlights*

### 1. Diverse and Expert Speakers

Professor Dr. Abdul Halim, the dean of the faculty of medicine of National University of Malaysia, officiated the workshop on the first day. He applauded the collaborative, culture-transcending effort to improve mental well-being within the region.

The workshop presented an impressive lineup of experts in psychodynamic psychotherapy, with multifaceted and culturally rich backgrounds:

- Prof. Dr. Cesar A. Alfonso, the President of the World Federation for Psychotherapy (WFP) and Clinical Professor of Psychiatry at Columbia University,
- Prof. Dr. Marhani Midin, Clinical Professor of Psychiatry at National University of Malaysia,
- Associate Prof. Dr. Constantine D. Della, Chair of the Psychotherapy Section of the World Psychiatric Association and Associate Professor of Psychiatry at the University of the Philippines College of Medicine and the JONELTA Foundation School of Medicine
- Assistant Prof. Dr. Andre Tay Teck Ang, Senior Consultant Psychiatrist, Department of Psychological Medicine, Changi General Hospital, Singapore,
- Dr. Petrin Redayani Lukman, Senior Consultant and Lecturer Psychiatrist from University of Indonesia,

- Dr. Hazli Zakaria, a Consultant Psychiatrist and founder of Alaminda Healthcare Berhad, Malaysia.

The speakers' collective wisdom and multicultural insights bridged the gap between theory and practice, infusing their presentations with personal anecdotes and case studies that resonated deeply with the diverse audience. Facilitators, including Associate Professor Dr. Wan Salwina Wan Ismail (National University of Malaysia), Dr. Eizwan Hamdie (NH Edu-Health Centre), Dr. Chester Chong (Universiti Putra Malaysia), Dr. Aida Syarinaz Ahmad Adlan (Universiti Malaya), Dr. Eu Choon Leng (National University of Malaysia) and Ms. Raynuha Mahadevan (National University of Malaysia), maximized interactions between the audience and the experts.

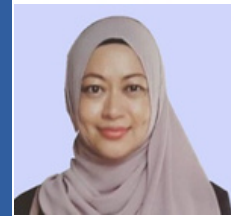
## *Comprehensive Curriculum*

The workshop was an integration of theoretical discourse with pragmatic engagement. It encompassed themes such as the unconscious mind, ego functions, transference, countertransference, free association, defense mechanisms, therapeutic alliance, termination, and therapists' self-care. Carefully structured sessions facilitated the transition from theoretical comprehension to real-world implications and pragmatic application.

## *Clinical Applications and Skills Development*

The workshop's potency lay in its adept translation of psychodynamic theories into clinically applicable skills and strategies.

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*Kuala Lumpur, Malaysia*

Case presentations afforded participants an opportunity to witness the tangible application of psychodynamic principles in real-life contexts. Clinical case conferences, presented by psychiatric trainees from the National Universiti of Malaysia, Dr. Lionel Eric A/L Benjiman and Dr. Mohd Amiruddin Mohd Kassim, showcased clinical expertise and experiential learning. The analysis of complex cases was enriched with a keen understanding



of how multiple factors intersect with psychological dynamics. Conversations explored the delicate equilibrium between tradition and modernity in the dynamic landscape of psychotherapy.

A panel discussion entitled "Challenges of Training and Supervision in Psychodynamic Psychotherapy" illuminated the nuances of education and mentorship from diverse perspectives and solidified a shared commitment to refining psychodynamic training methodologies and fostering nurturing environments.

## *Cultural Competence*

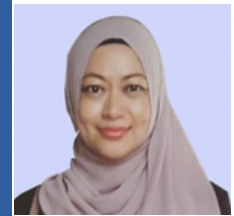
One of the workshop's distinctive features was its inclusion of cultural sensitivity and diversity in psychodynamic practice. As Southeast Asia is a region teeming with diverse cultural identities and traditions, facilitators highlighted the importance of adapting therapeutic techniques to respect and accommodate these varying cultural nuances and beliefs.

The workshop also emphasized the cultural adaptability of psychotherapy. The realization that a one-size-fits-all approach is insufficient in a diverse and interconnected world was palpable. Participants learned to recalibrate their therapeutic approaches, acknowledging the influence of cultural backgrounds and societal contexts on clients' psychological experiences. This newfound perspective underscored the workshop's commitment to fostering culturally competent practitioners in Southeast Asia.

## *Accessibility*

The workshop stood out as a model of accessibility in mental health education from a diverse range resource speakers and facilitators to an equally diverse range of participants. The curriculum accommodated different learning styles and backgrounds, fostering an inclusive environment where participants could engage in meaningful discussions, regardless of prior knowledge or professional role. It emphasized the workshop's broader mission of advancing psychotherapy practices throughout the region in an equitable and inclusive manner.

# Advancing Access to Psychodynamic Psychotherapy Across Southeast Asia: Insights from the Southeast Asia Regional Workshop in Kuala Lumpur



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*Kuala Lumpur, Malaysia*

## Conclusion

The Southeast Asia Regional Psychodynamic Psychotherapy Training Workshop stands as a testament to the collective pursuit of knowledge and the unwavering commitment to shaping the landscape of mental health in the region. Through its comprehensive curriculum, practical skill development, and engagement with expert facilitators, the workshop provided a transformative experience for its participants who departed with enriched insights, expanded horizons, and a deeper connection to the intricacies of psychodynamic psychotherapy.

*Dr. Nik Ruzyanei Nik Jaafar is an Associate Professor in Psychiatry, Consultant Psychiatrist and the Deputy Head of Department of Psychiatry, Faculty of Medicine, National University of Malaysia (UKM). She obtained her medical degree from University College Dublin, Ireland in 1997 and Doctor of Psychiatry from the National University of Malaysia in 2006. She serves as the head of UKM Doctor of Psychiatry Program, National University of Malaysia Research Ethics Committee and Chairperson of the National University of Malaysia Good Clinical Practice Committee. She is a member of the Malaysian Psychiatric Association and the World Federation for Psychotherapy Council.*



# An Insight into the 4th Congress of Psychoanalysis and Dynamic Psychotherapy in Iran

**Amir Hossein Jalali Nadoushan**  
*Tehran, Iran*



The 4th Congress of Psychoanalysis and Dynamic Psychotherapy in Iran was held in Tehran from August 29th to September 1st, 2023. The Iranian Psychiatric Association organized the congress in collaboration with the World Federation of Psychotherapy, with the theme of "Living and Thinking in an Unsettled World". Dr. Mahdiah Moin served as the President of the congress, and Dr. Amir Hossein Jalali Nadoushan had the privilege of playing the role of Scientific Secretary, working alongside more than 40 Iranian and international psychoanalysts and dynamic psychotherapists.

The congress showcased a wide array of scientific programs, comprising 14 workshops, eight symposia, 12 keynote lectures delivered by nine esteemed international speakers, 20 short lectures, and 20 poster presentations. It provided a platform for knowledge exchange and exploring diverse subjects within the field.

## *Issues in Psychoanalysis*

Dr. Deborah Lepentiz's lecture explored the unsettling theory of psychoanalysis and its connection to the issue of homelessness. Dr. Siamak Mohadi presented the intriguing top-

گفتگوهای میان رشته‌ای چهارمین کنگره روانکاوی و روان‌درمانی یوبوی ایران

**روانکاوی و معماری**

انجمن روان‌پزشکان ایران

**سزار آلفونسو**  
رئیس انجمن روان‌پزشکان و روان‌کاوی  
رئیس فدراسیون جهانی روان‌درمانی

**علی‌رضا تغابنی**  
معمار و نویسنده

**سحر اعلائی**  
دکترای روان‌شناسی فلسفی، پژوهشگر

**باوند بهپور**  
معمار، نویسنده، و پژوهشگر

جمعه ۱۰ شهریور ۱۴۰۲  
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WFP  
world federation  
for psychotherapy

# An Insight into the 4th Congress of Psychoanalysis and Dynamic Psychotherapy in Iran

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*Tehran, Iran*



-ic of musical semiotics of voice in distance.

Dr. Steven Kochak discussed how the humanity of psychoanalysts and the influence of viral dreams have unfolded during the COVID-19 pandemic. Dr. Daniele Knafo explored the thought-provoking subject of artificial intelligence and its implications on human identity. Other speakers covered various topics, including immigration and asylum, race and ethnicity, online psychoanalytic treatment and education, and the non-verbal expressions of love and hate.

## *Relevant Psychoanalytic Themes*

The congress' symposia encompassed themes such as emigration experiences; psychoanalysis of artificial intelligence; femininity and psychoanalysis; and the intricate relationship between language, action, and subjectivity. Moreover, the congress fostered interdisciplinary discussions, including a panel between Dr. Cesar Alfonso and a renowned Iranian architect, exploring the intriguing connection between architecture and psychoanalysis.

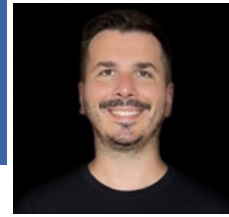
One noteworthy aspect of this congress was the significant number of papers received on the topic of immigration, which is a pressing social problem in Iran today. In response, the organizers decided

to dedicate two symposia to this topic and accepted five papers for the short lecture section. The congress attracted close to 900 in-person and online participants and offered nearly 100 hours of enlightening scientific programs. On the last day of the congress, prizes were awarded to the winners of the poster section. Spyros Orfanos, the honorary international chief of the congress, closed the congress by presenting a captivating lecture on his brief but impactful experience working with two Afghan girls in Taliban-controlled Afghanistan.

*Dr. Nadoushan is currently the Spokesperson of the Board of Directors of the Iranian Psychiatric Association, and is a Member of the Board of the Young Psychiatrists' Network. He is also an Assistant Professor at the Iran University of Medical Sciences.*

# Rehabilitating Torture Survivors and Traumatized Refugees

**Goran Mijaljica**  
**Göteborg, Sweden**



## *Background*

Displacement and trauma from war, torture and ill-treatment remain a global phenomenon that trigger psychiatric conditions such as PTSD and depression. Noting the human disability cost from trauma, world agencies have called for a comprehensive approach to the promotion of trauma survivors' dignity and human rights and the provision of rehabilitation needs. Health care agencies in the Nordic region have taken heed.

As of May 2023, forcibly displaced persons number over 110 million worldwide, composed of about 35 million refugees, and 62 million internally displaced persons. The United Nations High Commissioner for Refugees (UNHCR) estimates that the figure for forcibly displaced or stateless persons will rise to 117.2 million by the end of 2023. Many have experienced war, violence, and persecution in their home countries and even on their journey to safety.

Studies have shown that some psychiatric conditions, including post-traumatic stress disorder and depression, are more prevalent in refugees and asylum seekers. For example, a recent meta-analysis indicated a 43% prevalence of PTSD and 40% of depression among Syrian refugees. Torture survivors show a higher risk of developing PTSD - up to 73% lifetime prevalence.

In Scandinavia, which has had a significant influx of refugees in the past decades, 244,178 persons, mostly Syrian nationals, sought asylum in Sweden from 2014 to 2015.

Such refugees reportedly tend to have a higher prevalence of depression and PTSD than the general population.

Noting the critical role that documenting torture plays in attaining but also for providing adequate treatment and rehabilitation, the Istanbul Protocol has standardized the documentation process for biopsychosocial evidence of torture and ill-treatment. Thus, health care professionals in both primary health care and specialist services need access to knowledge about adequately identifying and documenting cases of torture.

The United Nations Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment gives all victims of torture an explicit right to rehabilitation. The International Rehabilitation Council for Torture Victims (IRCT) has published the Global Standards on Rehabilitation of Torture Victims, which emphasizes upholding the well-being and dignity of the victims of torture, and maintaining professional standards in treatment and rehabilitation. According to the IRCT, rehabilitation should be provided independently, and specific rehabilitation needs of torture survivor's families should be considered a part of the rehabilitation process. The rehabilitation of torture victims requires a multidisciplinary approach, where medical, psychological, legal, and social support are combined. It should also support the agency of the victims.



# Rehabilitating Torture Survivors and Traumatized Refugees

**Goran Mijaljica**  
**Göteborg, Sweden**



## *Critical Role of Health Care Systems*

Health care systems have an essential role in that process, especially in identifying and documenting cases of torture, and rehabilitating and providing timely trauma-focused treatment for victims. In the Nordic countries, several specialized treatment centers with a long experience of documenting torture and rehabilitating torture survivors, such as Dignity – Danish Institute Against Torture in Copenhagen, Denmark; the Swedish Red Cross, with six treatment centers throughout Sweden; and the Crisis and Trauma Unit in Göteborg, Sweden provide access to rehabilitation services for trauma survivors.

## *Advocating for Trauma*

The 23rd Nordic Conference for Professionals Working with Traumatized Refugees, with the theme "Rehabilitating Torture Survivors and Traumatized Refugees", was recently held in Göteborg, Sweden, on the 7th and 8th of December 2023. This biannual conference aims to strengthen the network and collaboration of professionals working with traumatized refugees in the Nordic countries, with the hope of furthering the participants' knowledge and understanding of different aspects of treating and rehabilitating victims of torture, severely traumatized refugees, and their families. Though most of this year's participants are from the Nordic countries, colleagues from other parts of the world are also welcome to participate in future conferences.

*Goran Mijaljica is currently a consultant psychiatrist at the Transcultural Center in Stockholm, Sweden, and Haukeland University Hospital in Bergen, Norway. He previously worked as the Head of Department at the Refugee Health Clinic, Refugee Children's Clinic, and the Crisis and Trauma Unit in Göteborg, Sweden, from 2019-2023. He also trains other mental health professionals in trauma and PTSD at the regional and national levels in Sweden. He also teaches medical ethics at the University of Göteborg – Sahlgrenska Academy, and is a World Health Organization Ethics Review Committee member.*

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



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

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

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

The conference "Psychotherapy, Creativity and the Arts," organized by the Massimo Fagioli Foundation in co-sponsorship with World Federation for Psychotherapy, will be held in Rome in October 2024, Friday 18th, at the Angelica Library (Bibliotheca Angelica), and Saturday 19th, at the Monumental Complex of San Michele a Ripa Grande.

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

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

but also many fields, like the arts, education, economy, and politics.

### *The Venue*

Day one of the Congress will be in the Angelica Library, the oldest public library in Rome which houses precious historic manuscripts, gifts from Roman nobles, or transcribed or owned by the Augustinian friars, is close to the most famous Caravaggio paintings, such as *Madonna of the Pilgrims* at Basilica Sant'Agostino; the triad of paintings dedicated to San Matteo, in the famous French church San Luigi de'Francesi; and Piazza Santa Maria del Popolo, with other two famous Caravaggio paintings. The Pantheon, Piazza Navona, Piazza di Spagna, and Villa Borghese are close by within walking distance.



*Complesso monumentale di San Michele a Ripa Grande,  
Trastevere, Roma*

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



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

The second day of the congress will be held at the Monumental Complex of San Michele a Ripa Grande, in the famous area of Trastevere, location of the Fagioli Collective Analysis studio and the head-quarters of the Foundation. The congress venues' magical atmosphere will properly house an exquisite program. Pre-registration is strongly encouraged due to the venues historic rooms limited capacity.

On the second meeting day, it will be possible to visit the Massimo Fagioli Foundation headquarters in via Roma Libera, 23. A social event with a music session will be scheduled on Saturday evening.

#### *Worldwide Participation*

Speakers from Italy and from all around the world will participate, along with registrants from all around the world. Residents and students from the schools of psychodynamic psychotherapy from all around the world are invited to submit abstracts for the poster session.

Entry to the congress will be free of charge, while seats last, but reservation and pre-registration is essential. The congress will be live streamed for access around the world. Registrants will have the opportunity to listen to experts on Human Birth Theory and scholars who will engage in a dialogue



*Biblioteca Angelica, Roma*

representing different psychotherapy schools of thought, addressing creativity and arts and psychotherapy as a creative process.

For information, online and offline/in person reservations please email: [conferencewfp2024@fondazionemassimofagioli.it](mailto:conferencewfp2024@fondazionemassimofagioli.it)

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

# CONGRESS CALENDAR



## 2024

### **WPA Psychoanalysis in Psychiatry Section**

#### **International Conference**

**22-24 February 2024**

Sao Paulo, Brazil

marioecpereira@uol.com.br

hgranier@wanadoo.fr

samantakavakoli@gmail.com

### **WAPP International Conference**

**21-23 March 2024**

Istanbul, Turkey

istanbul2024.tilda.ws

### **20th World Congress World Association for Dynamic Psychiatry**

**16-20 April 2024**

Marrakech, Morocco

<https://wadpinternational.com>

### **American Academy of Psychodynamic Psychiatry and Psychoanalysis Annual Meeting**

**2-4 May 2024**

New York, New York

[www.aapdp.org](http://www.aapdp.org)

### **American Psychiatric Association Annual Meeting**

**4-8 May 2024**

New York, New York

<https://www.psychiatry.org/psychiatrists/meetings/annual-meeting>

### **WFP Regional Meeting: Psychotherapy, Creativity and the Arts**

**18-19 October 2024**

Rome, Italy

[conferencewfp2024@fondazionemassimo FAGIOLI.IT](mailto:conferencewfp2024@fondazionemassimo FAGIOLI.IT)

### **Psychodynamic Psychotherapy Regional Workshop: Psychodynamics in Everyday Clinical Encounters**

**25 & 26 July 2024**

Changi General Hospital, Singapore

[davidtcl@gmail.com](mailto:davidtcl@gmail.com)

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

**14-17 November 2024**

Mexico City, Mexico

<https://wcp-congress.com/>

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

# CONGRESS CALENDAR



## 2025

### **WFP Regional Meeting: Advances in the Evidence-Based Psychotherapies**

**January 2025**

Manila, Philippines

<https://philippinepsychiatricassociation.org>

### **8th World Congress on Positive and Transcultural Psychotherapy**

**October 2025**

China

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

## 2026

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

**June 2026**

New York, New York

<https://wfpsychotherapy.org>

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

# INVITATION



## 2024 WAPP INTERNATIONAL CONFERENCE

ON POSITIVE AND TRANSCULTURAL  
PSYCHOTHERAPY

20-23 MARCH 2024

Istanbul,  
Turkey

100 Euro registration fee  
+ 485 Euro conference  
package (hotel, meals)

### Keynote Speakers



#### César A. Alfonso

MD, Professor

President of the World Federation for Psychotherapy; Clinical Professor of Psychiatry, Columbia University Medical Center (New York City, USA); Editor of the journal Psychodynamic Psychiatry



#### Dilip V. Jeste

MD, Professor

Director, Global Research Network on Social Determinants of Mental Health and Exposomics; Former Senior Associate Dean for Healthy Aging and Senior Care, and Distinguished Professor of Psychiatry and Neurosciences, University of California San Diego (USA); Past President, American Psychiatric Association; Founder of Positive Psychiatry

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- Social and cultural program

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#### Angelika Goers

Singer

Jazz, Music, Speak & More



Submit your abstract before 10<sup>th</sup> of January 2024  
[assistant@positum.org](mailto:assistant@positum.org)



Details and registration  
[istanbul2024.tilda.ws](http://istanbul2024.tilda.ws)

# INVITATION



## WORLD ASSOCIATION FOR DYNAMIC PSYCHIATRY WADP

20th World Congress of WADP  
XXXIIIrd International Symposium of  
German Academy for Psychoanalysis (DAP) e. V.



Organized by and in cooperation with MADP  
Moroccan Association of Dynamic Psychiatry  
Co-sponsored meeting of the WPA

## SOCIAL CHALLENGES – SHARED RESPONSIBILITY IN PSYCHIATRY AND PSYCHOTHERAPY

SECOND ANNOUNCEMENT

16.04. – 20.04.

2024



## MARRAKECH | MOROCCO

Faculty of Medicine and Pharmacy  
274 Semlalia, Marrakech 40000, Morocco

Co-sponsored by



WPA, WASP, WFMH, DGG, ICPCM, WFP, ALFAPSY



[www.wadpinternational.com](http://www.wadpinternational.com)

# INVITATION

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

**51st PPA Annual Convention  
and WFP Regional Meeting :**

**Updates in Evidence-based  
Psychotherapies**

January 21-24, 2025  
EDSA Shangrila Manila, Philippines

<https://philippinepsychiatricassociation.org>  
Email: [philpsych.org@gmail.com](mailto:philpsych.org@gmail.com)



# OFFICIAL JOURNAL



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