



# Renewing Assembly of the Union of Psychotherapy Associations in Bosnia-Herzegovina Established the New Statute and Elected New Management Members

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## Editorial

After the 1992-1995 war in Bosnia and Herzegovina (BH), the whole population suffers because they were highly psycho-traumatized during and after war [1-4]. Mental health therapists did not have enough capacity to meet the needs of the population. They had a long-term need to improve their psychotherapy capacities [5,6]. Different international psychotherapy organizations helped with realizing of full trainings of psychotherapists of different directions in Bosnia and Herzegovina in response to the 1992-1995 war. They helped trainings of mental health workers in recognized psychotherapy modalities to enable them to treat the psychological trauma symptoms of war survivors [7-9].

Union of Psychotherapy Associations (UPA) founded in 2005, but never established their work because of subjective reasons of responsible management members.

Since there is not legally regulated status of psychotherapy as a profession, and there is not regulated the legal status of psychotherapists and their work with clients, what aggravates the possibilities of psychotherapy in the treatment of all persons with disabilities in mental health, we needed to renew the work of earlier UPA.

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Received Date: 14 Apr 2017

Accepted Date: 25 Apr 2017

Published Date: 12 May 2017

### Citation:

Hasanović M, Avdibegović E, Ćatić B, Čerkić A, Čorbo DM.

Renewing Assembly of the Union of Psychotherapy Associations in Bosnia-Herzegovina Established the New Statute and Elected New Management Members. *World J Psychiatry Ment Health Res.* 2017; 1(1): 1002.

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Renewing Assembly of the Union of Psychotherapy Associations in Bosnia-Herzegovina (UPAinBH) took place on 08<sup>th</sup> April 2017 years in Sarajevo and established the new Statute of UPAinBH, also participants on this assembly elected a new president, vice-president, secretary and board members of UPAinBH.

From now, UPAinBH is an organization geared towards the development and promotion of psychotherapy in accordance with European standards. The goal is to ensure conditions for establishment of the psychotherapy and standardization of psychotherapeutic practice.

The role and importance of psychotherapy is reflected in the assistance it provides to needed people, always in the best interests of the client. The need for psychotherapeutic work is greater than before. Establishing structure for psychotherapeutic activity will help professionals to self-dealing psychotherapeutic work, the promotion of education in line with European standards, and will contribute to the regulation of professional status as a licensed psychotherapist in acquiring EU certificate.

UPAinBH in their work leading principles of the Strasbourg Declaration, the key document on which is based activity of the European Association for Psychotherapy works of establishing psychotherapy as a separate and independent profession compatible with standards-wide Europe.

UPAinBH gathers a large number of representatives of psychotherapy directions (IGW Gestalt Germany, Group analysis, EMDR, Gestalt, Integrative Child and Adolescent Psychotherapy, Systemic Family Practice and Therapy, Reality Therapy, Transactional, Psychodrama, Cognitive Behavioral Therapy) and continuously remains open for supporting system development psychotherapeutic activities.

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