

EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY (EAP)

Member of the World Council for Psychotherapy (WCP)
NGO with consultative status to the Council of Europe

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EUROPEAN ASSOCIATION FOR PSYCHOTHERAPY

30th ANNIVERSARY CONGRESS

MARCH 12th – MARCH 13th 2022, VIENNA

THE HOPE OF PSYCHOTHERAPY FOR OUR ENDANGERED WORLD

The web of life is sustained in all its forms by connection and communication. In its 30 year history the European Association for Psychotherapy has achieved unity between the different modalities in the profession of Psychotherapy and unity of professional standards across EAP's 42 member countries, through connection and effective communication. The unity established gives us strength as an organisation and a profession. EAP also aims to connect Psychotherapy more effectively with the wider world, and this continuing challenge is ever more vital as we face the world's greatest threats.

How can we as Psychotherapists offer hope to our endangered planet, and to humanity? Our planet endangered by the climate catastrophe; by pollution; and by pandemics. We are not politicians, policy makers, engineers or technologists. Our expertise lies in weaving connections, meaning making, and facilitating communication processes to support and revitalise individuals, couples, families, children and groups when they face personal crises and threats. But Psychotherapy is all too often limited to personal realms, and the field has yet to find its voice in response to the challenges that humanity, and our endangered planet, are facing. There is a need to raise our voice to the public, politicians and policy makers about the psychological consequences that the threats facing humanity have on people.

How can we offer a therapeutic response to humanity in the face of the threats to us and to our endangered planet?

This is the existential question that we wish to address in our 30th Anniversary Congress. We are inviting some of the world's most insightful and wise Psychotherapists to speak. We do not know the answer to this question at the moment, but let us do what we do best as Psychotherapists: allow ourselves to sit with the greatest problems facing humankind; to listen to each other; to speak; to discern; to allow ourselves to be in the place of unknowing in order that insight, discernment, and hope can emerge.

Patricia Hunt

President of EAP, Chair of Congress

On behalf of the EAP 30th Anniversary Organising Committee

