IFP News

The International Federation for Psychotherapy (IFP) is a world-wide, interprofessional, interdisciplinary, and intercultural umbrella organization for psychotherapy. The original objective of the federation was to promote psychotherapy within the field of medicine. However, in the meantime psychotherapy has come to include a wide field of professions both in scientific research and in clinical practice. Accordingly, the IFP extended its objectives. To know more about the IFP, visit the web page <http://www.ifp.name/index.htm>. The IFP offers its members two newsletters per year. Please find below a summary of the latest newsletter which was published in full in <http://www.ifp.name/newsletter.html>.

Fiammetta Cosci

The IFP board is glad to send you the latest newsletter.

The present issue first presents a letter from President Driss Moussaoui which addresses the need to help people with psychiatric disorders also in rural areas and in low- and middle-income countries describing the updates of the project program "Psychological Help in Rural Areas." This is one of the strategic aims of the IFP in the years to come. News on this project will be provided in the next issues of the IFP newsletter.

After this, Marie Chieze, a young psychiatrist from Switzerland, nicely describes her own journey to become a psychotherapist. She highlights that becoming an acknowledged psychotherapist requests to perform personal psychotherapy. She clarifies the purpose of this requirement in her article which also discusses the impact of personal therapy during psychotherapy training from a subjective perspective.

Then, Chaimaa Aroui, a resident in psychiatry from Morocco, describes her own experience with psychotherapy, both as a psychiatrist in training and as a person, also touching the important issue of clinician-patient alliance.

Thereafter, Philippe Grosbois, France, who was part of the IFP Executive Board, refreshes us old and warm memories of the IFP and reminds us of the importance of remembering, of not losing our roots.

Finally, Arnold van Emmerik, The Netherlands, illustrates the activities of the Dutch Association for Behavioural and Cognitive Therapies, being its president.

The IFP board wishes all of you a pleasant reading.

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