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 to its members two newsletters per year. Please find below a sum up of the latest newsletter which was published in full in <http://www.ifp.name/newsletter.html>.

The IFP board is glad to send you the sum-up of the latest newsletter, which can be retrieved from our web page.

The present issue first presents an editorial from President Driss Moussaoui which addresses the current COVID-19 pandemic in the framework of the most important crisis that human beings have had in the present century. He highlighted the relevant role that health workers have and have had in these days and as well as the relevant role that mental health workers are having and will have in the coming days.

After this, Martina Belz, Research Associate, psychologists, and psychotherapist, illustrates how she was forced to change her face to face therapy of her patients into online therapies and encourages us to use the specific condition of the COVID-19 pandemic to be creative, open for new and surprising effects, ready for more metacommunication and adjustments as well as interruptions during therapy, since they can be manageable and even very powerful.

Tom K.J. Craig, Emeritus Professor of Social Psychiatry, already gives a nice example of how clinicians can be creative to help their patients. He describes a sophisticated model of AVATAR therapy for voices which might represent a great innovation in the treatment of hallucinations. A multicentric controlled trial, jointly intending to strengthen the evidence of efficacy and safety to the

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point where the therapy can move out of research into service delivery in the NHS and be disseminated to interested parties internationally, will come as soon as the COVID-19 pandemic will be over.

Then, Franz Caspar, Emeritus Professor of Clinical Psychology and Psychotherapy, illustrates current trends in psychotherapy research and suggests that more recent research has led to a revival of the old notion that the therapist matters.

In the end, Ulrich Schnyder, Emeritus Professor of Psychiatry and Psychotherapy, nicely summed up the history of the International Federation for Psychotherapy, highlighting that, today, mutual learning between clinicians and researchers, and a culture-sensitive approach to psychotherapy are the basic principles of the IFP's mission statement.

Fiammetta Cosci, Associate Professor of Clinical Psychology, Associate Editor of the journal *Psychotherapy and Psychosomatics*, Past President of the International College of Psychosomatic Medicine, General Secretary of the IFP and newsletter editor, General Secretary of the Academy of Well-Being Therapy.

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