

# 1. konferencija Europskog udruženja za kliničku psihologiju i psihološke tretmane (EACLIPT)

## */ The First Conference of the European Association of Clinical Psychology and Psychological Treatment – EACLIPT*

„Nema zdravlja bez psihičkog zdravlja: europska klinička psihologija preuzima odgovornost“

*/"There is no health without mental health: European clinical psychology takes responsibility"*

Dresden, Njemačka, 31. listopada – 2. studeni 2019.

*/Dresden, Germany, 31 October – 2 November, 2019*

U Amsterdamu 2017. godine, na Europskom kongresu psihologije, osnovano je Europsko udruženje za kliničku psihologiju i psihološke tretmane (*The European Association of Clinical Psychology and Psychological Treatment – EACLIPT*). Klinički psiholozi iz različitih dijelova Europe osjetili su potrebu udruživanja i promicanja kliničke psihologije kao primjene znanstvene discipline. Jedan od poticaja je svakako bio rastući broj psihičkih smetnji u svim dobnim skupinama, koji se događa posljednjih desetljeća. Klinička psihologija je razvila čitav niz teorijskih modela, dijagnostičkih instrumenata i tretmanskih pristupa psihičkim smetnjama. EACLIPT je osnovan 2017. godine u okviru Europske federacije društava psihologa (*European Federation of Psychologists' Associations – EFPA*) s ciljem poticanja istraživanja, obrazovanja i širenja znanstveno evaluiranih nalaza o:

- dijagnostici i klasifikaciji psihičkih poremećaja
- biopsihosocijalnim mehanizmima zdravlja i bolesti
- psihološkim tretmanima i psihoterapijama
- prevenciji i rehabilitaciji psihičkog zdravlja
- primjeni psiholoških tretmana koji su znanstveno utemeljeni.

EACLIPT je u svoje dvije godine postojanja ostvario nekoliko važnih ciljeva. Članstvo se

In Amsterdam in 2017, at the European Congress of Psychology, the *European Association of Clinical Psychology and Psychological Treatment* (EACLIPT) was founded. Clinical psychologists from various parts of Europe felt the need to unite and promote clinical psychology as an applied scientific discipline. One incentive was certainly the growing number of psychological disorders in all age groups over the previous several decades. Clinical psychology has developed a range of theoretical models, diagnostic instruments, and types of treatment for psychological disorders. EACLIPT was founded in 2017 within the framework of the *European Federation of Psychologists' Associations* (EFPA) to encourage research, education, and dissemination of scientifically evaluated findings on:

- diagnostics and classification of psychological disorders
- biopsychosocial mechanisms of health and illness
- psychological treatments and psychotherapies
- prevention and rehabilitation of psychological health
- application of scientifically based psychological treatments

In its two years of existence, EACLIPT has achieved several important goals. There are

približava broju 1000, članovi su iz svih europskih zemalja, ali i onih izvan Europe. Učlanjenje je još uvijek besplatno. Osnovana je mreža nacionalnih predstavnika čiji je osnovni zadatak širenje informacija o EACLIP-u i međusobna koordinacija različitih stručnih i strukovnih pitanja. Autorica ovog teksta je nacionalna predstavnica Hrvatske. Jedan od prvih uspješno obavljenih zadataka bila je izrada kompetencija kliničkih psihologa, koje se objavljene u proljeće 2019. godine i mogu se pronaći na poveznici: <https://cpe.psychopen.eu/article/35551/>.

Osim toga, u siječnju 2019. pokrenut je časopis *Clinical Psychology in Europe: The Official Journal of the European Association of Clinical Psychology and Psychological Treatment*. Časopis nudi otvoren pristup, izlazi kvartalno, a važno je znati da su prijava, obrada i objavljivanje članaka potpuno besplatni. Više informacija se može naći na: <https://CPE.PsychOpen.eu>. Cilj koji je uredništvo postavilo je učiniti ga vodećim europskim časopisom iz kliničke psihologije, a kvaliteta do sada objavljenih članaka, te entuzijazam urednika stvaraju sve uvjete da se ovaj cilj vrlo brzo i ostvari.

U Dresdenu je od 31. listopada do 2. studenog 2019. godine održana 1. EACLIP konferencija. Tema konferencije „Nema zdravlja bez psihičkog zdravlja – europska klinička psihologija preuzima odgovornost“ oslikala je potrebu premještanja psihičkog zdravlja u društveni fokus. Na konferenciji je sudjelovalo više od 500 kliničkih psihologa i ostalih stručnjaka za psihičko zdravlje iz preko 30 zemalja. Konferenciju su obilježila zanimljiva predavanja eminentnih pozvanih predavača: Claudi Bockting i Susan Bögels (Sveučilište u Amsterdamu), David Clark (Sveučilište u Oxfordu), Stefan Hofmann (Sveučilište u Bostonu) i Maria Karekla (Ciparsko sveučilište), koja su potaknula rasprave o etiološkim i tretmanskim modelima za različite psihičke smetnje u cjeloživotnoj perspektivi. Tema koja se posebno isticala, a vjerujemo da će biti sve više u središtu stručne pozornosti, jest primje-

near one thousand members from all European countries, as well as from countries outside Europe. Membership is still free. A network of national representatives whose main task is disseminating information on EACLIP and mutual coordination regarding various issues related to the profession has been formed. The author of this text is the national representative for Croatia. One of the first successfully completed tasks was the creation of competences of clinical psychologists, published in the spring of 2019 and available at the following link: <https://cpe.psychopen.eu/article/35551/>. Also, in January 2019, the *Clinical Psychology in Europe: The Official Journal of the European Association of Clinical Psychology and Psychological Treatment* was launched. The journal is open access, published quarterly, and it is important to emphasize that submission, processing, and publication of articles are entirely free of charge. More information is available at: <https://CPE.PsychOpen.eu>. The editorial board want to make it the leading European journal on clinical psychology, and the quality of published articles and the enthusiasm of the editor provide all the preconditions for the achievement of this goal.

From October 31<sup>st</sup> to November 2<sup>nd</sup> 2019, the first EACLIP conference was held in Dresden. The topic of the conference, “*There is no health without mental health: European clinical psychology takes responsibility*”, showed the need for bringing mental health into the focus of society. Over 500 clinical psychologists and other experts for mental health from over 30 countries participated in the conference. The conference was marked by interesting presentations held by eminent invited lecturers, Claudi Bockting and Susan Bögels (University of Amsterdam), David Clark (Oxford University), Stefan Hofmann (Boston University), and Maria Karekla (University of Cyprus), which inspired discussions on etiological and treatment models for various psychological disorders from

na digitalnih tehnologija u tretmanu psihičkih poremećaja.

Na konferenciji u Dresdenu je dogovoreno da će se od 2021. godine konferencije održavati jednom godišnje.

EACLIPT je mlado i dinamično udruženje koje okuplja vrhunske znanstvenike i stručnjake koji se bave psihičkim zdravljem. Nastavi li se razvijati ovom dinamikom nesumnjivo će postati jedno od utjecajnih udruženja u vibrantnom području kliničke psihologije. Stoga je vrijedno biti članom ovog udruženja, u koje se mogu učlaniti psiholozi, ali i drugi srodni stručnjaci, prije svega psihijatri.

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a lifelong perspective. One topic which was especially highlighted, and one which should receive increasing attention from experts, was the application of digital technologies in the treatment of psychological disorders.

At the conference in Dresden, it was decided that from 2021 conferences would be held once per year.

EACLIPT is a young, dynamic association which gathers top scientists and experts who work in the field of mental health. If it continues to develop at this rate, it will undoubtedly become one of the most influential associations in the vibrant field of clinical psychology. Therefore, it is valuable being a member of this association, one which can be joined not only by psychologists but also related experts, primarily psychiatrists.

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