



EAP Position on Emotional Wellbeing of European Citizens – What has to be done?

Last EU documents on Mental Health and Emotional Wellbeing prove the **absolute priority for EU states to promote Mental Health and Emotional Wellbeing (as an objective of the EU; Art.3 of the Treaty on the Functioning of the EU)**. One of the protective factors of the overall wellbeing of the European Citizenship care effective and efficient psychotherapeutic interventions. The new WHO European Mental Health Action plan includes clear recommendations to promote good practice and (quote) “To use the expertise of civil society and to engage non-governmental organisations, as providers of effective services and independent human and mental health system performance monitoring activities, in mutually useful partnership with governmental agencies. ” pg. 7 point 6 *1)

There is no sustainable, smart and inclusive growth of the population without resources in wellbeing. Psychotherapy is effective, helps reduce the overall need for health services and produces long-term health improvements with less side effects than medication (APA 2012).*2

We, in the EAP, call for a proper legal regulation of the profession of psychotherapy and the wider provision of psychotherapeutic services within the European Union.

The European Association for Psychotherapy (EAP),

was founded on June 30, 1991 in Vienna Austria, and is a non-profit umbrella organisation aiming to unite psychotherapy organisations in Europe. The EAP organises individual psychotherapists of different orientations and different professional backgrounds on the basis of the “Strasbourg Declaration of Psychotherapy 1990”, and has established the [European-Certificate for Psychotherapy \(ECP\)](#) a European wide quality standard for psychotherapy. One of the target goals of this standard is mutual recognition and equal conduct of psychotherapy in Europe.

EAP represents 128 organisations ([30 national umbrella associations, 17 European-wide associations for psychotherapy](#)) from [41 European countries](#), and more than 120.000 psychotherapists. Membership is open for organizations, training institutes and individual psychotherapists. The mission of the EAP is to seek to promote the relief of involuntary emotional suffering, more often than not at the basis of medical problems, the prevention of mental illness and disorder and the improvement of quality of life and well being.

For further information, please visit:

<http://www.europsyche.org>

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*1) EU Document : *Lithuanian Presidency conference "Mental health: Challenges and Possibilities" Conclusions* Vilnius, Lithuania, October 10-11, 2013

*2) American Psychological Association: Recognition of Psychotherapy Effectiveness

Approved August 2012 <https://www.apa.org/about/policy/resolution-psychotherapy.aspx>
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