



SLOVENSKA KROVNA ZVEZA ZA PSIHOTERAPIJO

SLOVENIAN UMBRELLA ASSOCIATION FOR PSYCHOTHERAPY

### **Situation of psychotherapy in Slovenia**

In Slovenia there is no law regulation about psychotherapy and it still doesn't exist as independent profession. Psychotherapy has mainly developed in Slovenia in seventies inside of psychiatry as analytical therapy. Psychotherapy is nowadays offered in public health system by psychiatrists and some clinical psychologist as aside offer but in very low amount and mostly once per month for client. Most of psychotherapy is now established by private sector with no control or law regulations.

We have two major organisations which are gathering psychotherapists and different psychotherapeutic approaches with their schools. One is our Slovenian umbrella for psychotherapy (SUAP) and other Association of psychotherapist Slovenia (APS). SUAP was established by influences from EAP in late nineties. Thru many years these two organisations had many misunderstandings but since two years now we are working hand in hand recognizing each other and fighting for the legislation of psychotherapy as service and as independent profession.

In 2010 both organisations with their representatives prepared draft of the law on psychotherapeutic activities on initiative of Ministry for health. Unfortunately this draft is still in a process to be forwarded to politics to accept it mainly because of instable political situation in our country and lack of political will.

In our country under both organisations work approx. 300 psychotherapists but there are some more outside those organisations and many of them with very questionable education and experience.

Psychotherapy trainings are covered by private institutes which are mainly all part of SUAP and therefore are following standards and normatives of EAP.

Second way is thru university programs which are offered by Sigmund Freud private University from Vienna. SFU has recently opened its faculty in Ljubljana. Also Slovenian University of Ljubljana is offering psychotherapy education and another Slovenian private Faculty.

SUAP and APS agreed to establish a register of all certified psychotherapists to prevent further misusing on that field. Register will have its own web site (coming in April 2014) and data will be sent to different institutions.

Usual clients pay for psychotherapy between 40 and 60 Euros per hour. Small amount of hours can be also paid from insurance but usually in case that client already take some psychiatric help.

List of modalities which are present in Slovenia with their educations are:

Psychoanalytic, Psychodynamic, Gestalt, Integrative, Transactional analysis, Logo therapy, Systemic and family therapy, Behavioural and cognitive therapy, Reality therapy, Transpersonal therapy, Bonding therapy, Psychodrama, Existential therapy

More info's: [www.skzp.org](http://www.skzp.org) (web page will be renewed till end of April 2014 – also in English and German) .

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