

ORGANIZED BY



**INTERNATIONAL CONFERENCE
"PSYCHOTHERAPEUTIC ASPECTS
OF MENTAL HEALTH"
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INTRODUCTION

Contemporary history and especially the last few years of this historical period are characterized by the growth of tension around the major epochal challenges - social, biological, ideological, evolutionary:

- **Social challenges** are related to the need for finding adequate responses to the unprecedented increase in the aggressiveness of the environment - information, social, economic, environmental, which, in particular, is reflected in an unprecedented prevalence of adjustment disorders, destructive social epidemics, chemical (alcoholism, drug addiction, substance abuse) and psychological (gambling, computer addiction, involvement in totalitarian sects, extremist organizations) dependences.
- **Biological challenges** are formed in the trend of progressive deterioration in the genetic quality of every next generation amid actual cancellation of such a population health regulator as natural selection. People's belonging to a gender is destroyed. Gender differences are increasingly blurred. The very birth of the person is carried out in various ways, including through artificial conception and use of surrogate mothers, while the distorting effect of such ways of reproduction on the psyche of the rising generation is becoming more evident. Children and adolescents with complex comorbid disorders, demonstrating systemic deficiencies of both biological and mental health components, especially in the field of qualitative mental health characteristics, are increasingly becoming clients of psychotherapists and advising psychologists.
- **The main ideological challenges** of the era consist in the domination of the ideology of technical prosthesis of the progressively lost health components, with a coherent medium-term prospect of full "robotics" of human biological basis and the hope for achieving practical immortality, without any attempts of critically reflecting on the civilizational consequences of such technological "breakthroughs".



- Evolutionary challenges of the era lie primarily in the trends of progressive "reduction" during the subject's passage of the milestones and phases of the adaptive cycle, in the insistence of the growth in the creative "output" of the cycle, in the recognition, in this context, of the increasing role of the meaningful use of the appropriate developing and assisting technology.
- **Local challenges of contemporary history** are associated mainly with the situation of political and economic pressure, migration problems, terrorist attacks and threats, military intervention, and other permanent or shock stress factors taking place in many world regions.

The above-listed global challenges of the era directly or indirectly concern the problems related to human mental health and ways of addressing them effectively using developing and assisting technology as a tool. These and other challenges of the era have an intense influence on people with damaged mental health, their families, and their immediate surroundings.

Extensive studies of recent years, in particular, a comprehensive analysis of the problems of destructive social epidemics spread, showed that the most important task in achieving high levels of individual and social mental health is to identify the qualitative characteristics of this complex category, as well as to develop technologies of accelerated development of the relevant characteristics – targets up to the levels that provide efficient self-organization, stability and safety of a man in a harsh environment. Currently, psychotherapy has moved beyond Europe and North America and is growing rapidly in Asia, Africa, Australia and Oceania. Psychotherapy has become a worldwide phenomenon. In many countries, it is developing in all its six models - medical, psychological, educational, social, philosophical and eclectic.

In these circumstances, professional psychotherapy has every opportunity to become the backbone for a variety of assisting, developing and socially stabilizing practices, the main resource and technological potential of these practices.

On the basis of all the foregoing, the generalized evaluation of the scientific and practical potential of professional psychotherapy as a field of activity, directly focused



on the qualitative characteristics of the individual and social mental health, comes down to the following basic theses.

Evaluation of the scientific status of occupational psychotherapy:

- psychotherapy has moved beyond medicine in some countries, beyond psychology in other countries, and is an independent scientific and practical discipline that is ready to cooperate with the psychiatry, psychology, narcology, neurology and other related disciplines;
- in determining the topology of occupational psychotherapy in the overall area of science, one should recognize the fact that today this discipline meets all the criteria of codified scientific knowledge, and therefore psychotherapy can claim the status of an independent scientific and practical field;
- the presence or absence of a single theory or multiple theories of personality or even psyche, in principle, can not be a criterion of capacity of psychotherapy as a science, since modern science does not recognize the status of any absolute truth, and the field of a specific scientific front (field) is positioned as a set of arguments competing in the probative value - hypotheses;
- recognition of the psychotherapy's status of an independent scientific and practical field will allow to provide the required impetus to the profession's development, to fully realize the assisting, developing, sanogenic, socio-stabilizing functions of professional psychotherapy in a relatively short period of time, i.e., to respond to the social demand in the field of mental and psychological health in the most effective way.

Underlying theoretical concept:

the possibility of the functioning of professional psychotherapy in the ideology of a four-part - bio-psycho-socio-spiritual - paradigm, in which the category of spirituality is understood as certain qualitative characteristics of individual and social mental health, the most popular ones in today's society (respectively, the traditional category of "mental" here addresses the fact of the presence or absence of signs of mental and behavioral disorders) is justified; the need for such a more extensive and differential



representation of human psyche characteristics in a four-part paradigm model is due to the stated fact that it is these qualitative characteristics of mental health, to which one should pay particular attention when assessing the effectiveness of specialist services, that serve as the universal targets of professional psychotherapy.

Psychotherapy as a popular social practice:

- in practical terms, in view of all the above-said, psychotherapy is already functioning as a fully independent specialty, whose experts' level of competence depends on the content and quality of the implementation of appropriate training programs;
- the position, according to which four cohorts of professionals united - by levels of complexity of the technology used - in the following conditionally designated groups: primary psychotherapeutic care specialist; consultant; applied psychologist; psychotherapist, should study psychotherapeutic technology, is thereby justified. For each of these groups, a differentiated system of professional standards based on evidence-based practice, as well as a system of effective quality control of the assistance provided, is developed, which, eventually will ensure full coverage of the population in need with high-quality psychological care and significantly improve the level of social mental health.

Main factors and tools that promote the development of professional psychotherapy:

- it is recognized that professional psychotherapy is experiencing perhaps the most significant - in the sense of the defining the main lines of development - and, thus, a very "rapid" - in the sense of the psychotherapeutic practices expansion in a general and sector of assisting and developing practices - period of its development;
- the basic requirement of the public and organized consumer communities for professional psychotherapy is thereby currently reduced to the justification of the effectiveness of the technology of appropriate help in use, the development of a relevant professional standards system of such help and the mechanisms of effective quality control;



- the fact that currently only a small part of psychotherapy - clinical psychotherapy relating to healthcare - is regulated, is acknowledged; the greater part of psychotherapy, which is beyond the competence of any ministries and departments, can and should be regulated by specialized self-regulatory organizations;
- the principles of such effective self-regulation developed with the active participation of the interested professional community members can and should take into account, first and foremost, the interests of the specialized services consumers, the interests of professionals, representing the recognized therapeutic modalities, as well as the interests of society as a whole;
- the process of the necessary modernization of the professional psychotherapy institute can and should be speeded up by the introduction of well-defined legal norms, which should be negotiated with the representatives of the professional community;
- reasoned, competitive scientific debate on theory and practice, on professional psychotherapy development strategies are a prerequisite for the formation of professional psychotherapy as an independent scientific and practical discipline.

GOALS AND OBJECTIVES

In connection with the foregoing, the organizers of the international conference on psychotherapy put forward the following goals:

- clarification and functional elaboration (within recognized fields and modalities of professional psychotherapy) of psychotherapeutic aspects of achieving high levels of individual and social mental health;
- discussion of national models of development and regulation of psychotherapy in Europe, Asia and America. Discussion of the development of international professional associations of psychotherapists.



Main objectives of the conference:

- in-depth study of the conceptual foundations of the system interaction between categories of mental and psychological health and determining the value of this interaction for multi-level psychotherapeutic practice;
- in-depth study of the technological bases (universal and specific) of accelerated development process of high levels of individual and social mental health in the context of the main psychotherapeutic directions, modalities and organizational forms;
- discussion of effective regulatory control of professional psychotherapy development and self-regulation of professional psychotherapeutic activities;
- discussing the possibilities of constructive engagement of professional psychotherapeutic associations and institutions, relevant self-regulatory organizations with clusters representing psychiatric, addictological, psychological assistance, as well as education, social care and the media systems;
- discussing further development of international professional organizations in the field of psychotherapy, and their increasing role in the development of the profession.

THEMATIC FIELDS

Main themes of the conference are determined in accordance with the above-listed objectives, and comprise the following blocks:

- general theory of psychotherapy;
- national and continental associations, as well as global association in the field of psychotherapy;
- effective models of development of regional and national models of psychotherapy;
- universal and specific occupational psychotherapy technology;
- regulation and self-regulation in occupational psychotherapy;
- multi-disciplinary and cross-sectoral cooperation in the formation of high levels of mental and psychological health.