



ifpwcp2023.com



23rd World Congress of Psychotherapy

[CALL FOR PROPOSALS](#)

“Psychotherapy and World Mental Health 2023”

9-11 February 2023, Faculty of Medicine

University Hassan II

Casablanca, Morocco

23rd World Congress of Psychotherapy Presentation Formats and Submissions



Presentation Formats:

Symposia: 90 minutes duration, with 2 co-chairs, 4 presenters, 15 minutes per presenter, and 30 minutes of Q&A.

Interactive Workshops: 1-hour total duration. There will be 2 Workshop Facilitators who will dedicate the entire time to interact with the audience.

Panel Discussions: 1-hour total duration. Panels will have one Moderator and up to 3 additional panelists. Panelists will interact prompted by the moderator and some time at the end of interaction with audience via the moderator.

Case Conferences: 1-hour total duration. Case conferences will have one moderator, one case presenter (5-15 minutes case illustration), and 2-3 discussants (10 minutes each).

Paper Sessions: 15 minutes presentation of research findings or a clinical topic. Your paper will be placed with others thematically or by topic.

Oral Communications: 10 minutes presentation of relevant research findings or of a description of an innovative program.

Deadline for Proposal Submissions:

Proposals are due **October 1, 2022**

Instructions to Submit your Proposal:

Please complete the proposal submission form as instructed in: www.ifpwcp2023.com

Presidential Welcome



Professor Driss Moussaoui

President, International Federation for Psychotherapy
President, 23rd World Congress of Psychotherapy

Since its foundation in 1934, the International Federation for Psychotherapy organized 22 world congresses, mostly in Europe and Asia. The 23rd World Congress of Psychotherapy will take place in Africa for the first time, namely in Casablanca, Morocco, from 9 to 11 February 2023.

Despite the Covid-19 pandemic, we have taken the challenge to organize this congress face-to-face. 75% of the total population of Morocco has been vaccinated so far, including a third jab for millions. The Omicron wave spreads the virus more rapidly but seems to give less severe clinical situations. The Director General of WHO announced that 2022 will represent the end of the pandemic, and many scientists around the world consider that coronavirus will become endemic with seasonal variations, and that it will become the “new normal” to live with. It is time to have our congress in person again! Moreover, the pandemic, that lasted so far more than two years, showed very clearly the necessity to address mental health difficulties and disorders, including with psychotherapeutic tools.

The theme of the World Congress is “Psychotherapy and World Mental Health 2023”. A superb scientific programme is being constructed on current challenges for psychotherapy worldwide, including innovations in our field, and the paths ahead of us. The scientific committee is led by César Alfonso, USA, Tom Craig, UK, Fiammetta Cosci, Italy and Gisele Apter, France.

Casablanca is an appealing city to visit with many beautiful spots, not to mention other Moroccan cities that are worth the visit (Marrakech, Fes, Essaouira...). The National organizing committee, led by Nadia Kadri and

Hachem Tyal, along with the professional congress organizer Realize Events, are preparing a nice social and cultural programme.

I do hope that in February 2023, we will have both a world free of Covid-19 and a very successful world congress. Please disseminate the news. See you in Casablanca in 2023!

23rd World Congress of Psychotherapy Scientific Committee

President of the Congress:

Driss Moussaoui (Morocco)

Advisor:

Norman Sartorius (Croatia)

Scientific Executive Committee:

César Alfonso (USA)

Gisèle Apter (France)

Fiammetta Cosci (Italy)

Tom Craig (UK)

National Organizing Committee:

Nadia Kadri (Morocco)

Hachem Tyal (Morocco)

Chaimaa Aroui (Morocco)

Scientific Committee:

Africa

Farid Kacha (Algeria)

Tarek Okasha (Egypt)

Jibril Handuleh (Somaliland)

Matiko Mwita (Tanzania)

Nidhal Staali (Tunisia)

Reham Aly (Egypt)

Gabriel Ivbijaro (Nigeria)

Gerhard Grobler (South Africa)

Saïda Douki Dedieu (Tunisia)

Americas

Santiago Levin (Argentina)

Mario Eduardo Costa Pereira (Brazil)

Farooq Naeem (Canada)

Henry Garcia Moncaleano (Colombia)

Eduardo Gastelumendi (Peru)

Raúl Condemarín (USA)

Graciela Onofrio (Argentina)

Vincenzo Di Nicola (Canada)

Alberta Pos (Canada)

Renato Alarcón (Peru)

Asher Aladjem (USA)

Erin Crocker (USA)

Edmond Pi (USA)
Joseph Silvio (USA)
Allan Tasman (USA)

Eugenio Rothe (USA)
Timothy Sullivan (USA)

Asia

Roger Ng (China)
Jung Liu (China)
Sylvia Detri Elvira (Indonesia)
Amir Jalali Nadoushan (Iran)
Shigeru Iwakabe (Japan)
Aimée Karam (Lebanon)
Afzal Javed (Pakistan)
Alma Jimenez (Philippines)
Rasmon Kalayasiri (Thailand)

Wang Hongxing (China)
Debasish Basu (India)
Rizky Aniza Winanda (Indonesia)
Saman Tavakoli (Iran)
Hee Huh (Republic of Korea)
Hazli Zakaria (Malaysia)
Constantine Della (Philippines)
Warut Aunjitsakul (Thailand)

Australia

Helen Herrman (Australia)

Europe

Christopher Pieh (Austria)
Katerina Duchonova (Czech Republic)
Erik Simonsen (Denmark)
Rachid Bennegadi (France)
Maria Ammon (Germany)
Wolfgang Merkle (Germany)
Luca Giorgini (Italy)
Mariana Pinto da Costa (Portugal)
Anna Vasiljeva (Russia)
Mikel García García (Spain)
Carlos Rodríguez-Sutil (Spain)
Iris Sarajlic Vukovic (Sweden)
Jean-Nicolas Despland (Switzerland)
Bruno Falissard (Switzerland)
Fulvia Rota (Switzerland)
Ulrich Schnyder (Switzerland)
Peykan Gokalp (Türkiye)
Jian Lin Loo (UK)

Marc Hermans (Belgium)
Jan Prasko (Czech Republic)
Michel Botbol (France)
Hervé Granier (France)
Johannes Kruse (Germany)
Thomas Pollmächer (Germany)
Marleen Rijkeboer (Netherlands)
Nikolai Neznanov (Russia)
Dusica Lecic Tosevski (Serbia)
María Inés López Ibor (Spain)
Marianne Kastrup (Sweden)
Franz Caspar (Switzerland)
A Di Gallo (Switzerland)
François Ferrero (Switzerland)
Gabriela Rüttimann (Switzerland)
Peter Schulthess (Switzerland)
Dinesh Bhugra (UK)
Caroline McCurry (UK)

Welcoming Remarks

23rd World Congress of Psychotherapy



César A. Alfonso, M.D.

**Council Member, International Federation for Psychotherapy
Scientific Executive Committee Co-Chair, 23rd World Congress of Psychotherapy**

The International Federation for Psychotherapy invites you to the 23rd World Congress of Psychotherapy, to be held in Casablanca, Morocco on 9-11 February 2023. This conference has as a primary objective to demonstrate the importance of evidence-based psychotherapy in everyday practice across all clinical settings throughout the world.

What are the common curative factors in psychotherapy? Research studies validate the clinical observations that specific aspects of psychotherapy practice are curative. These include: *empathy* (with sub-components of compassion, affective sharing, synchronized mirroring, listening to expressed intense emotions while maintaining composure and serenity), *goal consensus and collaboration, establishing a therapeutic alliance* (through safety, consistency, attunement, properly anticipating and attending to emotional needs), *positive regard and affirmation, mastery, congruence/genuineness, and mentalization* (developing the capacity to understand nuances of emotions, the emotional world of the self, the emotional world of others, and how emotions drive actions and one's actions impact the emotions of others, resulting in either proximity, intimacy or alienation). These factors constitute the main transformative elements in psychotherapy.

In addition, in all psychotherapies affective regulation (regulation of emotional reactions, decreasing amplitude and over reactivity that may interfere with successful relationships) is of essence. In *cognitive behavioral therapies* maladaptive patterns are identified and cognitive distortions corrected, such as catastrophic thinking. Traumatic memories can be remembered in disjointed ways when emotional memories surge and overwhelm the person. Narrative reconstruction has the effect of helping persons who experienced trauma effectively

release negative emotions and decrease hyperarousal and avoidance. In *psychodynamic therapies* conflicts that may be outside of conscious awareness are uncovered and verbally processed. Revisiting past experiences, especially traumatic ones, helps understand how to connect past experiences with present concerns or symptoms to forge a better future. Psychotherapy is thus practiced along a past-present-future continuum.

Psychotherapy, in addition to providing symptomatic relief, promotes gains in functioning and improves quality of life. Researchers have demonstrated that psychotherapy not only decreases medical morbidity but also reduces mortality.

A psychotherapy process oscillates from dealing with the here and now, doing retrospective analyses and narrative reconstructions and prospective planning. Psychotherapy pays special attention to the developmental milestones that are relevant to each phase of life, such as trust, autonomy, initiative, industry, identity, intimacy, generativity, integrity, and balancing self-reliance with interdependence.

Neuroimaging findings corroborate that structural changes and changes in metabolic rate in the brain occur as a result of psychotherapy. With advances in neuroscience, we now understand that psychotherapy may be considered a biological treatment. As with medication treatments, there is a dose effect with psychotherapy and most individuals obtain greater benefit from either longer-term treatments or rigorous short-term therapies. Episodic psychotherapy could be beneficial when a commitment to long-term therapy or a standardized rigorous short-term protocol is not possible.

This conference invites international delegates from all continents who are members of IFP member societies and clinicians and academics from all mental health disciplines. We seek to provide a forum for the collegial exchange of diverse ideas and theoretical constructs to advance the practice of psychotherapy treatments. This conference will include Plenary Sessions, Symposia, Panel Discussions, Interactive Workshops, Review Courses and Case Presentations. In addition, there will be two Poster Session tracks, clinical and research, to give opportunities to trainees, researchers, and clinicians from all over the world to present their work in a collegial setting.

IFP is inclusive and all treatment modalities will be featured, including cognitive behavioral and third wave therapies, motivational interviewing, supportive psychotherapy, psychodynamic psychotherapies, provided in individual, group, outpatient and structured settings. Conference participants will be able to compare theoretical approaches and integrate modalities to better tailor treatments. Common factors of all therapies will be discussed, and cultural adaptations will be highlighted.

Plenary speakers, symposia presenters, and workshop facilitators will cover a wide range of relevant topics. These include, among others, *evidence-based CBT and MI treatments of addiction, CBT cultural adaptations, Third-Wave psychotherapies, psychodynamics of psychopharmacology, end of life care, psychotherapy in underserved areas with high volume and low resources, integrating psychotherapy modalities, evidence-based psychotherapies for psychosis, psychotherapy in medical settings, psychotherapy education, religion and spirituality and psychotherapy, psychotherapy and culture, and contemporary psychoanalysis.*

We would like to thank the University Hassan II Casablanca, Faculty of Medicine and Pharmacy, for so graciously hosting the IFP World Congress of Psychiatry, and express gratitude to all the member organizations for their dedication and cooperation to ensure success and academic rigor.

It is with enthusiasm that we invite you to join us Casablanca for this historic conference!



IFP

international federation
for psychotherapy

23rd World Congress
of Psychotherapy

المؤتمر العالمي للعلاج النفسي

Psychotherapy and World Mental Health 2023

9-11 February 2023, Casablanca - Morocco

 ifpwcp2023.com

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