

## STRASBOURG DECLARATION ON PSYCHOTHERAPY OF 1990

In accordance with the aims of the World Health Organisation (WHO), the non-discrimination accord valid within the framework of the European Union (EU) and intended for the European Economic Area (EEA), and the principle of freedom of movement of persons and services, the undersigned agree on the following points:

1. Psychotherapy is an independent scientific discipline, the practice of which represents an independent and free profession.
2. Training in psychotherapy takes place at an advanced, qualified and scientific level.
3. The multiplicity of psychotherapeutic methods is assured and guaranteed.
4. A full psychotherapeutic training covers theory, self-experience, and practice under super-vision. Adequate knowledge of various psychotherapeutic processes is acquired.
5. Access to training is through various preliminary qualifications, in particular human and social sciences.

Strasbourg, October 21st, 1990

European Association for Psychotherapy  
Association Européenne de Psychothérapie  
Europäischer Verband für Psychotherapie

Member of the World Council for Psychotherapy (WCP)  
NGO with consultative status to the Council of Europe

European Association for Psychotherapy  
Association Européenne de Psychothérapie  
Europäischer Verband für Psychotherapie

<http://www.europsyche.org>



EAP Headoffice  
Rosenbursenstrasse 8/3/7  
A-1010 Vienna  
Tel: +43 1 513 17 29  
Fax: +43 1 512 26 04  
e-mail: [eap.headoffice@europsyche.org](mailto:eap.headoffice@europsyche.org)  
<http://www.europsyche.org>





The following countries are represented in the EAP through National Delegates:

Albania	Latvia
Armenia	Liechtenstein
Austria	Lithuania
Azerbaijan	Luxembourg
Belgium	Macedonia
Belorussia	Malta
Bosnia-Herzegovina	Moldavia
Bulgaria	Monaco
Croatia	Netherlands
Cyprus	Norway
Czech Republic	Poland
Denmark	Portugal
Estonia	Romania
Finland	Russia
France	Serbia and Montenegro
Georgia	Slovakia
Germany	Slovenia
Great Britain	Spain
Greece	Sweden
Hungary	Switzerland
Iceland	Turkey
Ireland	Ukraine
Italy	

The EAP was founded on June 30, 1991, in Vienna, Austria. It is a non-profit organisation that aims to unite psychotherapy organisations into a common association, and organises individual psychotherapists of different orientations in Europe on the basis of the “Strasbourg Declaration of Psychotherapy 1990”. The most important fields of engagement are:

- The EAP will seek to promote for the benefit of the public the relief of involuntary emotional suffering, the prevention of mental illness and disorder and the improvement of quality of life and well being.
- The EAP is a Non Governmental Organization (NGO) with consultative status at the Council of Europe in Strasbourg.
- For the benefit of the general public, the EAP establishes a European certificate of psychotherapy “The European Certificate of Psychotherapy” (ECP) and issues it to properly qualified psychotherapists throughout Europe. The EAP establishes a register of the ECP holders and

- ensures that the high quality of the ECP is maintained.
- The EAP establishes a European Certificate of Psychotherapy Document (ECP Document) to provide guidelines for the procedures and criteria of training and qualifications.
- The EAP endeavours to influence the development and regulation of psychotherapy standards in European countries and to make available information and documentation to political organisations and Government Departments.
- The EAP is a professional body that aims to promote high standards of ethics, training and education for the benefit of the general public.
- The EAP promotes collaboration and exchange of ideas among the different psychotherapy organisations and encourages contact with relevant services.
- The EAP established a homepage including general information on psychotherapy.
- The EAP actively supports educational projects in several European countries.
- The EAP supports practical and relevant research-projects.

### European Certificate of Psychotherapy (ECP)

The purpose of the EAP is to cover the interests of psychotherapists and their clients. Therefore we have to make sure that education and practice of psychotherapists live up to a high standard. This standard includes 3200 hours of theory, practice, self-awareness and supervision.

The European wide set-up and acknowledgement of the ECP should in the future enable psychotherapist, who have been educated

according to EAP standards, to move more easily from one European country to another.

All the ECP holders will be registered in the European Register of Psychotherapists (ERP), which can be found at the EAP homepage.

Further information about the European Certificate of Psychotherapy can be forwarded by the EAP Headoffice or obtained from the EAP homepage [www.europsyche.org](http://www.europsyche.org).

- The EAP is publisher of the „International Journal of Psychotherapy“
- The EAP is a founding member of the WCP (World Council for Psychotherapy).
- The EAP organizes congresses throughout Europe.

EAP members meet at the annual congresses in the different European countries, the Governing Board (appr. 60 persons) meets three times a year. Up to now the

following congresses have been organized:  
Budapest, Hungary (1992);  
Zürich, Switzerland (1994);  
London, Great Britain (1995);  
Vienna, Austria (1996);  
Rome, Italy (1997);  
Paris, France (1998);  
Vienna, Austria (1999);  
Dublin, Ireland (2000);  
Moscow, Russia (2001);  
Vienna, Austria (2002);  
Lviv, Ukraine (2003).

The EAP also supports congresses of member organizations and -countries.

We gladly forward detailed information (address, tel. and fax).