

A CONFERENCE ON PSYCHOTHERAPY IN EUROPE

POLAND

Iga Jaraczewska

Psychotherapy in Poland

- clinical psychologist,
- psychotherapist,
- clinical supervisor of Polish Association of Cognitive-Behavioural Therapy
- chair of Polish Association of Motivational Interviewing

Psychotherapy in Poland

- It is often puzzling and frustrating for psychotherapists that a patient does not change, but persists with behaviour that is significantly risky or harmful.

Psychotherapy in Poland

A key to change
is often
patient's motivation

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- Motivational enhancement therapy
- is a client-centred approach for enhancing intrinsic motivation to change.

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- If you treat an individual as he is,
 - he will stay as he is,
 - but if you treat him
 - as if he were what he...could be,
- he will become what he...could be.

• Johann Wolfgang von Goethe

Psychotherapy in Poland

- Population 38 million people
- Health care expenditure as a percentage of GDP: 7% of the gross domestic product (2008)

Psychotherapy in Poland



Psychotherapy in Poland



Psychotherapy in Poland



Psychotherapy in Poland



Psychotherapy in Poland

Psychotherapy as a profession
in Poland

Psychotherapy in Poland

- Intensive works have been carried out on the law governing psychotherapy as a profession.
- The law is being prepared by the Ministry of Health in consultation with Polish psychotherapeutic associations.

Psychotherapy in Poland

- The law is to safeguard the patient's rights and regulate the the profession incl. qualifications of psychotherapists.
- The postgraduate training courses:
 - run by the Psychotherapy Associations
 - whose members are obliged to conform to codes of ethics.

Psychotherapy in Poland

- The 4 year studies, involve 1200 hrs of:
 - formal education,
 - internship,
 - clinical work under
 - supervision as well as
 - own psychotherapy experience.

Psychotherapy in Poland

- Profession is open to any person with humanistic degree.
- The law is to allow a variety of recommended approaches to be practiced.
- It is hoped to regulate that
- the most efficient methods of psychotherapy are used and
- evidence based practice is promoted.

Psychotherapy in Poland

- There is no National Chamber of Psychotherapists in Poland as yet.
- Psychotherapists practicing different approaches to psychotherapy form Associations.

Psychotherapy in Poland

Psychotherapy
in the
Polish National Health Fund

Psychotherapy in Poland

- At present the Polish psychotherapy services offered within the National Health Fund cover:
- integrative psychotherapy (incl. brief psychodynamic therapy, person-centered therapy, gestalt)
- family therapy
- cognitive-behavioural therapy

Psychotherapy in Poland

- Only 3 associations are officially recognized by the National Health Fund:
 - the Association of Psychologists,
 - the Association of Psychiatrists (both representing integrative psychotherapy) and
 - the Polish Association of Cognitive-Behavioural Therapy

Psychotherapy in Poland

- Psychotherapy is practiced in:
 - a full range of inpatient and outpatient care and day center units
 - individual and/or group therapy
- There are limitations on the number of sessions depending on availability and finances

Psychotherapy in Poland

- Psychotherapeutic care is covered:
- by the statutory health insurance and
- private health insurance

Psychotherapy in Poland

- Private practice psychotherapy is becoming more and more popular
- patients have to pay, but
- they can choose their therapist
- have no limitations on the number of sessions.

Psychotherapy in Poland

Psychotherapy for depression

Psychotherapy in Poland

- Poles have an average level of depression on a national scale as compared to other countries.
- There is up to 10% of population suffering from depressive states.

Psychotherapy in Poland

- Women suffer from depression twice as often as men.
- More often it is now young and so called successful people that experience symptoms of depression.

Psychotherapy in Poland

- Strong competitive environment and pressure of success
- create a demanding life style.
- The modern civilization problems to which Poland is now having to face.

Psychotherapy in Poland

- Patients with depression are treated on an in or out patient basis.
- Psychotherapy for depression is now more commonly practiced.
- Some patients are treated pharmacologically only.
- In cases of severe depression a combination of both is recommended.

Psychotherapy in Poland

- Depression is still not well understood by Poles.
- For the past few years national awareness campaigns about depression have been organized.

Psychotherapy in Poland

- **23 February is a depression awareness day in Poland.**
- People are being educated,
- free medical advice is made available,
- well known personalities get involved often presenting themselves as examples,
- so the social stigma is reduced.

Psychotherapy in Poland

- New developments

Psychotherapy in Poland

- In Poland new, more proactive approaches to psychotherapy are becoming recognized and popular, such as cognitive-behavioral therapy or motivational enhancement therapy.

Psychotherapy in Poland

- The introduction of new approaches to psychotherapy
- into the Polish health care community
- has its own challenges.

Psychotherapy in Poland

- Poland, like many other mid European countries, can often be very skeptical towards embracing new approaches which may challenge tradition and thus the status quo;
- and psychotherapy and the health care system is by far not beyond such skepticism.

Psychotherapy in Poland

In the general mental health area we have been used to other methods and have been taught a different perspective, a medical model and confrontation (it is particularly obvious within the addiction services).

Psychotherapy in Poland

- New approaches to psychotherapy not only deal with patient's weaknesses but build on patient's strengths, self esteem and self efficacy.

Psychotherapy in Poland

- To improve exchange and cooperation between psychotherapists we organise
 - international conferences
 - workshops etc.

Psychotherapy in Poland

- The introduction of a trainer from outside of Poland is often an important factor in the furthering interest in psychotherapy in Poland.
- In some way it is placing a greater importance on the topic itself.

Psychotherapy in Poland

Thank you
and maybe see you again

