



### III International Forum on Clinical Psychology

Lisbon , April 2013

This international forum was organized by the Portuguese Society of Clinical Psychology in partnership with the Network for Psychotherapeutic Care in Europe and the Montepio Foundation, held last April, in the Auditorium of Montepio, having as its main topic: Psychotherapeutic perspectives on mental health and well-being.

The organizers had intended that this forum would allow a broad discussion of some of the issues that are fundamental to understanding the contemporaneity and the main current challenges in terms of mental health and the role for psychotherapy in the context of health care.

Having as invited speakers from different disciplines, they have given the participants an deeper and broader multifocal insight about the contemporary man, the vicissitudes of the consequences resulting from the uncertainty of our relationship with this dizzying time, as well as the weakening of family and community references, and their impacts on changes in the concepts of mental health and well-being.

The Forum allowed an open discussion of some critical issues for the present experts and the general public , mainly in the clinical field, like contemporary mental health problems such as depression, trauma and suicide, linked with the emergence of serious personality disorders that have increased recently .

This discussion has tried to connect the theoretical and clinical practice, leading to an exchange of views on priorities in health policies at the national and european level and the importance of the role of psychotherapeutic care in this context.

Research and psychotherapeutic care community-oriented proposals were presented and discussed .

We also sought to integrate the role of creativity in its aesthetic and subjective dimension as it relates with the architecture and ecology of public space as a major component to consider in human health.

Over the three days of productive discussion in the Forum which had have the participation of about 120 people: psychologists and psychiatrist specialists on psychotherapy, political decisors, researchers,medical doctors, philosophers, theologians, students, journalists, architects, writers and artists.

The relevance of the proposed topics and interventions made left all participants, with a yearning to extend and continue the debate that started there.



**PSYCHOTHERAPEUTIC PERSPECTIVES ON MENTAL HEALTH AND WELLBEING**

**Topics**

- New trends in research and clinical intervention models.
- Psychopathology of contemporary life.
- Psychotherapy in the treatment of depression and suicide prevention.
- Strategy to provide Psychotherapeutic Care in European Health System.
- Crisis, Emergency, Disaster and Catastrophe.
- Psychotherapeutic approach to trauma.
- Mental Health and Contemporary Culture.
- New uses of the aesthetic dimension and the creativity in the public space

**Main Organization**

Portuguese Society of Clinical Psychology (SPPC)  
[www.sppc-pt.com](http://www.sppc-pt.com)

**Partnership**

Network for Psychotherapeutic Care in Europe (NPCE).  
[www.npce.eu](http://www.npce.eu)  
Montepio Foundation.

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**III INTERNATIONAL FORUM ON CLINICAL PSYCHOLOGY  
CHALLENGES OF CONTEMPORANEITY IN EUROPE**



**PSYCHOTHERAPEUTIC PERSPECTIVES ON MENTAL HEALTH AND WELLBEING**

