

STRASBOURG DECLARATION ON PSYCHOTHERAPY OF 1990

The Strasbourg Declaration on Psychotherapy is the bedrock of the EAP-commitment to establishing a compatible and independent profession of psychotherapy across Europe.

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

Strasbourg, October 21th, 1990