

The Situation of Psychotherapy in Croatia

Answer form the Croatian Umbrella Organization for Psychotherapy (SPUH)

January 2014.

Irena Bezić, secretary of SPUH

Ad 1: How many psychotherapists work in your country?

According to the Chambre of Medical doctors there are 37 psychotherapist In Croatia (psychiatrist with additional education in psychodynamic psychotherapy). But there are a lot more practicing, what they call psychotherapy, in the medical institutions with patients with psychical problems...

According to our NUO (Association of Psychotherapy Societies of Croatia - SPUH) we have over 1830 psychotherapy practitioners but just 558 of them are psychotherapists - active members of psychotherapy organizations in the frame of SPUH, who accepted our Code of Ethics. 77 of them have ECP.

Name of the organization	Active members of organization	Licensed psychotherapist in this organization	ECP holders
CENTAR PSIHODRAMA Centar za psihodramu	46	12	8
CHANGE Udruga za savjetovanje i terapiju	8	8	
DGIPH Društvo gestalt i integrativnih terapeuta Hrvatske	58	58	22
HADOT Hrvatsko društvo obiteljskih terapeuta	1	1	
HATC-NLP† Hrvatsko-austrijski trening centar za NLP terapiju	19	2	2
HDSP Hrvatsko društvo za sistemske psihoterapije	32		
HDST Hrvatsko društvo za seksualnu terapiju	20	8	
HITUDIM Hrvatska interdisciplinarna terapijska udruga za djecu i mlade□	26		
HUBIKOT Hrvatsko udru□enje za bihevioralno kognitivne terapije	154	9	
HUPPP Hrvatska udruga za psihoterapiju pokretom i plesom	15		
HURT Udruga za realitetnu terapiju Republike Hrvatske	108	22	21
HUTI Hrvatska udruga za terapiju igrom	18		
IMAGO	7		3

Društvo imago terapeuta Hrvatske			
UKPO Udruga za kibernetiku psihoterapije I organizacije	13	10	10
UTA Udruga transakcijske analize	33	1	1
Individual members	10	10	10

This data are the best what we could collect – some organizations accept as a members just certified therapists, some accept also those who are not yet certified but are practicing. From above mentioned 15 psychotherapy associations, members of SPUH, there are just 8 recognized by EAP (Psychodrama, Gestalt th., NLpt, Systemic family th.. Cognitive behavioral th., Reality th., Cybernetic th. (as a systemic th.) Transactional analysis), we accepted in SPUH also association of sexual therapist, imago relationship therapist, “change” therapist, dance & movement therapist, play therapists, child and adolescent therapists, and psychoanalytic oriented family therapists.

There are more psychotherapists and psychotherapy associations in Croatia like Psychodynamic psychotherapy, integrative psychotherapy and group analysis - – as they are not a members of SPUH, we don’t have the numbers (some of them got ECP as individual members of SPUH). They are a part of the medical system, who has traditionally dominant position when it comes to psychotherapy. There is no law concerning psychotherapy. In the legal regulation of health issues, psychotherapy is mentioned as a activity preformed by psychiatrists with additional education (those 37 mentioned before).

Psychotherapists work part time or full time. Most work part time, and another part something connected with their basic profession. The full time psychotherapists work in the private practices, and in the Clinic for psychological medicine in Zagreb.

Ad 2: Overview on psychotherapy training.

In Croatia psychotherapy training is provided mostly by associations of certain Psychotherapy schools, or by private training organizations. The University/Medical faculty in Zagreb covers in the moment the education in Psychodynamic psychotherapy, Integrative psychotherapy, Group analysis, Systemic family therapy and Cybernetic psychotherapy. Since there is no law concerning psychotherapy in Croatia, the trainings provided by private training organizations have the standards required by European/worldwide Umbrella organizations. The trainings under the University cover have not necessary this standards, but they have legal status in Croatia . The entrance to the psychotherapy training is after finishing one of the humanistic studies – psychology, medicine, social work, social pedagogy, or sociology/theology/pedagogy. In some of the psychotherapy schools there is just university degree of any kind enough to enter education, in some there are just psychologist or psychiatrist allowed to enter.

Ad 3: List of psychotherapy schools in your country.

There are following educational programs in Croatia:

1. reality therapy, transactional analysis, imago relational therapy, psychodrama, NLPt (**private institutes**)
2. gestalt therapy (**3 different private institutes**)
3. cognitive behavior therapy, dance and movement therapy, sexual therapy, therapy for children and adolescents, play therapy (organized by **association of this modality**)
7. psychoanalytic psychotherapy, integrative therapy, group analysis, Cybernetic of psychotherapy and systemic family therapy are connected to Medical faculty – **University of Zagreb**.

Since there is legally no psychotherapy in the country, all of those organizational forms of psychotherapy training are also not regulated by law.

Ad 4: Legal situation (is there a law or a regulation, if yes please attach the law/regulation to the article), is there a national register for psychotherapists?

We have no law for Psychotherapy. Since 7 years SPUH is trying to proceed with the law but there is strong medical lobby against it. We are not giving up.

In the legal regulation of health issues, psychotherapy is mentioned as a activity performed by psychiatrists with additional education (37 psychotherapists in Croatia, according to the statistic of chamber of medical doctors). The new regulation of health insurance gives also other practitioners in the medical institutions (nurses, psychologist, social pedagogs, social workers) possibility to refund the individual and group psychotherapy which they do anyhow (however price is far under the market price outside institutions).

Ad 5: Payment: how much do clients pay on average per hour?

Clients are estimated to pay between 27 and 67 euro per hour. A psychotherapist can charge whatever she/he feels like.

According to the new regulations health insurance, the prices of the psychotherapy in medical institutions are: 15 euros for hour of individual psychotherapy, and 17 euros for 90 minutes of small group psychotherapy.

Ad 6: Is psychotherapy paid by health insurance?

Psychotherapy is only paid by health insurance if you are a patient in medical institution, or if you are sent by your family doctor to the psychiatrist in the ambulant care or to the Clinic for psychological medicine in Zagreb.

Ad 7: Which governmental body is responsible for Psychotherapy in your country?

The Ministry of Health, for the psychotherapy in their institutions. But as mentioned before, there is no law which would regulate the most of psychotherapy which is happening outside of medical system.

Ad 8: Which psychotherapy modalities are accepted in your country?

The medical system accepts those modalities whose training programs are connected to the Medical faculty: Psychoanalytic psychotherapy, Psychoanalysis, Integrative therapy, Group analysis, Cybernetic of psychotherapy and Psychoanalytic oriented and Systemic family therapy; AND Behavior therapy, because the entrance in the training is just for medical doctors and psychologist.

Since there is no legal regulation SPUH accepted modalities who have Europe/world wide Umbrella organizations. A part of those 7 accepted by medical system we have in Croatia additional:

Reality therapy, Dance and Movement Therapy, Transactional Analysis, Logotherapy, Gestalttherapy, Hypnotherapy, Psychodrama, Neuro-linguistic Psychotherapy, Body psychotherapy. Autogenic psychotherapy, Children and Adolescents Psychotherapy, Imago relational psychotherapy, Sexual psychotherapy, Play therapy, Art Therapy.