

Template of Psychotherapy Guidebook

- Brief historic overview
- Description
- Main uses (indications)
- Efficacy
- Comment from an expert and or quote from a famous psychotherapist (founder)
- Comment from a trainee with some kind of experience (duration of the training, personal thoughts)
- Books, manual, videos, application, published online courses or international association
- Research possibilities (if available)
- In an Annex - For each country:
 - Links to Societies
 - Courses offered (?)
- Name and short presentation of the trainee (affiliation)
- Image credits (link of websites or references of books or articles)

Around 1000 words ? Add links

One about psychoeducation and one about existential psychotherapy ongoing

Comments by Roberts :

I would see the main strength of this book as having come from doctors in training. That should make the book more alive, intelligent, resourceful and also fun to read.

Main uses – I agree to some list of indications, but perhaps this can be accompanied by a small vignette, preferably from our own experience of a situation that this has helped, and perhaps when not. The truth is, I am afraid, that the indications business in real life is rather messy, parallel to the difficult business of «diagnosis → treatment» model in psychiatry, which is also rather messy.

So a couple of suggestions:

- ideas about research in the specific field
- brief vignettes – perhaps not so much clinical material but trainee experience
- experts comment at the end of the chapter; it is clear that the chapter is the trainee work, but expert perhaps is consulted regularly in the process, which also makes it easier for the expert to write about it.
- List of literature for each chapter. Perhaps it could be said which items the authors consider most essential (to avoid a very long list of literature difficult to make sense of / prioritise)

Apologies if the comments are too long, feel free to keep them at the end of this document ; I am just trying out how this collaboration through dropbox could work.