

**ONLINE**

**Friday,  
May 7<sup>th</sup>  
2021**

**16.00 EEST**  
(Bucharest time)

*The Romanian Association of Cognitive-Behavioural and Interpersonal Therapy (ARPCCI)  
and  
TITU MAIORESCU University – Faculty of PSYCHOLOGY  
present:*

# **COMPARATIVE PSYCHOTHERAPY STUDIES**

*What are the consequences for the different  
psychotherapy school?*

**Prof. Dr. Phil. JÖRN von WIETERSHEIM**

Clinical Psychologist,

Licensed Psychotherapist for  
Psychodynamic Psychotherapy,

Professor of Psychosomatic Medicine at  
Ulm University,

Vice Head of the Department for  
Psychosomatic Medicine and  
Psychotherapy at Ulm University Medical  
Center.

Main research topics: Psychotherapy  
research, work and health, public health  
research, eating disorders.

Today we have data from many studies that compare different psychotherapeutic methods such as Cognitive Behavioural Therapy or Psychodynamic Psychotherapy.

These comparisons have been done for many disorders. In nearly all studies, no significant differences were found between the results of these approaches. Further, research shows that it is not the method, but many other factors, such as the motivation of the patient, the skills of the therapist and especially the psychotherapeutic relation, that are of importance for a good outcome for the patient.

We will discuss what all of these mean for the different psychotherapeutic approaches, and the teaching and training of therapists in the future.

**Register your interest at: [geanina.circei@gmail.com](mailto:geanina.circei@gmail.com)**



An invitation of **Prof. Dr. OLTEA JOJA** within the frame of her series of lectures on  
*Strategies and Techniques in CBT*