

Skladnost določenih psihoterapevtskih pristopov, podprtih s strani European Association of Psychotherapy, z izbranimi svetovnimi smernicami

Podprti pristopi s strani European Association of Psychotherapy (EAP):
<https://www.euopsyche.org/approaches/>

Sledeči dokument povzema usklajenost psihoterapevtskih pristopov, podprtih s strani European Association of Psychotherapy (EAP) z mednarodnimi standardi in smernicami za obravnavo težav na področju duševnega zdravja. V pregledu smo preverili sledeče strokovne smernice in baze:

- National institute for clinical excellence (NICE),
- Cochrane Database of Systematic Reviews (CDSR) in
- spletno stran Ameriškega združenja psihologov (American Psychological Association APA) in v primeru pojavnosti razdelek standardi in smernice.

Dodatno smo ujemanje preverili dokumentu Avstralskega psihološkega združenja (Australian Psychologist Society APS)

Spletne strani izbranih svetovnih smernic

<https://www.nice.org.uk/>

<https://www.cochrane.org/search/site>

<https://www.apa.org/pubs/databases/psyctherapy>

<https://www.psychiatAPA PsycTherapyry.org/>

<https://psychology.org.au/getmedia/23c6a11b-2600-4e19-9a1d-6ff9c2f26fae/evidence-based-psych-interventions.pdf>

<https://psychology.org.au/psychology/advocacy/position-papers-discussion-papers-and-reviews/psychological-interventions-mental-disorders>

Analiza posamičnih terapevtskih pristopov

1. Bioenergetska analiza (Bioenergetic Analysis)

<https://www.europsyche.org/approaches/bioenergetic-analysis/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Bioenergetic%20Analysis
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Bioenergetic%20Analysis
APA
Na spletni strani najde 1 dokument Society for Humanistic Psychology Newsletter: Summer 2007 https://www.apa.org/search?query=Bioenergetic%20Analysis https://www.apadivisions.org/division-32/publications/newsletters/humanistic/2007/07-issue.pdf
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Ni na voljo. Meta-analize v Google scholar ni na voljo- Članek v Google scholar: Guest, D., Parker, J., & Williams, S. L. (2019). Development of modern bioenergetic analysis. <i>Body, Movement and Dance in Psychotherapy</i> , 14(4), 264-276. https://doi.org/10.1080/17432979.2019.1681514

2. Biosintetična terapija (Biosynthesis Therapy)

<https://www.europsyche.org/approaches/biosynthesis/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Biosynthesis%20Therapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Biosynthesis%20Therapy
APA
Ni navedenih relevantnih zadetkov na APA spletni strani. https://www.apa.org/search?query=Biosynthesis%20Therapy
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Najdena ni nobena metaanaliza ali sistematični pregled. Lista obstoječih publikacij: Publications Boadella, David: Transference, politics and narcissism. <i>Energy & Character</i> , Vol. 30/1, 1999. Boadella, David: Polarity and Character, in <i>Energy & Character</i> , Vol. 31/1, 2000. Boadella, David: Soma, Self and Source, in <i>Energy & Character</i> , Vol. 21/ 2, 1990. Boadella, David: What is Biosynthesis, <i>Energy & Character</i> , Vol. 17/2, 1986. Boadella, David: <i>Lifestreams – An introduction to Biosynthesis</i> , Routledge & Kegan Paul, 1987. Boadella, D (1987). <i>Lifestreams: an introduction to Biosynthesis</i> , London: Routledge. Silver Edition: 2015 Keleman, S.: <i>Emotional Anatomy</i> . Center Press, Berkley, California, 1985. Laban, R. : <i>The Mastery of Movement</i> , London, 1960.. Boadella, David & Boadella, Silvia: "Basic concepts of Biosynthesis" in: <i>Globalised Psychotherapy</i> , ed. Pritz, Alfred, Facultas Universitätsverlag, Vienna 2000
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.

3. Telesna psihoterapija (Body Psychotherapy)

<https://www.europsyche.org/approaches/psychotherapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Body%20Psychotherapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/%22Body%20Psychotherapy%22
APA
Rezultat iskanja: povezava do dvd-ja z naslovom Accelerated Experiential Dynamic Psychotherapy Over Time https://www.apa.org/search?query=%22Body%20Psychotherapy%22
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Rosendahl, S., Sattel, H., & Lahmann, C. (2021). Effectiveness of body psychotherapy. A systematic review and meta-analysis. <i>Frontiers in Psychiatry, 12</i> , 709798. Tukaj so preverili učinkovitost telesne psihoterapije, kjer so pregledali učinkovitost različnih intervenc, ki se razprostirajo od čuječnosti do bio-energetike. Ugotavljajo zmeren učinek zelo heterogenih intervenc na splošne, manj konkretne izzide kot so psihopatologija in psihološki distress. Ob tem pa prepoznavajo potrebo po različnih visoko kakovostnih študijah v prihodnosti. Velja poudariti, da lahko izhaja empirična podprtost pristopa v tej raziskavi iz dejstva, da so v analize vključeni tudi že znanstveno dokazani pristopi kot je npr. čuječnost.

4. **Psihoterapija povezovanja** (Bonding Psychotherapy)

<https://www.europsyche.org/approaches/psychotherapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Bonding%20Psychotherapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Bonding%20Psychotherapy
APA
Ni navedenih relevantnih zadetkov na APA spletni strani. https://www.apa.org/search?query=%22Bonding%20Psychotherapy%22
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
https://www.bonding-psychotherapy.org/wp-content/uploads/2017/06/Article-on-Bondingpsychotherapy-English-version-Tijdschrift-Groepen-Definitief.pdf
Psihološke: psihotična epizoda, shizofrenija, paranoidna motnja, huda mejna osebnostna motnja, manična faza bipolarnе motnje in zasvojenost, odvisnost od psihoaktivnih substanc (Kooyman 2003, Kats 2004).

5. Eksistencialna psihoterapija (Existential Therapy)

<https://www.europsyche.org/app/uploads/2021/08/Existential-Therapy-weBSITE-2021.pdf>

NICE

NICE guidelines: ni omenjena

<https://www.nice.org.uk/search?q=Existential%20Therapy>

Cochrane

V iskalniku najdemo dva protokola za izvedbo Cochrane pregledne študije o učinkovitosti humanističnih terapij v primerjavi z ostalimi terapevtskimi intervencami ali s klasičnim načinom zdravljenja (TAU).

(<https://www.cochrane.org/search/site/Existential%20Therapy>) Na podlagi identificiranih protokolov ne najdemo končnih študij. Dodatna preiskava pokaže, da je bil protokol prve študije odstranjen zaradi metodoloških pomanjkljivosti.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4179874/> "Cochrane Neonatal is withdrawing the protocol because it is out of date and does not meet the current methodological standards of Cochrane")

<https://www.cochrane.org/search/site/Humanistic%20therapies%20versus%20other%20psychological%20therapies>

APA

<https://www.apa.org/search?query=Existential%20Therapy>

Vsebine na temo eksistencialne terapije je kar nekaj (podcasti, edukativni dvd-ji).

(<https://www.apa.org/search?query=Existential+Therapy&DocumentType=Journal+Article&sort=Relevance>)

V razdelku standardi in smernice se prikažejo trije zadetki.

(<https://www.apa.org/search?query=Existential+Therapy&DocumentType=Standard+or+Guideline%3BStandard+or+Guideline&sort=Relevance>) Od teh je relevanten Appendices to the APA Guideline for the Treatment of Depression.

Eksistencialna terapija (in ostale humanistične terapije) je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za depresijo. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.

Protokol za izvedbo smernic:

<https://www.apa.org/depression-guideline/appendices.pdf>

Končne APA smernice: <https://www.apa.org/depression-guideline/adults>

<https://www.apa.org/depression-guideline/guideline.pdf>

APS

Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.

Kontraindikacije, meta-analize.

Meta-analiza

Vos, J., Craig, M., & Cooper, M. (2015). Existential therapies: a meta-analysis of their effects on psychological outcomes. *Journal of Consulting and Clinical Psychology, 83*(1), 115. <https://psycnet.apa.org/doi/10.1037/a0037167>

Despite the small number and low quality of studies, some existential therapies appear beneficial for certain populations. We found particular support for structured interventions incorporating psychoeducation, exercises, and discussing meaning in life directly and positively with physically ill patients. It is important to study more precisely which existential intervention works the best for which individual client.

6. Gestalt terapija (Gestalt Therapy)

<https://www.europsyche.org/approaches/gestalt-therapy/>

NICE

NICE guidelines: ni omenjena

<https://www.nice.org.uk/search?q=%22Gestalt%20Therapy%22>

Cochrane

V iskalniku najdemo dva protokola za izvedbo Cochrane pregledne študije o učinkovitosti humanističnih terapij v primerjavi z ostalimi terapevtskimi intervencami ali s klasičnim načinom zdravljenja (TAU).

(<https://www.cochrane.org/search/site/Gestalt%20Therapy>) Na podlagi identificiranih protokolov ne najdemo končnih študij. Dodatna preiskava pokaže, da je bil protokol prve študije odstranjen zaradi metodoloških pomanjkljivosti.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4179874/> "Cochrane Neonatal is withdrawing the protocol because it is out of date and does not meet the current methodological standards of Cochrane")

<https://www.cochrane.org/search/site/Humanistic%20therapies%20versus%20other>

[%20psychological%20therapies](#)

APA

Vsebine na temo gestalt terapije je kar nekaj (podcasti, edukativni dvd-ji).
(<https://www.apa.org/search?query=%22Gestalt%20Therapy%22>)

V razdelku standardi in smernice se prikaže zadetek.
(<https://www.apa.org/search?query=%22Gestalt+Therapy%22&DocumentType=Standard+or+Guideline&sort=Relevance#>) Od teh je relevanten Appendices to the APA Guideline for the Treatment of Depression.

Gestalt terapija (in ostale humanistične terapije) je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za depresijo. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.

Protokol za izvedbo smernic:

<https://www.apa.org/depression-guideline/appendices.pdf>

Končne APA smernice: <https://www.apa.org/depression-guideline/adults>

<https://www.apa.org/depression-guideline/guideline.pdf>

APS

Posamezni elementi gestalt psihoterapije so vključeni v t.i. Emotion-focused therapy (EFT), ki pa je učinkovita za določene motnje npr. prenaždanje.

Kontraindikacije, meta-analize.

Novejših meta-analiz o učinkovitosti gestalt terapije ni na voljo. Leta 2019 je v manj kredibilni reviji sicer izšel pregledni članek z naslovom Gestalt Therapy Effectiveness: A Systematic Review of Empirical Evidence.

Študija ima veliko pomanjkljivosti. Avtorica na primer ni upoštevala veljavnih smernic za izvedbo preglednih študij (npr. PRISMA), metodološka zasnova študij je vprašljiva, prav tako je heterogenost študij nizka.

Raffagnino, R. (2019) Gestalt Therapy Effectiveness: A Systematic Review of Empirical Evidence. *Open Journal of Social Sciences*, 7, 66-83. doi: 10.4236/jss.2019.76005.

7. Hipno psihoterapija (Hypno Psychotherapy)

<https://www.europsyche.org/approaches/hypnopsychotherapy/>

NICE
NICE guidelines: navedena v različnih smernico za obravnavo sindroma razdražljivega črevesja. https://www.nice.org.uk/search?q=Hypnotherapy
Cochrane
Hipnoterapije deluje blago do zmerno učinkovita za različne motnje, še posebej pri telesnih boleznih, kjer se pogosto uporablja v kombinaciji z vedenjsko kognitivno terapijo. https://www.cochrane.org/search/site/Hypnotherapy
APA
Vsebine na hipno terapije je kar nekaj (članki, podcasti, edukativni dvd-ji). (https://www.apa.org/search?query=Hypnosis&sort=Relevance) V razdelku standardi in smernice se prikažeta dva zadetka. (https://www.apa.org/search?query=Hypnosis&DocumentType=Standard+or+Guideline&sort=Relevance) Od teh je relevanten Appendices for the APA Clinical Practice Guideline for the Treatment of Posttraumatic Stress Disorder (PTSD). Hipno psihoterapija je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za zdravljenje posttravmatske motnje. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: omenjena pri zdravljenju post-travmatske stresne motnje. Obstajajo dokazi o majhni učinkovitosti, vendar opozarjajo na pomanjkanje empiričnih dokazov.
Kontraindikacije, meta-analize.
Kontraindikacije: <ul style="list-style-type: none">- posamezniki, ki so akutno psihotični ali z zgodovino psihotičnih epizod- posamezniki s hudo depresivno epizodo- pri določenih osebnostnih motnjah (antisocialnih, paranoidnih). Pazljivost velja pri osameznikih z mejno, narcisistično in odvisnostno OM. https://www.hypnosisaustralia.org.au/wp-content/uploads/10330_AJCEH_2016_FINAL

8. Integrativna psihoterapija (Integrative Psychotherapy)

<https://www.europsyche.org/approaches/integrative-psychotherapy/>

NICE

NICE guidelines: ni omenjena

<https://www.nice.org.uk/search?q=%22integrative%20psychotherapy%22>

Cochrane

Cochrane pregledne raziskave: ni omenjena

<https://www.cochrane.org/search/site/%22Integrative%20psychotherapy%22>

APA

Na temo integrativne psihoterapije je 515 zadetkov različne vsebine (DVD-ji, knjige, članki v revijah...).

Najde 38 znanstvenih člankov, ki pa ne govorijo o Integrativni psihoterapiji, temveč jih najde predvsem zaradi uporabe vsake od besed v drugih kontekstih.

Pri dobesednem iskanju Integrative Psychotherapy na strani, ni rezultatov v razdelku standardi in smernice

<https://www.apa.org/search?query=%22Integrative%20Psychotherapy%22>).

APS

Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.

Kontraindikacije, meta-analize.

Boswell, J. F., Nelson, D. L., Nordberg, S. S., McLeavey, A. A., & Castonguay, L. G. (2010). Competency in integrative psychotherapy: Perspectives on training and supervision. *Psychotherapy: Theory, Research, Practice, Training*, 47(1), 3–11. <https://doi.org/10.1037/a0018848>

“Aspects of integrative psychotherapy competency may differ from competency in other psychotherapy orientations, although convergence is more often the case. Despite the potential differences, **there exist very few formal training programs or guidelines to systematically guide clinicians in developing a competent integrative practice.**”

9. Logoterapija (Logotherapy)

<https://www.europsyche.org/approaches/logotherapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=logotherapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/logotherapy
APA
Najden ni noben znanstveni članek. https://www.apa.org/search?query=logotherapy&sort=Relevance V razdelku standardi in smernice se prikaže zadetek. (https://www.apa.org/search?query=logotherapy&DocumentType=Standard+or+Guideline&sort=Relevance) Od teh je relevanten Appendices to the APA Guideline for the Treatment of Depression. Logoterapija (in ostale humanistične terapije) je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za depresijo. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Kontraindikacije: Schulenberg, S. E., Hutzell, R. R., Nassif, C., & Rogina, J. M. (2008). Logotherapy for clinical practice. <i>Psychotherapy: Theory, Research, Practice, Training</i> , 45(4), 447–463. https://doi.org/10.1037/a0014331 There are few situations in which logotherapy cannot be used to assist patients in psychological distress. One such situation where logotherapy is contraindicated is with patients experiencing psychosis.

10. Nevro-lingvistična psihoterapija (Neuro-Linguistic Psychotherapy)

<https://www.europsyche.org/approaches/neuro-linguistic-psychotherapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Neuro-Linguistic%20Psychotherapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Neuro-Linguistic%20Psychotherapy
APA
Ni navedenih relevantnih zadetkov na APA spletni strani. https://www.apa.org/search?query=Neuro-Linguistic%20Psychotherapy
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Sturt, J., Ali, S., Robertson, W., Metcalfe, D., Grove, A., Bourne, C., & Bridle, C. (2012). Neurolinguistic Programming: A systematic review of the effects on health outcomes. <i>British Journal of General Practice</i> , 62(604). https://doi.org/10.3399/bjgp12x658287 Zaključek: "There is little evidence that NLP interventions improve health-related outcomes. This conclusion reflects the limited quantity and quality of NLP research, rather than robust evidence of no effect."
Passmore, J. and Rowson, T. S. (2019) Neuro-linguistic-programming: a critical review of NLP research and the application of NLP in coaching. <i>International Coaching Psychology Review</i> , 14 (1). pp. 57-69. ISSN 2396-8753 Zaključek: "This review led us to the conclusion that unique NLP practices are poorly supported by research evidence."

11. **Person-centered in izkustvena psihoterapija** (Person-centred and Experiential Psychotherapy)

<https://www.europsyche.org/approaches/personcentered-psychotherapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Person-centred+and+Experiential+Psychotherapy
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Person-centred%20and%20Experiential%20Psychotherapy
APA
Najden ni noben znanstveni članek ali zadetek na področju standardov ali smernic. https://www.apa.org/search?query=Person-centred%20and%20Experiential%20Psychotherapy
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
Yao L, Kabir R. Person-Centered Therapy (Rogerian Therapy) [Updated 2023 Feb 9]. In: <i>StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-.</i> Available from: https://www.ncbi.nlm.nih.gov/books/NBK589708/ "Person-centered therapy relies on the client's active participation and may not be appropriate for individuals who lack motivation or insight into their emotions and behaviors."

12. **Pozitivna psihoterapija** (Positive Psychotherapy (Peseschkian, since 1968))

<https://www.europsyche.org/approaches/positive-psychotherapy/>

NICE
NICE guidelines: ni omenjena https://www.cochrane.org/search/site/%22Positive%20Psychotherapy%22
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.nice.org.uk/search?q=%22Positive+Psychotherapy%22
APA
Najden ni noben znanstveni članek ali zadetek na področju standardov ali smernic. https://www.apa.org/search?query=%22Positive%20Psychotherapy%22
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
/

13. **Psiho-organska analiza** (Psycho-Organic Analysis)

<https://www.europsyche.org/approaches/psycho-organic-analysis/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=Psycho-Organic%20Analysis
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Psycho-Organic%20Analysis

APA
Na spletni strani ne najde nobenega zadetka na to temo. https://www.apa.org/search?query=Psycho-Organic%20Analysis
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.

14. Psihoanaliza, psihoanalitične ali psihodinamske psihoterapije (Psychoanalysis, Psychoanalytic and Psychodynamic Psychotherapies)

<https://www.europsyche.org/approaches/psychoanalysis/>

NICE
NICE guidelines: indicirana za zdravljenje depresivne motnje. https://www.nice.org.uk/search?q=Psychodynamic
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/Psychodynamic?f%5B0%5D=field_stage%3A3
APA
Na temo integrativne psihoterapije je 584 zadetkov različne vsebine (DVD-ji, knjige, članki v revijah...) https://www.apa.org/search?query=Psychodynamic&sort=Relevance
V razdelku standardi in smernice se prikažejo dvanajst zadetkov. Psihodinamske terapije so indicirane za zdravljenje depresije (https://www.apa.org/depression-guideline/adults) in kot del eklektičnega pristopa pri posttravmatski stresni motnji (https://www.apa.org/ptsd-guideline/treatments).
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: prepoznana kot učinkovita intervencija pri različnih motnjah (depresivna, anksiozna, panična).
Kontraindikacije, meta-analize.

Kontraindikacije: huda razpoloženjska motnja, psihotična epizoda, raba substanc, ponavljajoče se samopoškodovalno vedenje ali aktivna suicidalnost.

15. **Psihodrama** (Psychodrama)

<https://www.europsyche.org/approaches/psychodrama/>

NICE

NICE guidelines: ni omenjena

<https://www.nice.org.uk/search?q=Psychodrama>

Cochrane

Najdena je ena študija z naslovom Drama therapy for schizophrenia or schizophrenia-like illnesses. Randomised studies are possible in this field. The use of drama therapy for schizophrenia and schizophrenia-like illnesses should continue to be under evaluation as its benefits, or harms, are unclear.

<https://www.cochrane.org/search/site/Psychodrama>

APA

Na temo psihodrame je nekaj zadetkov različne vsebine (DVD-ji, knjige, članki v revijah...)

<https://www.apa.org/search?query=Psychodrama>

V razdelku standardi in smernice se prikaže zadetek.

(<https://www.apa.org/search?query=Psychodrama&DocumentType=Standard+or+Guideline%3BStandard+or+Guideline&sort=Relevance>) Od teh je relevanten Appendices to the APA Guideline for the Treatment of Depression.

Psihodrama (in ostale humanistične terapije) je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za depresijo. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.

Protokol za izvedbo smernic:

<https://www.apa.org/depression-guideline/appendices.pdf>

Končne APA smernice: <https://www.apa.org/depression-guideline/adults>

<https://www.apa.org/depression-guideline/guideline.pdf>

APS

Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.

Kontraindikacije, meta-analize.

Biolcati, R., Agostini, F., & Mancini, G. (2017). Analytical psychodrama with college students suffering from mental health problems: Preliminary outcomes. *Research in Psychotherapy: Psychopathology, Process, and Outcome*, 20(3).

The only patients contraindicated for psychodrama are those who have paranoid ideas or who reject the group therapy.

16. **Psihosinteza** (Psychosynthesis)

<https://www.europsyche.org/approaches/psychosynthesis/>

NICE

NICE guidelines: ni omenjena

<https://www.nice.org.uk/search?q=Psychosynthesis>

Cochrane

Cochrane pregledne raziskave: ni omenjena

<https://www.cochrane.org/search/site/Psychosynthesis>

APA

Ni navedenih relevantnih zadetkov na APA spletni strani.

<https://www.apa.org/search?query=Psychosynthesis>

APS

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Kontraindikacije, meta-analize.

Kontraindikacije: psihotična epizoda, bipolarna motnja, določene osebnostne specifike (Hamilton, W., 2017; diploma vprašljive kakovosti.

<https://esource.dbs.ie/server/api/core/bitstreams/9ce9aae8-cabf-49f7-91e1-573c496486d7/content>).

17. **Realitetna terapija** (Reality therapy)

<https://www.europsyche.org/approaches/reality-therapy/>

NICE
NICE guidelines: ni omenjena https://www.nice.org.uk/search?q=%22Reality%20Therapy%22
Cochrane
Cochrane pregledne raziskave: ni omenjena https://www.cochrane.org/search/site/%22Reality%20Therapy%22
APA
Ni navedenih relevantnih zadetkov na APA spletni strani. https://www.apa.org/search?query=%22Reality+Therapy%22&DocumentType=Standard+or+Guideline&sort=Relevance
APS
Evidence-based psychological interventions in the treatment of mental disorders: A literature review: ni omenjena.
Kontraindikacije, meta-analize.
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18. **Sistemska družinska terapija** (Systemic Family Therapy)

<https://www.europsyche.org/approaches/systemic-familytherapy/>

NICE
NICE guidelines: pojavi se v smernicah za obravnavo depresije pri otrocih in mladostnikih https://www.nice.org.uk/search?q=%22Systemic%20Family%20Therapy%22
Cochrane
Cochrane pregledne raziskave: najdena raziskava na temo učinkovitosti družinske terapije za zdravljenje anoreksije nervoze. https://www.cochrane.org/search/site/%22Systemic%20Family%20Therapy%22
APA
Na temo integrativne psihoterapije je 419 zadetkov različne vsebine (DVD-ji, knjige,

članki v revijah...)

<https://www.apa.org/search?query=Systemic%20Family%20Therapy>

V razdelku standardi in smernice se prikažejo devet zadetkov. Družinska terapija je indicirana za zdravljenje depresije

(<https://www.apa.org/depression-guideline/guideline.pdf>).

APS

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Kontraindikacije, meta-analize.

19. Transakcijska analiza (Transactional Analysis)

<https://www.europsyche.org/approaches/transactional-analysis/>

NICE

NICE guidelines: omenjena v smernicah za obravnavo obsesivne-kompulzivne motnje "When adults with OCD request forms of psychological therapy other than cognitive and/or behavioural therapies as a specific treatment for OCD (such as psychoanalysis, transactional analysis, hypnosis, marital or couple therapy) they should be informed that there is as yet no convincing evidence for a clinically important effect of these treatments."

<https://www.nice.org.uk/search?q=transactional%20analysis>

<https://www.nice.org.uk/guidance/cg31/chapter/Recommendations#steps-3-to-5-treatment-options-for-people-with-ocd-or-bdd>

Cochrane

V iskalniku najdemo dva protokola za izvedbo Cochrane pregledne študije o učinkovitosti transakcijske analize v primerjavi z ostalimi terapevtskimi intervencami ali s klasičnim načinom zdravljenja (TAU).

(<https://www.cochrane.org/search/site/%22Transactional%20Analysis%22>) Na podlagi identificiranih protokolov ne najdemo končnih študij. Dodatna preiskava pokaže, da je bil protokol prve študije odstranjen zaradi metodoloških pomanjkljivosti.

(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4179874/> "Cochrane Neonatal is withdrawing the protocol because it is out of date and does not meet the current methodological standards of Cochrane")

<https://www.cochrane.org/search/site/Humanistic%20therapies%20versus%20other%20psychological%20therapies>

APA

Na temo transakcijske analize je nekaj zadetkov različne vsebine (DVD-ji, knjige, članki v revijah...)

<https://www.apa.org/search?query=Transactional+Analysis&sort=Relevance>

V razdelku standardi in smernice se prikaže zadetek.

(<https://www.apa.org/search?query=Transactional+Analysis&DocumentType=Standard+or+Guideline&sort=Relevance>) Od teh je relevanten Appendices to the APA Guideline for the Treatment of Depression.

Transakcijska analiza (in ostale humanistične terapije) je bila ena od možnih terapij, ki je bila vključena v oceno primernosti psihoterapevtskih ukrepov za depresijo. Zveza je zaradi pomanjkanja dokazov o učinkovitosti ni ocenila kot primerno terapijo za zdravljenje depresije.

Protokol za izvedbo smernic:

<https://www.apa.org/depression-guideline/appendices.pdf>

APS

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Kontraindikacije, meta-analize.