



Member of the World Council for Psychotherapy (WCP)  
NGO with consultative status to the Council of Europe  
Headoffice: Mariahilfer Str. 1d/13 | 1060 Wien/Vienna/Austria  
+43 699 15131729 | eap.headoffice@europsyche.org  
www.europsyche.org

**Patricia A. Hunt, President of EAP**

**June 2021**

## **Minister for Health**

### **Germany**

Dear Minister Spahn.

May I introduce myself to you as the President of the European Association for Psychotherapy, the leading organisation for Psychotherapy in Europe, which spans 42 European countries both EU and non EU and has 30 years of experience being established in 1991 ([www.europsyche.org](http://www.europsyche.org)).

During Autumn 2020 the European Association for Psychotherapy conducted a Survey of members, and I am pleased to send to you the results of our Survey are attached to this letter and also can be found here:

<https://www.europsyche.org/survey-on-psychotherapy-in-europe-during-the-covid-19-lockdown-2020/>.

The EAP Survey gives important results showing that European Psychotherapists have ensured that they have been able to help those with mental health problems during the Covid19 Lockdown. Psychotherapists have successfully adapted their therapeutic method to use online platforms, and as you can see from the paper this has enabled them to continue to help those in distress during the pandemic.

The results of the survey give evidence of the fact that although Psychotherapists are not frontline staff working in the hospitals fighting and battling with Covid each day, they have been saving lives each day in a less visible way through helping people and giving psychotherapy to those who are feeling depressed and suicidal.

The phrase has been used of an “avalanche” of mental health problems during the pandemic, and the possibility that this will continue to unfold in the post Covid era. We wish to assure you of the continued and future work of European Psychotherapists in response to this. **Please may I ask if there has been an increase in your mental health budget to respond to this situation.** I would be very grateful if you can inform EAP about this.

It has long been the case that mental health funding has been the poor relation to physical health funding, and a fitting response to the pandemic and its aftermath is to redress this balance and increase mental health funding. EAP already knows of one European country where a historic decision has been taken to significantly increase mental health funding in the light of the Covid19 crisis, and we applaud this.

I wish to offer to you the expertise within EAP, and I would be extremely pleased to have a meeting with you or your Health Ministry colleagues about future funding, and the role that Psychotherapy - both face to face and online – can and should play in mental health recovery across Europe. Please email me [patricia.hunt@europsyche.org](mailto:patricia.hunt@europsyche.org) to arrange a meeting.

It is an urgent matter to safeguard European citizens by ensuring that they benefit from only the highest professional standard of Psychotherapists. There is already a European wide professional body upholding the gold standard of Psychotherapists, and that is the European Association for Psychotherapy (EAP).

**“Psychotherapists have not been ‘front-line’ workers during the Covid-19 Pandemic, but every day Psychotherapists have worked to enhance and sustain good mental health and helped save the lives of severely depressed and suicidal clients.”**

**Patricia A. Hunt  
President of EAP**

Please will you confirm your receipt of this message.

With my best wishes to you in your important work,



**Patricia Hunt**

**President of the European Association for Psychotherapy**

**On behalf of the European Association for Psychotherapy**