

"THINK ABOUT YOUTH"

3rd



**International and
Interdisciplinary Congress of
Child and Adolescent
Psychotherapy**

"Reflection of Communication and
Relationships on the Health
of Children, Youth, and Families:
Therapeutic Approaches."

SARAJEVO 3 - 6 OCTOBER 2024



THINK ABOUT
YOUTH!



About the Congress - In Challenging Times, an Opportunity for Change

In challenging times like these, there is always an opportunity to create change to drive a better future. History reminds us that in turbulent times, although at the cost of many victims and profound traumatic experiences, positive solutions are also born.

The 3rd THINK ABOUT YOUTH Congress reflects hope and awareness of the need for change in the quality of communication and relationships as a precondition for healthy development from the earliest stages of life, both on an individual and global level.

Multidisciplinary Approach to Understanding Communication and Interpersonal Relationships

Through a multidisciplinary, intersectoral, and interdisciplinary approach, the THINK ABOUT YOUTH Congress aims to deepen the understanding of the impact of communication and interpersonal relationships on the health and bio-psycho-social well-being of children, adolescents, and families. We intend to investigate and discuss how these aspects are reflected through the educational, social, health, and legal frameworks, aiming to identify comprehensive strategies and solutions that can contribute to improving the quality of life of children, youth, and families.

Alignment of the Congress Mission and Vision with Global Initiatives

Aligned with the action plan of the

- World Health Organization by 2030,
 - UNICEF's strategy by 2025, and
 - the UN Sustainable Development Goals,
- the 3rd "THINK about YOUth" Congress is dedicated to promoting preventive and innovative therapeutic approaches and sustainable strategies permanently to preserve and promote the health and well-being of children and youth, and thus of society as a whole.

We strive to create a society that prioritizes the mental health and well-being of children, youth, and families to develop a comprehensive, supportive, and fulfilling vision of healthy society development. Therefore, the mission of the Congress is to provide a space for human and professional encounters between experts from different disciplines and parts of the world so that we can jointly explore, exchange, and deepen experiences on vital topics related to the mental health of children, youth, and their families.



Congress Theme Days: Exploring Key Aspects for a Better Tomorrow

The Congress will be organized into four thematic days integrating various topics:

- The interrelation between aggression and empathy
- Different forms of abuse and neglect and the impact on the personal and society level
- Transgenerational and intergenerational trauma and the development of the child, family, and society
- Resilience and mentalization
- Migration, the individual, and the environment
- Educational, health, social and legal support approaches in the overall development of the child
- Therapeutic methods and approaches aimed at the growth and development of children, youth, and families
- Ethics of Psychotherapy and therapeutic approaches in communication and relationships
- Examples of good practice, research, and innovative therapeutic interventions

Each thematic day will feature a keynote lecture, panel discussions, workshops, and poster presentations.

The Congress will also feature several social events, including a welcome reception, a gala dinner, and a closing ceremony.



Congress Objectives

We will collaborate with leading experts to develop innovative and integrative therapeutic approaches and global preventive plans.

- Promoting professional networking and exchange of experiences among professionals from the health, education, social, legal sectors and related disciplines
- Actively involving young people in our activities with the belief that their active participation is essential for the development of more effective approaches to mental health protection
- Presentation of innovative therapeutic approaches
- Development of new strategies in line with global guidelines for the protection of mental health of children and youth

Join Us!

The health of children and youth is our shared responsibility.
Together, we can create lasting change.

Your Gift for Their Growth - Support the Change!

By contributing to our Congress, you are creating positive changes in children's and youth's lives.



For more information about the Congress:

congress.bhidapa.ba



Contact us:

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the Congress:



With respect and gratitude,

**The Organizing and Program Committee of the
3rd THINK ABOUT YOUTH Congress**



BHIDAPA is a non-profit organization dedicated to improving the mental health of children, youth, and their families. It is a European-accredited training institute for integrative psychotherapy for children, adolescents, and adults. In partnership with UNICEF and with the support of relevant ministries, BHIDAPA promotes professional education, high-quality preventive activities, and approaches tailored to the needs of children and youth. For more information, visit their website: [bhidapa.ba].