

THIRD INTERNATIONAL CONGRESS OF CHILD AND ADOLESCENT PSYCHOTHERAPY

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



THINK ABOUT
YOUTH!



CONCLUSIONS OF THE 3RD INTERNATIONAL AND
INTERDISCIPLINARY CONGRESS ON CHILD AND ADOLESCENT
PSYCHOTHERAPY, "THINK ABOUT YOUTH"

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3. INTERNACIONALNI I INTERDISCIPLINARNI KONGRES DJEČJE I ADOLESCENTNE PSIHOTERAPIJE

"Refleksija komunikacije i odnosa na zdravlje
djece, mladih i obitelji: terapijski pristupi"

**HOTEL „HILLS“, SARAJEVO, 03. - 06.
OKTOBAR/LISTOPAD 2024. GODINE**



1. Expanding discipline-oriented to an interdisciplinary professional approach is crucial in encompassing all levels of care and contributing to a healthy society in the long term.
2. Continued efforts to be made towards an interdisciplinary and intersectoral approach, which requires proactive collaboration among the health, education, social, and legal sectors, alongside the involvement of both governmental and non-governmental organizations in joint initiatives.
3. Actively engaging and respecting the voices of young people in creating approaches that meet their specific needs. It is essential for developing more effective health protection models for youth. Acknowledging their experiences enables the formulation of tailored and relevant solutions that directly enhance the well-being of young individuals and ensure positive long-term outcomes.
4. New strategies for development to be aligned and consistent with global guidelines, especially with the World Health Organization's Action Plan for 2030, UNICEF's strategy, and the UN Sustainable Development Goals.
5. Continuous education and supervision for professionals working with children, youth, and their families to be multidisciplinary and intersectoral, addressing developmental specifics from conception through to adulthood.
6. Strengthening the network of international cooperation is vital for obtaining effective approaches based on a comprehensive and diverse understanding of needs, particularly concerning children and youth on the move (migrants and refugees), with a focus on their mental health and psychosocial support needs.
7. Recognizing and raising awareness within the general population regarding issues of violence and abuse, particularly sexual abuse, including sexual violence in conflict situations. Adequate educational activities must be implemented focusing on sexual and reproductive health and destigmatization. These initiatives should provide appropriate treatment for individuals exposed to various forms of abuse, ensuring they receive the necessary support and resources for recovery while preventing further victimization.
8. Ongoing attention to the mental health of helpers at risk of secondary traumatization, along with the establishment of protective and supportive mechanisms.



3. INTERNACIONALNI I INTERDISCIPLINARNI KONGRES DJEČJE I ADOLESCENTNE PSIHOTERAPIJE

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9. Prilagoditi postojeće zakone i politike kako bi se osigurala bolja zaštita prava djece, mladih i obitelji u zdravstvu, obrazovanju, pravu i socijalnoj skrbi. Obavezno ugraditi smjernice u zakone o zdravstvenoj, psihološkoj, psihoterapijskoj, obrazovnoj, pravnoj i socijalnoj djelatnosti kako bi se osigurala institucionalna podrška pomagačima, prevencija sekundarne traumatizacije i adekvatna zaštita stručnjaka. Ove promjene će omogućiti održivu i kvalitetniju podršku u svim sektorima.
10. Osnaživati saradnju i partnerstva na svim nivoima, uključujući vjerske zajednice, u zajedničkoj borbi protiv nasilja nad djecom, rodno zasnovanog nasilja i drugih oblika zlostavljanja, s ciljem jačanja zajedničke odgovornosti i podrške.
11. Poticati lokalne zajednice na ulaganje u razvoj zdravih okruženja za optimalan rast i razvoj svakog djeteta.
12. Implementacija Sarajevske deklaracije o mentalnom zdravlju djece i mladih – Deklaracija se fokusira na unapređenje zdravlja djece i mladih kroz međusektorsku suradnju, promociju, te preventivne programe, kroz jačanje usluga mentalnog zdravlja i podršku obiteljima. Njena implementacija zahtijeva saradnju lokalnih, regionalnih i međunarodnih institucija, te kontinuirano praćenje postignutih rezultata kako bi se osigurale dugoročne promjene i trajni napredak u zaštiti mentalnog zdravlja djece, mladih i njihovih obitelji.

Sarajevo, Bosnia and Herzegovina, October 6, 2024

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