

THIRD INTERNATIONAL AND INTERDISCIPLINARY CONGRESS OF CHILD AND ADOLESCENT PSYCHOTHERAPY

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



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

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3. INTERNATIONAL AND INTERDISCIPLINARY CONGRESS OF CHILD AND ADOLESCENT PSYCHOTHERAPY

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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.



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9. Existing laws and policies to be adapted to ensure better protection of the rights of children, youth, and families in health, education, legal, and social services.

Guidelines to be integrated into legislation concerning health, psychology, psychotherapy, education, law, and social work to ensure institutional support for helpers, prevent secondary traumatization, and provide adequate protection for professionals.

These changes will facilitate sustainable and higher-quality support across all sectors.

10. Collaboration and partnerships at all levels, including religious communities, to be strengthened in the joint fight against violence against children, gender-based violence, and other forms of abuse, to enhance shared responsibility and support.

11. Local communities to be encouraged to invest in healthy environments for the optimal growth and development of every child.

12. The implementation of the Sarajevo Declaration on the Mental Health of Children and Youth focuses on improving the health of children and youth through intersectoral cooperation, promotion, and preventive programs, alongside strengthening mental health services and supporting families. Its implementation requires collaboration among local, regional, and international institutions, with continuous monitoring of achieved outcomes to ensure long-term changes and sustained progress in protecting the mental health of children, youth, and their families.

Sarajevo, Bosnia and Herzegovina, October 6, 2024

President of the Congress: Prof. Dr. Dubravka Kocijan Hercigonja, MD, PhD, Integrative Psychotherapist for Children and Youth

President of the Organizing and Program Committee: Dr. Mirela Badurina, PhD, Integrative Psychotherapist for Children and Youth

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