



**European Psychology in the post-corona crisis.
Adaptation and self-optimization of a profession.**

Prof. Dr. Christoph Steinebach,
European Federation of Psychologists' Associations
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Some facts

- EFPA founded in 1981
- EFPA is an umbrella federation of associations from 38 countries with over 350.000 psychologists.
- EFPA is organized in up to 20 boards and committees with about 400 colleagues serving as volunteers.
- EFPA has links with many European associations in different areas of psychology (Associate Members).
- EFPA offers a platform for collaboration, and for joint representation and action at the European level.





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EFPA in times of COVID-19

- Since the beginning of this year, we only work via virtual meetings. This applies to the Executive Council, our head office and all groups of EFPA.
- EFPA is now much more active than it was a year ago.
- This is certainly also due to virtualization as a result of the Europe-wide lockdown.
- The pandemic is an emergency that unites everyone and has greatly encouraged participation in virtual meetings and the sharing of virtual platforms.



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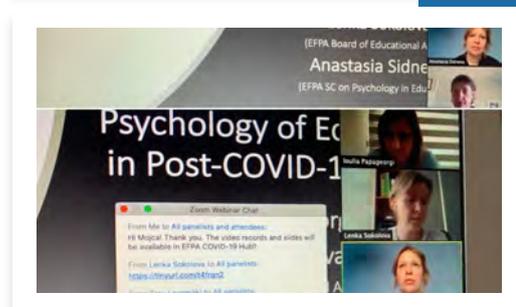
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EFPA Webinars

EFPA has coordinated the sharing of information, resources and expertise across Europe.

This includes professional information sharing in two series of webinars firstly on early challenges and later aimed at recovery and 'new normal'.

Highlights included production of relevant materials by our working groups on delivering online education, remote service delivery, and approaches to building community support and cohesion.



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The hub as a model

It is also to be expected that during the positive experiences with the cooperation on COVID and the carefree virtual exchange, current topics or the work on UN SDGs will be addressed in a similar way.

This is also where the three Horizon projects, in which EFPA is involved, fit in:

- H-Work (<https://h-work.eu>),
- recover-e (<http://www.recover-e.eu>) and
- inhere (<https://victimsupport.eu/about-us/our-projects/inhere/>).



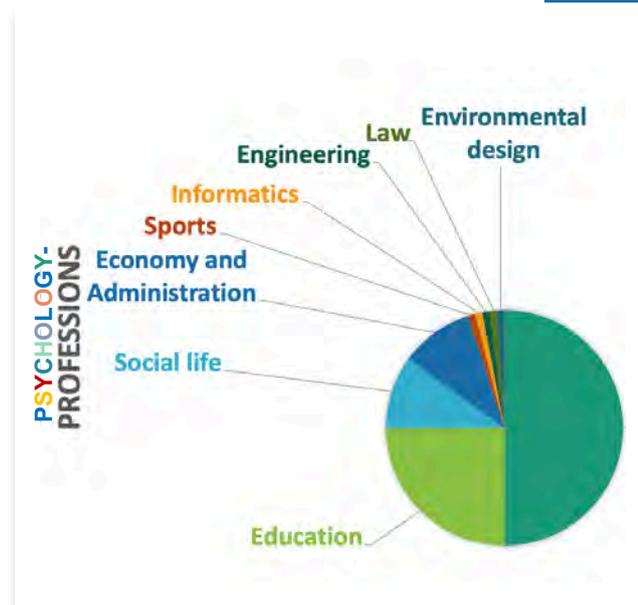
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Megatopics

- (1) Psychology and COVID-19,
- (2) Psychology as regulated profession (in addition there was a workshop with 50 participants from all associations. There will be more to come in autumn),
- (3) competence profiles in further education. This connected with EuroPsy and EU guidelines on CPD.



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Meeting members of the European Parliament

For example, two workshops/symposia with members of the European Parliament took place in the summer, which

- also dealt with psychological prevention and interventions (<https://epa-congress.org/epa-forum-2020/>)
- in the context of the pandemic (<https://www.gamian.eu/wp-content/uploads/15-July-MEP-Alliance-meeting-report-final-final.pdf>).
- Information on this can also be found in the news magazine (<https://efpa.magzmaker.com>).



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While connecting the dots we learned a lot about ...

- online consultations
- psycho-social risks
- online teaching
- psycho-social help
- information platforms
- risks under lock down
- multi-problem cases
- well-being of health professionals
- well-being in communities
- ...

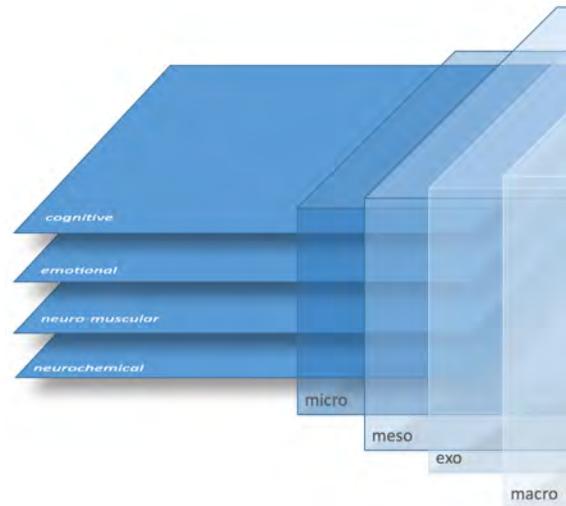


fig. An integrated model of human development, in: Steinebach, C. (2019). Connecting mindfulness-based and peer-related approaches across the lifespan. IIT Kharagpur, India. 7 February 2019.

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Hypotheses as a basis for professional practice (Kaminski, 1970; Steinebach, 2000)

- 1 Comparative Hypotheses
- 2 Conditional Hypotheses
- 3 Impact Hypotheses
- 4 Competence Hypotheses
- 5 Value Hypotheses



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At the beginning ...

1. General recommendations of the psychology associations in the various European countries.

- Respond to local situation.
- Get the facts.
- Communicate facts.
- Communicate with children.
- Keep connected.
- Support people who seek additional help.
- Promote safety.
- Cope with quarantine.

2. Special recommendations for those who are in quarantine.

- Remember that you are performing a service to society.
- Stay active.
- Establish routines.
- Be patient, address anger and create opportunities to withdraw.
- Stay connected as social contact is important.
- Take control of worrying thoughts.
- Don't spend too much time on news updates.

3. Offers for people with special problems. This refers to people ...

- who are very depressed, insecure and/or tense and
- who, because of the quarantine, can no longer think clearly and cannot concentrate.
- Professional advice or therapy is given also online.
- Information about possibilities can be found on the websites of the national psychology associations, among others.

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Psychology in COVID-19 times. Selected evidence-based interventions

Individual	Family + friends	Workplace	Neighborhood	Community	Society
Helplines: Online and print information for family members	Communication tools	Living environment	Trust in expertise. Promoting safety	Sufficient personnel, capacity, and accessibility	
General recommendations and support: Routines, techniques to control worrying thoughts, ...	Leadership in times of remote work	Nature as resource	Financing support	Counteracting misinformation and making informed decisions	
Special support: advice for therapy and special recommendations	Team support	Gratitude and generosity	Transparent and clear decisions. Communicate facts.	Ethical question of accessibility and prevention of marginalization	
Lessons learned as pathways to sustainable change: evidence-based prevention, intervention and rehabilitation, future of training and further education. Workforce planning in health care and fostering community resilience. Effective involvement of experts in the decision-making boards					

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All fields of psychological practice respond to the COVID-19 crisis

van Daele, T., Karekla, M., Kassianos, A. P., Compare, A., Haddouk, L., Salgado, J., Ebert, D. D., Trebbi, G. (on behalf of the EFPA Project Group on eHealth), Bernaerts, S., Van Assche, E., & De Witte, N. A. J. (in press). Recommendations for policy and practice of telepsychotherapy and e-mental health in Europe and beyond. *Journal of Psychotherapy integration*.

25 recommendations to provide high quality e-mental health to clients

<div style="background-color: #2c4e64; color: white; padding: 5px; text-align: center; font-weight: bold;"> 🧠 Psychotherapists </div> <ul style="list-style-type: none"> Acknowledge reluctance. Exert caution with vulnerable clients. Monitor progress and tailor treatment. Assure personal guidance for self-help. Avoid excessive burden. Seek sufficient continuous education. Opt for peer intervention & supervision. Have protocols available for crises. Be aware of applicable regulations. 	<div style="background-color: #2c4e64; color: white; padding: 5px; text-align: center; font-weight: bold;"> 🏢 Health services and regulatory agencies </div> <ul style="list-style-type: none"> Evaluate routine care effectiveness. Create (inter)national guidelines. Clarify who is to be held responsible. Make intervention switching easy. Provide reimbursement. Set quality criteria for professionals. Provide adequate working conditions. Assure continuity of IT systems. 	<div style="background-color: #2c4e64; color: white; padding: 5px; text-align: center; font-weight: bold;"> 💻 Developers </div> <ul style="list-style-type: none"> Develop multidisciplinary. Tailor to the target population. Comply with legal regulations. Maintain ethical standards. Involve end users. Consider an evidence-based approach. Provide robust evaluation evidence. Account for adoption inequalities.
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All fields of psychological practice respond to the COVID-19 crisis

Berufsverband Deutscher Psychologinnen und Psychologen e.V. (BDP), Bundespsychotherapeutenkammer (BPTk), Deutsche Gesellschaft für Psychologie e.V. (DGPs), Leibniz-Zentrum für Psychologische Information und Dokumentation (ZPID), (2020). Challenges, goals and measures in dealing with the pandemic from a psychological perspective. 19. Juni 2020.

https://www.bdp-verband.de/binaries/content/assets/politische-positionen/2020/statement-papier-corona_psych-orga.pdf

Sustainable securing of success

Change of mood: Communication of risks and evaluation processes

Protective behavior: Importance of generosity and compassion

Psychological consequences: Resources and resilience even in particularly vulnerable groups

Social cohesion: Combating marginalization and stigmatization

The Recovery Plan for Europe.

This is a very significant financial package for rebuilding, with resources directed equitably according to need to the worst affected countries and regions. The European Commission has announced that more than 50% of the long-term EU budget and Next Generation EU – a total of some €1.8 trillion - will support modern policies and set Europe on path to a sustainable and resilient recovery.

New research projects on Coronavirus (August 2020)

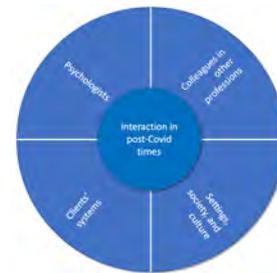
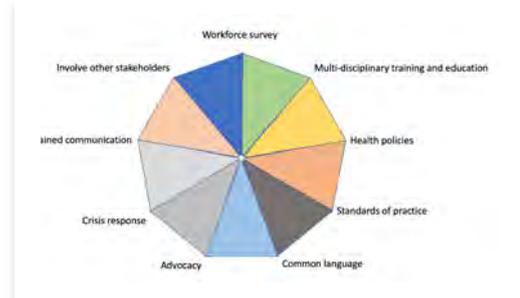
Outcome of emergency funding action for coronavirus SARS-CoV-2 outbreak: 23 new projects

On 13 May 2020, the European Commission launched a second round of emergency funding for innovative and rapid health-related approaches to respond to COVID-19 and to deliver quick results for society for a higher level of preparedness of health systems to the COVID-19/2020-21 with a budget of €129.5 million. These funds come from Horizon 2020, the EU's research and innovation programme, as part of the Commission's €1.8 trillion package to boost Europe's global standing.

openaccessgovernment.org/research-and-innovation-in-europe-pushing-science-forward-to-help-covid-19-outbreak/

- Rapid Repurposing of manufacturing for vital medical supplies and equipment** (€22.1 million). For instance using injection moulding and additive manufacturing (3D printing), adaptive and resilient production and supply chain methods, and repurposing manufacturing as a service network for fast reaction.
- Medical technologies, Digital tests and Artificial intelligence analytics to improve surveillance and care at high Technology Readiness Levels (TRL5)** (€52 million). This includes the development of new devices for X-ray, CT scan and X-ray diagnosis, often using AI, telemedicine and AI to diagnose and treat, create more safety and mobility, new technologies to protect healthcare workers, intensive care and telemedicine; innovation hubs with open call to address and fast rapidly emerging ideas.
- Behavioral, social and economic impacts of the outbreak response** (€28 million). For instance: at least analysis of responses at the levels of government, public, health, business and information and communications and evaluation of promising approaches; and by examining the dynamics of the outbreak to map and analyse unintended impacts, including on mental health, drinking activities and inclusive policies for policymakers and health authorities and enhance Europe's preparedness for future similar events.
- Pan-European COVID-19 cohorts** (€18.9 million). A major investment will be made for the creation of a new pan-European cohort built on existing and new large-scale population cohorts in Europe and from European countries, comparing both infected and non-infected individuals, in order to significantly improve responsiveness to SARS-CoV-2 and provide a model for responsiveness for new public health threats.
- Collaboration of existing EU and international cohorts of relevance to COVID-19** (€3 million) will be enhanced through coordination and support given to research research institutions collecting data on the progress of care to patients across Europe and internationally, which will enable studies into patient characteristics, risk factors, safety and effectiveness of treatments and potential strategies in real settings.

Reflecting our relations to other professions



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In times of COVID-19, Psychology is called for because it ...

- is not only a health profession,
- widens the picture and thus makes new solutions possible,
- is also important for the other professionals,
- promotes dialogue between countries,
- promotes the dialogue between professions,
- is essential for development and rehabilitation after the pandemic,
- redefines their relationship to other professions,
- reflects itself as a science, profession and perspective on life.

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Let's stay connected!



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Thank you very much for your attention!

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