

Sigmund Soback, M.D.  
Director

Dear Colleagues,

This is the latest information about the situation of the Institute of Psychotherapy in Stockholm (Psykoterapiinstitutet).

In February 2008 I sent you a letter informing you about the threat against the Institute of Psychotherapy in Stockholm. I told you that the plan was to incorporate 40% of the Institute in the new "Centre for Psychiatry Research" I warned that it would be impossible to let the remaining 60% live.

There were at least seven letters of concern sent from outside Sweden to the responsible persons in Stockholm. I understand that you got answers saying that there was no threat at all against us and that everything was going to be much better.

Alas, reality looks much different. The Institute will be totally dissolved from the 1<sup>st</sup> of August. Officially it is said that the Institute will become a part of a new "Competence Centre for Psychotherapy", which in turn is a part of the "Centre for Psychiatry Research". Firstly both centres do not exist in reality, maybe they will, but then only in a "virtual" form. Secondly there is almost none of our staff that will be employed there, only a few (2-3) with administrative work. The therapists, who all of them also are teachers/supervisors will be dispersed to different psychiatric out-patient clinics, where they will have regular psychiatric out-patient work, neither psychotherapy nor teaching/supervision. So there will be nothing left of the Institute. It has been very clearly stated that there will not be any "mini Institutes" allowed. Our research will disappear or be transformed to something very different. Our front-men in research, prof. Johan Schubert and ass. prof. Andrzej Werbart, are not shown any interest or respect from the head of the new "Competence Centre". Johan Schubert will retire and Andrzej Werbart right now does not know what will happen to him or his ongoing research.

I also told you that this should be seen as a general attack on psychodynamic/psychoanalytic psychotherapy and psychoanalysis. This has been even clearer now. In the recent follow-up of the Swedish National Agency for Higher Education's audit of psychotherapy training 2007, four psychodynamic, both psychoanalytic and one CBT training institutes were not approved. That means that there is **no psychoanalytic training in Sweden that is approved anymore**. The Minister of higher education and research has officially stated that he worries for the patients that until now have been treated by therapists without relevant education! The National Board of Health and Welfare has recently published preliminary national Guidelines for treatment of depression and anxiety. Only CBT is accepted as they say that there is a lack of evidence for other psychological treatments i.e. psychodynamic. The Ministry of Health and Social Affairs has given the Swedish County Councils about 150 million euros for this and the next year for something called a National Rehabilitation Guarantee. That means treatment among other things, of depression and anxiety. Again only CBT is approved. Now even the CBT therapists are annoyed as the requirement for the CBT training is only 7.5 university points, i.e. five (5) weeks training! Finally, the National Board of Health and Welfare has given money to the region of Skåne to train psychiatric staff in CBT for **five days!** The darkness settles. Has Trofim Lysenko risen from his grave?

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There have been articles sent to newspapers and journals. A few have been published. All of them mention the destruction of the Institute of Psychotherapy in Stockholm as a sign of the major attack on psychodynamic/psychoanalytic psychotherapy. Nothing happens. The destruction of us and our branch of psychotherapy goes on. We fight but soon we will mourn.

Sincerely yours,

Sigmund Soback, M.D.  
Director