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To the Department of Mental Health and Substance Use of the World Health Organization.

I write on behalf of the International Association for Analytical Psychology to express our concern that the new Psychological Interventions Implementation Manual issued by the WHO includes recommendations that predominantly endorse behavioral therapy (BT) and cognitive-behavioral therapy (CBT) techniques, for both adults and young people.

While we applaud the effort of the World Health Organization to broaden access to evidence-based psychotherapy, we take a strong stand against limiting the effective treatments for mental health disorders to behavioral therapy (BT) and cognitive-behavioral therapy (CBT).

During the last decades, an abundance of high-ranking research e.g., Leichsenring, Abbass, et al., 2023 <https://doi.org/10.1002/wps.21104> provided significant evidence that supports other therapeutic approaches, such as psychodynamic psychotherapy, the preferred form of therapy performed by the members of our organization, the International Association for Analytical Psychology. We hereby want to express our support for the international group of esteemed psychotherapy outcome researchers who in their [letter](#) based on solid evidence supporting psychodynamic approaches, advocate for the incorporation of psychodynamic therapies among other evidence-based psychotherapeutic approaches by the WHO, claiming that scientific honesty calls for not omitting this evidence, and expressing the goal to elevate the overall quality and efficacy of global mental health care.

We fear that, without qualified documentation, your new guidelines will make it more difficult for our members to carry out their practice, and for their patients to receive the evidence-based treatment that is most beneficial for them. We therefore kindly ask your organization, WHO, to include psychodynamic psychotherapies in your guidelines.

Signed July 18, 2024

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