

Initiative for a truly international workshop

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The Conference on Security and Cooperation in Europe (CSCE) was a key element in the detente process during the Cold War. The first phase was the Meeting of Foreign Ministers in Helsinki in 1973, the second negotiations held in Geneva from 1973 to 1975, and the third the Helsinki summit in 1975. The final document was signed in Helsinki, Finland on August 1, 1975, by 33 European nations, the United States and Canada. It is often called the Helsinki Agreement.

In the spirit of this history, we Finnish psychotherapists propose an Initiative for a truly international workshop for psychotherapists that focuses on the wicked problems the world is facing today, with our central focus on the Environment and Climate Crisis (ECC).

We have already done a pilot workshop in Helsinki with good results: themes included systemic understanding of realities, the appreciation of multiple voices, group identity resistances, odd or

difficult reactions to the crisis, and the seven primary affective needs of mammals.

Future steps of the Initiative: During 2022-early 2023 An International Planner Group will be put together. Also An International Board of Reference will be put together. After that, the Finnish Planner and Reference Groups will be replaced by a truly equal International Planner Group.

Please contact:

antto.luhtavaara@gmail.com or matti.pesola@gmail.com to suggest a member for the International Planner Group or Board of Reference. Psychoanalytic and psychotherapeutic institutions are also welcomed to join in.

A research paper on the pilot is attached.

For more context on the Helsinki Spirit, see: <https://foreignpolicy.com/2021/07/08/its-time-to-revive-the-helsinki-spirit/>