

## ITC CONFERENCE GRANT SCIENTIFIC REPORT

This report is submitted for approval by the grantee to the MC Chair.

**Action number: CA16102**

**Conference title: First International Congress of Child and Adolescent Psychotherapy  
“Role of psychotherapy in achieving health and well-being for children and adolescents”**

**Conference start and end date: 18/10/2018 to 21/10/2018, Sarajevo, Bosnia and Herzegovina**

**Conference attendance start and end date: 18/10/2018 to 21/10/2018**

**Grantee name: Silvana Markovska-Simoska**

### ACTIVITIES DURING YOUR ATTENDANCE AT THIS CONFERENCE:

(max.500 words)

At this Congress I have taken an active role. Namely, I have had the oral presentation with the title “Neurofeedback treatment as a type of psychotherapy in ADHD children” at the first congress symposium on 19th October from 15:00 till 16:30 p.m. This 15 minutes talk was a great opportunity to present my work in the field of psychotherapy in children and adolescents in front of a large audience (of around 100 people). I have been also a co-author of another oral presentation with title “Heart rate variability in the assessment and training of common mental problems in young population”.

At the beginning of my oral presentation I have acknowledged the COST action TREATME and introduced the audience to its work and objectives. After the presentation, during the discussion and break, I have gave more details for the TREAT ME action to the people that were interested about the opportunities to join the action and wanted to get further information about it.

The presented paper describes neurofeedback as a good choice for treatment of ADHD children. We have obtained optimal results in children at higher age. The cooperation with the family members and teachers is also crucial. Combination with family psychotherapy amplifies the effects of neurofeedback. Since children with ADHD have very low self-esteem and self-acceptance, the goal of psychotherapy, among other things, should be to build a positive image for them despite the present disorder.

After presenting the papers there have been a couple of questions that raise the interest of the participants since my experience with neurofeedback is the first in this part of the Balkans (in ex-Yuogoslavian countries we are the first team that had started to use the biofeedback and neurofeedback modalities in treatment of mental problems in children and adolescents). Furthermore, there have been fruitful discussion about different approaches for personalized psychotherapy.

The attendance at the First International Congress of Child and Adolescent Psychotherapy allowed me to establish collaboration with researchers in the field of psychotherapy. In addition attendance to other symposia, keynote lectures and poster presentations gave me the insights into the latest work and trends in my field. I was also able to make connections that will possibly result in some collaborations in the future.

**IMPACT ON YOUR RESEARCH AND FUTURE COLLABORATIONS (if applicable)**

(max.500 words)

One of the main aims of the Action TREAT ME is to identify specific markers and mechanisms of change in different psychotherapy modalities, as well as suitable psychotherapy process and treatment measures in young persons. In line with this was my presentation about use of neurofeedback as one of treatment psychotherapeutic modalities for ADHD children.

Also, this was the opportunity for me as ECI to be part of dissemination of results about role of psychotherapy in achieving health and well-being for children and adolescents.

The main aim of the Congress was to present that psychotherapy of developmental age, as a separate and independent discipline, takes an important place in Primary, Secondary and Tertiary Prevention in preservation of health and wellbeing of children and youth. Therefore the goal of the Congress is to raise the awareness and to emphasize the importance of early detection of difficulties in children and specific intervention directed to work with children and youth. This is in line with the aims of the TREAT ME COST Action.

The important thing is that I have used this opportunity to present TREAT ME action and aims to the larger audience, especially in this part of the Balkans, where still there are many obstacles for psychotherapy application especially in young children and adolescents. I hope that the awareness of importance of the psychotherapy will be increased among the professionals in mental field. This Congress is important for the whole region of Southeast Europe.

Thus, I think the participation at this First International Congress of Child and Adolescent Psychotherapy was valuable exchange of experience and good practice that can be transferred further on our next research TREAT ME steps, especially in developing and implementing better interventions for mental health and well-being of children and adolescents.