

Professional Development in Evidence-Based Psychotherapy (PsyEduPro)

Lead researcher: assist. prof. Ivan Buljan (ibuljan@ffst.hr)

Project timeframe: January 2025. – December 2026.

Project goal:

Mental health and quality of life are key topics of the 21st century, but despite this, the standardization of psychotherapy procedures and decision-making is still insufficiently researched (Cuijpers, 2019). PsyEduPro has three main goals: to analyze decision-making methods in psychotherapy, to examine the use of scientifically based methods in practice, and to develop an online intervention to improve the standardization of therapists' work. The first phase includes researching decision-making in psychotherapy through qualitative analysis and conducting at least 10 in-depth interviews with therapists from different directions, along with thematic data analysis. Scientific literature will also be analyzed in order to develop an educational program based on the best clinical guidelines. The second phase refers to the implementation of online training, which will be attended by at least 500 therapists from Croatia. Participation will be free of charge and scored by the relevant chambers, and before the training, participants will fill out a questionnaire about their working methods. Upon completion of the training, they will take a knowledge test and evaluate the quality of the program. The third phase involves evaluating the effects of the training three months after its implementation, when participants will complete the same questionnaire to assess how much the intervention influenced their work, especially in decision-making, the use of scientific sources and the standardization of therapeutic methods. In addition to research activities, the project includes the dissemination of results through two conferences in Croatia and the publication of two scientific papers, which will increase the visibility of the research group and the faculty and enable the attraction of new collaborators and students. This project is expected to make a significant contribution to the development of standardized psychotherapy practice in Croatia, with potential international significance, since psychotherapy is present globally. The results will enable a better understanding of the decision-making process in therapy, identify obstacles to the use of scientific evidence and offer education that can improve the quality of psychotherapy work. The project is aligned with the strategic goals of the faculty and university, which encourage interdisciplinary research and international cooperation, and in the long term can contribute to the improvement of mental health care and ensure better outcomes for psychotherapy users.

Members of the project team:

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