

Na podlagi 42. člena Zakona o psihoterapevtski dejavnosti (Uradni list RS, št. 100/25) izdaja
Vlada Republike Slovenije

U R E D B O
o določitvi dovoljenih psihoterapevtskih pristopov

1. člen
(vsebina)

Ta uredba določa dovoljene psihoterapevtske pristope, v katerih se izvaja psihoterapevtska obravnava.

2. člen
(dovoljeni psihoterapevtski pristopi)

(1) Pri izvajanju psihoterapevtske obravnave se lahko uporabljajo naslednji psihoterapevtski pristopi:

1. Analitična psihologija (imenovana tudi Jungovska psihoanaliza ali Jungovska psihoterapija),
2. Družinska terapija in sistemska psihoterapija (imenovana tudi Družinska-sistemska psihoterapija, Družinska terapija ali Sistemska psihoterapija),
3. Geštalt psihoterapija,
4. Integrativna psihoterapija,
5. Logoterapija,
6. Psihoanalitična psihoterapija,
7. Psihodinamska psihoterapija,
8. Psihodrama,
9. Skupinska analiza,
10. Telesna psihoterapija,
11. Transakcijska analiza,
12. Transpersonalna psihoterapija,
13. Vedenjsko-kognitivna terapija (imenovana tudi Kognitivno-vedenjska terapija).

(2) Pristopi iz prejšnjega odstavka upoštevajo osnovna in dodatna merila ter kriterije iz 2., 3. in 4. člena Pravilnika o merilih in kriterijih za priznavanje, evalvacijo in spremljanje kakovosti psihoterapevtskih pristopov (Uradni list RS, št. 6/26).

KONČNA DOLOČBA

3. člen
(veljavnost)

Ta uredba začne veljati petnajsti dan po objavi v Uradnem listu Republike Slovenije in velja do določitve dovoljenih psihoterapevtskih pristopov iz prvega odstavka 4. člena Zakona o psihoterapevtski dejavnosti (Uradni list RS, št. 100/25).

Št. 007-.../2026
Ljubljana, dne ...
EVA 2026-2711-0039

Vlada Republike Slovenije
Dr. Robert Golob
predsednik

OBRAZLOŽITEV

I. UVOD

1. Pravna podlaga (besedilo, vsebina zakonske določbe, ki je podlaga za izdajo uredbe)

Predlog Uredbe o določitvi dovoljenih psihoterapevtskih pristopov je pripravljen na podlagi 42. člena Zakona o psihoterapevtski dejavnosti (Uradni list RS, št. 100/25; v nadaljnjem besedilu: ZPtD). ZPtD je začel veljati 19. decembra 2025, uporabljati pa se začne 19. aprila 2027.

2. Rok za izdajo uredbe, določen z zakonom

Rok za izdajo je določen v 42. členu ZPtD, ki določa, da do določitve dovoljenih psihoterapevtskih pristopov iz prvega odstavka 4. člena ZPtD, Vlada Republike Slovenije določi dovoljenje psihoterapevtske pristope na predlog ministra za zdravje, in sicer v enem mesecu od sprejema podzakonskega predpisa iz petega odstavka 45. člena ZPtD. Pravilnik o merilih in kriterijih za priznavanje, evalvacijo in spremljanje kakovosti psihoterapevtskih pristopov (Uradni list RS, št. 6/26; v nadaljnjem besedilu: Pravilnik), je bil sprejet 22. januarja 2026, uporabljati pa se začne 19. aprila 2027.

3. Splošna obrazložitev predloga uredbe, če je potrebna

Uvodoma predlagatelj poudarja, da vsi s predlogom uredbe določeni dovoljeni psihoterapevtski pristopi temeljijo na znanstveno-raziskovalnih ugotovitvah in z dokazi podprtih načelih oziroma na praksi podprtih dokazih, kar uporabnikom zagotavlja kakovostno in varno psihoterapevtsko obravnavo.

Določitev dovoljenih psihoterapevtskih pristopov v prehodnem obdobju, tj. do 19. aprila 2027, ko se začeta uporabljati ZPtD in Pravilnik, je predpogoj, da lahko osebe, ki želijo po izteku prehodnega obdobja v Republiki Sloveniji izvajati psihoterapevtsko obravnavo v posameznem psihoterapevtskem pristopu, začnejo vlagati vloge za priznavanje poklicne kvalifikacije v skladu z 39. členom ZPtD.

Predlagatelj uredbe je dovoljene psihoterapevtske pristope določil na podlagi temeljite presoje osnovnih in dodatnih meril ter kriterijev iz Pravilnika, kot sledi iz spodnje tabele. Osnovna merila so prikazana v drugem, tretjem, četrtem in petem stolpcu, dodatna merila pa v šestem stolpcu. Predlagatelj še pojasnjuje, da so kriteriji iz prvega odstavka 4. člena Pravilnika upoštevani v okviru navedenih osnovnih meril, kriterij iz drugega odstavka 4. člena Pravilnika pa v okviru dodatnih meril.

Pristop	Teoretska podlaga ¹	Mednarodno strokovno združenje oziroma organizacija	Splošno sprejet način psihoterapevtske diagnostike oziroma formulacije uporabnikovih težav in opredelitve ciljev psihoterapevtske obravnave	Način upoštevanja uporabnikovih preferenc v psihoterapevtski obravnavi in uporabnikovo kulturološko ozadje ter način vključevanja uporabnika v dialog glede psihoterapevtske obravnave	Dodatna merila ²

¹ Zaradi velikega obsega mednarodno publicirane literature primeroma navedena zgolj najbolj relevantna.

² Zaradi velikega obsega kliničnih raziskav, analiz in študij primeroma navedene zgolj najbolj relevantne.

Analična psihologija	DA ⁹	International Association of Analytical Psychology (IAAP)	DA	DA	Roesler (2013) Henkel et al. (2025) Roesler et al. (2025) Roesler (2020) Morbach and Pedroso (2022)
Družinska terapija in sistemska psihoterapija ³	DA ^{10 11}	European Family Therapy Association (EFTA)	DA	DA	Carr (2009) Carr (2014) Carr (2019) Vossler et al. (2025) Pinquart et al. (2016) Braus et al. (2025) Wergeland et al. (2025) von Sydow et al. (2010) Austin et al. (2025) Jiménez et al. (2019) Agras et al. (2014) Esteban et al. (2023) Frey et al. (2022) Sousa et al. (2021)
Geštalt psihoterapija	DA ¹²	European Association for Gestalt Therapy (EAGT)	DA	DA	Bretz et al. (1994) Duffy et al. (2024) Aiach Dominitz (2017) Abbasi (2021) Butollo et al. (2016) Conoley et

³ Ne glede na morebitno sklepanje, da gre pri poimenovanju pristopa Družinska terapija in sistemska psihoterapija za združitev dveh različnih psihoterapevtskih pristopov, gre za en celovit psihoterapevtski pristop, ki ga ni mogoče ločiti.

					al. (1983) Raffagnino (2019) Yousefi et al. (2009) van Rijn and Wild (2013)
Integrativna psihoterapija ⁴	DA ¹³	European Association for Integrative Psychotherapy (EAIP) International Integrative Psychotherapy Association (IIPA)	DA	DA	Boswell et al. (2019) Castonguay et al. (2015) Constantino et al. (2008) Grosse Holtforth et al. (2011) Newman et al. (2011) Newman et al. (2008) Wonderlich et al. (2014) Ziv-Beiman et al. (2017) Zarbo et al. (2016) Wang et al. (2024) Cooper et al. (2015) Gislon et al. (2023) van Rijn and Wild (2013)
Logoterapija	DA ¹⁴	Association of Logotherapy and Existential Analysis (Viktor Frankl Institute) International Society for Logotherapy and Existential Analysis (GLE)	DA	DA	Yousefi et al. (2009) Schulenberg et al. (2008) Crumbaugh and Maholick (1964) Breitbart et al. (2010) Breitbart et al. (2015) Breitbart et al. (2012) Robotmili et al. (2015)

⁴ Oseba, ki ima usvojen pristop Integrativna terapija, lahko izvaja Integrativno psihoterapijo le, če je Integrativna terapija teoretsko in znanstveno umeščena v širši epistemološki okvir teorije in znanosti Integrativne psihoterapije.

					Joshi et al. (2013) Shaygan et al. (2023) Aiello-Puchol and García-Alandete (2025)
Psihoanalitična psihoterapija	DA ¹⁵	The European Confederation of Psychoanalytic and Psychodynamic Psychotherapies (ECPPT)	DA	DA	Bachrach et al. (1991) Leuzinger-Bohleber et al. (2019) Leuzinger-Bohleber et al. (2003) Sandell et al. (2000) Høglend (2014) Kernberg et al. (2008) Leichsenring and Rabung (2008) Fonagy et al. (2015) Briggs et al. (2019) Smit et al. (2012) Freedman et al. (1999)
Psihodinamska psihoterapija	DA	The European Confederation of Psychoanalytic and Psychodynamic psychotherapies (ECPPT)	DA	DA	Leichsenring and Rabung (2008) Leichsenring and Rabung (2011) Driessen et al. (2015) Abbass et al. (2014) Milrod et al. (2007) Trotta et al. (2024) Briggs et al. (2019) Town et al. (2012) Fonagy and Bateman

					(2006)
Psihodrama	DA ¹⁶	Federation of European Psychodrama Training Organisations (FEPTO)	DA ¹⁷	DA	Kellermann (1987) Kipper and Ritchie (2003) López-González et al. (2021) Orkibi and Feniger-Schaal (2019) Wang et al. (2020) Cruz et al. (2018)
Skupinska analiza	DA ¹⁸	Group Analytic Society International	DA	DA	Story et al. (2024) J. Rosendahl et al. (2021) Lorentzen et al. (2015) Barkowski et al. (2020)
Telesna psihoterapija	DA ¹⁹	European Association for Body Psychotherapy (EABP)	DA	DA	Brom et al. (2017) Röhricht et al. (2019) Koemeda-Lutz et al. (2006) van de Kamp et al. (2019) S. Rosendahl et al. (2021) Kuhfuß et al. (2021) Röhricht et al. (2013)
Transakcijska analiza	DA ²⁰	International Transactional Analysis Association (ITAA) European Transactional Analysis Association	DA	DA	Gentelet and Widdowson (2016) Horn et al. (2015) McLeod (2013) Rauter (2017) van Rijn and

		(EATA)			Wild (2013) van Rijn and Wild (2016) Vos et al. (2022) Vos and van Rijn (2022) Williams and Glarino (2023) Harford and Widdowson (2014) Vos and van Rijn (2025) van Rijn and Wild (2013) Thunnissen et al. (2008) Thunnissen et al. (2001)
Transpersonalna psihoterapija	DA ²¹	EUROTAS / ESTP	DA	DA	Captari et al. (2018) Nardini-Bubols et al. (2019) Worthington Jr et al. (2011) Kasprow and Scotton (1999) Lukoff et al. (1992) Currier et al. (2024) Bockrath et al. (2022)
Vedenjsko-kognitivna terapija (VKT)	DA ²²	The European Association for Behavioural and Cognitive Therapies (EABCT)	DA	DA (VKT se je v preteklosti soočal z očitki o prekomerni manualizaciji, ki lahko preprečuje upoštevanje uporabnikovih preferenc v meri, ki bi bila potrebna za optimalen terapevtski odnos ter potencialno zanemarja kulturološko ozadje uporabnika. V zadnjem času je tudi VKT pričel s sistemsko implementacijo upoštevanja	Hofmann et al. (2012) Butler et al. (2006)

				uporabnikovih preferenc ter kulturološkega ozadja v obravnavo, vendar pa je tovrstna implementacija asimetrična po državah zahodnega sveta.)	
--	--	--	--	--	--

⁹ <https://isapzurich.com/en/library/reading-list/01-fundamentals/#:~:text=Einsiedeln:%20Daimon%2C%201995..PA%20126>

¹⁰ <https://www.lclark.edu/live/files/1271-mcft-program-reading-list>

¹¹ Abela, A., Vella, S., & Piscopo, S. (2020). *Couple relationships in a global context: Understanding love and intimacy across cultures*. Springer.

Ackerman, N. W. (1958). *The Psychodynamics of Family Life: Diagnosis and Treatment of Family Relationships*. Basic Books.

Ackerman, N. W. (1966). *Treating the troubled family*. Basic Books.

Andersen, T. (1987). The Reflecting Team: Dialogue and meta-dialogue in clinical work. *Family Process*, 26(4), 415-428.

Andersen, T. (1991). *The Reflecting Team: Dialogues and dialogues about the dialogues*. W. W. Norton & Company.

Anderson, H. (1997) *Conversation, language, and possibilities: A postmodern approach to therapy*. Basic Books

Anderson, H., & Gehart, D. (ur.) (2022). *Collaborative-dialogic practice: Relationships and conversations that make a difference across contexts and cultures*. Routledge.

Andolfi, M. (1979). *Family therapy: An interactional approach*. Plenum Press.

Bateson, G. (1972). *Steps to an ecology of mind: Collected essays in anthropology, psychiatry, evolution, and epistemology*. Chandler Publishing.

Borcsa, M., & Pomini, V. (ur.) (2025). *Handbook of online systemic therapy, supervision, and training*. Springer.

Borcsa, M., & Stratton, P. (ur.) (2016). *Origins and originality in family therapy and systemic practice*. Springer International Publishing.

Boszormenyi-Nagy, I., & Spark, G. M. (1973). *Invisible loyalties: Reciprocity in intergenerational family therapy*. Harper & Row.

Bowen, M. (1978). *Family therapy in clinical practice*. Jason Aronson.

Carr, A. (2014). *The evidence base for family therapy and systemic interventions for child-focused problems*. *Journal of Family Therapy*, 36(2), 107–157.

Carr, A. (2019). *Family therapy: Concepts, process and practice* (2nd ed.). Wiley-Blackwell.

Celano, M. P., Smith, C. O., & Kaslow, N. J. (2010). A competency-based approach to couple and family therapy supervision. *Psychotherapy: Theory, Research, Practice, Training*, 47(1), 35-44.

Framo, J. L. (1992). *Family-of-origin therapy: An intergenerational approach*. Brunner/Mazel.

Freeman, J., Epston, D., & Lohovits, D. (1997). *Playful approaches to serious problems: Narrative therapy with children and their families*. W. W. Norton & Company.

Fruggeri, L., Balestra, F., & Venturelli (2022). *Psychotherapy competencies: Techniques, relationships, and epistemology in systemic practice*. Routledge.

Fryszar, A., & Schwing, R. (2014). *Handbook of systemic psychotherapy*. Vandenhoeck & Ruprecht.

Gergen, K. J. (1985). The social constructionist movement in modern psychology. *American Psychologist*, 40(3), 266–275. <https://cepa.info/4538>

Gergen, K. J. (2009). *Relational being: Beyond self and community*. Oxford University Press.

Goldenberg, I., Goldenberg, H., & Stanton, M. (2013). *Family therapy: An overview* (9th ed.). Cengage Learning.

Guerin, P. J., Jr. (Ed.). (1976). *Family therapy: Theory and practice*. Gardner Press.

Gurman, A. S., & Kniskern, D. P. (Eds.). (1981). *Handbook of family therapy*. Brunner/Mazel.

Gurman, A. S., & Kniskern, D. P. (Eds.). (1991). *Handbook of family therapy* (Vol. 2). Brunner/Mazel.

Gurman, A. S., Lebow, J. L., & Snyder, D. K. (Eds.). (2015). *Clinical handbook of couple and family therapy*. Guilford Press.

Haley, J. (1976). *Problem-solving therapy: New strategies for effective family therapy*. Jossey-Bass.

Lebow, J. L. (2014). *Couple and family therapy: An integrative map of the territory*. American Psychological Association.

Lebow, J. L., Chambers, A. L., & Breunlin, D. C. (Eds.). (2019). *Encyclopedia of couple and family therapy*. Springer.

Madanes, C. (1981). *Strategic family therapy*. Jossey-Bass.

Madsen, W. C. (2007). *Collaborative therapy with multi-stressed families*. The Guilford Press.

- Mariotti, M., Saba, G., & Stratton, P. (2022). *Handbook of systemic approaches to psychotherapy manuals: Integrating research, practice, and training*. Springer.
- Minuchin, S. (1974). *Families and family therapy*. Harvard University Press.
- Minuchin, S., & Fishman, H. C. (1981). *Family therapy techniques*. Harvard University Press.
- Minuchin, S., & Nichols, M. P. (1993). *Family healing: Strategies for hope and understanding*. Free Press.
- Nichols, M. P. (2013). *The family therapy treatment planner* (2nd ed.). Wiley.
- Nichols, M. P., & Davis, S. D. (2020). *Family therapy: Concepts and methods* (12th ed.). Pearson Education.
- Olthof, J. (2018). *Handbook of narrative psychotherapy for children, adults, and families*. Routledge.
- Pask, G. (1980). The Limits of Togetherness. In Lavington, S. H. (Ed.). *Information Processing 80* (pp. 999-1012) North-Holland Publishing Company.
- Pask, G. (1984). Review of Conversation Theory and a Protologic (or Protolanguage), Lp. In *Educ. Comm. and Technology, ERIC/ECTJ*, 32 (1), 3-40.
- Pask, G. (1987). Conversation and Support. In *Research Programme Ondersteuning Overleving and Cultuur (OOC)* (pp. 5-43). University of Amsterdam.
- Pask, G. (1992). *Interactions of Actors (Theory and some Applications)*. Universiteit Amsterdam (rokokopis).
- Pask, G., Gregory, D. (1986). Conversational Systems. In Zeidner, R. J. (Ed.). *Human Productivity Enhancement*. Praeger, 2, 204-233.
- Piercy, F. P., Sprenkle, D. H., & Wetchler, J. L. (Eds.). (1986). *Family therapy sourcebook*. Guilford Press.
- Pinsof, W. M., & Lebow, J. L. (Eds.). (2005). *Family psychology: The art of the science*. Oxford University Press.
- Pinsof, W. M., Zinbarg, R., Knobloch-Faehrich, H., & Mann, B. (2009). The couple and family map: A contextual approach to assessment and intervention. *Family Process*, 48(1), 7-28.
- Pinsof, W., Breunlin, D. C., Russell, W. P., & Lebow, J. (2011). Integrative problem-centered metaframeworks therapy II: Planning, conversing, and reading feedback. *Family Process*, 50(3), 314-336.
- Poljak Lukek, S. (2024). *Ko družina začne znova: Temeljni pojmi družinske terapije*. Celjska Mohorjeva družba : Društvo Mohorjeva družba.
- Satir, V. (1967). *Conjoint family therapy*. Science and Behavior Books.
- Scharff, D. E., & Scharff, J. S. (1991). *Object relations family therapy*. Jason Aronson.
- Selvini Palazzoli, M., Boscolo, L., Cecchin, G., & Prata, G. (1978). *Paradox and counterparadox: A new model in the therapy of the family in schizophrenic transaction*. Jason Aronson.
- Sexton, T. L., & Lebow, J. L. (Eds.). (2016). *Handbook of Family Therapy*. Routledge.
- Sexton, T. L., Ridley, C. R., & Kleiner, J. S. (2004). Change patterns in family therapy: Where we are and where we should go. In B. L. Duncan et al. (Eds.), *The heart and soul of change* (pp. 109-144). APA.
- Smith, C., & Nylund, D. (1997). *Narrative therapies with children and adolescents*. The Guilford Press.
- Sprenkle, D. H., Blow, A. J., & Dickey, M. H. (1999). *Common factors in couple and family therapy*. Guilford Press.
- Sprenkle, D. H., Davis, S. D., & Lebow, J. L. (2009). *Common factors in couple and family therapy: The overlooked foundation for effective practice*. Guilford Press.
- Stern, D. N. (2004). *The present moment in psychotherapy and everyday life*. W. W. Norton & Company.
- Tilak, S., Manning, T., Glassman, M., Pangaro, P., & Scott, B. (2024). Gordon Pask's conversation theory and interaction of actors theory: research to practice. *Enacting Cybernetics*, 2(1), Article 1. <https://doi.org/10.58695/ec.11>
- Vermeire, S. (2023). *Unravelling trauma and weaving resilience with systemic and narrative therapy: Playful collaborations with children, families and networks*. Routledge.
- Vetere, A., & Dallos, R. (2003). Working systemically with families: Formulation, intervention and evaluation. Carnac.
- Vromans, L. P., & Schweitzer, R. D. (2011). Narrative therapy for adults with major depressive disorder: Improved symptom and interpersonal outcomes. *Psychotherapy Research*, 21(1), 4-15.
- Wampler, K. S., & Blow, A. J. (2020). *The Handbook of Systemic Family Therapy: Systemic Family Therapy with Couples*. Wiley.
- Wampler, K. S., & McWey, L. M. (2020). *The Handbook of Systemic Family Therapy: Systemic Family Therapy with Children and Adolescents*. Wiley.
- Wampler, K. S., Miller, R. B., & Seedall, R. B. (2020). *The handbook of systemic family therapy: The Profession of Systemic Family Therapy*. Wiley.
- Wampler, K. S., Rastogi, M., & Singh, R. (2020). [The Handbook of Systemic Family Therapy: Systemic Family Therapy and Global Health Issues](#). Wiley.
- Whitaker, C. A., & Bumberry, W. M. (1988). *Dancing with the family: A symbolic-experiential approach*. Brunner/Mazel.
- White, M. (2007). *Maps of narrative practice*. W. W. Norton & Company.
- White, M. (2011). *Narrative practice: Continuing the conversations*. W. W. Norton & Company.
- White, M., & Epston, D. (1990). *Narrative means to therapeutic ends*. W. W. Norton & Company.

- ¹²Perls, Hefferline & Goodman (1951). *Gestalt Therapy*.
 Perls (1969). *Gestalt Therapy Verbatim*.
 Lewin, K. (1951). *Field Theory in Social Science*.
 Goldstein, K. (1939). *The Organism*.
 Yontef, G. (1993). *Awareness, Dialogue and Process*.
 Brownell, P. (2010). *Gestalt Therapy: A Guide to Contemporary Practice*.
 Spagnuolo Lobb, M. (2013). *The Now-for-Next in Psychotherapy*.
 Francesetti, G., et al. (2013). *Gestalt Therapy in Clinical Practice*.
 Roubal, J. (2018). *Towards a Relational Gestalt Therapy*.
 Woldt, A., & Toman, S. (2005). *Gestalt Therapy: History, Theory and Practice*.
- ¹³ Erskine, R. G. (2015). *Relational patterns, therapeutic presence: Concepts and practice of integrative psychotherapy*. Karnac Books.
 Erskine, R. G. (2025). *Essays on integrative psychotherapy: Developmental and relational perspectives* (1st ed.). Routledge.
 Erskine, R. G., Moursund, J. P. (2011). *Integrative psychotherapy in action* (1st ed.). Routledge.
 Erskine, R. G., & Moursund, J. (2022). *The art and science of relationship: The practice of integrative psychotherapy*. Karnac Books. Originalno izdano: 1999.
 Erskine, R. G., Moursund, J. P., & Trautmann, R. L. (1999/2023). *Beyond empathy: A therapy of contact-in-relationship*. Brunner/Mazel. (knjiga je uvrščena v Routledge mental health classic edition).
 Evans, K. R., & Gilbert, M. C. (2005). *An introduction to integrative psychotherapy*. Palgrave Macmillan.
 Finlay, L. (2016). *Relational integrative psychotherapy: Engaging process and theory in practice*. Wiley-Blackwell.
 Fraser, J. S. (2018). *Unifying effective psychotherapies: Tracing the process of change*. American Psychological Association.
 Gilbert, M and Orlans, V (2011) *Integrative Therapy: 100 key points and techniques*. Routledge.
 Gilbert, M. & Evans, K. (2000) *Psychotherapy Supervision: An Integrative-Relational Approach*. Open University Press.
 Hawkins, P., & Ryde, J. (2019). *Integrative psychotherapy in theory and practice: A relational, systemic and ecological approach*. Jessica Kingsley Publishers.
 Norcross, J. C., & Goldfried, M. R. (Eds.). (2019). *Handbook of psychotherapy integration* (3rd ed.). Oxford University Press. <https://doi.org/10.1093/med-psych/9780190690465.001.0001>
 O'Brien, M., & Houston, G. (2007). *Integrative therapy: A practitioner's guide* (2nd ed.). SAGE Publications Ltd. <https://doi.org/10.4135/9781446279892>
 Poletti, B., Tasca, G. A., Pievani, L., & Compare, A. (Eds.). (2024). *Training in integrated relational psychotherapy: An evidence-based approach*. Springer. <https://doi.org/10.1007/978-3-031-71904-2>
 Wachtel, P. L. (2014). *Cyclical psychodynamics and the contextual self: The inner world, the intimate world, and the world of culture and society* (1st ed.). Routledge. <https://doi.org/10.4324/9781315794037>
 Žvelc, G., & Žvelc, M. (2021). *Integrative psychotherapy: A mindfulness- and compassion-oriented approach*. Routledge. https://www.routledge.com/Integrative-Psychotherapy-A-Mindfulness--and-Compassion-Oriented-Approach/Zvelc-Zvelc/p/book/9780367259082?srsltid=AfmBOorm8LlejKNMSvl0_a3hJdFr169_vB23VgN1b2WshWd3qAh-lhI
- ¹⁴ <https://www.logoterapija.si/literatura>
- ¹⁵ <https://apsa.org/wp-content/uploads/2023/04/Psychodynamic-Psychotherapy-Essential-Reading.pdf>
- ¹⁶ <https://asgpp.org/resources/>
<https://www.psychodrama.org.uk/resources/>
<https://www.psychodrama.org.uk/books-and-other-published-materials/>
<https://fepto.com/books-english/>
- ¹⁷ Baim, C., Burmeister, J. in Maciel, M. (2007) (ur.). *Psychodrama: advances in theory and practice*. Routledge.
 Clayton, L. (1982). The use of the cultural atom to record personality change in individual psychotherapy. *Journal of Group Psychotherapy, Psychodrama and Sociometry*, 35, 111-17.
 Cruz, A., Sales, C. M., Alves, P. in Moita, G. (2018). The core techniques of morenian psychodrama: A systematic review of literature. *Frontiers in Psychology*, 9, 1263.
 Fox, J. (1987). *The essential Moreno: Writings on psychodrama, group method, and spontaneity*. Springer.
 Holmes, P. (1992). *The inner world outside – object relations theory and psychodrama*. Routledge.
 Holmes, P. Karp, M. in Watson (1994). *Psychodrama since Moreno: Innovations in theory and practice*. Routledge.

- Karp, M., Holmes, P. in Tavvon, K. B. (2003) (ur.). *The handbook of psychodrama*. Routledge.
- Kellerman, P. F. (1992). *Focus on psychodrama - The therapeutic aspects of psychodrama*. Jessica Kingsley.
- Kushnir, A. in Orkibi, H. (2021). Concretization as a mechanism of change in psychodrama: Procedures and benefits. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.633069>
- Kipper, D. A. (1978). Trends in the research on the effectiveness of psychodrama: Retrospect and prospect. *Group Psychotherapy, Psychodrama & Sociometry*, 31, 5–18.
- Kipper, D. A. in Ritchie, T. D. (2003). The effectiveness of psychodramatic techniques: A meta-analysis. *Group Dynamics: Theory, Research, and Practice*, 7(1), 13–25.

¹⁸ <https://www.groupanalysis.org/books-by-members>
<https://groupanalyticsociety.co.uk/research-bibliography/>
<https://www.karnacbooks.com/SeriesDetail.asp?SID=111>

- ¹⁹ Fisher, J., & Ogden, P. (2009). Sensorimotor psychotherapy. V: C. A. Courtois & J. D. Ford (ur.), *Treating complex traumatic stress disorders: An evidence-based guide* (str. 312–328). Guilford Press.
- Payne, H., Westland, G., Karkou, V., & Warnecke, T. (2014). Reflections on the importance of embodied relating. *Body, Movement and Dance in Psychotherapy*, 9(1), 10–21.
- Price, C. J., & Hooven, C. (2018). Interoceptive awareness skills for emotion regulation: Theory and approach of mindful awareness in body-oriented therapy (MABT). *Frontiers in Psychology*, 9, 798.
- Bloch-Atefi, A., & Smith, J. (2015). The effectiveness of body-oriented psychotherapy: A review of the literature. *Psychotherapy and Counselling Journal of Australia*, 3(1), 1–13.
- Freud, S. (1960). *The ego and the id*. New York: W. W. Norton & Company.
- Reich, W. (1961). *The function of the orgasm*. New York: Farrar, Straus & Giroux.
- Schore, A. N. (1994). *Affect regulation and the origin of the self*. Hillsdale, NJ: Lawrence Erlbaum Associates.
- Caldwell, C. (1997). *The somatic umbrella*. V C. Caldwell (ur.), *Getting in touch: The guide to new body-centered therapies* (str. 7–28). Wheaton, IL: Quest Books.
- Damasio, A. (1999). *The feeling of what happens: Body and emotion in the making of consciousness*. New York: Harcourt Brace.
- Rothschild, B. (2000). *The body remembers: The psychophysiology of trauma and trauma treatment*. New York: W. W. Norton & Company.
- Totton, N. (2003). *Body psychotherapy: An introduction*. Berkshire: Open University Press / McGraw-Hill.
- Mancia, M. (2006). Implicit memory and early unrepresed unconscious. *International Journal of Psychoanalysis*, 87, 83–103.
- Niedenthal, P. M. (2007). Embodying emotion. *Science*, 316, 1002–1005.
- McGilchrist, I. (2010). Reciprocal organisation of the cerebral hemispheres. *Dialogues in Clinical Neuroscience*, 12, 503–515.
- Porges, S. W. (2011). *The polyvagal theory*. New York: W. W. Norton & Company.

- ²⁰ Berne, E. (1961). *Transactional analysis in psychotherapy: A systematic individual and social psychiatry*. Grove Press.
- Berne, E. (1962). Classification of positions. *Transactional Analysis Bulletin*, 1(3), 23.
- Berne, E. (1963). *The structure and dynamics of organizations and groups*. Ballantine Books.
- Berne, E. (1964). *Games people play: The psychology of human relationships*. Grove Press.
- Berne, E. (1966). *Principles of group treatment*. Grove Press.
- Berne, E. (1972). *What do you say after hello? The psychology of human destiny*. Grove Press.
- Berne, E. (1977). *Intuition and ego states: The origins of transactional analysis: a series of papers*. Harper & Row Publishers.
- Clarkson, P. (2013). *Transactional analysis psychotherapy: An integrated approach*. Routledge.
- Drego, P. (1983). The cultural parent. *Transactional Analysis Journal*, 13(4), 224–227.
- Erskine, R. G. (1973). Six stages of treatment. *Transactional Analysis Journal*, 3(3), 17–18.
- Erskine, R. G. (1994). Shame and self-righteousness: Transactional analysis perspectives and clinical interventions. *Transactional Analysis Journal*, 24(2), 86–102.
- Erskine, R. G. (2008). Psychotherapy of unconscious experience. *Transactional Analysis Journal*, 38(2), 128–138.
- Erskine, R. G. (2009). Life scripts and attachment patterns: Theoretical integration and therapeutic involvement. *Transactional Analysis Journal*, 39(3), 207–218.
- Erskine, R. G. (2009). The culture of transactional analysis: Theory, methods, and evolving patterns. *Transactional Analysis Journal*, 39(1), 14–21.
- Erskine, R. G. (2013). Relational group process: Developments in a transactional analysis model of group psychotherapy. *Transactional Analysis Journal*, 43(4), 262–275.
- Erskine, R. G., & Trautmann, R. L. (1996). Methods of an integrative psychotherapy. *Transactional Analysis Journal*, 26(4), 316–328.

- Erskine, R. G., & Zalcman, M. J. (1979). The racket system: A model for racket analysis. *Transactional Analysis Journal*, 9(1), 51–59.
- Goulding, M. M., & Goulding, R. L. (1997). *Changing lives through redecision therapy* (Rev. ed.). Grove Press.
- Goulding, R. L., & Goulding, M. M. (1976). Injunctions, decisions, and redecisions. *Transactional Analysis Journal*, 6(1), 41–48.
- Hargaden, H., & Sills, C. (2002). *Transactional analysis: A relational approach*. Brunner-Routledge.
- Sambin, M., & Scotta, F. (2018). *Intensive transactional analysis psychotherapy: An integrated model (ITAP)*. Routledge.
- Sills, C. (Ed.). (2006). *Contracts in counselling & psychotherapy*. Sage.
- Steiner, C. (1974). *Scripts people live: Transactional analysis of life scripts*. Grove Press.
- Stewart, I., & Joines, V. (1987). *TA today: A new introduction to transactional analysis*. Lifespace Pub.
- Vos, J., & van Rijn, B. (Eds.). (2025). *The handbook of transactional analysis psychotherapy: An evidence-based approach*. SAGE Publications Ltd.
- Widdowson, M. (2015). *Transactional analysis for depression: A step-by-step treatment manual* (1st ed.). Routledge.
- Widdowson, M. (2024). *Transactional analysis: 100 key points and techniques* (2nd ed.). Routledge.
- ²¹ Cortright, B. (1997). *Psychotherapy and Spirit: Theory and Practice in Transpersonal Psychotherapy*. SUNY Press.
- Frankl, V. E. (1959/2006). *Man's Search for Meaning*. Beacon Press.
- Grof, S. (1985). *Beyond the Brain: Birth, Death, and Transcendence in Psychotherapy*. SUNY Press.
- Grof, S. (2000). *Psychology of the Future: Lessons from Modern Consciousness Research*. SUNY Press.
- James, W. (1902/2002). *The Varieties of Religious Experience: A Study in Human Nature*. Routledge (ali druga sodobna izdaja).
- Jung, C. G. (1938/1969). *Psychology and Religion: West and East* (Collected Works, Vol. 11). Princeton University Press.
- Jung, C. G. (1959/1968). *The Archetypes and the Collective Unconscious* (Collected Works, Vol. 9, Part 1). Princeton University Press.
- Maslow, A. H. (1971). *The Farther Reaches of Human Nature*. Viking.
- May, R. (1983). *The Discovery of Being*. W. W. Norton.
- Pargament, K. I. (2007). *Spiritually Integrated Psychotherapy: Understanding and Addressing the Sacred*. Guilford Press.
- Rowan, J. (2005). *The Transpersonal: Psychotherapy and Counselling*. Routledge.
- Tart, C. T. (1975). *States of Consciousness*. Dutton.
- Walsh, R., & Vaughan, F. (Eds.). (1993). *Paths Beyond Ego* (rev. ed.). Tarcher/Putnam.
- Washburn, M. (1995). *The Ego and the Dynamic Ground: A Transpersonal Theory of Human Development* (2nd ed.). SUNY Press.
- Wilber, K. (1977). *The Spectrum of Consciousness*. Quest Books.
- Wilber, K. (2000). *Integral Psychology: Consciousness, Spirit, Psychology, Therapy*. Shambhala.
- Yalom, I. D. (1980). *Existential Psychotherapy*. Basic Books.
- ²² Beck, A. T. (1967). *Depression: Clinical, experimental, and theoretical aspects*. Harper & Row.
- Beck, A. T. (1976). *Cognitive therapy and the emotional disorders*. International Universities Press.
- Beck, A. T., Rush, A. J., Shaw, B. F., & Emery, G. (1979). *Cognitive therapy of depression*. Guilford Press.
- Beck, A. T., & Haigh, E. A. P. (2014). Advances in cognitive theory and therapy: The generic cognitive model. *Annual Review of Clinical Psychology*, 10, 1–24.
- Butler, A. C., Chapman, J. E., Forman, E. M., & Beck, A. T. (2006). The empirical status of cognitive-behavioral therapy: A review of meta-analyses. *Clinical Psychology Review*, 26, 17–31.
- Clark, D. A., & Beck, A. T. (2010). *Cognitive therapy of anxiety disorders: Science and practice*. Guilford Press.
- Cuijpers, P., Berking, M., Andersson, G., Quigley, L., Kleiboer, A., & Dobson, K. S. (2013). A meta-analysis of cognitive-behavioural therapy for adult depression. *Canadian Journal of Psychiatry*, 58, 376–385.
- Dobson, K. S., & Dozois, D. J. A. (2019). *Handbook of cognitive-behavioral therapies* (4th ed.). Guilford Press.
- Ellis, A. (1962). *Reason and emotion in psychotherapy*. Lyle Stuart.
- Ellis, A., & Dryden, W. (1997). *The practice of rational emotive behavior therapy*. Springer.
- Hayes, S. C., Strosahl, K. D., & Wilson, K. G. (1999). *Acceptance and commitment therapy*. Guilford Press.
- Hofmann, S. G., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*, 36, 427–440.
- Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. Guilford Press.
- Mowrer, O. H. (1960). *Learning theory and behavior*. Wiley.

- Pavlov, I. P. (1927). *Conditioned reflexes*. Oxford University Press.
- Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2002). *Mindfulness-based cognitive therapy for depression*. Guilford Press.
- Skinner, B. F. (1953). *Science and human behavior*. Macmillan.
- Wolpe, J. (1958). *Psychotherapy by reciprocal inhibition*. Stanford University Press

4. Predstavitev presoje posledic za posamezna področja, če te niso mogle biti celovito predstavljene v predlogu

4.a) Presoja finančnih posledic

Predlog uredbe nima finančnih posledic.

4.b) Presoja administrativnih posledic

Predlog uredbe določa ustrezno velik nabor dovoljenih psihoterapevtskih pristopov, ki izpolnjujejo merila in kriterije iz Pravidnika, s čimer se omogoča, da bo pogoje za izvajanje psihoterapevtskih obravnav lahko izpolnilo ustrezno veliko število ustrezno usposobljenih kandidatov in psihoterapevtov – upoštevajoč tudi potrebe po izvajanju psihoterapevtske dejavnosti v Republiki Sloveniji. To sicer ima posledice v postopkih oziroma poslovanju javne uprave (večje število vlog), vendar uporabnikom omogoča večjo dostopnost do psihoterapevtskih obravnav.

4.c) Presoja posledic na okolje

Predlog uredbe nima posledic za okolje, vključno s prostorskimi in varstvenimi vidiki.

II. VSEBINSKA OBRAZLOŽITEV PREDLAGANIH REŠITEV

K 1. člen

V členu je zapisana vsebina uredbe, in sicer uredba določa dovoljene psihoterapevtske pristope, v katerih se lahko izvaja psihoterapevtska obravnava.

K 2. členu

Člen določa dovoljene psihoterapevtske pristope, ki po temeljiti presoji predlagatelja izpolnjujejo osnovna in dodatna merila ter kriterije iz Pravidnika.

K 3. členu

Člen določa začetek in konec veljavnosti uredbe. ZPtD namreč predvideva, da gre za začasen režim, ki velja do določitve dovoljenih psihoterapevtskih pristopov iz prvega odstavka 4. člena ZPtD, ki jih bo določil minister za zdravje na predlog Zbornice psihoterapevtov Slovenije.