

# Highlights of this session

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*Papeles del Psicólogo* has been placed at the service of specialists who provide information about some of the recent tendencies and developments in psychological treatments. The idea came from the Executive Committee of the Spanish Society of Clinical and Health Psychology. As a part of its 4th Annual Meeting titled "Opening up Paths to Clinical and Health Psychology" (October 2005), was celebrated a symposium on New Therapies and Clinical Techniques, which I had the honour of coordinating. Participating authors were: Dr. Ana Alarcón, who expounded the most relevant elements of the Valencia model of waking hypnosis; Dr. Miguel Ángel Vallejo, who contributed a very interesting report on mindfulness, and Dr. Carmen Luciano, who talked about the therapy of acceptance and commitment. Likewise, there was a fourth notable participant, the public, which, by means of its questions and considerations, encouraged a fruitful and very interesting debate of the topics that the speakers had discussed. The real lack of time to expound and debate all of them was in the minds of Drs. Serafín Lemos and José Ramón Fernández when they proposed the edition of this monographic issue of *Papeles del Psicólogo*, whose precedent may be found in the *Journal Infocop*. That journal covered the symposium and interviewed several of the participants (see the issues of 26/10/2006 and 14/11/06). Therefore, the contributions to this number are written by the same authors (with a co-author in some cases) as those who participated in the symposium, along with a "representative" of the public that encouraged the abovementioned debate. All the authors reflect in their contributions the novel or innovating aspects of the techniques, methods, and therapies they present, as well as their assumptions and empirical support. The representative of the public, Dr. Juan Ignacio Capafons, who played an important role in the debate, presents a viewpoint aimed at providing perspective of the topics discussed. His article develops within the framework of a context in which common aspects, the theoretical-practical relevance of the contributions, and the possible impact on Clinical Psychology are taken into account. In an era in which, again and again, people appear who defend the creation of a new therapy or technique, it is interesting to analyze what is novel, and still more so, the supposed plus benefit of utility and efficacy it may contribute to what there already is.

I trust that reading these works will contribute to the readers' intellectual enrichment. But, above all, I fervently hope and wish that it will encourage them to reflect in depth on the topics expounded, to develop their judgment about the various aspects proposed and, especially, to improve their professional practice.

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