

## Message From the Guest Editor

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It is an honour to be the Guest Editor of the Volume 2.2 of The European Journal of Counselling Psychology (EJCoP) with papers from the International Congress in Clinical & Counselling Psychology (CPSYC 2013).

Thank you for your interest in the International Congress in Clinical & Counselling Psychology (CPSYC 2013), an event sponsored by Cognitive–Counselling, Research & Conference Services (C-crcs), with the cooperation of universities and academicians. CPSYC is approved by the British Psychological Society Learning Centre for the purposes of Continuing Professional Development (CPD).

Planning and conducting a large congress requires help from many persons. I am grateful for the support of members of the conference Scientific Committee Board of Reviewers, Thematic Session Chairs, Keynote Speakers. My special thanks to Hugh Glenn, Ph.D. and Y Barry Chung, Ph.D. the internationally acclaimed counselling psychologist who chaired CPSYC 2013.

This issue comprises of a selection papers that present work from Portugal, Italy and Greece. The first paper is a quantitative, cross-sectional, analytical, descriptive and correlational study, exploring adolescents' self-regulation and their knowledge about HIV/AIDS through analysis of their relationship with socio-demographic variables, school context and lifestyles.

The second paper continues with the theme of adolescents, using factorial analysis to better understand and explore adolescent's perspectives about eating disorders. This paper seeks to inform health programs designed to educate adolescents about eating disorders and improve their preventative effectiveness.

Continuing on the theme of health and illness, the third paper is a quantitative, transversal, descriptive and correlational study exploring the factors of vulnerability to stress which interfere with quality of life of hypertension patients. The findings aim to inform psychological interventions for supporting patients with hypertension to improve their quality of life.

As well as being an important factor in the quality of life of hypertensive patients, the fourth paper highlights the importance of stress on the development of osteoporosis. This correlational pilot study explores the associations between osteoporosis and the somatization of anxiety.

The penultimate paper aims to describe the socio-demographic and clinical profile of elderly people with chronic illness and correlate with perceived family support. It proposes specialised psychological support for this age group which is more vulnerable and without the needed support from within the family.

This special issues concludes with an interview-based research aiming to evaluate theatrical techniques as tools to develop confidence toward the others' point of view, through an improvement of collaborating and interaction abilities.

I hope that you enjoy reading this EJCoP special issue, and it is my honour to announce that C-crcs is again organizing CPSYC 2014, which will convene in Antalya, Turkey, December 02-05, 2014. I hope that we will see you there.

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