1st European Psychosomatics Summer School Medical University of Graz 2014
Psychosomatic Primary Care: Quality and Performance
14. – 18. JULY, 2014
This AEPM Curriculum is implemented as a summer school programme on Psychosomatic Primary Care with an emphasis on quality and performance. It takes place in cooperation with several European Universities. The Medical University of Graz, Austria, Department of Medical Psychology and Psychotherapy/Division of Clinical Psychosomatics is pleased to be the first local organiser of this programme.

Date

Topic
Psychosomatic Primary Care: Quality and Performance in diagnosis, therapy and doctor-patient relation

Introduction
Psychosomatic Primary Care is diversely organised in Europe. Only in a few European countries there are voluntary or compulsory certified programmes in basic psychosomatic medicine. The Association of European Physicians for Psychosomatic Medicine and Psychotherapy (AEPM) is committed to the establishment of European standards in the quality and performance of Psychosomatic Primary Care in Europe. Therefore it aims to provide programmes for medical doctors from all specialties for the acquisition of knowledge and experience in this field.

There are numerous reasons why it is important and timely to contribute to improving the quality of health care by integrating evidence based psychosomatic diagnostic and treatment approaches into regular medical practice. Many patients need both, acknowledgement and treatment of somatic and psychosocial complaints and disorders and, furthermore, of their interrelationship. Yet, in dualistic health care systems which provide a focus on either somatic or on psychiatric diseases, both dimensions are rarely considered and treated simultaneously. In these patients this dualistic approach risks to be inefficient and frustrating for patients and doctors. It implies high costs for society - e.g. medically unexplained symptoms and somatoform disorders are the most costly diagnostic category of outpatients in UK. In addition, the number of patients
with psychosomatic complaints and disorders, e. g. at the workplace, is rapidly increasing.

How can patients with medically unexplained symptoms or life style related diseases such as coronary heart disease be treated most effectively and efficiently? Which best practice models can be applied in different health care systems? How do local multi-professional resources and one’s own individual working conditions as an MD impact on the provision of Psychosomatic Primary Care? What are the lessons learned for medical doctors to achieve both, effective patient care and self-care?

**Aims and objectives**
The aim of the summer school is to provide participants with a better understanding and competence for implementing high quality Psychosomatic Primary Care in their work as MDs. Experiences from different countries will provide an insight what is happening on the international level and foster discussion about the lessons learned and the way to go.

**Organisers**
Association of European Physicians for Psychosomatic Medicine and Psychotherapy (main organiser) in cooperation with Academy of Psychosomatic Medicine and Psychotherapy (APM), Germany, Medical University of Graz, Austria, Riga Stradins University, Latvia, and University Hospital Regensburg, Germany.

**Local organisers**
Austrian Association of Psychosomatics and Psychotherapeutic Medicine (ÖGPPM), Department of Medical Psychology and Psychotherapy, Medical University of Graz.

**Proposed Venue**
Department of Medical Psychology and Psychotherapy, Medical University of Graz, Auenbruggerplatz 2/8, 8036 Graz (R-03-040) Medical University Graz
Target groups
National and international medical doctors whose work requires knowledge and competence in Psychosomatic Primary Care: general practitioners, medical specialists, MDs in postgraduate training. Maximum Number of participants: 20

Partners
– Riga Stradins University, Latvia
– University of Regensburg, Germany
– Academy of Psychosomatic Medicine and Psychotherapy (APM), Germany
– Austrian Association of Psychosomatics and Psychotherapeutic Medicine (ÖGPPM), Austria
– City of Graz (Stadt Graz)
– Federal State of Styria (Land Steiermark)

Accommodation
For your accommodation needs please contact:
Gabriella Reidl:gr@graztourismus.at

Fees
General practitioners and medical specialists: Euro 850
MDs in postgraduate training: Euro 600
Reduced fee for 2 participants (partial grant, decision based on a motivational letter): Euro 300

Deadline of application
Friday, 06 June 2014

Program structure
Main topics of Psychosomatic Primary Care will be covered in theory and practice in 40 units: 20 units theory, 5 units intervention, 15 units Balint work

Contact
Please send your application form to:
christian.fazekas@medunigraz.at
Day 1: **Introduction to Psychosomatic Primary Care (PPC)**

**Morning:**
- Biopsychosocial concept of illness and health
- Stress, conflict and somatization
- History and concepts of PPC
- Challenges in PPC
- Defining quality and performance for PPC
  
  *T Loew, G Ancane*

**Afternoon:**
- Doctor-patient communication
  
  *T Loew*
- Balint work
  
  *G Bergmann*

Day 2: **Doctor-patient relationship**

**Morning:**
- Therapeutic aspects in the doctor-patient relationship
- The patient and his/her personality
- Doctor-patient communication and consultation
- Transference. Countertransference
- Balint work, quality in health care and self-care
  
  *G. Ancane, G Bergmann*

**Afternoon:**
- Intervention: Doctor-patient communication
  
  *C Fazekas*
- Balint work
  
  *G Bergmann*

Day 3: **Psychosomatic Assessment and Mental Health**

**Morning:**
- Principles of psychosomatic assessment
- Biopsychosocial complexity
- Basics in mental health
- Life span development and crises
- Crisis intervention and crisis care in the doctor's office
  
  *G. Ancane, G Bergmann*

**Afternoon:**
- Intervention: Doctor-patient communication
  
  *G Ancane*
- Balint work
  
  *G Bergmann*
Day 4: **Specific clinical challenges**

**Morning:**
- Eating disorders
- Chronic pain
- Coronary heart disease and lifestyle
- Coping with chronic disease
- Theory of change and change management  
  *T Loew, G Bergmann, C Fazekas*

**Afternoon:**
- Intervention: Doctor-patient communication  
  *T Loew, C Fazekas*
- Balint work  
  *G Bergmann*

Day 5: **Bodily distress**

**Morning:**
- “Difficult patients”
- Spectrum of functional (somatoform) disorders
- Biographic case history
- Interventions in functional disorders
- Summer School – Summing up: Quality and Performance  
  *B Palmowski, G Ancane*

**Afternoon:**
- Balint work,  *G Bergmann*
- Closing Summer School  
  
  *Moderation: Christian Fazekas & Gunta Ancane*
Teaching and Training Staff

**Gunta Ancane**
Specialist in Psychosomatic Medicine and Psychotherapy, President of the Association of European Physicians for Psychosomatic Medicine and Psychotherapy, Head of Department and Clinic of Psychosomatic Medicine and Psychotherapy, Riga Stradins University, Latvia

**Günther Bergmann**
Specialist in Psychosomatic Medicine and Psychotherapy, Specialist in Internal Medicine, Chairman of the German Balint Society, Head of Clinic of Psychosomatic Medicine and Psychotherapy, Christophsbad Göppingen, Germany

**Bernhard Palmowski**
Specialist in Psychosomatic Medicine and Psychotherapy, Psychoanalyst, Specialist in Internal Medicine, Authorized Training Specialist in Psychosomatic Medicine and Psychotherapy, Berlin, Germany

**Christian Fazekas**
Senior scientist, Psychiatrist, GP, “Psy-Diploma”, President of Austrian Society for Psychosomatics and Psychotherapeutic Medicine, Head of Clinical Psychosomatics at Department of Medical Psychology and Psychotherapy, Medical University of Graz, Austria

**Thomas Löw**
Specialist in Psychosomatic Medicine and Psychotherapy, Psychiatrist, Psychoanalyst, Specialist in Computer Sciences in Medicine, Head of the Department of Psychosomatics and Psychotherapy, University of Regensburg, Germany
Looking forward welcoming you to our Psychosomatics Summer School in July 2014!

Christian Fazekas
Monika Glawischnig-Goschnik
Jolana Skacel
Christian Vajda
Andrea Wernhammer

Contact

Christian Fazekas
Department of Medical Psychology and Psychotherapy, Medical University of Graz
christian.fazekas@medunigraz.at
++43 316 385 83045

Office
Andrea Wernhammer
andrea.wernhammer@medunigraz.at
++43 316 385 12516
Auenbruggerplatz 2/8
A-8036 Graz, Austria

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http://www.medunigraz.at/Psychosomatics-Summerschool2014