

CARUS Master Classes 2016

March 16th – 19th, 2016, Potsdam



Research oriented colleagues are invited to register for one or more courses of the CARUS Master Classes that will be held during the annual Congress for Psychosomatic Medicine and Psychotherapy in Potsdam in March 2016.:

The following master classes will be offered during the Congress for Psychosomatic Medicine and Psychotherapy 2016:

1.



Biobehavioral Processes and Clinical Research Applications in Health Psychology: Neoplastic Disease (Michael Antoni, University of Miami, USA)

The purpose of this course is to provide an introduction to the field of psycho-oncology and the role of biobehavioral and psychosocial processes in the etiology, prevention, detection, treatment, and adaptation processes in cancer. A major theme across sections will be the introduction of prior findings and methods used to probe interactions among behavioral, psychosocial and physiological/biological (CNS, neuroendocrine, immunologic, cell biology) processes in health psychology as they apply to cancer. Behavioral and psychosocial studies in psychoneuroimmunology (PNI) and biobehavioral oncology (BBO) will be reviewed. Implications for future intervention research and public health and clinical translation will be discussed.

2.



Braucht die Psychosomatik einen Leibbegriff? (Michael Grossheim, Rostock, DEU)

In der Philosophie des 20. Jahrhunderts kommt der Gedanke auf, das traditionelle, am Gegensatz von *Körper* und *Seele* orientierte Menschenbild durch Einführung eines *Leib*begriffs zu korrigieren. Worum geht es den Leibphilosophen? Kann man Leib und Körper unterscheiden? Ist Schmerz ein leibliches Phänomen? Kann die Medizin (insbesondere die Psychosomatik) etwas mit der Leibphilosophie anfangen?

Die Veranstaltung ist bemüht, nahe an der Lebenserfahrung in philosophische Themen einzuführen; zugleich geht es darum, im Dialog mit den Teilnehmern die Möglichkeiten eines neuen Paradigmas auszutesten.

3.



Personal Aspects of illness and disease - a core element of psychosomatic medicine and of professional communication (Wolf Langewitz, Basel, CH).

Medicine as a bio-medical discipline is concerned with so-called 'objective facts' (Wade & Halligan, BMJ 2004) that can be reproduced by anyone capable of certain technical procedures and willing to follow the instructions in the methods section of a scientific paper. In the seminar we will discuss the limitations of such an approach. Fundamentally one might argue that medicine tends to forget that the final goal of data-gathering, reasoning, diagnosing and treating is health or an improvement of health, not just a normalisation of deviant findings. As soon as health is at stake, dogmatic thinking prevails: the definition of health cannot be found in data, it relies on shared definitions of a certain group of individuals at a certain time in a certain culture. More specifically, psychosomatic medicine is concerned with a mixture of objective facts (e.g. history of a myocardial infarction; bronchial hyper-reactivity) plus subjective facts. We will show that subjective facts are as 'factual' as objective facts; however they can only be brought forward by an individual himself and are invisible from an observer's perspective. Typical subjective facts are sensations of the lived body (der Leib) as opposed to findings of the corporeal body (Körper). In practice professionals who view themselves as psychosomaticians are faced with the problem how subjective facts can best be elicited. Here, patient-centred communication comes into place, defined as any type of communication that invited participation of the other. Basic elements of such a communication will be demonstrated and practiced during the seminar.

Registration for a course will primarily be made on a first come first serve basis via our website: <http://www.deutscher-psychosomatik-kongress.de>. The Classes are limited up to 30-35 participants each. The course fee will be 75,- € per participant per class and for non members. For members of DKMP/DGPM the course fee will be 50,- €.

Classes will run during the course of the conference (on either the 17th or the 18th of March 2016) and will include presentations by the chairs, as well as group discussions and exercises, upon discretion of the individual chair of the class. Class language will be English or German (M. Grossheim).

We look forward to welcome you to these exciting CARUS format!

Tatjana Meier, Harald Gündel (Congress President 2016) and the organizational team!