Followers of the European Conferences on Psychosomatic Research (ECPR)

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5th EAPM Conference, Barcelona, June 30th 2017
Presidents and locations of the European Conferences of Psychosomatic Research (ECPR)

- D. Leigh (London 1955)
- J.J. Groen (Amsterdam 1956)
- V. Lunn (Copenhagen 1957)
- A. Jores (Hamburg 1959)
- J. Rof Carballa & J.J. López-Ibor (Madrid 1961)
- G.S. Philippopoulos (Athens 1964)
- F. Antonelli (Rome 1967)
- R. Pierloot (Knokke 1970)
- E. Ringel (Vienna 1972)
- C. Aitken (Edinburgh 1974)
- W. Bräutigam (Heidelberg 1976)
- F. Askevold (Bodø 1978)
- G. Koptagel-Illal (Istanbul 1980)
- H. Pelser (Nordwijkerhout 1982)
- H. Wolff (London 1984)
- G. Christodolou (Athens 1986)
- W. Schüffel (Marburg 1988)
- P. Tienari (Helsinki 1990)
- (1992 in Dubrovnik cancelled due to Bosnian war)
- M. van Moffaert (Gent 1994)
- M. Bourgeois (Bordeaux 1996)
- F. Creed (Manchester 1998), founding of EACLPP with common biannual and separated biannual meetings
- U.F. Malt (Oslo 2000)
- G. Cardoso & A. Barbosa (Lisbon 2002)
- H.C. Deter (Berlin 2004)
- M. Talcic (Cavtat 2006)
- A. Lobo (Zaragossa 2008)
- G. Schüssler (Innsbruck 2010)
- P. Fink (Aarhus 2012), founding EAPM with annual meetings
- D. Dumitrascu (Sibiu 2014)

¹ICPM member  ²EACLPP member  ³APS member
European Conference on Psychosomatic Research ECPR (inaugurated 1957)

• **Membership/special profile**: interested physicians and psychologists on the biannual conferences, 450 participants, 250 posters; no society, no members. At the conferences one business meeting of ECPR participants

• **Research** on psychosomatic diseases in a bio-psycho-social way and applying this knowledge into clinical practice;
  - focused on clinical psychosomatic research, mechanism and interventions

• **Health care** issues in the whole field of medicine
American Psychosomatic society APS (Inaugurated 1942)

- **Membership/special profile** about 1300 individual members, psychologists, physicians, few specialties; with an international branch (about 12% from Europe)
- annual meetings (500 participants; 400 posters), president, board, 6 committees, 5 special interest groups; newsletter (twice a year)
- **Research/goals:** Scientific excellence, clinical relevance; mainly focused on clinical psychosomatic research: mechanism; intervention studies (RCT)
- **Health care:** Interested in special psycho-somatic fields: p.e. cardiologic, gastrointestinal, pain etc.
International College of Psychosomatic Medicine ICPM (Inaugurated in 1970)

- **Membership/special profile:** 120 individual members from 30 different countries around the world, professionals (physicians, psychologists, nurses etc.) in health care.
- Bi-annual meetings (600-1000 participants; 200 posters), president, board, advisory board, 3 committees
- **Research:** Implementation of psychosomatic knowledge in clinical practice; focusing on doctor patient relationship and emotional aspects in Psychosomatic Medicine
- Common clinical and philosophical questions of the whole clinical field, interventions
- **Health care** Practical issues of the whole field of medicine, many specialities, like General Practitioner, internal medicine, gynecology.
International Society of Behavioural Medicine ISBM (Inaugurated 1990)

- **Membership/special profile:** International Federation of 26 regional member societies around the world (14 European); about 20% physicians/80% psychologists and others. Bi-annual meetings (650-800 participants; 400 posters), president, executive committee, governing council, 9 other committees, 4 special interest groups; newsletter.

- **Research:** On one hand epidemiological, public health and on the other hand neuro-biological aspects of empirically found associations. Identification of four important phases: 1. Identification of the health problem. 2. Reevaluation. 3. New methods to manage the problem. 4. Training of skills to maintain change.

- Mainly focused on behavioural aspects of medicine; emphasis on cognitive behavioural intervention and prevention; recognition of behavioural mechanisms in public health. Health care politics.

- **Health care:** Focusing on behavioural aspects in medicine, implementation in primary care and other specialties with scientific evaluation.
Presidents of the International Society of Behavioural Medicine ISBM

1990 - 1992, S. Weiss (Uppsala) ³
1992 – 1994 K. Orth-Gomer (Hamburg) ¹ ³
1994 – 1996 J. Siegrist (Amsterdam) ³
1996 -1998 A. Steptoe (Copenhagen) ³
1998 - 2000 N. Schneiderman (Brisbane) ³
2000 – 2002 B. Oldenburg Helsinki) ³
2002 – 2004 A. Uutela (Mainz)
2004 – 2006 G. Burell (Bankok)
2006 – 2008 R. Williams (Tokio) ³
2008 – 2010 Hege Erikson (Washington)
2010 -2012 Kawasaki (Budapest)
2012 – 2014 J. Dekker (Groningen)
2014 – 2016 A. Stauder (Melbourne)

¹ ICPM member, ³APS member, no EACLPP member
European Association of Consultation Liaison Psychiatry and Psychosomatics EACLPP (Inaugurated 1998)

- **Membership/special profile:** About 100 individual members, mostly psychiatrists. Annual meetings (200 participants; 100 posters), president, board, working and special interests groups.
- **Research:** in the field of consultation liaison Psychiatry and Psychosomatics with integration in hospital and clinical practice of psychiatry and the field of medicine
- Clinical psychiatric/ psychosomatic research, interventions; development of the Care Complexity Prediction Instrument (COMPRI) and INTERMED as spin-off of the ECLW study (Huyse et al, 1999)
- **Health care:** C/L Psychiatry and Psychosomatics, Integrated care
JUNE 23 - 26, 2004

25th EUROPEAN CONFERENCE ON PSYCHOSOMATIC RESEARCH

in combination with

the Meeting of the European Association of Consultation Liaison Psychiatry and Psychosomatics (EACLPP)

the Meeting of the European Society of Dermatology and Psychiatry

and the Meeting of the European Society of Psychosomatic Obstetrics and Gynaecology
European Network on Psychosomatic Medicine ENPM (Inaugurated 2005)

- **Membership/special profile:** no society according to ECPR, but an active website: enpm.eu as meeting point.
- About 40 individual members, internists, G.P.s, psychiatrists, psychosomatic speciality, psychologists. 25 delegates, as individuals or from European Psychosomatic Societies.
- Annual meetings (400 - 600 participants; 350 posters), 6 working groups (European Guidelines in CAD and IBD; Primary care, Erasmus student exchange, European diploma).
- **Research:** in all somatic diseases, theoretical and Mechanism, interventions, praxis of psychosomatic medicine clinical practice.
- **Health care:** integration in the whole field of Psychosomatic Medicine.
European Association of Psychosomatic Medicine EAPM (Inaugurated 2012)

- **Membership/special profile:** About 120 individual members, psychiatrists, psychosomatic speciality, psychologists. 10 European member societies.
- Annual meetings (250-400 participants; 150 posters), president, board, 1 working and 13 special interests groups.
- **Research** in the field of consultation liaison Psychiatry and Psychosomatics, integration in the whole field of Psychosomatic Medicine, hospital and clinical practice. Clinical psychosomatic and psychiatric research, interventions
- **Health care:** Psychosomatic Medicine, C/L Psychiatry and Psychosomatics, Integrated care
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<th><strong>Aims</strong></th>
<th><strong>EAPM, June 2016</strong></th>
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| Bring together all psychosomatic and behavioural societies in the Psychosomatic field | 4 psychosomatic societies  
1 primary care society  
5 consultation/liaison/psychiatric societies  
120 individual members |
| Coordinate European research activities sponsored by the European Union and influence decisions of national and European health care- and research politicians | none |
| Coordinate European exchange programs for students, postgraduates and other research fellows | Partly; 2015 founded Academy for Psychosomatic Medicine |
| Discuss actual important psychosomatic questions | few, many are missing |
| Give support for developing psychosomatic national societies | For the Romanian society only |

**Discussions at:** [http://www.enpm.eu](http://www.enpm.eu)  
[http://www.eapm.eu.com](http://www.eapm.eu.com)  
Links and contacts to all national and international Psychosomatic/Behavioural societies in Europe  
Yes, but very few, only to the member societies  
Discussion platform for several questions in the psychosomatic field  
Open discussion platform not accepted, very few in the membership only section of the EAPM website  
ENPM coordinators and discussion partners at the platform  
23 delegates, open discussion platform not accepted
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<th>ECPR/ENPM aims</th>
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<td><strong>Actions, that promote efficacy and integration:</strong></td>
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<td>• Proposals for Marie Curie grant of the EU, to promote the scientific process of co working in Europe and the eastern countries</td>
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<td>• Common studies with EU-funding</td>
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<td>• Combine common interests between national psychosomatic societies</td>
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<td>• Proposed first steps for discussion and actions</td>
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<td>• Psychosomatic training and diploma in Europe</td>
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<td>• Psychosomatic/Behavioural interventions in Coronary heart disease in Europe</td>
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<td>• European exchange programs for students, postgraduates and other research fellows</td>
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<td>• Psychosomatic basic care in Europe</td>
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<th>EAPM, June 2016</th>
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<tr>
<td>• Not until now</td>
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<td>• No proposal until now</td>
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<td>• No activity to combine common interests in Psychosomatic Medicine</td>
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<td>• Partly, EAPM satellite symposium with ISBM and ICPM</td>
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<td>• Academy for Psychosomatic Medicine</td>
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<td>• No attempt for organization a psychosomatic diploma</td>
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<td>• No attempt for e-learning activities within psychosomatic/ behavioural societies</td>
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<td>• This working group is active</td>
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<td>• ERASMUS program is still working</td>
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<td>• An new attempt for basic care has focused on: pain and soma-toform disorders in primary care</td>
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Psychosomatic medicine in research and health care may imply:

**Psychological and social aspects of etiology and course of somatic diseases.**
- personality
- behavioural aspects
- prevalence,
- impact on course / outcome
- psychosocial interventions.

b. **Psychological and social aspects of etiology and course of somatoform/functional disorders and other psychological syndromes with somatic symptoms,**
- personality
- behavioural aspects
- prevalence,
- impact on course / outcome
- psychosocial interventions.

c. **Psychiatric aspects of somatic, somatoform diseases and other psychological syndromes with somatic symptoms:**
- personality
- behavioural aspects
- prevalence,
- impact on course / outcome
- psychosocial interventions.
Psychosomatic medicine in research and health care II

Exploration of psychosomatic mechanism:

- Psycho-neuro-pathophysiology, of a, b and c
- Psycho-neuro-endocrinology, of a, b and c
- Psycho-neuro–immunology of a, b and c

Exploration of socio-somatic mechanism:

- Population based studies on prevalence and incidence
Psychosomatic medicine in research and health care III

In a holistic perspective three points have to be added:

a) understanding and improvement of communication and interaction between patient and physician or other care givers

b) critical view on rationale, structure and development of health care systems in a society

c) examination of health care systems under bio-psycho-social needs of patients and doctors
Conclusion

In psychosomatic practice a tendency to focus on special aspects of clinical care and claimed it as “Psychosomatic Medicine”

- C/L psychiatry,
- psychotherapeutic medicine applied by physicians,
- behavioural therapy in medicine applied by psychologists.

Such limitations are not necessary, do not present the whole psychosomatic field and worsen the chances to increase quality in medicine.
Outlook

• What is the common interest of all ECPR – followers?

• What could be their common targets?

• Common actions in the psychosomatic field – timely, too early or not necessary?