

# **Sino-German-Conference on Psychosomatic Medicine and Psychotherapy in China**

**Peking Union Medical School Hospital (PUMCH)  
November 15th and 16th, 2014**

## **Scientific Background**

Mental and psychosomatic disorders such as depression, anxiety, and somatoform disorders have become the most frequent non-lethal health problems in China. This makes early diagnosis and effective treatment exceedingly important.

The department of Psychosomatic Medicine and Psychotherapy of the University Medical Center Freiburg (Prof. Wirsching, Prof. Fritzsche) is highly experienced not only in treating mental and psychosomatic disorders, but also in qualifying medical professionals through an internationally approved training curriculum. Prior research studies in cooperation with Chinese partners have shown a number of important cultural similarities and differences in, among others, doctor-patient-communication, diagnosis, and treatment approaches. Integration of Traditional Chinese Medicine (TCM) may provide important new impulses, for instance, for research development in the treatment of somatoform disorders and pain.

Training in psychosomatic basic care and advanced training in psychosomatic medicine and psychotherapy in Beijing (FRUITS), Shanghai (DAAD), Chengdu (Sunshine project) and Psycho-Oncology (Beijing Cancer Hospital)

Research in psychosomatic medicine and psychotherapy in China and Germany – The Sino-German Research Project on patients with somatoform disorders

Future trainings and research cooperation in psychosomatic medicine in Germany and China

## **Program of the conference:**

### **Saturday, November 15<sup>th</sup>**

**Chairman: Kurt Fritzsche/Astrid Larisch**

9.00 a.m.      Opening ceremony

Greetings and welcome from Prof. Wei Jing, Medical Director of the Department of Psychological Medicine, Peking Union Medical College Hospital

Opening remarks from Prof. Michael Wirsching, Medical Director of the Department of Psychosomatic Medicine and Psychotherapy, University Medical Center Freiburg, Germany

Greetings and welcome from Prof. Chen Lesheng, acting vice director of the Sino-German Center for Research Promotion Beijing

Introduction – background, aims and contents of the conference (Prof. Kurt Fritzsche, Department of Psychosomatic Medicine and Psychotherapy, University Medical Center Freiburg, Germany)

Training in psychosomatic basic care, psychosomatic medicine and psychotherapy

9.45 a.m.            Improving doctor-patient-relationship and doctor-patient-communication (BMBF)

Improving the doctor-patient-relationship in China – the impact of Balint groups (Shi Lili)

Improving the doctor-patient-communication in oncology – the communication skills training (CST) at the Beijing Cancer Hospital (Tang Lili or colleague)

10.15 – 10.30 a.m.            Short break

10.30 a.m.            Training in psychosomatic basic care and advanced training in Psychosomatic Medicine and Psychotherapy

FRUITS – Experiences from Peking Union Medical College Hospital (BMBF) (Hong Xia)

The Sunshine-Project – experiences from Chengdu (BMBF) (Zhang Lan or colleague)

Advanced postgraduate training course for psychosomatic medicine and psychotherapy in Shanghai (DAAD) - consecutive program for master and doctorate participants (Wu Wenyuan, Zhao Xudong, Kurt Fritzsche)

11.15 a.m.            Discussion of the oral presentations in mixed Chinese-German small groups:

1. Psychosomatic Basic Care
2. Advanced training in psychosomatic medicine and psychotherapy

11.45 a. m.            Plenum

12 a.m. – 1.30 p.m.            Lunch, visit of the Union Hospital

1.30 p.m.            Psychosomatic medicine and psychotherapy in Germany

Specific situation of psychosomatic medicine in Germany –

What can we learn for China? (Kurt Fritzsche)

Psychosomatic medicine and Rehabilitation (Markus Bassler)

Training in research methods in psychosomatic medicine and psychotherapy

Research methods in psychosomatic medicine and psychotherapy – experiences from research workshops in Shanghai and Chengdu 2012 – 2013 (Sandra Nolte, Felix Fischer)

2.45 - 3.00 p.m.            Short Break

3.00 p.m.            Research on patients with somatic symptoms/somatoform disorder in China and Germany

Introduction to the new DSM-5 Somatic Symptom Disorder (SSD) (Astrid Larisch)

German studies on somatic symptoms/ somatoform disorder

Somatic complaints and somatization over the life span with special emphasis on gender differences, stability over a decade and consequences for subsequent onset of somatic disease conditions. Findings from the prospective population based MONICA KORA Studies. (Karlheinz Ladwig)

Marburg Study (Rief et al.) (Ricarda Nater-Mewes)

Hamburg Study (Löwe et al.) (Alexandra M. Murray)

4.30 p.m.                    Discussion of the oral presentations in mixed Chinese-German small groups  
5.00 p.m.                    Plenum  
5.00 – 5.30 p.m.         Poster session

Somatoform patients in psychosomatic outpatient care in Germany: clinical features and treatment expectations (Corina Towara)

Validation of the PHQ-9 (Xiong Nana)

Environment related illness attribution of Chinese patients in Psychosomatic medicine and TCM (Anne Geweniger)

## **Sunday, 16th November**

**Chairman: Rainer Schäfert**

9.00 a.m.                    Lecture

The contribution of Psychosomatic Medicine for the future development of Health Care (Matthias Rose)

9.30 a.m.                    Sino-German-Study on patients with somatic symptoms/ somatoform disorder in China

Dysfunctional illness behavior and illness perception associated with high somatic symptom severity (Zhang Yaoying)

Somatic Symptom Disorder (SSD) in China (Kurt Fritzsche, Zhang Yaoying)

High somatic symptom severity in cancer patients (Irmela Fischer)

10.30-10.45 a.m.         Short break

10.45 a.m.                    The treatment of patients with somatoform disorders/somatic symptom disorders

German guidelines for patients with non-specific, functional and somatoform complaints (Rainer Schäfert)

Evidence-based psychotherapeutic treatment for patients with somatoform disorders and associated syndromes (Ricarda Nater-Mewes)

11.45 a.m.                    Plenum: Discussion of the oral presentation

12.00 – 12.30 a.m.         Poster session

The sense of coherence (SOC) in patients with high somatic symptoms severity (Li Wentian)

Validation of a new questionnaire on psychological and behavioral characteristics of the SSD-diagnoses (SSD-B) (Alexandra M. Murray)

Validation of the Somatic Symptom Scale -8 (SSS-8) (Alexandra M. Murray)

Illness attribution and locus of control in Chinese cancer patients (Birke Ahlfeld)

12. 30 a.m. -2.00 p.m.         Lunch, Visit of the Union Hospital

2.00 p.m.                    Future steps in research in somatic symptom disorder in Germany and China

Proposal for further research (Kurt Fritzsche)

Group therapy for patients with somatoform disorders/SSD in China (Zhang Lan)

Discussion in small groups:

Feasibility study about group therapy in Beijing, Wuhan and Chengdu

Validation of the Bodily distress syndrome (BDS) checklist

Validation of the questionnaire on psychological and behavioral characteristics of the SSD-diagnoses (SSD-B)

Validation of the Somatic Symptom Scale-8 (SSS-8)

Financial support

Building-up Sino-German-Research network

3.30 –3.45 p.m.

Short break

3.45 p.m.

Plenum Summary

4.15 p.m.

Plenum: Evaluation of the conference

4.45 p.m.

Closing remarks and farewell (Michael Wirsching, Wei Jing)

6.00 p.m.

Dinner