

German-Chinese Training Course on Psychosomatic Medicine Shanghai Mental Health Center from 23th to 27th march 2015

Report from the first psychosomatic inpatient training in China:

The Program started after wonderful preparation by Chen, Jue, M.D. & Ph.D.

Chief of Psychosomatic Unit, Vice-director of Clinical Psychology Department of the Shanghai Mental Health Center and Xu, Yong M.D. Deputy Director, Department of Training and Education

55 of the more than 100 candidates who wanted to join the program arrived from all over China (Shanghai, Beijing, Nanjing, Changzhou, Chengdu, Ningbo, Guangzhou, Shenzhen, Guangxi, Gansu, Jilin, Heilongjiang etc.) came to visit the program. They followed the proposal of our group that we prefer in admission those participants who are different professional groups of one hospital in order to be able to participate in the integrative method of learning and experiencing the integrated work on a psychosomatic ward.



Already the opening ceremony was very impressive as Prof. Xiao Zeping, Prof. Wang Xiangqun (the leader of the Chinese psychosomatic association coming from Beijing), Prof. Li Chunbo, Prof. Zhang Haiyin paid us homage to participate in the opening ceremony.



Prof. Xiao Zeping, Prof. Wang Xiangqun

So we could have an idea that our Chinese colleagues gave some importance to that event.

Very important for us was the fact that the groups came with several colleagues from different professional background (psychiatrists, internal medicine, neurologists and medical doctors, nurses and psychologists or TCM-doctors), there were also chiefs of the departments, junior doctors and senior doctors as well as nurses. We were quite surprised by the fact that over 20 nurses got the interest and the allowance to participant in this first meeting.

The structure of the teaching and experiencing was very integrative:

First in the every morning of these 5 days we started with an lecture together given by me or by Mrs Schopf the chief nurse of our psychosomatic department in Frankfurt. The lectures were in english language but translated into chinese language and also all the group sessions were in English and translated by our chinese colleagues to chinese.

The topic of the lectures:

Psychosomatic inpatient therapy -concept

Pain disorders

Eating disorder

Psychosomatic nurse, the missing link?

Depression

After the lectures we continued in 3 groups: medical doctors, nurses, concentrative movement therapy. Afterwards the three groups had very different topics.

In the physicians group we had case reports from all participants: in these discussion it was very obvious how we must interpret the scenic acting out of the patients in the hospital and in the group. Very often it was very surprising that on an unconscious level the group of the ward is participating in the acting by not recognizing their counter transference especially in psychosomatic patients. But also we could see that the participant were come from very different hospitals not only from psychiatric departments but also from TCM-hospitals or neurologic hospitals and the level of psychotherapeutic qualification was very different. Nevertheless we had a very deep and intense discussion in this group.



Supervision in the physicians group



Group of the physicians and leaders

The group of the nurses were very much occupied by the discussion of the circumstances where they are working and how to deal with the frame of an inpatient working in psychosomatic ward. All the time the importance of establishing rules and frames to contain the difficult inner world of psychosomatic patient who always want that some action is going on to improve their symptoms.

Of course also in these groups there were a lot of self-experience aspects for each participant.



Here the group of nurses with Mrs Schopf in the middle of the group

The group of the CMT (concentrative move therapy) was occupied with experiencing and learning the principles of leading such a group in a psychosomatic clinic.

They were all very vivid occupied by experiencing their own hidden affects in different situation. The instructions for different parts of self-experience by giving several impulses by different material was very exciting and moving the participants in their own recognizing the emotions coming up by dealing with their own body and body memories.

Mrs Chen Jue had done a big job by looking for the different materials we need for this therapy.



Here you can see the CMT-group with Mrs Wolf-Aslan

In the afternoon we had different techniques for the three groups, some special aspects of working, for example the EMDR-techniques or the schedules for eating disorder-patients the diaries for pain patient or eating disorders and so on before in the afternoon we had the common big Balint group to integrate the experiences in the different subgroups.

Although the group was very numerous with about 60 participants, the discussion in the inner and outer circle was very vivid.



In this group we could already observe that the different groups of the different hospitals had already begun to work together to talk together and to integrate the different professional group views to different problems.

Of course there was also a party to do some celebrating this coming together.







At last we are very convinced from a systemic point of view that the time between the sessions the time in the evening of the different groups was very valuable to discuss the problems in their own hospitals and institutions. We had the impression there was a good exchange.

In the last discussion there were different subjects concerning the continuation of this programme. A lot of members wanted to have now deeper experience and work for special aspects of patients (borderline, mentalization problems, Emdr, suicidal patients, pain patients, eating disorders especially bulimia nervosa and so on)

In the final discussion we had 4 topics and questions:

1. Teamwork:

How is the communication between the several professional groups?

Time Structure: How long last the different groups (small group, big group)

How the focus for each patient is constructed during the chief doctor visit?

2. Rooms

Are there special rooms for special diagnosis?

3. Question of the staff:

Qualification of the CMT-Therapist

Qualification of the doctors (Psychotherapy experience, somatic education, psychiatric knowledge)?

4. The transfer of patients?

The necessity of briefings and investigation before the admittance?

How the security is ensured on the ward? (suicidality/Psychosis?)

The necessity of the possibility to have enough staff did not occur.

The question of the possibility to cooperate was no more possible because of too little time.

Finally we had a very nice closing ceremony



In this closing ceremony even Prof. Zhao Xudong from Tongji University gave us the honour to share this experience.

Of course we had some possibilities to complete the experience during some coming together after this meetings.





First integrative psychosomatic inpatient training group in Shanghai March 2015

How to continue now?

With Dr. Chen Jue and Dr Xu Yong from MHC Shanghai we decided to continue the Introduction course in May 2016 and then to think about establishing some psychosomatic courses with specific psychosomatic contents and topics. In this second meeting we want to enlarge the program by integration of the art therapy with Mr. H. Ostertag

We from the German part of the Psychosomatic clinic of the Hospital of the holy spirit in Frankfurt want to thank to Dr Chen Jue and Dr. Xu Yong who developed with us this idea, to Prof. Xiao Zeping, Prof. Wang Xiangqun, Prof. Zhao Xudong, Prof. Xu Yifeng, Prof. Li Chunbo, Prof. Zhang Haiyin for supporting this idea. Furthermore we want to thank the DCAP for their help in continuing this idea and their readiness to help if the financial support should have been necessary and to Kurt Fritzsche and his group from Freiburg for their financial support.

Wolfgang Merkle, Gudrun Schopf, Andrea Wolf-Aslan

