



Deutsch-Chinesische Gesellschaft für Psychotherapie e. V. (DCAP)  
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### **Report of Chinese-German Psychosomatic Medicine Training Program**

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**Wolfgang Merkle, Hospital zum heiligen Geist, Frankfurt**

The third Chinese-German Psychosomatic Medicine Training Program was held in the Shanghai Mental Health Center from September 12, 2017 to September 16, 2017. The project was jointly organized by Shanghai Mental Health Center, the German-Chinese Academy for Psychotherapy (GCAP) and the Chinese Mental Health Association. Prof. Wolfgang Merkle and Dr. Jue Chen are the Principals of this program.

We invited a famous German psychosomatic treatment team of Hospital zum heiligen Geist, a teaching Hospital of Frankfurt University in Germany, to be the faculty of the program, including director Professor Wolfgang Merkle, Nurse-in-chief Miss Gudrun Schopf, CMT psychotherapist Miss Andrea Wolf-Aslan and art therapist Mr. Helge Ostertag.

On the first morning, we held an opening ceremony, a bunch of specialists in psychology attended the ceremony, Yifeng Xu, dean of the Shanghai Mental Health Center said, "Welcome to Shanghai mental health center to attend this training. The training program this year is the largest ever, and it is presented in the form of team work, and I wish everyone will have a good time here and learn useful skills!" Yonggui Yuan, the chairman of the Chinese Mental Health Association said, "We all know that psychosomatic medicine originates from Germany, so it's our pleasure to learn the most advanced psychosomatic treatment concept from the team leading by professor Merkle. Wish the project a great success!" Professor Wolfgang Merkle, the German President of DCAP said, "Shanghai is a warm family to me and it's a good platform for us to communicate and exchange ideas. Psychosomatic medicine is a very interesting topic, it combines our body and spiritual world, and it has a great impact on clinical departments. I hope this project is beneficial for you, so that we can provide more professional treatment for the patients." All the students were inspired by the great pioneers.

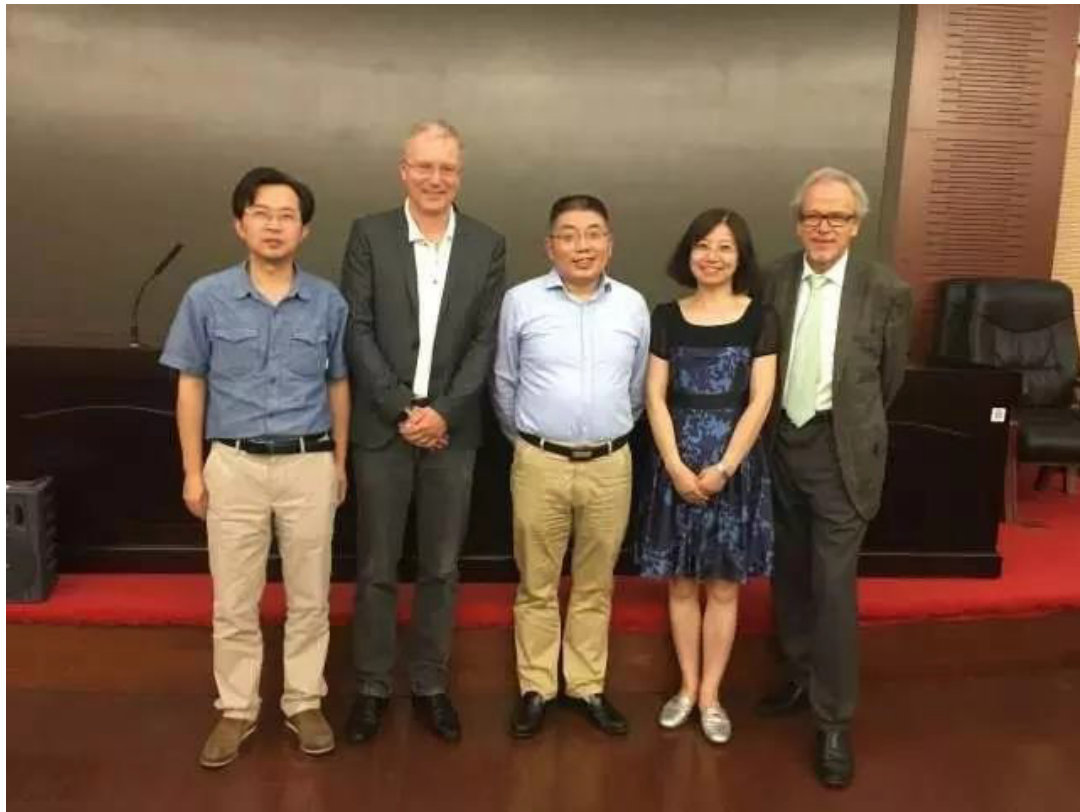
After the ceremony, the students were divided into 4 groups: doctor group, nurse group, CMT therapist group and art therapist group. The daily training contained four parts: morning lecture, evening speech, group discussion and Balint group discussion. In the morning lecture, we learned the basic theory of psychosomatic medicine and the common diseases in psychosomatic ward, e.g. depression, pain disorder, eating disorder, PTSD, etc. Then we formed different groups, i.e. doctor group, nurse group, CMT group and art therapy group, which have different focus, to talk more about the theoretical issues and then have the specific related skill training of the day. In the first evening, Prof Yonggui Yuan showed us the future of Chinese psychosomatic medicine. And in the second evening, Prof Johannes Kruse gave us a wonderful speech, introducing the origin and the development of Psychosomatic in Germany. At the end of the day, we came back together to have a case discussion in the form of Balint Group led by Prof. Wolfgang Merkle. All of the participants joined it very actively, which made the whole group integrate the pieces of the patient and form the complete picture of the patient. The participants were surprised by such beautiful and effective way to understand the patient.

There were 97 participants in all, including psychiatrists, physicians, nurses, psychotherapists, art therapists and social workers, who work in psychosomatic or psychological department of mental health centers and general hospitals in different areas of national China. Most students showed up very early every day so they can exchange the learning content of the previous day and looking for opportunities to talk and learn from German experts. In the small group, all the students participated in the discussion actively. Participants said, "After attending CMT group, I deeply understood the connection between body and soul through the way of movement; Art therapy is just like a colorful sky for me; We all call Prof. Merkle as Merkle Father, because he knows that we are hungry for knowledge and he teaches us a lot."

The feedback questionnaire shows that 99% of the participants thought that the content of this project has involved the latest development, achievements or the problems need to be solved urgently in the field, 100% of the students thought this program was very rewarding, especially in expanding horizons and improving skills, 100% of the students satisfied with the content. All of the participants appealed strongly expressed that they are expecting the advanced training, and looking forward to seeing all of the German teachers again in Shanghai.



Photos of the opening ceremony



Photos of evening lectures

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Photos of art therapist group







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Photos of nurse group





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Photos of CMT therapist group







Photos of doctor group





Photo of the end ceremony

