



DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

Newsletter Dezember 2017

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1. Alf Gerlach: New Training Psychoanalytic Oriented Psychotherapy at Shanghai Mental Health Centre

In September 2017 a new training in psychoanalytic oriented psychotherapy started at Shanghai Mental Health Centre. As in the last programs before, German psychoanalysts together with Chinese colleagues offer six groups in the so-called basic program, six groups for advanced trainees and one so-called supervision group. Each group has 16 members, the German psychoanalyst as teacher and the Chinese interpreter, in the basic groups also the Chinese teacher. The aim of the basic training that lasts for 32 days in four parts, from September 2017 until May 2019, is to get the basic qualification in psychoanalytic oriented psychotherapy. The advanced training is a more specialised training to improve the basic qualification in individual psychotherapy, but to add also some knowledge and skills in group psychotherapy. Part of this training is the self-experience in groups over 56 sessions of one and half hour that enables the participants to deepen their knowledge about themselves, their capacity to listen to other people, to mentalize inner experiences of themselves and others. The supervision group as the highest

level gives an opportunity to present case reports at an advanced level and to come in touch with more experienced colleagues.

For this program the interest was so large that SMHC could accept only 1/6 of all interested people. Beginning with the year 2000, nearly 1400 people successfully finished the training.

In the evenings the teachers offered the following outreach lectures for the participants of the training, but also for school teachers, counsellors, psychiatrists and psychologists from outside:

Dr. Thomas Sprengeler: Different forms of psychoanalytic therapy

Dr. Lin Tao: The paranoid-schizoid position and the depressive position

Dr. Klaus Kocher: Psychotherapeutic Attitude - How does a psychotherapist work?

Dr. Claas Happach: On Mentalization

Dr. Alf Gerlach: Adolescence and its impact for love relationships

2. Ulrich Sollmann: The body perspective and its relevance in specific social fields (Activities in 2017: Ulrich Sollmann together with DCAP and Chinese partners)

In general I can say that there is more and more specific interest in a better understanding of the relevance of the body perspective for personal development, therapeutic treatment, stress management and health behavior.

There is also a deep need for practical concepts and psychoeducation in society.

- In 2017 I worked practically by leading *workshops* in the field of body psychotherapy, did leadership coaching in Chinese companies and was invited for some lectures:

The first two-years-training-program in body-psychotherapy at Shanghai Mental Health Center (SMHC) was finished in April with the last workshop. It is now time to evaluate the feedback of the participants and the general experience in order to start a second run of the training. I ran specific workshops organized by Happy family helper Center/Tongji- University, Shanghai. There I picked up specific topics which fit to the current situation in China and the needs of the people like sexuality (April) and stress-management (August 2017).



Furthermore I had another three-days-workshop on body-language and nonverbal-communication in Beijing organized by Chunsheng Fu (www.iepsy.com)

I ran a specific workshop for Weiming Xinqing in Beijing. The colleagues asked me to offer a specific approach which is basic in the field of the development of humanistic psychology. I choose the early concept of sensitivity-training of the seventies of last century in order to introduce a back to the roots-concept?

Participants got an opportunity to practically experience and understand what and how personal development was like in the early times of the human growth movement.



- I also was asked to offer *single sessions/single therapy* for clients of some colleagues in China as well as for colleagues themselves. This helped me to get a deeper insight into the interplay of suffering from symptoms, personal history and treatment. I also could experience how nonprofessionals adapt to body psychotherapy. I am more and more convinced that Chinese are very open to work with the body and yet not so well experienced with the interplay of body experience, personal suffering, personal development and (critically) reflecting the social field they live in.
- I was invited for two *lectures* in Beijing in April and November plus demonstration by Weiming Xinqing in Beijing in order to introduce the body-

perspective to students and professionals in the field of psychology, psychotherapy and counselling, as well as on emotional intelligence and body-self-expression? Participants showed up with an essential need for psychoeducation. This plays a growing necessary part right now in the Chinese society, at least in the big cities.

The Chinese Association of Acceptance and Commitment Therapy (ACT) invited me for a key-note-lecture at the first Chinese conference of ACT. Prof Zhu from the Chinese Academy of Sciences (Beijing) asked me to refer to the relevance of body-language and body-experience in psycho-therapy.

- Suzhou hospital wants to develop an *international collaboration*. The administration invited me for a lecture about body-diagnostics and nonverbal communication in the field of (psycho) therapy. Therefore we planned a specific collaboration to support therapists, medical doctors and nurses in relating to the body under the perspective of interplay, reciprocal action of breathing, movement, tension and touching.



We also arranged some contact to Freiburg University and Prof. Fritzsche. Mr Sun who is in charge of the international collaboration project visited Freiburg in autumn and a workshop with Prof Fritzsche and Prof Bassler in Beijing. Modern hospitals are built in prosperously and fast growing business areas. They often lack qualified therapists and relevant know-how.

- The year 2017 was also characterized by a deeper and more specific approach in *leadership coaching and consulting with Chinese companies*. One main focus was stress-management, leadership and role-functioning in a biotechnological company. The workshop was followed by an intensive analysis and on the interplay of leadership, communication and need of structuring the company as a successfully growing start-up.



Another company (platform for consumer issues in China) asked me to support a specific on-going business development process. Main issues were: Demand analysis, coaching of the general management, analysis of communication, cooperation and leadership, team-building, defining the role of leadership and introducing the concept of effectiveness by self-responsibility, common comprehension of demands and monitoring. One of my important lessons learnt is the fact that Chinese companies can grow and develop very fast but they often lack enough professional grounding and structure when they want to gain sustainability. They are eager to learn from western concepts though the implementation into the daily practical work faces quite big obstacles.

- I published some articles on my experiences in China like: Nicht der Fremde ist fremd – sondern ich bin (auch) fremd (in: Trautmann-Voigt et al. psychodynamische Psychotherapie und Verhaltenstherapie, Schattauer Verlag). It is a case study related to a better understanding and handling of cultural alienation and transcultural communication in the setting of a hospital. Another case-study which we as a team (together with Li Wentian from Wuhan and Wang Haojie from Shanghai) was published in the open source journal International Journal on Body, Mind and Culture? (www.ijbmc.org). This case study is related to working as a body psychotherapist with SSD under the perspective of culture and gender.

Finally my book „Begegnungen im Reich der Mitte - Mit psychologischem Blick unterwegs in China“ is finished and published in German (Psychosozial-Verlag). I wrote about my experiences in China, about the way how I observe and understand body expression and how I experience (non-) verbal

communication, also under cultural aspects.

Another book of mine about stress-management and understanding of stress as well as offering a very practical concept is on the way to be published in China.

Two Scientific Journals invited me to join the international Board (a - Intern. Journal of Body, Mind and Culture, b - Creative Arts Education and Therapy (CAET). This mirrors the relevance of the body approach as it is seen by colleagues.

- As I'm active in *virtual communication* i.e. social media and internet it seemed to be necessary to start a *specific blog* about the relevance of the body in life, in society and in therapy.
- More and more the *private life of Chinese colleagues and clients at home* opens up to me by being invited to their homes. It is exciting to come into contact with this part of social life and experience a friendly and open welcome. Being there we usually talk very openly and frankly about private things but also about life and society in China. This experience offers to me a good insight into daily life and allows me to get some glimpse of what is behind the curtain when I meet the same people outside their homes. I am really astonished about the clear view people have on their life, on society and culture as well on development and change. I also faced the deep need for answers when memorizing their questions. Sometimes I had the impression that they were sponging up what we talked about.

Since some time there is an increased relevance of *psychoeducation In China*. It is (or is needed as) part of psychosomatic and psychotherapeutic treatment as well as an important fast growing factor in social life. Psychoeducation at the same time seems also to fit more precisely to the cultural way how Chinese learn. On the other hand it mirrors the specific state of development of personal growth and psychological movement in China. Therefore I integrate clearly this aspect into my work. I also create specific tools or publications to support this development and social need. My blog wants to follow this specific need in the Chinese society.

In August I got an official invitation to the Shanghai University of Political Science and Law (SHUPL).



This university has become a high level liberal arts university. There are two interests to collaborate: there is a psychological lab which does scientific research and offers practical study in the field of micro movement and micro facial expressions. We intend to integrate the macro and micro movement in facial expression. SHUPL is experienced in Ekman's approach while I support from the perspective of patterns of behavior and expression under stress. The second collaboration is related to the field of political and cultural communication along the silk road (one road, one belt).

In October there was the first meeting of the *Sino-German Alumni Network in Psychosomatic Medicine and Psychotherapy – DCAPP* in Heidelberg. Two main foci are network building of specialized alumni in Germany and China and foundation of a German-Chinese Society for Psychosomatic Medicine and Psychotherapy. I was asked to support the network under the aspect of social media and establishing a consulting platform.



In November we joined the *Sino - German Symposium about Psychosomatic Medicine: Bridging the Gap between Soma and Psyche* in Beijing. I offered some aspects of the body perspective by lecturing and a practical workshop together with Zahao Yudong (how to integrate the body into psychotherapy). One aspect which really touched me was the fact how important the issue of sexuality is and that even some of the participants, all professionals, stated that they did not have enough knowledge about this and felt quite helpless working on this basic issue of human relationship.



In the beginning of 2017 the Chinese film maker Lola Liu finished her *impressing film* about Chen Si who tries to save the life of people who try to commit suicide at Nanjing bridge. She followed those people, those hobos who were saved, back to their homes. The most impressing fact was to listen to the hobos talking about their lives, their experience of social life in China. Lola Liu had asked me already two years ago to support her by continuing coaching. (<https://vimeo.com/169655908> Password: Bridge_Lichtfilm) Meanwhile she asked for funding for another project at Robert Bosch Stiftung. She intends to document how people in China develop psychologically and can handle the challenge of social change. She also asked me for coaching. By the way - the DCAP knows her well. She filmed some workshops together with Volker Noack.

3. China Activities 2017 of the Department for Psychosomatic Medicine and Psychotherapy, University Medical Center, Freiburg

Kurt Fritzsche, Claas Lahmann, Anne Müller, Ying Zhang

Training in Psychosomatic Medicine and Psychotherapy

Shanghai

- [1] **Training in Psychosomatic Medicine (ToT) for general practitioners (GP) in the community health center.** Shanghai Mental Health Center (Cooperation partner He Yanling), May 5 to 7, 2017
- [2] **Psychosomatic Medicine Forum (ToT) for general practitioners (GP) in the community health center.** Tongji University (Cooperation partner Zhao Xudong), May 16, 2017
- [3] **Training in Psycho-cardiology. Department of Cardiology of Tongji Hospital in Shanghai.** (Cooperation Partner Ma Wenlin, Wang Hao, K.-H. Ladwig,) November 3 -5, 2017

Beijing

- [4] **Advanced Training in psychosomatic medicine and psychotherapy-(DAAD-PAGEL)** together with Markus Bassler; for psychiatrists and medical doctors of all medical specialties and psychologists. Peking Union Medical College Hospital PUMCH (Cooperation partner Wei Jing)
April 28 to May 2, 2017
November 18 to 22, 2017
- [5] **The 7th Beijing International Balint Conference & Leadership Training.** Peking Union Medical College Hospital PUMCH (Cooperation partner Wei Jing), Chinese Balint Society. May 25 to 27, 2017
- [6] **Lecture: Somatic Symptoms Disorders.** Beijing Zhongguancun Hospital. Cooperation partner Chen Jin. November 14, 2017

Chengdu

- [7] **Advanced Training in psychosomatic medicine and psychotherapy** for postgraduate doctors of all medical specialties and nurses. West China Hospital, Chengdu, Sichuan (Cooperationpartner Zhang Lan),
May 11 to 13, 2017
November 9 to 11, 2017

Guangzhou

- [8] **Conference on doctor-patient communication skills and medical staff's self-growth (Balint group).** Guangdong Mental Health Center (Cooperation partner Xie Yongbiao), June 1 to 4, 2017

Huangzhou

- [9] **The 4th Hangzhou Balint group workshop.** Cooperation partner Tao Ming. May 28, 2017

Suzhou

- [10] **Lecture and patient live interview:** Psychosomatic Medicine in Germany and China. Cooperation partner Sun Zhihui. November 7, 2017

- [11] **Summer School, Germany**

The first Summer School of the DAAD Project has finished successfully.

In two weeks 17 physicians from 7 cities of China have experienced the practice of psychosomatic medicine in Freiburg and Clausthal-Zellerfeld.



Symposium, Beijing

DAAD Symposium with German teachers (Claas Lahmann, Wolfgang Eich, Ulrich Sollmann, Rainer Leonhart, Anne Müller, Kurt Fritzsche).
Topic “Bridging the Gap between Soma and Psyche” in Peking Union Hospital, November 23-24, 2017.

The 5th Palace Forum on General Hospital Psychological Medicine, Beijing
Sponsored by Peking Union Medical College Hospital(PUMCH) and held by
Federation of Mental Health in General Hospital(Fed-MHiGH) under Chinese
Psychiatrist Association, November 24- 26, 2017 in PUMCH.

Lectures: Why China needs psychosomatic medicine? (Kurt Fritzsche)
Embodiment - a body oriented perspective in psychosomatic medicine (Claas
Lahmann)

Research in Psychosomatic Medicine and Psychotherapy

Validation study: DSM-5 Somatic Symptom Disorder (SSD) and ICD-11 Bodily Distress Disorder (BDD) in China: Do these diagnoses exist and how can we diagnose them? Coordinator: Wei Jing, Peking Union Medical College Hospital PUMCH

Psychotherapeutic Group Therapy for Patients with Somatic Symptom Disorder in China – A Multicentre Randomized Controlled Trial (DFG/NSFC).
Coordinator: Zhang Lan, West China Mental Health Center, Chengdu
Quality assurance of DAAD training in psychosomatic medicine and psychotherapy.

1. Evaluation of the curriculum.
2. Evaluation of the trainees (Psychotherapist development, process and outcome of the treatment sessions)

Psycho-cardiology: Cross-sectional study and intervention study about the pre-hospital delay in myocardial infarction. Cooperation between Karlheinz Ladwig, Helmholtz Centrum München and Ma Wen Lin, Tongji Hospital, Department of Cardiology, Shanghai

Sino-German doctor degree program (Dr. med.) Coordinator: Zhang Ying

Balint groups: Evaluation of Chinese Balint groups by questionnaire. A comparison between Chinese and German Balint groups. Chinese and German Balint society.
Coordinator: Shi Lili

Grants

2016-2019 Agency: German Academic Exchange Service (**DAAD-PAGEL**)
Title: Advanced training in Psychosomatic Medicine and Psychotherapy in China.

2017-2020 Agency: Ministry for education and research (**BMBF**), together with Heidelberg University (Wolfgang Eich, Jonas Tesarz)

Our alumni network project DCAPP (Deutsch-Chinesisches Alumni-Netzwerk in der Psychosomatischen Medizin und Psychotherapie/**German-Sino Alumni Network in Psychosomatic Medicine and Psychotherapy**) have received the official confirmation from the DLR/BMBF. The kick-off meeting was convened on 10.14 in Heidelberg.

More than 20 colleagues from Peking, Shanghai, Heidelberg, Freiburg, Frankfurt and other cities have discussed the core concept and planned important activities in the next 3 years.

1. Workshop: May 6 to 10, 2018, Shanghai



Publications in international peer reviewed journals

Leonhart R, Tang LL, Pang Y, Li J, Song L, Fischer I, Koch M, Wuensch A, Fritzsche K, Schaefer R (2017). Physical and psychological correlates of high somatic symptom severity in Chinese breast cancer patients. *Psycho-Oncology* 26(5):656-663

Zhang Y, Zhao X, Leonhart R, Nadig M, Wang J, Zhao Y, Wirsching M, Fritzsche K (2017) A cross-cultural comparison of climacteric symptoms, health-seeking behavior and attitude towards menopause between Mosuo women and Han Chinese women in Yunnan, China. *Transcultural Psychiatry* (in press)

Xiong N, Wei J, Fritzsche K, Leonhart R, Hong X, Li T, Jiang J, et al. (2017) Psychological and somatic distress in Chinese outpatients at general hospitals: a cross-sectional study. *Ann Gen Psychiatry* 16: 35.

Xiong N., Zhang Y., Wei J., Leonhart R., Fritzsche K., Mewes R., Hong X., Cao J., Li T., Jiang J., Zhao X., Zhang L., Schaefer R (2017) Operationalization of diagnostic criteria of DSM-5 somatic symptom disorders. *BMC Psychiatry*;17(1):361.

Wang J, Guo WJ, Mo LL, Luo SH, Yu JY, Dong ZQ, Liu Y, Huang MJ, Wang Y, Chen L, He N, Chen R, Zhang L, Li T (2017) Prevalence and strong association of high somatic symptom severity with depression and anxiety in a Chinese inpatient population. *Asia-Pacific Psychiatry*. 2017;e12282.

<https://doi.org/10.1111/appy.12282>

Wang J, Guo WJ, Mo LL, Luo SH, Yu JY, Dong ZQ, Liu Y, Huang MJ, Wang Y, Chen L, He N, Chen R, Zhang L, Li T (2017) The development and validation of

Huaxi emotional-distress index (HEI): A Chinese questionnaire for screening depression and anxiety in nonpsychiatric clinical settings. *Comprehensive Psychiatry* 76 (2017) 87–97

Ladwig KH , Fang XY, Spieler D. etc. Comparison of delay times between symptom onset of an acute ST elevation myocardial infarction and hospital arrival in men and women <65 years versus ≥ 65 years of age (2017). *The American Journal of Cardiology* (accepted)

Tang LL, Fritzsche K, Leonhart R, Pang Y, Li JJ, Song LL, Fischer I, Koch M, Wuensch A, Mewes R, Schaefer R (2017). Emotional distress and dysfunctional illness perception are associated with low mental and physical quality of life in Chinese breast cancer patients. *Health and Quality of Life Outcomes* (in press)

Doctor thesis:

Zhang Ying: A cross-cultural comparison of climacteric symptoms between Mosuo women and Han Chinese women. Freiburg University with "Magna cum laude"

Contact: kurt.fritzsche@uniklinik-freiburg.de

4. Psychosomatische Medizin und Psychotherapie in China

Stand der Entwicklung 2017

Kurt Fritzsche

Die 1-Monats-Prävalenz für psychische Störungen in China liegt bei ca. 17% der Allgemeinbevölkerung. Hauptsächlich handelt es sich um affektive Störungen (ca. 7%) und Angststörungen (ca. 5%). Psychosen liegen in ihrer Häufigkeit bei ca. 1%. Diese Daten sind von Anfang 2000. Es ist anzunehmen, dass ähnlich wie in westlichen Ländern die Prävalenzraten in den letzten 10 Jahren noch gestiegen sind. China hat damit einen ähnlich hohen Anteil an psychischen Störungen wie westliche Länder. Nicht erfasst sind die Comorbiditäten und Wechselwirkungen mit körperlichen Krankheiten wie koronare Herzkrankheit, Diabetes mellitus und Krebserkrankungen, bei denen psychische Störungen bei der Entstehung oder dem Verlauf auch prognostisch eine wichtige Rolle spielen.

Maximal 10% der Patienten mit psychischen Störungen erhalten irgendeine Form von Behandlung, meistens Psychopharmaka. 90% der Patienten mit psychischen Störungen werden entweder nicht erkannt und/ oder nicht behandelt. Der Bedarf an einer psychotherapeutischen oder psychosomatischen Versorgung ist enorm hoch. Die Unterversorgung führt zu Chronifizierung und hohen Gesundheitskosten.

Die Versorgung psychisch und psychosomatisch kranker Menschen in China ist durch ein großes Ungleichgewicht gekennzeichnet: Auf der einen Seite gibt es gut ausgestattete Mental Health Centers wie in Shanghai, Chengdu oder Wuhan, die ambulante und stationäre Psychotherapie auf ähnlich hohem Niveau wie in Deutschland vorhalten, auf der anderen Seite gibt es eine große Zahl von sogenannten psychosomatischen Abteilungen (Department of Psychological

Medicine) an Allgemeinkrankenhäusern, wo die Patienten rein pharmakologisch behandelt werden.

Beispiele:

- 1.) Suzhou New District Hospital. Hier ist ein Psychosomatic Department mit zunächst 20 Betten geplant. An Personal zur Verfügung stehen 4 Neurologen, 3 Psychiater, 2 Psychologen, 8 Krankenschwester und eine Musiktherapeutin. Niemand hat eine Ausbildung in Psychotherapie oder Psychosomatischer Medizin. Während des Besuchs stellte sich gerade eine Musiktherapeutin aus Malaysia vor. Personalführende und verbale Therapien sind in China kaum vorhanden. Der Präsident des Krankenhauses und der Vertreter der Provinzregierung sind sehr an einem Training in Psychosomatic Basic Care für alle Ärzte interessiert. Parallel wünschen sie sich ein Training in Psychotherapie für die ambulante und stationäre Versorgung ihrer Patienten für alle Teammitglieder.
- 2.) Sichuan Province Medical Center of Mental Health: Am 11. November wurde das neue Mental Health Center in einem neuen Stadtteil von Chengdu eröffnet. 500 Betten verteilen sich auf 5 architektonisch sehr anspruchsvolle Gebäude. Geplant ist eine Sektion Psychosomatic Medicine mit ca. 120 Betten auf 3 Stockwerken: Psychokardiologie, Psychoonkologie, Gastrointestinal Disorders und ein Comprehensive Ward. Mit der Aufnahme der ersten Patienten wird frühestens in einem Jahr gerechnet, da kein Personal zur Verfügung steht, diese Stationen zu betreiben. Askan Hendrischke ist in engem Kontakt mit dem wahrscheinlich zukünftigen Leiter dieser Sektion, Dr. Zhou Bo und berät und begleitet die Implementierung von stationärer Psychosomatik.
- 3.) Psychiatrisches Krankenhaus, 6th People's Hospital der Peking University (Beida). Das 6th People's Hospital ist ein Referenzkrankenhaus für die Ausbildung zukünftiger Psychiater. Im Rahmen seiner Facharztausbildung muss jeder Psychiater in Peking 2 Jahre in diesem Krankenhaus arbeiten. Das Krankenhaus hat einen sehr guten Ruf hinsichtlich der Patientenversorgung und vor allem aufgrund seines wissenschaftlichen Niveaus. Im Ranking liegt es in Bezug auf die wissenschaftlichen Leistungen an erster Stelle in China, noch vor dem Shanghai Mental Health Center und dem West China Mental Health Center in Chengdu. Die psychotherapeutische Versorgung an diesem Spitzenkrankenhaus ist deprimierend. Es gibt eine Station für Patienten mit Anorexia nervosa, auf der die Patienten wie im Gefängnis 24 Stunden überwacht werden und unter strikter Aufsicht einer Begleitperson essen müssen. Nach dem Mittag- und dem Abendessen müssen die Patienten 2 Stunden ruhig im Aufenthaltsraum sitzen, ohne sich zu bewegen. Einzelgespräche, Familiengespräche, nonverbale Therapieverfahren finden kaum statt. Der Leiter der Klinik, Professor Lu Lin bedauert den Mangel an psychosomatischer und psychotherapeutischer Versorgung und Forschung. Auch die Mitarbeiter schienen sehr daran interessiert, haben jedoch kaum zeitliche Ressourcen für Psychotherapie. Eine im Rahmen der deutsch-chinesischen Kurse systemisch ausgebildete Psychiaterin (Frau Hong Lin) führt pro Woche ca. ein Familiengespräch durch.

Zusammengefasst ergibt sich in Bezug auf die Ausbildungs- und Versorgungssituation eine große Diskrepanz: Auf der einen Seite gibt es durch die jetzt fast 30-jährige Aktivität der DCAP, zusammen mit anderen internationalen

Organisationen, mittlerweile tausende von psychotherapeutisch in verschiedenen Psychotherapieverfahren ausgebildete Ärzte, Psychologen und andere Berufsgruppen. Diese arbeiten wahrscheinlich vorwiegend in Beratungsstellen oder in einigen der oben genannten, sowohl räumlich als personell gut ausgestatteten Mental Health Centers. Auf der anderen Seite gibt es einen großen Teil von Ärzten aller Fachrichtungen, Psychiatern, Psychologen, Krankenschwestern und anderen Berufsgruppen wie z.B. aus dem Klinikmanagement, die zum Teil an Trainings teilgenommen haben, dieses aber in ihrem Berufsalltag kaum oder nur reduziert anwenden können oder bisher noch überhaupt kein Training erhalten haben. Mittlerweile gibt es nach Angaben eines Regierungsvertreters an ca. einem Drittel aller Allgemeinkrankenhäuser eine psychosomatische Abteilung. Herr Gao Xinqiang von der National Health and Family Planning Commission betonte bei seinen Grußworten beim DAAD-Symposium in Peking am 24.11.2017, dass er erst in den letzten Jahren die Bedeutung der Psychosomatischen Medizin und Psychotherapie für China erkannt habe, und dass er deren Ausbau in den nächsten Jahren auch von Regierungsseite unterstützen möchte. In der Bevölkerung hat sich ebenfalls ein großes Interesse an psychologischen Themen entwickelt. Es gibt populäre Zeitschriften, Fernsehsendungen und Internetplattformen dazu. Die Stigmatisierung psychisch Kranker scheint abzunehmen. Die Patienten sind in den Gesprächen sehr offen für psychosomatische Zusammenhänge ihrer körperlichen Beschwerden. Diese Schussfolgerungen haben keinen Anspruch auf Repräsentativität und basieren lediglich auf subjektiven Erfahrungen. Daten zum Trainingsstand der Ärzte in psychosomatischen Abteilungen liegen nicht vor. Auch kenne ich keine Daten aus Follow-Up Untersuchungen zu dem weiteren beruflichen Weg der Teilnehmer unserer Kurse.

Insgesamt bestehen jedoch durch das hohe Interesse an Psychosomatischer Medizin und Psychotherapie, dem hohen Versorgungsdruck mit auch Wünschen der Patienten nach einer psychologischen Mitbetreuung und der politischen Bereitschaft, diese Entwicklung zu fördern, sehr gute Voraussetzungen für unsere zukünftige deutsch-chinesischen Kooperation. Auf dem Gebiet der Psychosomatischen Medizin und Psychotherapie bieten sich für die nächsten 10 Jahre zwei Ziele an:

1. Die Kompetenzentwicklung und Kompetenzstärkung von Ärzten, Psychologen und Pflegepersonal auf dem Gebiet der Psychosomatischen Medizin und Psychotherapie durch kontinuierliches Training in Psychosomatischer Grundversorgung und in Psychotherapie. Das ist im Rahmen eines Trainings of the Trainer (TOT) Konzepts zu realisieren.

2. Implementierung der zwei Trainingsstufen in die Fort- und Weiterbildung der Ärzte aller Fachgebiete, des Pflegepersonals und anderer Mental Health Specialists. Implementierung der Psychosomatischen Medizin und Psychotherapie durch Unterstützung bei Auf- und Ausbau von psychosomatischen Abteilungen am Allgemeinkrankenhaus (stationäre Psychosomatik, Tagesklinik, Ambulanz, psychosomatischer Konsil- und Liaisondienst).

Diese Maßnahmen sollten kontinuierlich evaluiert werden und vor allem auch unter Kosten-Nutzen-Aspekten untersucht werden, um gegenüber den Kostenträgern überzeugende Argumente für die Notwendigkeit einer psychosomatischen und psychotherapeutischen Versorgung belegen zu können.

Kurt Fritzsche
im Dezember 2017

5. Report of Chinese-German Psychosomatic Medicine Training Program

Jue Chen, Shanghai Mental Health Center, Shanghai, 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 Principles 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 devided 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 excepting the advanced training, and looking forward to seeing all of the German teachers again in Shanghai.



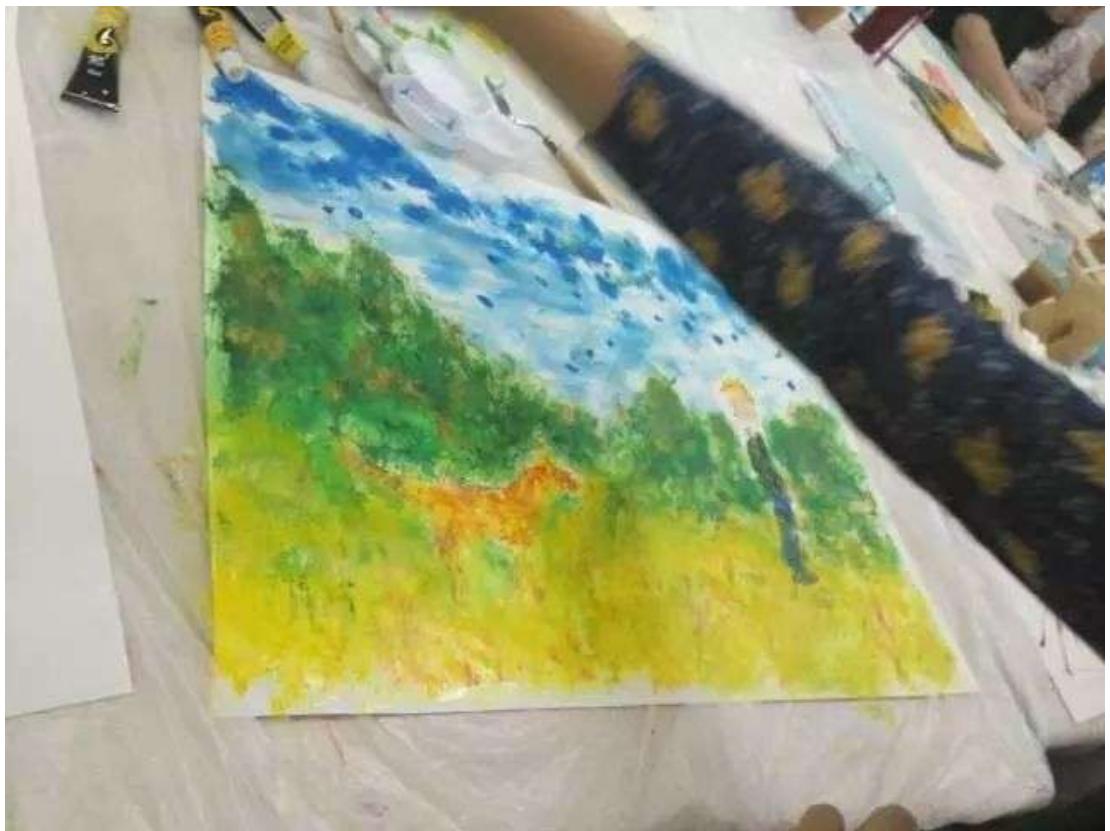
Photos of the opening ceremony



Photos of evening lectures

Photos of art therapist group





Photos of nurse group





Photos of CMT therapist group





Photos of doctor group

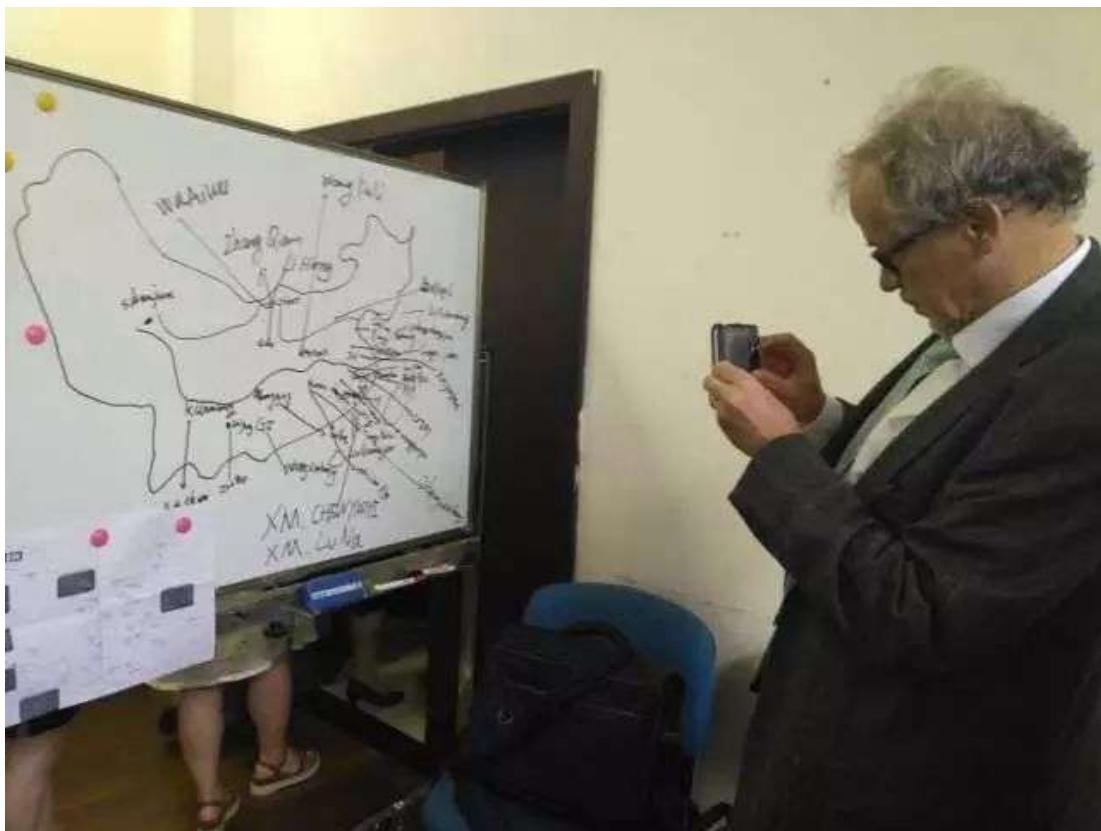




Photo of the end ceremony



Buchhinweise

Ulrich Sollmann

Begegnungen im Reich der Mitte

Mit psychologischem Blick unterwegs in China Ulrich Sollmann gibt Einblicke in die historisch und traditionell geprägte Psyche Chinas. Basierend auf eigenen Reiseerfahrungen schildert er alltägliche Szenen des chinesischen Lebens und skizziert verschiedene Bewegungs- und Begegnungsräume der Menschen. In persönlichen und bildhaften Schilderungen zahlreicher Begegnungsszenen und virtueller Kontakte veranschaulicht er nicht nur typische Verhaltensweisen, sondern auch den Facettenreichtum der Beziehungsgestaltung in China. Die lebhafte Darstellung eigener Erlebnisse und Beobachtungen ergänzt der Autor durch eine körperpsychotherapeutisch geschulte Perspektive und den kontinuierlichen Blick auf das eigene emotionale Echo. Er lässt die LeserInnen an seinem eigenen Erleben und den oft widersprüchlichen persönlichen Gefühlen teilhaben und lädt dazu ein, sich das Fremde auf diese Weise vertraut zu machen.

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