



EAPM 2018

6TH ANNUAL SCIENTIFIC CONFERENCE OF THE
EUROPEAN ASSOCIATION OF PSYCHOSOMATIC MEDICINE · EAPM ·
INNOVATIVE AND INTEGRATED APPROACHES
TO PROMOTE MENTAL AND PHYSICAL HEALTH
Verona (Italy), 27-30 June 2018

PROGRAM OF THE 5 EAPM 2018 MASTERCLASSES

Please ensure to have your place in the Masterclass by registering before JUNE 22!

For more details see www.eapmverona2018

WEDNESDAY 27 JUNE

15.20-17.30

CARUS MASTERCLASS: Trauma-informed care interventions

Clare Pain (see the CV in www.eapmverona2018)

MD, Associate Professor, Department of Psychiatry, University of Toronto; Director of the Psychological Trauma Program, Mount Sinai Hospital, Toronto, Canada

Unresolved psychological trauma can affect an individual's mental, physical, social, and spiritual well-being. In spite of these effects, it is not unusual for the impact of trauma to be hidden or unacknowledged. As a result, health care providers can feel confused and uncertain when working with trauma survivors, which may leave trauma survivors at risk of not receiving the care they need, even with a clinician's best intentions. Trauma-informed care provides a framework that incorporates an understanding of the individual. It promotes sensitivity to engagement so as to ensure survivors receive care appropriate and responsive to their needs; delivered in a manner that facilitates acceptance of the care being offered.

This interactional workshop will address the impact of trauma, and the identification and management of patients suffering from symptoms and problems as a result of unresolved traumatic experiences. Clinical examples, demonstrations of techniques and strategies for working with trauma survivors will bring the theoretical material to life and illustrate the applied principles in practice. Participants are invited to bring clinical cases or submit clinical cases in advance for discussion.

CARUS MASTERCLASS: Group interventions to support health care providers

Molyn Leszcz (see the CV in www.eapmverona2018)

M.D., FRCPC, DFAGPA, Professor, Department of Psychiatry University of Toronto, Sinai Health System; President-Elect, American Group Psychotherapy Association

AIM: Medical and nursing staff working in acute care hospitals experience high levels of psychological stress and vulnerability to burnout through exposure to adverse clinical situations and systemic threats and challenges. A mental health focus on staff interventions can improve wellbeing of hospital staff.

METHODS: The lecture will describe interventions and approaches at both the micro and macro levels that contribute to reduced staff stress and improved psychological safety and wellbeing in the workplace, in the setting of Mount Sinai Hospital, a University of Toronto Academic Hospital. **RESULTS:** Impacts within the hospital and on its staff at the level of culture, improved staff coping and resilience, improvement of mental health literacy, and reduced mental health stigma, will be illustrated. This includes Mount Sinai Hospital's recognition by the Mental Health Commission of Canada. **CONCLUSIONS:** Mental health professionals can and should use group their expertise in psychology and group interventions to support their health care colleagues in meaningful and impactful fashion.

CONGRESS PRESIDENT EAPM 2018

Mirella Ruggeri
Section of Psychiatry, University of Verona
and Verona Hospital Trust

ORGANIZING SECRETARIAT

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THURSDAY 28 JUNE
8.30-10.40

CARUS RESEARCH MASTERCLASS: Research methods and targets of psychosomatic research

Giovanni Andrea Fava (see the CV in www.eapmverona2018)

*Department of Psychology, University of Bologna, Bologna, Italy and Department of
Psychiatry, State University of New York at Buffalo, Buffalo, New York*

The aim of the masterclass is to discuss the main critical issues that are concerned with psychosomatic research, based on the lecturer's extensive experience with Psychotherapy and Psychosomatics. The following issues will be covered: 1) development of a psychosomatic hypothesis; 2) formulation of a research protocol; 3) choice of assessment instruments, with particular reference to clinimetric principles and the Diagnostic Criteria for Psychosomatic Research; 4) writing of the paper; 5) submission of the paper to a journal.

The format is interactive, with opportunities for questions and requests for clarification.

CARUS MASTERCLASS: Physical and mental health in chronic illness

Professor Sir Graham Thornicroft (see the CV in www.eapmverona2018)

*Centre for Global Mental Health, Institute of Psychiatry, Psychology and Neuroscience
King's College London, De Crespigny Park, London SE5 8AF*

Presenter: Sir Graham Thornicroft is Professor of Community Psychiatry at the Institute of Psychiatry, King's College London. He is a Consultant Psychiatrist working in an Early Intervention community mental health team in South London. His areas of expertise include: mental health needs assessment, the development of new outcome scales, cost-effectiveness evaluation of mental health treatments, stigma and discrimination, the development of community-based mental health services, and global mental health. He has published 30 books and over 500 peer-reviewed scientific papers.

Summary of presentation: This masterclass will address: • The co-occurrence of mental and physical ill health • The concept of syndemics • Evidence of premature mortality among people with mental illness • Evidence of neglect of physical health problems among people with mental illness • The contributions of stigma towards these problems • Actions that are needed at the clinical level to address such disparities • The evidence that integrated care can provide a better approach to the care of people with co/multi-morbid conditions

References: Liu, N. H., et al (2017). Excess mortality in persons with severe mental disorders: a multilevel intervention framework and priorities for clinical practice, policy and research agendas. *World Psychiatry* 16, 30-40; Thornicroft G, Mehta N, Clement S, Evans-Lacko S, Doherty M, Rose D, et al. Evidence for effective interventions to reduce mental-health-related stigma and discrimination. *Lancet*. 2016;387: :1123–32.

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ALISON CREED AWARD MASTERCLASS: Conducting randomized, controlled intervention trials in Psychosomatic Medicine

Arthur J. Barsky (see the CV in www.eapmverona2018)

M.D., Professor of Psychiatry at Harvard Medical School and the Vice Chair for Academic Affairs in the Department of Psychiatry at the Brigham and Women's Hospital in Boston, USA

Randomized, controlled clinical trials are considered the gold standard for establishing the efficacy of a therapeutic intervention. This workshop will use a short description of one such trial as a springboard to a broader discussion of the design, conduct, and reporting of clinical research. Most of the time will be devoted to interaction and discussion among the participants. The discussion may consider how to think through and formulate testable hypotheses; how to go about designing a study to test the hypotheses; how study design influences the choice of methods and procedures, and the selection of the study instruments; thinking through the basics of data analysis; and how to write up and publish studies. If participants are interested, we can also discuss the grant application process and the search for funding.

I will begin the session by summarizing a recently completed randomized, controlled intervention trial (Fallon BF, Ahern, DK, Pavlicova M, Skritskya N, Barsky AJ. A randomized controlled trial of medication and cognitive-behavioral therapy for hypochondriasis. *American Journal of Psychiatry* 2017; 174: 756-764). This clinical trial compared hypochondriacal volunteers randomized to fluoxetine, cognitive behavior therapy, combined treatment with both, or pill placebo. They were carefully screened to meet eligibility criteria, and assessed at baseline, 12 weeks and 24 weeks after treatment. An intent-to-treat analytic design was used. The results indicated that fluoxetine but not CBT was significantly effective in reducing hypochondriacal symptoms. Joint treatment provided a small incremental benefit. It would be helpful background for our workshop if the participants would submit several topics or specific questions they would like to discuss. In addition, a brief summary of studies that they may have conducted or are currently planning would be helpful to have in advance.

INFORMATION:

All participants to the Masterclasses will receive a Certificate. The EAPM Congress and the Masterclasses have been assigned **14 CME Credits**

HOW TO REGISTER: SEE www.eapmverona2018 for more info

Regular fee: € 80

Members of EAPM and ACLP: € 60

Young researchers < 40: € 50

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