



# EAPM 2018

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**INNOVATIVE AND INTEGRATED APPROACHES  
TO PROMOTE MENTAL AND PHYSICAL HEALTH**  
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## **The clinical role of psychosomatic medicine**

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There have been major transformations in health care needs in the past decades. Today the changed spectrum of health conditions (e.g., multimorbidity, chronicity) points to the inadequacies of a medical care that is centred primarily on the diagnosis and treatment of each disease separately. The aim of treatment should be the identification of all modifiable biological and non-biological factors, and the attainment of individual goals. Accordingly, the traditional boundaries among medical specialties, based mostly on organ systems (e.g., cardiology, gastroenterology), appear to be more and more inadequate in dealing with symptoms and problems that require an integrated approach. The alliance between commercial interests in medicine and biomedical reductionism is likely to highlight the importance of single etiological factors and therapeutic agents in the management of disease. From psychosomatic medicine, a land of innovative hypotheses and trends, many indications for changes in the current practice of medicine and psychiatry are now at hand. The aim of this presentation is to outline current and potential clinical applications of psychosomatic methods, with particular reference to assessment with clinimetric indices such as the Diagnostic Criteria for Psychosomatic Research, strategies for health behavior modification, psychotherapeutic interventions, and use of psychotropic drugs.

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