Newsletter 2016

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1. PRESIDENT’S MESSAGE
Wolfgang Söllner

Dear EAPM Members,

this year’s conference "Transforming health with evidence and empathy" at midsummer night in Luleå, Sweden was a great success and we would like to give a big thank you to the organising committee who did a great job despite an unexpected pilots' strike, and to all the participants who made this conference such a great event. EAPM 2016 welcomed over 400 participants from 40 different countries! Please, read Ursula Werneke’s report in this Newsletter that is also published in the EAPM pages of the Journal of Psychosomatic Research (JPR). We are happy to show you some impressions of the conference on our website. Login to the member area and you will find some power point presentations and pictures.

In Luleå the EAPM General Assembly elected a new Executive Council and a new Auditing Committee. The function period of the board members is three years. They can be re-elected for one more period (board members marked with an * were already 4 years on the board and will step back in 2018).

Executive Council:
President: Wolfgang Söllner* (Nuremberg, Germany)
Vice-President: Michael Sharpe (Oxford, UK)
Secretary: Carsten Leue (Maastricht, The Netherlands)
Deputy Secretary: Novak Marta* (Budapest, Hungary / Toronto, Canada)
**Treasurer:** Gerhard Schüssler* (Innsbruck, Austria)

**Deputy Treasurer:** Dan Lucian Dumitrascu* (Cluj, Romania)

**Other Council Members:** Jordi Blanch (Barcelona, Spain), Elspeth Guthrie* (Manchester, UK), Franziska Geiser (Bonn, Germany) and Bernd Löwe (Hamburg, Germany).

**Co-opted Council Members:** Silvia Ferrari (Modena, Italy), Per Fink (Aarhus, Denmark), Josef Jenewein (Zurich, Switzerland) and Mirella Ruggeri (Verona, Italy).

**Auditing Committee of the EAPM:** Ilaria Tarricone (Bologna, Italy) and Margarita Beresnevaitė (Kaunas, Lituania).

If you want to know more about the board members, please visit our website.

However, EAPM is not only about the conference and thus we want to share with you some developments within the EAPM and its work.

In 2016 we founded **two new Working Groups (WGs)**:

- Working Group on European Research on Psychosomatic Medicine and C-L Psychiatry (chairs: Silvia Ferrari, Albert Leentjens, Bernd Löwe)

Furthermore we founded **two more Special Interest Groups (SIGs)**:

- „Symptom Research“ (chairs: Chris Burton and Marianne Rosendahl) and
- „Chronic Pain“ (chair: Antonella Ciaramella): Read [this review](#) about Chronic Pain written by Antonella Ciaramella, chair of the Chronic Pain SIG.

The Working Groups and Special Interest Groups are the core of EAPM activities. Please, have a look on our website for more SIGs. If you are interested in one of the areas, please, contact the chair of the WG or SIG and join the group!

Within the last year around **30 new members** joined the EAPM. Thus we have a significant increase of memberships 2016 and we are very happy and thankful about it. Additionally EAPM has gained **two new National Associations** amongst its members; the **Czech Society of Psychosomatic Medicine** and the **Section General Hospital Psychiatry within the Netherlands Psychiatric Association**. We herewith welcome our new members in the EAPM community.

This only leaves to say: **SAVE THE DATE for the next conference, which will take place in Barcelona, Spain!** Check out the conference website [http://eapm2017.com/](http://eapm2017.com/).

We encourage members to submit posters and papers for this meeting.

We wish you a wonderful Christmas time and a Happy New Year 2017!
2. Looking back: Luleå 2016

Ursula Werneke

With the European Association of Psychosomatic Medicine (EAPM) now in its fourth year after the amalgamation of two major European psychosomatic societies, the conference traveled far north to Luleå, right beneath the Arctic Circle in Sweden.

Over 400 delegates from 40 countries in Scandinavia, Europe and across the world made their way to Luleå to share their clinical and research expertise with us. What would usually have been an easy to reach destination with about twenty flights on weekdays from Stockholm turned out to be a real challenge. Air traffic had been hit by industrial action of Swedish pilots. While we were determined to keep calm and carry on, people, in true fighting spirit, made it to Luleå irrespective of all obstacles.

We had chosen the conference theme “Transforming Health with Evidence and Empathy” to reflect the enormous challenges today’s practitioners of psychosomatic medicine encounter. What Sir William Osler knew already 200 years ago still holds today: “It is much more important to know what sort of patient has a disease than what sort of disease a patient has.” Modern science adds a biological dimension to this fundamental insight and the keynotes followed this line of thinking. In the first plenary, we explored the link between evidence and empathy with Gary Rodin (Toronto), Carmine Pariante (London) and Manfred Beutel (Mainz). The second plenary tackled insomnia and obesity with Colin Shapiro (Toronto) and Gladys Witt-Strain (New York). The third plenary, Neuroscience between Body and Mind” was brought to us by Tjörborn Elvsåshagen (Oslo), Rikard Wicksell (Stockholm) and Robert Maunder (Toronto). In his Frits Huyse award lecture, James Strain (New York), argued that depression was a systematic disease and not simply a mental health problem. Then, Michael Sharpe (Oxford), winner of this year’s Alison Creed award, tied it all together, stressing the need of integrating physical and mental health care.

An absolute highlight was the opening keynote by Sir Simon Wessely, President of the Royal College of Psychiatrists. In his uniquely entertaining style, he reminded us that current undergraduate medical training with its focus on clear-cut tangible diseases left new doctors poorly equipped to deal with the plethora of chronic symptoms, syndromes and soft signs, still awaiting neurobiological explanation. That is why the EAPM annual
conference is so important. This meeting provides an opportunity to share expertise concerning conditions commonly encountered but rarely taught.

The EAPM 2016 followed the APM example and opened itself to clinicians. Both research and clinical masterclasses and workshops were woven into the main conference to increase cohesion of the program and ensure that researchers and clinicians remained equally engaged throughout the conference. Particularly popular proved our in-house Masterclass Psychopharmacology in collaboration with the Maudsley Hospital in London, the masterclass Functional Disorders from Aarhus University and a workshop on cognitive assessment in young and old delivered by psychologists from Maastricht and Aarhus University. In the spirit of building bridges between clinicians and researchers, Luleå South Rotary Club had generously donated a Young Health Professionals Travel Award for a practitioner from a middle or low income country. Dr. Deirdre Pieterse, a psychiatrist from Cape Town, South Africa, proved a worthy winner and we wish her luck with her continued training in liaison psychiatry.

The conference was rounded off by a powerful concert with Sami singer, Sofia Jannok and Norrbotten Big Band, followed by a midsummer themed dinner, complete with typical Swedish midsummer weather of rain and grey skies.

We were delighted to welcome to this year's EAPM some of world's most eminent experts of psychosomatic medicine and liaison psychiatry. The conference theme “Transforming Health with Evidence and Empathy” has provoked many thoughts, some of which we have encapsulated in our EAPM 2016 conference video. And if the EAPM 2016 has demonstrated that evidence and empathy do not exclude but complement each other, we feel accomplished in our mission. Still, there is a lot to be done. Let’s continue the dialogue at the EAPM 2017 in Barcelona next year.
3. BARCELONA 2017: CALL FOR PAPERS

Dear colleagues,

After the successful events in Cambridge, Sibiu, Nürnberg and Lulea, Barcelona has the honor to organize the 5th Annual Scientific Conference of the European Association of Psychosomatic Medicine (EAPM) from June 28 to July 1, 2017. The host will be the Catalan Society of Psychiatry and Mental Health, which co-organizes the meeting with the Spanish Society of Psychosomatic Medicine.

The theme of the Conference will be "Bridging the Split between Soma and Psyche".

The EAPM annual meeting has become a leading conference, attracting physicians, researchers and mental health providers from all around the world. We expect to attract more than 500 participants to this meeting and we will do our best to provide people with the space, time and the opportunity to present, exchange and share knowledge and practice in the field of Psychosomatic Medicine.

The conference venue will be the World Trade Center Barcelona, which is in the heart of the city, between the Southern end of the famous "Ramblas" and the Mediterranean Sea. There are many hotels within walking distance of the venue, and the Trade Centre has excellent facilities for hosting such a large meeting.

Presentations at the meeting will include invited key-note lectures, scientific master classes and symposia, and poster sessions. The program will cover a diverse range of subjects, including:

- Models of care in psychosomatic medicine
- Psychosomatic aspects in different clinical fields (e.g. Psycho-Oncology, Psycho-dermatology, Gastroenterology, Cardiology, Transplantation)
- Psycho-Neuro-Immunology
• Attachment and emotion regulation in psychosomatic disorders
• Gender aspects in psychosomatic medicine
• Migration and health care
• The influence of social aspects and working life on psychosomatic disorders
• Sleep Disorders
• Suicide
• Teaching in Psychosomatics and Consultation Liaison Psychiatry
• Chronic pain
• Psychosomatics in primary care
• Psychosomatic aspects in child and adolescent medicine
• Geronto–Psychiatry/Psychosomatic
• Psychotherapy with the medically ill
• Psychopharmacology
• The use of new media in psychotherapy and psychosomatics.

In addition, clinical courses and scientific master classes will be organized, as these teaching opportunities have been well received at previous meetings.

We are also delighted to announce a joint pre-conference meeting between the EAPM and the American Academy of Psychosomatic Medicine, which is entitled “The use of new technologies in Psychosomatic Medicine”.

The web site of the EAPM meeting will provide timely, comprehensive information about the conference and pre-conference programme. Please, look out for the deadlines for the abstract presentations, and early registration.

Barcelona is a fabulous city with many attractions for visitors, and it will provide a stunning backdrop for the EAPM conference. Barcelona is a historical trade city, and has been a meeting place for different cultures over hundreds of years.

The EAPM conference will provide the opportunity for participants to get to know the city through a wide programme of social activities. We hope that the meeting will excel in its scientific content, and, like previous EAPM meetings, create a uniquely friendly, warm and inclusive atmosphere.

The local organizing committee is looking forward to welcoming you to Barcelona.

Fins aviat!
¡Hasta pronto!

Jordi Blanch
President of the Catalan Society of Psychiatry and Mental Health

Carlos Mur de Viu
President of the Spanish Society of Psychosomatic Medicine

Wolfgang Söllner
President of the European Association of Psychosomatic Medicine

The web site of the EAPM meeting will
4. Scientific initiatives:

**EAPM supports European COST Action Initiative**

*Bernd Löwe*

Bodily Distress Syndromes including Somatic Symptom Disorders, Somatoform Disorders, Somatization Disorders, Medically Unexplained Symptoms or Functional Disorders are serious, complex and common medical problems of unknown aetiology and pathogenesis. Low recognition rates and long durations of untreated illness contribute to severe impairments in quality of life and high rates of chronic courses. To date, there is no agreement on medical guidelines throughout Europe, in some countries there are no guidelines or specialized treatment options at all. Current treatment is primarily symptom-oriented and based on medication which proved to have a modest effect on the symptoms. The health care costs associated with Bodily Distress Syndromes are comparable to depressive and anxiety disorders.

Research efforts in the field of Bodily Distress Syndromes are currently fragmented and scattered across Europe. A common European research agenda and the inclusion of underrepresented European countries is urgently needed. The EURONET–SOMA initiative – a nationally funded conference series on two occasions in 2016 initiated by Bernd Löwe and his team from Hamburg, Germany – was an important first step to bring together leading experts in the field to provide the necessary framework for a European network. An expert panel of 29 experienced researchers from 9 European countries (the Netherlands, Denmark, Sweden, Norway, Latvia, Belgium, United Kingdom, Germany, and Russia) presented their recent research projects and state-of-the-art clinical procedures. The EURONET–SOMA participants agreed to jointly apply for a COST Action. The main aim of the proposed COST Action will be the establishment of a sustainable integrated network of researchers in Europe working in the field of Bodily Distress Syndromes. The network will tackle persisting research challenges arising from a lack of known aetiology and common understanding of Bodily Distress Syndromes, from deficits in diagnostic and treatment processes and high associated socio-economic costs. The network aims to foster a multidisciplinary and multinational pan-European network of research experts, clinicians, patients and policy makers. The EAPM strongly supports this initiative. Requests for further information may be directed to Isabel Winter, Administrator of the EAPM, contact@eapm.eu.com.
5. Clinical guideline for general practice: functional disorders; published by the Danish College of General Practioners

Per Fink

This clinical guideline focuses on an issue which is central in the general medical work. Functional disorders are usually not a priority in the medical education, and many health professionals are therefore self-taught when it comes to patients with functional disorders. The intention with this guideline is to upskill the future treatment in the area, partly by giving the reader an update on the current knowledge on functional disorders, partly by conveying specific recommendations for assessment, diagnostics and treatment.

The guideline is primarily intended for GPs, but many elements can advantageously be used by other doctors, and the conveyed knowledge can furthermore be useful to a wider range of health professionals such as practice staff and professionals in social medicine. The guideline targets primary care and therefore does not describe the specialised offers available for specific functional syndromes and pain conditions.

In the guideline, the term functional disorder is used for a number of symptoms and illnesses with common features and is therefore described as a generic phenomenon and not according to organ localisation.

The workgroup has based its work on a systematic literature review with indication of level of evidence of the recommendations. In a lot of areas regarding functional disorders, the evidence however is still sparse, and we have in these cases chosen to also convey the workgroup members’ experience-based knowledge. It is our hope that knowledge and recommendations in this guideline can act as support in the clinical decision process where evidence as well as experience, clinical estimation and the patients’ wishes must be included in the final evaluation.
6. The EAPM and the Journal of Psychosomatic Medicine
Albert Leentjens

The Journal of Psychosomatic Research (JPR), also known as the 'pink journal' was the official journal of the European Association for C–L Psychiatry and Psychosomatics (EACLPP) since the establishment of this society in 1999, and has remained the official journal of the European Association of Psychosomatic Medicine (EAPM) after the merger of the EACLPP with the European Network of Psychosomatic Research (ENPM).

The special relation between the Journal and the EAPM is expressed in several ways. First: online subscription to the JPR is included in the EAPM membership. For a paper subscription a small additional fee is requested. Second, many of the journal's (past) editors, associate editors and members of the editorial board were or are active within the EAPM or its predecessor, the EACLPP and ECPR. Both the past European editor (Prof. Francis Creed) and the present editor (Dr. Albert Leentjens) were president of the EACLPP.

Third, by agreement with Elsevier, the EAPM has 24 pages on an annual basis to be filled with reports, statements or other products that are formulated by EAPM working groups. These pages are also used to report on interesting developments going on in countries that are part of the EAPM. These papers are placed in a separate section of the journal that is not peer reviewed, but subject to editorial approval. Currently Gerhard Schuessler is the section editor of the EAPM pages in the JPR. Suggestions for contributions to these pages are always welcome and can be directed at Prof. Schuessler at gerhard.schuessler@tirol-kliniken.at.

Next, selected abstracts of the annual conference of the EAPM that pass peer review are published in the JPR.

Finally, for two years now, Elsevier and the EAPM have started a new tradition and jointly sponsor the Elsevier/EAPM young investigator award, for best paper submitted to the JPR by a junior researcher. More information on this award can be found at the journals homepage http://www.jpsychores.com.

Past winners were Adrian Loerbroks (Dusseldorf), in 2015, and both Stefan van Geelen (Utrecht) and Sebastian Kohlmann (Hamburg) in 2016. The award consists of a prize of €1000,– as well as reimbursement of travel cost, hotel cost and registration to the EAPM conference. The awardee is asked to present his or her
study in the plenary closing session of the EAPM annual conference.

The JPR was established as early as 1957 and has focused on all aspects of the relation between psychology and medicine, and has established a firm reputation as research journal in the field. Papers focus on psychiatric and somatic co-morbidity, functional illnesses, integrated care, psychosomatic medicine and related topics. It's impact factor has slowly risen over the years and currently fluctuates around 3, with the 2016 IF being 2.84.

The website now also displays alternative journal impact metrics, or altmetrics, that reflect the engagement of the social media communities with articles in Journal of Psychosomatic Research. It is based on the amount of activity from Twitter, Facebook, science blogs, mainstream news, and other sources captured by Altmetric.com. For more information: see the journal's website.

The editorial board traditionally consists of a European and an American Editor-in-Chief, supported by 4 associate editors and a larger editorial advisory board. Editors may be psychiatrists, psychosomaticists, psychologists or related specialists, as long as they are scientifically active in the field of CL psychiatry or psychosomatic medicine. One post of Associate Editor will become available by the end of the year. Those interested can request more information from one of the editors.

The discussion about 'open access' publishing has not gone by the JPR unnoticed. At present, the journal is a 'hybrid' journal that both supports 'open access' publishing – if the authors are willing to pay an extra fee –, but also supports 'subscription only' publishing – if authors are not willing to pay the 'open access' fee. Papers for the EAPM pages are always published 'open access' free of charge to authors.
7. EAPM 2016 AWARDS

The EAPM Award in Memory of Alison Creed for lifetime achievement in the field of Psychosomatic Medicine/Consultation–Liaison Psychiatry has been presented to Michael Sharpe, Oxford.

Professor Michael Sharpe has made an exceptional contribution to the field of C–L Psychiatry and psychosomatic medicine. He is well known for his pioneering work using cognitive behavioural therapy to treat chronic fatigue syndrome. This work started with a trial he ran in Oxford in the 1990s and culminated recently in the highly regarded PACE trial, which showed that both CBT and graded exercise are both effective treatments for CFS. Michael is also known for his work in the field of cancer, which he developed whilst holding a Chair at the University of Edinburgh. He has run elegant and compelling studies showing the benefits of CBT for the treatment of depression in cancer. In the last few years Michael has returned to Oxford as Professor of Psychiatry, and has been instrumental in developing a large consultant led integrated liaison service at the John Radcliffe Hospital. This service has the potential to change the face of C–L psychiatry in the UK, if other hospitals follow his lead. Michele is active in the EAPM and also holds a prominent position in the APM, and is on track to become President of the APM in the near future. Michael was also judged to be The Psychiatric of the Year by the Royal College of Psychiatrists in 2015! There are few people who can combine high level research, with a passion for clinical excellence, service development, education and training, and leadership. Michael is one of those select few.

Else Guthrie

The European Association of Psychosomatic Medicine's Frits Huyse Award for outstanding contribution to the development of consultation–liaison psychiatry and integrated care has been presented to James Strain, New York.

Professor Jim J. Strain, MD, professor of psychiatry and medical education and Master Teacher at the Icahn Medical School at Mount Sinai in New York City, is the first non-European C–L psychiatrist to receive this award ever. Why? Important is of course that Jim Strain has exceptional skills in C–L psychiatry and has for many years been one of the leading, if not the leading C–L psychiatrists in the World. He has edited or co–edited several influential textbooks on C–L psychiatry, the most recent being Trauma and Stress-related disorders. A
handbook for clinicians. Washington DC: APA press, 2016. He has also visited numerous countries in the world promoting C–L psychiatry and teaching psychiatric care of the medically ill or injured. This includes training more than 140 fellows in C–L psychiatry.

However, that is not enough. To receive the Frits Huyse Award, you must have contributed significantly to European C–L psychiatry as well. Jim has done that. He has been mentoring and trained many European C–L psychiatrists and has been a key person in the development and growth of European C–L psychiatry including his crucial contribution to the EU–sponsored European Consultation–Liaison psychiatry and psychosomatic research project that involved 10 European countries. Furthermore, his outgoing, enthusiastic and dynamic personality has been, and still is, extremely motivating for us in continuing to develop European C–L psychiatry.

But not the least, he has showed an unprecedented willingness to share his knowledge – without any strings attached! A warm, generous and remarkable man.

Ulrik Malt

EAPM Young Investigator Awards sponsored by Elsevier
This year, two Young Investigator prizes were awarded:

Stefan M. van Geelen (University of Utrecht, The Netherlands) with his manuscript "Somatic symptoms and psychological concerns in a general adolescent population: Exploring the relevance of DSM–5 Somatic symptom disorder".

Sebastian Kohlmann (Hamburg University Hospital, Germany) with his manuscript "The overlap of somatic symptoms, anxiety and depression: a population based analysis."

Poster Awards at the annual EAPM conference 2016:
The poster awards were presented to Sarah Chapman & Maryanne Martin from London, UK and to Elisavet Ntountoulaki and her colleagues from Ioannina, Greece. An extraordinary poster award has been given to Victoria Lanvin, Marseille, France.
The five EAPM Travel Awards for young researchers were given to

- Dr Tamar Aladashvili, Tbilisi, Georgia
- Dr Thomas Meinertz Dantoft, Glostrup, Denmark
- Dr Karin Janssens, Groningen, The Netherlands
- Ms Karina Limburg, Munich, Germany
- Dr Sanda Pletikosić, Rijeka, Croatia

8. Other information

**Course MOOC: Behavioral Medicine: A Key to Better Health!**

Dear Colleagues, we are thrilled to announce the launch of a new version of our popular MOOC: Behavioral Medicine: A Key to Better Health!

The course starts November 1st, 2016 at 9.00 (UTC) and ends on December 16, 2016. Participation in the course is completely without cost, but students who want a verified certificate can sign up for one for a small fee (49USD)

The new version includes fresh material on innovations for delivering services and treatment in behavioral medicine. One section covers behavioral health for patients in primary care, and a second section covers digital interventions for patients in psychiatry.

Registration is at

[https://www.edx.org/course/behavioral-medicine-key-better-health-kibehmedx-1](https://www.edx.org/course/behavioral-medicine-key-better-health-kibehmedx-1)

Or simply search for KIBEHMEDx in the internet and you will find the enrollment page.