

from the founders of Columbia Psychosomatic Conference

Departments of Psychiatry with Medicine, Neurology,
Rehabilitation Medicine and others joining...

present

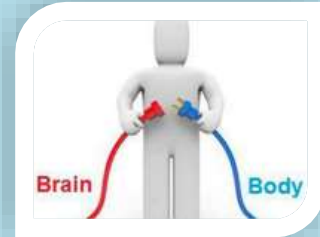
Multidisciplinary Training & Certification Course



“Comprehensive Psychosomatic Care”
2024-2025

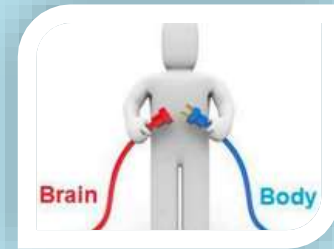
(Please let us know if you are interested ASAP as the number of seats is limited!)

Primary Goals



- To increase the efficacy in treating brain-body interaction disorders (such as functional neurologic disorders, persistent somatic/bodily symptoms, aka "medically unexplained symptoms"); stress, depression, and anxiety affecting medical conditions; and bodily aspects of psychologic distress/psychiatric disorders by educating multidisciplinary clinicians in the state-of-the-art evidence-based approaches to biopsychosocial care
- To improve wellbeing and professional satisfaction among clinicians treating patients with complex biopsychosocial presentations and decrease their burn out
- To enhance the implementation of multidisciplinary comprehensive psychosomatic care at CUMC

Features



- Evidence-based treatment guidelines for brain-body conditions
- In-depth interactive clinical training; consider current challenging cases
- Informed by clinically relevant neuroscience
- Hands-on training in small group of colleagues (20-24) with 3 core faculty and guest faculty who are international leaders in the field
- Faculty include directors of Psychosomatic Medicine Departments in Germany- the country with the most advanced psychosomatic care
- Guest seminars on special topics by international leaders in the field
- Additional individual clinical consultations available during and after training
- Optional goals:
 - training for own use in clinical practice
 - joining/collaborating with in the CUMC Multidisciplinary Team

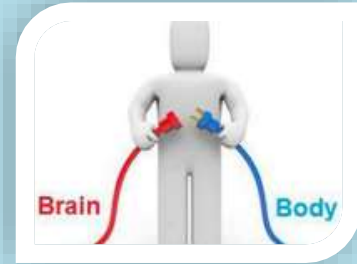
Logistics

- Receive Certification in “Comprehensive Psychosomatic Care” & 50 CME/CE credits
- 1 weekend (Sat+Sun) – Nov 2-3, 2024; workshop in November, workshop in January, 1 Fri in May- in-person; weekly 1h zoom meetings Nov to May
- Free for faculty --Cost: \$2100-- as supported by departments and grants

Course includes:

- **Didactics on evidence-based treatment guidelines for brain-body conditions and informed by clinically-relevant neuroscience**
- **interactive sessions and practices**
- **experiential workshops**
- **case discussions -Balint groups- within and across specialties**
- **Special focus on clinician's wellbeing and burnout prevention**

Integrated Multidisciplinary Training



- Featuring MED and PSYCH integrated tracks:
 - Develop common approach and language with specialists from other CUIMC departments
 - Exposure to variety of methods of treatment to inform team approach
 - Meet and learn together --> develop personal working relationships with multidisciplinary colleagues!
- Plus content relevant to each subspecialty, e.g.:
 - PSYCH/MENTAL HEALTH: training in specialized techniques, relevant psychotherapy approaches, and how to integrate them
 - NEUROLOGY: seminar and practice in positive signs of FND

Core Faculty



Alla Landa, PhD

PI, Developmental Psychosomatics
Director, Columbia Psychosomatics Conference
Director, Comprehensive Psychosomatic Care Training
Department of Psychiatry, Columbia University Medical Center



Harald Guendel, MD

Professor,
Director, Department of Psychosomatic Medicine & Psychotherapy,
University of Ulm, Ulm, Germany



Peter Henningsen, MD

Professor,
Director, Department of Psychosomatic Medicine and Psychotherapy,
Technical University of Munich, Munich, Germany

Guest Faculty and Contributors

World leaders in Psychosomatic Medicine research and clinical practice; subspecialists in diverse fields, including:



Douglas A. Drossman, MD

Professor Emeritus of Medicine and Psychiatry,
University of North Carolina School of Medicine, USA
Past President of the American Psychosomatic Society



Per Fink, MD, PhD, Dr.Med.Sc.

Director, The Research Clinic for Functional Disorders and Psychosomatics
Professor, Aarhus University Hospital, Denmark



Christoph Herrmann-Lingen, MD

Director, Department of Psychosomatic Medicine and
Psychotherapy, University of Göttingen, Germany
Past President of the American Psychosomatic Society



Lucia McBee, LCSW

Senior Lecturer,
Columbia University School of Social Work
MBSR clinician, DPS Lab, CUMC, New York, USA

Guest Faculty and Contributors, cont...



Sue Shapiro, PhD

Faculty, NYU Postdoctoral Program in Psychotherapy and Psychoanalysis;
Founder and Director Emeritus, Trauma Center, Manhattan Institute for
Psychoanalysis, New York, NY, USA



Wolfgang Söllner, MD

Professor, Chair Emeritus,
Department of Psychosomatic Medicine and Psychotherapy,
Paracelsus Medical University, Nuremberg General Hospital, Germany, Austria
Past President of the European Association of Psychosomatic Medicine

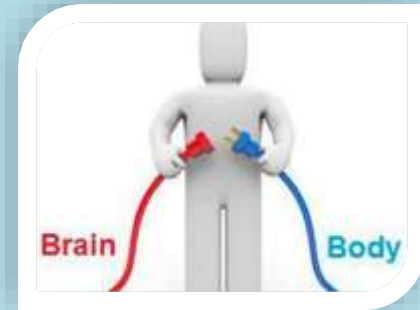


Jon Stone, MD, PhD

Professor of Neurology
Centre for Clinical Brain Sciences,
University of Edinburgh, Scotland, UK

Specific Learning Objectives

- To identify patients' problems more accurately
- To effectively decrease patients' suffering and to increase their wellness and quality of life
- To improve well-being and decrease burn out among clinicians
- To enable patients to better understand their problems and treatment options, which will facilitate multidisciplinary treatment and referrals to specialty care
- To increase adherence to treatment (both medical and psychosomatic) among patients
- To foster behavior change in patients that enhances treatment response and wellbeing



Overall Goal for the Program

- To create at CUMC a multidisciplinary network of clinicians knowledgeable in psychosomatic care
- To establish a multidisciplinary team approach to treating patients with complex biopsychosocial presentation that will function on the ongoing basis at CUMC

Optional

Participants will be eligible, but not obliged, to join the
Multidisciplinary Psychosomatic Care Team at CUMC



- Formed by Psychosomatic Care specialists from multiple departments: medicine, neurology, psychiatry and others
- Multidisciplinary case conferences to help treat challenging patients
- Ongoing education in psychosomatic medicine for faculty, residents, fellows, as well as medical, psychology, PT and other students
- Collaborate on research projects
- Become engaged in implementation of a novel model of Psychosomatic Care that is feasible for implementation in the US



**For more information and to sign up
please contact us and your division/clinic/area chief**

Course Director

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Coordinator

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