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Psychosomatic Medicine and Psychotherapy:

Development through East-West Exchange



PUNKTKOMMASTRICH, Freiburg

Freiburg University
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Federal Ministry of
Education and
Research



Project

This project aims to establish a German-Asian research network and to develop integrative, multimodal treatment methods for psychosocial diseases. Besides enriching psychosomatic medicine and psychotherapy, this project may also contribute to the improvement of public health systems in countries where rapid cultural and social transformations are taking place.

This program supports cross cultural research in the field of psychosomatic medicine and psychotherapy, the education of future faculty in each institute, and the development of a research structure/network in Vietnam and China.

The German team offers training courses and workshops for medical doctors and psychologists in Hanoi, Hue and Ho Chi Minh City in Vietnam, and Shanghai and Peking in China.

Research

Research focuses mainly on epidemiology, concepts of disease, psychological factors for diseases, and a comparison of various treatment methods.

- Validation of the Patient Health Questionnaire in Chinese and Vietnamese patients
- Evaluation of basic and advanced training courses
- Evaluation of short-term integrative therapy
- Family structure and mental health in Vietnam
- Eating disorders in Vietnam
- Patients with somatoform disorders in China: Psychological and behavioural characteristics. A comparison between Biomedicine, Traditional Chinese Medicine (TCM), and Psychosomatic Medicine
- Somatization and cancer

Please note that there is a wider range of research topics for both countries! If you are interested in research, please don't hesitate to contact the German team!

Activities

- Training courses for medical doctors and psychologists
- Regular national research meetings
- Regular research curriculum meetings
- International research meetings
- Workshops on the specific topics
- Cross cultural studies
- Studies on psychosomatics and psychotherapy
- Supervision and instruction of future teachers
- Doctoral student exchange
- Summer school in Freiburg, Germany

