Psychosomatic Medicine
Preface

In 1978, representatives from 134 countries convened in Alma Ata, calling for “health care for all by the year 2000.” (Declaration of Alma-Ata. 1978) This was a turning point for global mental health care, as this declaration emphasized the importance of health care near people’s homes, health promotion and disease prevention services alongside curative medical service delivery, and mental health as an integral component of health. Thirty years later, Barbara Starfield elucidated the evidence to prove that countries with the best morbidity and mortality figures and overall health were linked to health care systems based on a strong foundation of primary care (Starfield et al. 2005).

In 2007, the Lancet published a series on global mental health, which identified the gaps in mental health care services, particularly in low and moderate income countries. Key works in this Lancet series (Movement for Global Mental Health 2007), followed by the movement for global health launched on the 2009 World Mental Health Day, provided the momentum and backing to work toward mental health care for all. (World Federation for Mental Health 2009). WHO and the World Federation for Mental Health have now joined forces to advocate for policies and practices to reduce stigma and integrate mental health into primary care systems.

In 2008, the World Health Organization (WHO) and the World Organization of Family Doctors (Wonca) published a report that delineates the need, describes best practices, and identifies 10 common principles for successful integration of mental health care into primary care. (WHO and Wonca 2008). This document, along with the works of Patel, Schirmer and colleagues provides tools, strategies, and best practices for mental health and behavioral health integration into primary care in low and moderate income countries. (Patel 2003; Schirmer and Montegut et al. 2010).

Since 2001, the Department of Psychosomatic Medicine and Psychotherapy of the University Medical Center, Freiburg, Germany, maintains exchanges with the Asian countries China, Vietnam, and Laos, with Iran, with African countries such as Sudan and Uganda, as well as with colleagues in other European countries and the USA and Australia. Ongoing classes in Psychosomatic Medicine and psychotherapy are held especially in Asian countries and Iran. In their feedback, hundreds of doctors, from young professionals to highly experienced doctors, reported to have benefitted tremendously from the courses both professionally and in their personal relationship with patients. The experiences we gained in these last 10 years with respect to the content, and pedagogical and methodological design of the courses are included in this book.
This book was written for curious doctors who wish to gain and develop knowledge and skills in Psychosomatic Medicine. The main question is therefore: How can I learn Psychosomatic Basic Care? Psychosomatic Medicine is a multidisciplinary subject involving extensive knowledge. It is not possible to treat all clinical manifestations in one class and in this textbook. Therefore, basic ways of thinking and approaches in the most common diseases are presented.

The book is organized according to the three objectives of basic psychosomatic care:

1. Recognizing psychological and psychosomatic conditions and disorders
2. Limited personal consulting and treatment services
3. If necessary, targeted referral to and cooperation with mental health specialists.

The book is divided into a general part and a part with specific clinical manifestations. The general part addresses topics that are relevant to all clinical manifestations such as the interaction between mind and body, doctor–patient relationship, doctor–patient communication, the family interview, and the Balint group. The second part addresses specific clinical manifestations that are most frequently encountered in primary care, including depressive disorders, anxiety disorders, somatoform disorders, posttraumatic stress disorder, alcohol dependency, and psychosomatics of life threatening diseases such as cancer and coronary heart disease.

Each chapter is divided into diagnostics, treatment, and pitfalls. In each chapter, typical case studies are used to demonstrate the diagnostic and therapeutic steps. As a result, the book has a high practical relevance, and can also be used directly as a course book in training in Psychosomatic Basic Care.

Kurt Fritzsche, MD
Michael Wirsching, MD
Susan H. McDaniel, PhD
and Julie Schirmer, BA, MSW

References


We thank the more than one thousand medical colleagues who in the past 20 years have attended our courses and have provided us with valuable feedback to improve the content and didactics of the book. We want to encourage them to continue on their way to an integrated Psychosomatic Medicine. We thank Mrs. Sabine Rösler and Eva Schneid who have compiled each chapter patiently and painstakingly. We thank our administrative assistants Mrs. Kunz and Mrs. Engbers for completing the paperwork. We thank Mrs. Beth Schad of Springer for her support in the completion of the book.

For the sake of readability, in the present work collective terms (patients, doctors, etc.) are consistently used in the grammatically masculine form, however, both male and female subjects are encompassed equally.
Contents

Part I  Psychosomatic Medicine in Primary Care

1 What is Psychosomatic Medicine? ............................... 3  
   Kurt Fritzsche

2 Psychosomatic Medicine in Primary Care ......................... 11  
   Kurt Fritzsche

3 Objectives of Training in Psychosomatic Medicine in Primary  
   Care .......................................................... 13  
   Kurt Fritzsche

4 Traditional Medicine and Psychosomatic Medicine ............... 15  
   Kurt Fritzsche, Catherine Abbo, Hamid Afshar Zanjani  
   and Farzad Goli

Part II  The First Contact—Basic Interventions

5 The Doctor–Patient Relationship .................................... 25  
   Kurt Fritzsche, Catherine Abbo, Gertrud Frahm  
   and Sonia Diaz Monsalve

6 Doctor–Patient Communication ........................................ 33  
   Kurt Fritzsche, Axel Schweickhardt, Gertrud Frahm, Sonia Diaz  
   Monsalve, Hamid Afshar Zanjani, Farzad Goli

7 Family Medicine ......................................................... 51  
   Werner Geigges, Kurt Fritzsche, Susan H. McDaniel, Xudong Zhao,  
   Catherine Abbo, Gertrud Frahm and Sonia Diaz Monsalve

8 Balint Group ............................................................ 65  
   Kurt Fritzsche, Frank Kuan-Yu Chen, Wei Jing, Gertrud Frahm  
   and Sonia Diaz Monsalve
Part III  Recognition and Treatment of Most Common Clinical Presentations

9  Depressive Disorders ........................................... 75
Kurt Fritzsche, Wei Jing, Frank Kuan-Yu Chen, Kim Viet Nguyen,
Van Tuan Nguyen, Catherine Abbo, Gertrud Frahm and Sonia Diaz
Monsalve

10  Anxiety Disorders .............................................. 95
Kurt Fritzsche

11  Somatoform Disorders ........................................ 111
Kurt Fritzsche, Kim Viet Nguyen, Van Tuan Nguyen, Catherine Abbo,
Gertrud Frahm, Sonia Diaz Monsalve, Lan Zhang and Jing Wei

12  Psycho-Oncology ............................................... 131
Kurt Fritzsche, Gertrud Frahm, Sonia Diaz Monsalve, Hamid Afshar
Zanjani and Farzad Goli

13  Psycho-Cardiology ............................................. 145
Kurt Fritzsche, Gertrud Frahm, Sonia Diaz Monsalve, Hamid Afshar
Zanjani, Farzad Goli and Frank Kuan-Yu Chen

14  Acute and Posttraumatic Stress Disorder (PTSD) ............. 155
Kurt Fritzsche, Catherine Abbo, Gertrud Frahm, Sonia Diaz Monsalve
and Frank Kuan-Yu Chen

15  Addiction ............................................................. 167
Kurt Fritzsche, Axel Schweickhardt, Catherine Abbo, Gertrud Frahm,
Sonia Diaz Monsalve, Frank Kuan-Yu Chen, Kim Viet Nguyen
and Van Tuan Nguyen

Part IV  Developing Psychosomatic Medicine in International Settings

16  Systems Development of Behavioral Health in Primary Care .... 181
Julie Schirmer and Jeffrey F. Markuns

17  The Development of Psychosomatic Medicine in China, Vietnam,
and Laos—The ASIA-LINK Program ............................ 189
Kurt Fritzsche, Michael Wirsching, Xudong Zhao, Jing Wei,
Lan Zhang, Kim Viet Nguyen and Van Tuan Nguyen

18  Psychosomatic Medicine and Its Implementation in the Latin
America Region .................................................... 199
Sonia Diaz Monsalve
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>19</td>
<td>Psychosomatic Medicine in Iran</td>
<td>203</td>
</tr>
<tr>
<td></td>
<td>Hamid Afshar Zanjani and Farzad Goli</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Index</td>
<td>205</td>
</tr>
</tbody>
</table>
Contributors

Catherine Abbo Department of Psychiatry, Makerere University College of Health Sciences and Mulago National Referral and Teaching Hospital, Kampala, Uganda

Hamid Afshar Zanjani Department of Psychiatry, Medical Faculty, Psychosomatic Research Center, Isfahan University of Medical Sciences, Noor Hospital, Isfahan, Iran

Frank Kuan-Yu Chen Division of Psychosomatic Medicine, Taipei City Psychiatric Center, Taipei City Hospital, Taipei, Taiwan

Gertrud Frahm Department of Human Sciences, Federal University of Paraná, Curitiba, PR, Brazil

Kurt Fritzsche Department of Psychosomatic Medicine and Psychotherapy, University Medical Center, Freiburg, Germany

Werner Geigges Rehaklinik Glotterbad, Glottertal, Germany

Farzad Goli Department of bioenergy economy, Energy Medicine University, California, USA

Danesh-e Tandorosti Institute, Isfahan, Iran

Wei Jing Department of Psychological Medicine, Peking Union Medical College Hospital, Beijing, China

Jeffrey F. Markuns Department of Family Medicine, Boston University, South Boston, MA, USA

Susan H. McDaniel Department of Psychiatry, Department of Family Medicine, University of Rochester Medical Center, Rochester, NY, USA

Sonia Diaz Monsalve Department of Psychosomatic Medicine and Psychotherapy, University Medical Center, Freiburg, Germany
Kim Viet Nguyen  Department of Psychiatry, Hanoi Medical University, Hanoi, Vietnam
National Institute of Mental Health, Bach Mai Hospital, Hanoi, Vietnam

Van Tuan Nguyen  Department of Psychiatry, Hanoi Medical University, Hanoi, Vietnam
National Institute of Mental Health, Bach Mai Hospital, Hanoi, Vietnam

Julie Schirmer  Family Medicine Department Maine Medical Center, Family Medicine Center, Portland, ME, USA

Axel Schweickhardt  Potenziale GmbH Business Consultants, Nuremberg, Germany

Michael Wirsching  Department of Psychosomatic Medicine and Psychotherapy, University Medical Center, Freiburg, Germany

Lan Zhang  Department of Psychiatry, West China Hospital, Chengdu, Sichuan, P.R. China

Xudong Zhao  Department of Psychosomatic Medicine, Shanghai East Hospital Tongji University, Shanghai, China