

## Rules for abstract submission

- The Scientific Committee will review abstracts. Following the information regarding acceptance, scheduling information will be sent to the abstract submitter.
- All abstracts must be submitted and presented in clear English with accurate grammar and spelling of a quality suitable for publication.
- Upon submission, the Abstract Submitter confirms to be aware that it will be published exactly as submitted.
- The Abstract Submitter warrants and represents that he/she is the sole owner or has the rights of all the information and content provided to the ICPM 2016 Workgroup Meeting. The publication of the abstract does not infringe any third party rights including, but not limited to, intellectual property rights.
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- The Organisers reserve the right to remove from any publication an abstract which does not comply with the above.
- Upon submission the Abstract Submitter confirms that the contact details saved provided are those of the corresponding author, who will be notified about the status of the abstract. The corresponding author is responsible for informing the other authors about the status of the abstract.

## Accommodation and social information

<http://en.admedic.pt/congressos.html>

## Registration fee

Registration VAT inc.	Early Bird Fees	Regular Fees	On Site
	Until June 20, 2016	Until Aug 20, 2016	After Aug 20, 2016
Members ICPM*	50 €	100 €	150 €
Non-members ICPM	300 €	400 €	500 €
Participants less than 40 years old	200 €	300 €	400 €
Undergraduate Students**	100 €	200 €	300 €

\*In order to be eligible for the reduced Member registration fee, members should have paid their 2016 ICPM Membership dues.

\*\*Registration form must be accompanied by a copy of valid 2015-2016 student ID or an official letter from Head of Department confirming full-time student status for 2015-2016. STUDENT registration should be accompanied by a letter from the head of your department and by valid student card confirming your status. Students should be undergraduate.

**After August 20 only onsite registrations accepted.**



*International College of Psychosomatic Medicine*

# WORKGROUP ON PSYCHOSOMATIC RESEARCH AND PRACTICE (WPRP)

## *First meeting*

*President: Antonio Barbosa (Portugal)*

*Scientific coordinators: Giovanni A. Fava and  
Fiammetta Cosci (Italy)*

**Lisbon, 8-9 Sep 2016**

**Faculty of Medicine  
of the University of Lisbon**

<http://en.admedic.pt/congressos.html>

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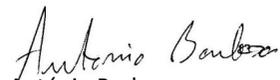
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Dear Colleague,

The International College of Psychosomatic Medicine and its affiliated journal Psychotherapy and Psychosomatics are launching a new type of meeting, that substantially departs from conventional initiatives in the field. The first day is concerned with clinical assessment in psychosomatic practice. The second day deals with research and organizational issues of psychosomatic consultation services. After an interactive lecture, participants will be assigned to small groups, each facilitated by two experienced psychosomatic researchers. In the group participants will have the opportunity to present an investigation or a clinical case and get feedback about them. Groups will be put together according to the fields of interest. Each participant will have the opportunity to submit one abstract to be published. Working together with psychosomatic masters may allow to switch gears in clinical practice and academic career. If you are interested in the initiative please follow the link <http://en.admedic.pt/congressos.html> And meet with old and new friends in a lovely and sunny city.

If you are interested in joining the ICPM <http://www.icpm.org/>, there are important advantages by doing this. The International College of Psychosomatic Medicine (ICPM) is an international organization which was founded in the seventies and continues its effort to support research and the practice of psychosomatic medicine throughout the world. First you will join a dynamic group of clinicians and researchers, getting the status of Fellow and, if requirements are met, also of Psychosomatic Specialist. Second, you may receive the affiliated journal Psychotherapy and Psychosomatics, the home of innovations at the interface between behavioral and medical sciences. Finally, you may enjoy highly preferential rates for meetings, seminar and congresses like this 2016 Lisbon workgroup meeting.

With warm regards,

  
António Barbosa

President, ICPM

## Program

Thursday, Sep 8	
8.00-9.30	Registration
9.30-10.00	<b>Welcome and Introduction</b> António Barbosa (Portugal)
10.00-11.00	<b>Interactive lecture: How to get new ideas for research from clinical practice</b> Giovanni Fava (Italy)
11.00-11.30	Break
11.30-13.00	<b>Small groups</b> <i>The group should develop the outlines of a research project on how to translate the observation of cases into an idea for research</i>
13.00-14.00	Lunch
14.00-15.00	<b>Interactive lecture: Assessment as usual and psychosomatic assessment: are they different?</b> Tom Sensky (UK)
15.00-15.30	Break
15.30-17.00	<b>Small groups</b> <i>The group should develop the outlines of a research project using a psychosomatic assessment based on the research presented</i>

Friday, Sep 9	
09.30-11.00	<b>Interactive seminar: Psychosomatic practice and research within a sheltered group setting</b> <i>Schüffel W, Leydenbach T</i>
11:00-12:00	<b>Interactive lecture: From bench to bedside and back again: the challenge for Psychosomatic Medicine</b> Stephan Zipfel (Germany)
12.00-13.00	Lunch
13.00-14.30	<b>Small groups</b> <i>The group should develop the outlines of a consultation service effective and growing based on the research presented</i>
14.30-15.30	<b>General discussion</b>
15:30-16:00	<b>Conclusion and awards</b>

## TOPICS

- Psychosomatic assessment and diagnostic issues
- Methods of psychosomatic research
- Psychosomatic integrative care
- Psychosomatic training
- Stress & mental health
- Behavioural and psychosocial mechanisms in psychosomatic medicine
- Psychophysiology
- Psychoneuroimmunology
- Psychoendocrinology
- Psycho-oncology
- Pain
- Sleep
- Eating disorders
- Panic disorder
- Depression
- Cardiovascular disorders
- Gastrointestinal disorders
- Respiratory disorders
- Endocrinological disorders
- Neurological disorders
- Fibromyalgia and musculoskeletal disorders
- Dermatologic disorders
- Reproductive health and sexual functioning
- Somatoform disorders
- Alexithymia
- Suffering, coping and vulnerability
- Quality of life and well-being
- Epidemiology
- Health promotion and preventing
- Primary health care and psychosomatic medicine
- Occupational settings in psychosomatic medicine
- Consultation-liaison psychiatry
- Genetics and psychosomatic medicine
- Culture and psychosomatic medicine
- Oriental Medicine
- Mindfulness-based stress reduction programs
- Psychotherapy
- Pharmacological treatment
- Self-management
- Use of natural environment
- Philosophical issues
- Ethical issues
- Others

## SMALL GROUPS

Participants will be divided in small groups. Two experienced psychosomatic researchers and clinicians will chair the group. Within each group two participants will have the opportunity to briefly present (10 minutes/10 slides) an investigation or a clinical case or even a research project, to be commented within the group. Such discussion may improve the research and/or clinical skills of the participants, offering an unprecedented opportunity to grow.

## BEST CONTRIBUTION AWARD

During the Workgroup Meeting 2016, the Award Committee will select the most innovative contributions (two each day). The contribution awards will be presented during the Closing Session and consist of a Certificate and an Award Prize.

**But we need you to register now!**