

## CARUS Master Classes 2015

March 26th – 27th, 2015, Berlin



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Research oriented colleagues are invited to apply for participation in the CARUS Master Classes that will be held during the annual Congress for Psychosomatic Medicine and Psychotherapy in Berlin in March 2015.

Applications should be sent by email (attached as PDF documents) no later than **January 31, 2014** to:

Prof. Paul Enck: [paul.enck@uni-tuebingen.de](mailto:paul.enck@uni-tuebingen.de)

In your E-Mail-Application please provide the following information:

- 1) Name, Professional Role, Academic Home Institution, Contact Details
- 2) A priority list of the three master class topics (see Details of the Classes below)
- 2) Please indicate whether you have been participant in other CARUS-Formats before (e.g. Carus-Program "Clinical Research")

Selection will primarily be made on a first come first serve basis.

The course fee will be 100 € per participant per class.

Classes will run during the course of the conference (on either the 25<sup>th</sup> or the 26<sup>th</sup> of March 2015) and will include presentations by the chairs, as well as group discussions and exercises, upon discretion of the individual chair of the class. Class language will be English.

Participants will receive a certificate from the German College of Psychosomatic Medicine and Psychotherapy (DKPM) and the CARUS program.

The following master classes will be offered during the Congress for Psychosomatic Medicine and Psychotherapy 2015:

**1. Gut-directed hypnosis in the clinical setting (Prof. Gabriele Moser, Vienna, Austria).**

Hypnosis has gained wider acceptance with the development of techniques directed towards specific patient populations, e.g. patients with functional bowel disorders (irritable bowel syndrome, functional dyspepsia); this has been named "gut-directed hypnosis" (GDH). GDH has been successfully applied to children and adults, and as individual or as group therapy. Strengths and limitations of GDH will be discussed.

**2. Biosignal recording and analysis (Prof. Julian Thayer, Columbus, Ohio, USA)**

Autonomic regulation is a major contributor to symptom development and severity in somatoform disorders and other psychosomatic diseases, and among the most sensitive biosignals reflecting autonomic control is heart rate and its variability (HRV). HRV is easy to measure but difficult to interpret; it depends (among others) on age and gender, weight and body mass, current medication and other factors.

**3. Eating disorders: Novel approaches to treatment and management (Prof. Ulrike Schmidt, London, UK)**

Whilst there is solid evidence supporting the efficacy of certain first-line eating disorder treatments (e.g. CBT for bulimia nervosa; family therapy for adolescents with anorexia nervosa), there remain many questions (e.g. how to improve outcomes, what works for whom, what to do with non-responders and treatment resistance). Novel approaches to the treatment and management challenges will be presented and critically discussed.

We look forward to welcome you to this exciting new CARUS format!

Stephan Zipfel (Congress President 2015) and his Team!