Report of the First Edition of the Workgroup on Psychosomatic Research and Practice (WPRP), Lisbon, September 2016

It was a very interesting experience to be at the First Edition of the Workgroup on Psychosomatic Research and Practice (WPRP) which took place in Lisbon on September 8 and 9, 2016. The WPRP was organized by the International College of Psychosomatic Medicine (ICPM – www.icpm.org) and by the journal *Psychotherapy and Psychosomatics*. President of the event was Professor Antonio Barbosa, University of Lisbon; the Scientific Coordinators were Giovanni A. Fava and Fiammetta Cosci (Editors of *Psychotherapy and Psychosomatics*). They launched a new type of meeting that departs from established conventions in the field since it was based on interactive lectures and activities in small groups, which made a real exchange of knowledge between speakers and participants possible. In the interactive lecture there is a 5- to 10-min introduction to a topic by a speaker, and this is followed by questions and answers (not comments) from the audience. The first day was spent looking at clinical assessment in psychosomatic practice. The first interactive lecture exploring “How to Get New Ideas for Research from Clinical Practice” by Giovanni Fava was a fantastic opportunity to share ideas which can be translated into research with the lecturer and the audience as well as to become aware of the methods necessary to lead to success. In the afternoon, Tom Sensky, Imperial College London, described a very interesting case and managed to wonderfully dissect the topic “Assessment as Usual and Psychosomatic Assessment: Are They

Different?” The second day focused on research and organizational issues of psychosomatic consultation services, and Stephan Zipfel, University of Tübingen, shared his strategies and secrets on “How to Make a Consultation Service Effective and Growing.” Wolfram Schuffel also conducted an interactive seminar on a clinical case that aroused a lot of interest and participation.

After each interactive lecture, participants were assigned to small groups, each moderated by two experienced psychosomatic researchers. Participants in these groups had an opportunity to present an investigation or a clinical case and to get feedback from leading experts in the field of psychosomatics.

I am really looking forward to participating to the Second Edition of the WPRP. Indeed, I already have a long list of questions to put to the leading experts in psychosomatic research during the interactive lectures and a number of research ideas and research projects which need to be evaluated, commented upon, and reviewed. This will allow me once again to switch gear between clinical practice, research activity, and academic career. While these workshops continue with the tradition of the European Conference in Psychosomatic Research, they clearly move away from the standard meeting that involves little participation and deals with hackneyed themes.

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