Foreword

This supplement of *Psychotherapy and Psychosomatics* includes the abstracts of lectures, symposia, workshops, and clinical case and poster presentations of the 25th World Congress of the International College of Psychosomatic Medicine (ICPM).

The inadequacy of the traditional biomedical model in medical practice is getting increasing recognition. Psychosomatics represents an extraordinary opportunity to improve clinical practice in medicine, psychiatry, and clinical psychology by integrating biological, psychological, and social factors. The biopsychosocial model is still the theoretical and practical core of psychosomatics. It allows clinicians to see illness as the result of interacting mechanisms at the cellular, interpersonal, and environmental level encompassing patients' personality and family. This conference highlights the psychosomatic perspective. The abstracts describe innovative studies and reflections on the most up-to-date and hot topics in psychosomatics: psycho-oncology, eating disorders, cardiovascular diseases, personality, well-being, stress, sexual dysfunctions in medical practice, psychotherapy, web-based psychotherapy, psychopharmacology, family assessment and therapy, psychoneuroendocrinology, consultation liaison, clinician-patient relationship, alexithymia, illness behavior and somatization, psychopathological and psychological factors in specific medical disorders, classification issues.

The crucial role of the psychosomatic perspective in clinical practice and research as well as the importance of proposing integrative treatment are underscored. An increasing number of studies suggest that the clinical process leading to medical diagnosis should also be based on a proper assessment with the psychosomatic perspective, encompassing allostatic overload, illness behavior, lifestyle, and psychological well-being. Such approach may be an antidote to reductionistic models that derive from biological approaches, neglect individual responses to treatment, and clash with clinical reality.

The psychosomatic perspective thus becomes essential in clinical practice and in scientific clinical research. The abstracts document how the psychosomatic perspective in clinical practice is more timely than ever and provides a home for those researchers and clinicians who want to venture off the beaten path of exclusive reliance on current outdated biomedicine.

Fiammetta Cosci, President of the Congress, ICPM President

Antonio Barbosa, Co-President of the Congress, ICPM Past President