International College of Psychosomatic Medicine News

The 25th World Congress of the International College of Psychosomatic Medicine (ICPM) was held in Florence, Italy, from September 11 to 13, 2019. We had 500 participants coming from 37 different countries disseminated in 5 continents.

The motto was: “The Psychosomatic Perspective.” The inadequacy of the traditional biomedical model in clinical practice is still getting increasing recognition. Psychosomatics represents an opportunity to improve clinical practice in medicine, psychiatry, and clinical psychology by integrating biological, psychological, and social factors. An increasing number of studies suggest that the clinical process leading to medical diagnosis should also be based on a proper assessment under the psychosomatic perspective. Such an approach may be an antidote to reductionistic models that derive from biological approaches, neglect individual responses to treatment, and clash with clinical reality.

In this framework, the ICPM 2019 World Congress offered a multidisciplinary scientific program, which included 2 plenary lectures, 5 update lectures, 54 symposia, 18 workshops, 6 pre-congress workshops, and 6 case presentations. As a tribute to the ICPM inner mission, the congress highlights included presentations by outstanding international experts in psychosomatics. The overall aim was providing a full review of the most important aspects of Psychosomatic Medicine and latest achievements in this field.

The 25th ICPM World Congress was also a lab to allow exchanges among societies engaged in psychosomatics. Thus, several societies sponsored the event: the European Association of Psychosomatic Medicine, the International

Federation for Psychotherapy, the Italian Society of Liaison Psychiatry, the World Psychiatric Association Section on Psycho-Oncology and Psychiatry in Palliative Care, the World Psychiatric Association Section Psychiatry – Medicine, the Research Group in Psychosomatics, the Italian Society of Psychosomatic Medicine, and the College of Professors and Researchers in Clinical Psychology of the Italian Universities. In addition, several societies sponsored a single symposium or workshop: the Japan Yoga Therapy Society, the Chinese Society of Preventive Medicine, the Association of Tapping Touch, the Italian Association of Psychology, the Psychosomatic Institute entitled to Massimo Rosselli, the Italian Society of Therapeutic Psychosynthesis, and the Italian High School for Stigma Fighting. Finally, the Annual Meeting of the Research Group in Psychosomatics was part of the 25th World Congress of the ICPM offering activities also in Italian.

In the 25th ICPM World Congress program, two tributes were included. One was devoted to the estimated colleague Per Bech who passed away on May 9, 2018, but who still lives in our minds and hearts. The second tribute was devoted to Massimo Rosselli who passed away on December 26, 2017, but who would have been happy to take part in the congress to listen to novelties in psychosomatics.

The ICPM offered EUR 250 best-poster awards to the 4 best posters presented at the 25th ICPM World Congress. A Commission chaired by Prof. Tom Sensky (UK) and composed by Prof. Antonio Barbosa (Portugal) and Prof. Chiharu Kubo (Japan) evaluated the posters on site. The awards were assigned to: Pedro Zuzarte for the post-

er P14, Michiyo Nosaka for the poster P18, Mark A. Ferro for the poster P114, and Tomokazu Hata for the poster P155. The Commission also mentioned the relevance of posters P13, P95, and P108.

The “Saulo Sirigatti Trust for studies and research in psychology” offered a EUR 800 award in memory of Massimo Rosselli for the best abstract for poster accepted at the 25th ICPM World Congress. A Commission chaired by Prof. Giovanni Fava (US) and composed by Prof. Fiammetta Cosci (Italy) and Prof. Gabor Keitner (US) evaluated the abstracts. The winner was Danilo Carrozzino with the abstract for poster presentation entitled “Clinimetric approach to rating scales for the assessment of somatization in gastroenterology: A systematic review.”

The Psychosomatic Specialist Certificate, a Title given by the International College on Psychosomatic Medicine that recognizes and supports physicians and Ph.D.-level clinical psychologists who practice Psychosomatic Medicine across different disciplines, was awarded during the opening ceremony of the 25th ICPM World Congress to Lucas Santos Argolo (Brazil), Danilo Carrozzino (Italy), Christian Fazekas (Austria), and Ahmed Rady (Egypt). The chairman of the Psychosomatic Specialist Evalua-

tion Committee is Prof. Thomas Wise (USA), and the members of the committee are Prof. Antonio Barbosa (Portugal) and Prof. Luigi Grassi (Italy).

The abstracts of lectures, symposia, workshops, clinical case presentations, and posters of the 25th ICPM World Congress are published online as a supplement of *Psychotherapy and Psychosomatics* (<https://www.karger.com/Journal/Issue/278802>). Each abstract documents 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.

Next ICPM activities are the 3rd Workgroup on Psychosomatic Research and Practice, which will be in Berlin on September 4 and 5, 2020, and the 26th ICPM World Congress, which will be in Rochester (US) from September 1 to 3, 2021. Save the dates and keep in touch via the webpage www.icpmonline.org!

Fiammetta Cosci, Antonio Barbosa

Presidents of the 25th World Congress of the International College of Psychosomatic Medicine
Florence, September 11–13, 2019