

Postdoctoral Program in Psychosomatic Medicine and Psychotherapy

History of the program

From 2010 to 2013, Psychosomatic Research Center of Isfahan University of Medical Sciences cooperatively with Danesh-e Tandorosti Institute, and under supervision of Psychosomatic Department of Albert Ludwigs University of Freiburg, Germany, held level 1 training program “psychosomatic basic care” for a group of physicians and clinical psychologists. Having made required coordination with Freiburg University, localized level 2 syllabus “psychosomatic therapies”, and added some other clinical skills and materials, “research and educational postdoctoral program in psychosomatic medicine and psychotherapy” was developed to be executed and provide effective psychosomatic services in health system. Educational strategies of this course is a clinical skill training of 2-year period based on educational strategies for lecturing, workshop, mirror room, live interview, role playing, case discussions, case report, team work, group and individual training, Balint groups, reflecting teams, and supervision. The course fees are paid by students.

Criteria for acceptance

1. At least professional doctorate or PhD in health psychology, clinical psychology, or counselling.
2. At least two years of clinical work experience.
3. The CV including education, research, and clinical experiences.
4. Those whose education and activities are relevant to their university majors are prioritized.

Note: Those who have PhD in general psychology, can enroll for the interview if they have at least three years of formal clinical work, relevant educational certificates, and relevant research projects.

Expected competencies at the end of the course

1. Psychosomatic assessment, systemic management and training of the patients (medically, psychologically, culturally, morally, and spiritually)

2. Fundamental clinical skills for family therapy, cognitive-behavioral therapy, and psychodynamic psychotherapy with a focus on common psychosomatic diseases.
3. Psychoimmune modulation
4. Symptoms control especially that of pain
5. Health behaviors and beliefs change
6. Skills for community and group education
7. Case and clinical reports development

Professional position of graduates

1. Treatment of psychosomatic disorder and management of psychosomatic therapist team in clinics, hospitals, and organizations.
2. Holding general educational programs on psychosomatic health in therapy, counseling, and cultural centers.
3. Management of Balint groups for therapist team.

The course certificate is given to those who are actively present in sessions and are successful in reaching the required criteria in evaluations and test results.

Postdoctoral certificate

“Postdoctoral certificate in psychosomatic medicine & psychotherapy” is given by Albert Ludwigs University of Freiburg, Germany, and is signed and stamped by Psychosomatic Department of Albert Ludwigs University of Freiburg, Psychosomatic Research Center of Isfahan University of Medical Sciences, and Danesh-e Tandorosti Institute.

Registration

For registration and assigning interview date, please electronically send a request letter to participate in the course to the email address: psrc@mui.ac.ir. Your request email has to have attachment files including your last educational certificate or medical license; and educational, research, and clinical resume.

You can also send your queries regarding the program in another letter to the same electronic address.

Albert Ludwigs University of Freiburg:

<http://www.uni-freiburg.de/universitaet-en>

Danesh-Tandorosti Institute:

<http://iranianhealth.com/>

info@iranianhealth.com

Psychosomatic Research Center, Esfahan University of Medical Sciences:

<http://psrc.mui.ac.ir/>

Freiburg and Isfahan project link on Clinic for Psychosomatic Medicine and Psychotherapy,
Freiburg:

<https://www.uniklinik-freiburg.de/asialinkvn009/project.html>