

# **Postdoctoral Program in Psychosomatic Medicine and Psychotherapy**

## **History of the program**

From 2010 to 2013, Psychosomatic Research Center of Isfahan University of Medical Sciences in collaboration with the institute of Danesh-e Tandorosti, and under the supervision of Psychosomatic Department of Freiburg University of Germany, held level 1 of the training program of “psychosomatic basic care” for a group of physicians and clinical psychologists.

After making the required coordination with University of Freiburg, the post-doctoral program in psychosomatic medicine and psychotherapy has been developed by incorporating localized syllabus of level 2 of "psychosomatic therapies", as well as some other clinical skills and materials.

This course is a two year clinical skill training and is developed 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.

## **Acceptance requirements**

1. A minimum education of professional doctorate or PhD in health psychology, clinical psychology, or counselling
2. A minimum of two years of clinical work experience
3. The CV should include education, research, and clinical experiences
4. Those whose education and activities are relevant to their university majors have higher priority

**Note:** Those who have PhD in general psychology can enroll for the interview if they have at least three years of formal clinical work experience, 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. Changing the health behaviors and beliefs
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

Certificates will be given to those who are actively present in the sessions and are able to achieve the required test results.

### **Postdoctoral certificate**

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

### **Registration**

In order to register and get an interview date, please send an email to [psrc@mui.ac.ir](mailto:psrc@mui.ac.ir), requesting to participate in the course. Your email should include your last educational certificate or medical license; and educational, research, and clinical resume as attachments. The same email address can be used for your other queries, as well.