Syllabus of Postdoctoral Program in Psychosomatic Medicine and Psychotherapy

1. Theoretical bases
   1.1. Systems theory
   1.2. Basic concepts of psychosomatic medicine
   1.3. Biosemiotics and placebo response
   1.4. Phenomenology and qualitative assessment
   1.5. Medical writing
   1.6. Our research plan
   1.7. Metaethics and psychology of ethics
   1.8. Spirituality and transpersonal psychology
   1.9. Consciousness studies

2. Basic clinical skills
   2.1. doctor-patient relationship / communication
   2.2. Balint groups / Supervision
   2.3. Systemic interview
   2.4. Biopsychosocial reasoning
   2.5. Case study / Discussion
   2.6. Genogram / Sculpture

3. Therapeutic approaches
   3.1. Mind-body control (relaxation, autogenic, imagery, music therapy, hypnotherapy, therapeutic metaphors, EMDR, EFT)
   3.2. Contextual methods (ACT, solution focused, affect regulation, narrative therapy, mindfulness-based therapies, bioenergy economy)
   3.3. Family therapy

4. Systemic approaches to common psychosomatic disorders
   4.1. Depression
   4.2. Anxiety disorders (OCD, panic, PTSD)
   4.3. somatic symptom disorders
   4.4. addiction
   4.5. Eating disorders

5. Psychosomatic clinical settings
   5.1. Psycho-oncology
   5.2. Psycho-cardiology
   5.3. Psychogastroenterology
   5.4. Psychodermatology
   5.6. Psychoneurology