

Teaching Psychosomatic Pediatrics in Family Doctors Education

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Being active in psychosomatic movement for 25 years now I have witnessed posing the question on how psychosomatic approach should be taught again and again.

Godfathers of the International College of Psychosomatic Medicine — Wittkower, Krakowski, Engelsman and Ramsay had already formulated global survey entitled “Definition, Practice, and Teaching of Psychosomatics” at the 4th Congress of ICPM in Kyoto, 1977. They presented broad comprehensive study on postgraduate programme in North America, Europe and Japan. They concluded: “35% of non-psychiatrist physicians compared to 45% of psychiatrist reported the existence of psychosomatic exposure. Thus, reinforcement in postgraduate training programs of psychosomatic principles still leaves much to be desired.”

How this problem would look like today?

We celebrated 20th anniversary of foundation of the Polish Psychosomatic Society last year. We gathered, as usual, in Kołobrzeg — some of you know this place of our yearly meetings very well. We recalled many steps of adapting psychosomatic approach to our professional society. We addressed especially young colleagues having in mind Roman proverb “docendo discimus” — teaching others we educate ourselves.

I would like to present today my modest programme of postgraduate training in pediatrics, which I have conducted for 12 years now.