



About 4th Psychosomatic Congress

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Mental disorders are increasing throughout the world. In Iran also these disorders and their consequences include higher percentages of mortality and morbidity among others.

On the other hand, people are now more sensible about their mental health than ever; the point that sometimes is neglected or underestimated. It means that they are expecting higher amount of joy, comfort, and happiness. But, modern life stresses make it more difficult to have and to understand these feelings.

All of these changes in mental health need and demand mean that health system managers should run more sophisticated mental services (preventive, curative, and rehabilitative services) for the people.

Meanwhile, national, regional, and international collaboration for sharing knowledge and experiences are necessary. Some of these collaborations are long-term. Others are cross-sectional. Psychosomatic Research Centre (PSRC) of Isfahan University of Medical Sciences, Iran, has started some common projects with some German Partners in the psychosomatic issues by the German

Academic Exchange Service (DAAD) support. These projects have led to some exchanges among scholars and students between the two countries, and some scientific proposals which are in progress.

The main goal of this project is to focus efforts toward psychosomatic disorders with a biopsychosocial approach in the Iran basic healthcare services such as family physicians, and other first contact caregivers. This goal is following in coordination with health system authorities.

As a short-term but fruitful action, PSRC is going to hold the 4th International Congress of Psychosomatic Medicine in Isfahan from November 15th to 17th. In this congress, some of the scholars and researchers from Germany, Lebanon, and Afghanistan would share their new findings and viewpoints beyond Iranian ones.

Some of the attendees hope to get more information about international projects of PSRC like Post Docs and other courses during the Congress. Mental health authorities of the Iranian Ministry of Health and Medical Education would present their lectures and would have some panel discussions, too. Besides, there is some good news for those who are engaged in

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psychosomatic fields such as:

1-Publishing abstracts and full papers of accepted articles in International Journal of Body, Mind, and Culture (IJBMC).

2- Starting "Isfahan Branch of Psychosomatic Association" in concordance with the main branch.

3- Inserting psychosomatic content in the formal curriculum of family medicine specialist after two years of a successful pilot in Isfahan

with the hand of social medicine school.

4- Developing national basic psychosomatic care plan for different groups of providers like the family physicians, the nurses, and other caregivers via health system authorities.

5- The last, but not the least, is the opportunity to get more familiar with the amazing historical attractions of Isfahan City, which makes a long lasting memory of the congress.

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**4th International Congress on
 Psychosomatic
 Medicine**
**Psychosomatic basic care
 and family medicine**
 November 15 -17, 2017 - Isfahan
 University of Medical Sciences, Isfahan, Iran

Main Topics:
 ▲ Psychosomatic Basic Care in Family Medicine
 ▲ Epigenetics and Psychoneuroimmunology in
 Psychosomatic Disorders
 ▲ Sociocultural Approach to Illnesses
 ▲ Clinical Settings for Psychosomatic Care
Abstract Submission Deadline
 September 20, 2017
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Sponsors: DAAD, IJBM, etc.