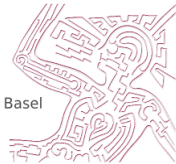


DIENTAGMITTAG-  
FORTBILDUNG

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# Dienstagmittagfortbildung Psychosomatik Basel

10.12.2013, 12:30 Uhr - 13:30 ZLF, Kleiner Hörsaal

Dr. Paul Grossman  
Abt. für Psychosomatik  
Universitätsspital Basel

## **Existential Challenges of Chronic Disease: Healthcare, the experience of illness, and how mindfulness may help**

Serious chronic disease, sooner or later, almost certainly comes our way: either we become sick ourselves, or our loved ones become afflicted. Modern medicine has, in general, emphasized the biological and commercial aspects of combatting disease to the neglect and devaluation of the lived experience of serious illness. Rather than viewing personal distress as a direct consequence of debilitating disease, contemporary medicine typically employs the paradigm of “co-morbidities” whenever it attempts to address nonbiological dimensions of disease, such as depression, anxiety and fatigue. The concept of “co-morbidity” pathologizes normal, perhaps even health- and growth-promoting, socio-emotional consequences of contracting serious illness, ignores the direct causal

relations between disease and its natural nonphysical sequelae, and discounts the lived experience of those confronted by serious illness. Orienting to our moment-to-moment experience in a compassionate way (mindfulness) can redirect our attention toward the personal challenges and opportunities of living with illness in the face of personal chaos.

## Biography

Dr. Paul Grossman is retired Director of Research, Department of Psychosomatic Medicine, Division of Internal Medicine, University of Basel Hospital, Switzerland. Over the last three decades, he has performed research and published extensively on relations between cardiorespiratory physiology and psychological function in health and disease. He has also been principal investigator of several investigations of mindfulness-based interventions for debilitating, long-lasting medical conditions (including multiple sclerosis, fibromyalgia and sequelae of bone marrow transplantation), and has lectured and authored papers on conceptual aspects of mindfulness and mindfulness-based interventions in healthcare and psychology. Dr. Grossman is Associate Editor of the Springer journal *Mindfulness*, and director of MBSR-Freiburg, a mindfulness-based stress reduction teacher-training program in Freiburg, Germany, which is primarily oriented toward healthcare professionals. He also runs the European Center for Mindfulness devoted to continuing education about mindfulness for the helping professions.

## CREDITS:

SAPPM, SGPP, SGAM und SGIM je 1 Punkt.

## KOOPERATION:

Diese Fortbildung ist ein gemeinsames Projekt der Psychosomatik am Universitätsspital Basel, der Schweizerischen Akademie für Psychosomatische und Psychosoziale Medizin (SAPPM) und der Vereinigung psychosomatisch tätiger Ärztinnen und Ärzte beider Basel (VPSB)

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