

Gerhard Schuessler

UPDATE IN PSYCHONEUROIMMUNOLOGY

Abstract

Psychoneuroimmunology (PNI) is closely associated with bi-directional pathways between mind/brain and immune system. PNI research represents a rapidly growing area within psychosomatic research. Recent studies in PNI are mainly based on the immunological concepts of Th1/Th2 dichotomy and inflammation. This review covers human PNI studies dealing with stress-associated changes in cytokine (Th1, Th2) levels in immune-related processes such as wound healing, atopic diseases, autoimmune and other inflammatory diseases. It is shown that PNI studies measuring immune activity approximate to the site of disease (e.g. wound healing) and dealing with objective stressors show more consistent findings (stress-associated Th1/Th2 shift, stress-associated pro-inflammatory activation) than those dealing with chronic and complex diseases (e.g., autoimmune disease). This warrants the expansion of the methodological repertoire in future PNI research towards designs allowing for the investigation of complex psychosomatic phenomena.

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Curriculum vitae

Prof. Dr. med. Gerhard Schüßler (Schuessler)

17.01.1953	Born in Soest/Westfalen
1959 - 1963	Primary school in Unterschleissheim
1963 - 1972	Josef-Hofmiller-Gymnasium Freising, Abitur
1972 - 1979	Study of medicine in Würzburg, Wien und Berlin

09.05.1979	State examination
01.09.1979 - 30.06.1986	Residency at the Psychiatrische Klinik und Poliklinik der FU Berlin (Prof. Helmchen): different psychiatric wards, out-patient treatment, department for neurophysiology and department for neurology
Februar 1980	THESIS at the Universität Würzburg, "Potenzstörungen bei Obliterationen und Rekonstruktion des Aortoliacalen Arterienabschnittes"
20.07.1984	Marriage with Annemarie Bertl-Schüssler, teacher and psychologist
29.11.1985	Specialist for "Neurologie und Psychiatrie"
1980 - 1988 1980	Training in Psychotherapy and Psychoanalysis
01.07.1986 - 1992 1986	Senior registrar at the Department of Psychosomatic Medicine and Psychotherapy of the University
Göttingen	
16.07.1988	Birth of the son Maximilian
11.09.1991	Birth of the son Alexander
18.07.1990	Venia legendi for Psychosomatic Medicine and Psychotherapy
15.04.1992	Head of the Department Psychosomatic Medicine at the Westfälischen Wilhelms-Universität Münster
01.05.1995	Head of the Department of Medical Psychology and Psychotherapy of the Medical University Innsbruck
2002	Visiting Professor at the University of Sydney