
Hans-Christian Deter

FUNCTIONAL DISORDERS IN GASTROENTEROLOGY

Abstract

Functional disorders are very common in many European and American countries in the general population, in primary care as well as in the gastroenterological practice. The talk will focus on diagnostic and therapeutic strategies, the physician patient relationship and the special way to communicate and understand these kind of patients. Special tasks to learn the communication on the first step and to apply effective psychosomatic treatments are necessary. Individual and interpersonal and behavioural group therapy as well as relaxation techniques change successfully symptoms and illness behaviour. I will demonstrate on the example of the German health care system the therapeutic forthcoming of the last years in these patients.

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Curriculum vitae

After studying medicine and psychology in Würzburg, Wien and Kiel, I passed my state medical exams in Heidelberg and did advanced training at the Department of Psychosomatics and the Medical Clinic of the University School of Medicine in Heidelberg, Department of General Clinical and Psychosomatic Medicine.

I was given recognition as a specialist in internal medicine and, after having worked for one year in the Psychiatric Department at the University School of Medicine in Heidelberg, I was given recognition as a psychotherapist and psychoanalyst.

I was head of the Psychosomatic Outpatient Clinic and the Psychosomatic Consulting Service at the Medical Department of the University School of Medicine in Heidelberg and was granted *Venia legendi* on the topic of Disease-oriented group therapy and its effect on physical, mental and social situation of patients with bronchial asthma.

I was appointed as Senior Physician in the Department of Psychosomatics at

the Central Institute for Mental Health in Mannheim.

I am a Professor of Psychosomatics and Psychotherapy and Senior Physician in the Department of Psychosomatics and Psychotherapy of the Medical Department and Outpatient Clinic at the Steglitz Medical Center of the Free University of Berlin, now Charité Campus Benjamin Franklin.

In my capacity as head I am responsible for medical, psychosomatic and psychotherapy patients, who come to the clinic for outpatient or inpatient treatment and I regularly treat patients myself. In my medical activities during specialist training, I had the opportunity to gain extensive knowledge in the entire field of medical diagnostics and therapy.

Teaching activities: I have regularly given courses on internal medicine and psychosomatics, and have given lectures with other colleagues on the topic of inpatient and outpatient treatment of psychosomatic diseases. Balint groups for students, self awareness groups for students, supervision of student teaching in anamnesis groups.

Focus of Research:

1. Studies on the consultation and liaison services in the context of a medical center.
2. Development of new psychosomatic outpatient treatment procedures for physically ill patients. Disease-oriented group therapy.
3. Course control studies on therapeutic success after outpatient and inpatient psychosomatic treatment.
4. Psycho-physiologic studies on the differentiation of treatment results in asthma and coronary patients.
5. Studies on the conditions of psychic symptom formation due to the differences in the severity of the physical disease and the kind of self perception.