



## **DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE**

### *Newsletter December 2020*

- 
1. **Report of „Deutsch-Chinesisches Alumni-Netzwerk für Psychosomatische Medizin und Psychotherapie“ (German-Chinese network for Alumni) in Freiburg und Heidelberg**
  2. **Ulrich Sollmann: Experiences together with Chinese colleagues in times of Corona**
  3. **Bernhard Trenkle**
  4. **Alexander Korittko**
  5. **Doris Biedermann: Short report on the Trainings in Systemic Therapy**
  6. **Alf Gerlach: Training psychoanalytic oriented psychotherapy at Shanghai Mental Health Center**
  7. **Alf Gerlach: Impact of the Corona pandemic on my work with Chinese colleagues**
  8. **Margarete Haass-Wiesegart: The first online Seminar of the Advanced Training program Cognitive Behavioural Therapy Level 2**
  9. **Wang Chung: Chinese newsletter of the German Chinese Academy for Psychotherapy**
  10. **Zhao Xudong and Liu Zhongmin publish psychosocial guide in German language**
- 

#### **1. Report of „Deutsch-Chinesisches Alumni-Netzwerk für Psychosomatische Medizin und Psychotherapie“ (German-Chinese Network for Alumni) in Freiburg und Heidelberg**

As is probably the case for most DCAP members, the Corona crisis has initially turned our China activities upside down this year. In spring we were still hoping that we could hold the final workshop of the 3-year curriculum in Psychosomatic Medicine and Psychotherapy (within the framework of the BMBF-funded German-Chinese Alumni Network) in November 2020. Now this original date is getting closer and closer and it has become almost unthinkable to organize an event of this kind with more than 120 participants. We had also originally planned to hold a workshop in Berlin and Heidelberg with Chinese participants this year. These activities all had to be cancelled. Nevertheless, it is also a surprising experience that the pandemic has, in some ways even brought us closer to our Chinese colleagues. In the spring, we immediately started holding regular Zoom meetings with our

cooperation partners in various Chinese clinics. It was very impressive for us to receive "real time" reports from doctors in Wuhan, Beijing and Shanghai about the pandemic. They told us about the general mood in China and also the psychological consequences for the population. Besides the shock about the current situation we could also feel the cohesion of the Chinese people. Three employees from the department of our DCAPP project partner Prof. Zhao Xudong in Shanghai quickly volunteered to provide psychological crisis intervention for corona patients in newly built tent hospitals in Wuhan. We reported on the assignment of Feng Qiang, one of these three employees from Shanghai, for the DAAD (to be found here: <https://www.dchan-projekt.de/2020/05/05/corona-pandemie-in-china-psychologische-interventionen-und-krisenmanagement/>). In Wuhan, structures for psychological support of the population were quickly established and research on psychological stress was conducted. We have reported on this in various articles (to be found here: <https://www2.daad.de/der-daad/daad-aktuell/de/76175-coronavirus-alumnifachnetz-dcapp-unterstuetzt-im-psychologischen-krisenmanagement/>). These reports were also taken up by some other media outlets in Germany (e.g. the German medical journal „Das Deutsche Ärzteblatt“: <https://www.aerzteblatt.de/nachrichten/111205/COVID-19-Chinesen-leiden-unter-Angst-und-Schlafstoerungen-waehrend-der-Quarantaene> and in the book "The Psyche in Times of the Corona Crisis" by two German psychology professors Bering & Eichenberg, 2020).

From Wuhan, we were particularly informed about the problem of the increased occurrence of post-traumatic stress disorder. In addition, the medical staff in Wuhan's hospitals were under great pressure and had to endure severe stress, which increased the risk of this group of people developing a burnout syndrome. Based on these two problems, we have currently redesigned our course activities to e-learning and are working with an IT company to implement an interactive online course for Chinese doctors and psychologists on the topic of "psychological crisis management in times of corona -recognition and treatment/prevention of PTSD and Burnout". We hope that we will soon be able to release our new e-learning course online and thus continue to support our colleagues in China, but we are also looking forward to the possibility of a personal exchange in a face-to-face event in China in the future.

## **2. Ulrich Sollmann: Experiences together with Chinese colleagues in times of Corona**

In mid-January 2020, I learned about the Corona event both personally from Chinese colleagues and friends and generally via social media (WeChat, Weibo). Since then, I have been involved in a continuous virtual and intensive exchange of information online. This has led to increased communication, practical and conceptual situational cooperation and joint initiatives. My view of the Corona events in China presented here is of course only a very small part of it. Furthermore, it is subjective insofar as I am primarily referring to my personal experience with China.

First some general impressions, then I will refer to concrete examples.

### General impressions

In the first half of 2020, there was online traffic in social media of an intensity I had never experienced before. It reflected the great spontaneous commitment that had already begun in January. Initially in the form of expressions of concern, later in the form of pragmatic commitment. It seemed to me as if one was very grateful for my empathy, especially with regard to the described experience of the people in China, namely to find oneself in a seemingly hopeless situation as it presented itself at the beginning of the year. I had the impression that people were not only grateful, but also relieved that others, namely us in the West, showed a clear empathy and commitment to the situation in China. The importance of psychology and psychotherapy in the corona crisis was publicly documented early on.

<https://global.chinadaily.com.cn/a/202003/11/WS5e681d91a31012821727df79.html>

In the course of this exchange, the desire for support - personal, practical, but also conceptual - became apparent quite early on. On the basis of this personal and professional need, numerous small projects, pragmatic support etc. developed.

In the beginning, the focus was specifically on the concept and practice of psychological crisis consulting/crisis management. Many of the colleagues did not seem to have been sufficiently familiar with psychological crisis consulting. These colleagues benefited personally, but also professionally, from the mutual exchange of ideas. In addition, there were colleagues who expressed a similar interest, but in their professional practice relatively few people took advantage of this.

This may have different reasons, such as: On the one hand, there were perhaps only a few people affected in their professional environment. On the other hand, people were afraid to accept the

offer of such support, even if they were affected. Finally, I had the impression that the desire of these colleagues for psychological crisis counseling also corresponded to a "personal emotional distress". After all, they were hoping to receive appropriate help for themselves.

In the period between the end of March and July, at least if one believes the official figures, the situation in China had calmed down, while in Europe it had deteriorated rapidly. This led to the concern of Chinese colleagues regarding our well-being, often combined with the offer "How can we help you"? But this period was also marked by the escalating political tension in the world. There were mutual political accusations between China and the USA. Trump called the virus a "China virus", and the population in the West was increasingly confronted with discriminatory reports and actions (e.g. some stores and restaurants refused to serve Chinese customers). Overall, there was no balanced reporting in Western media. The Chinese colleagues suffered but also criticized this.

[https://www.chathamhouse.org/expert/comment/blaming-china-dangerous-distraction?utm\\_source=Chatham%20House&utm\\_medium=email&utm\\_campaign=11483400\\_CH%20Newsletter%20-%2017.04.2020&utm\\_content=China-](https://www.chathamhouse.org/expert/comment/blaming-china-dangerous-distraction?utm_source=Chatham%20House&utm_medium=email&utm_campaign=11483400_CH%20Newsletter%20-%2017.04.2020&utm_content=China-)

[CTA&dm\\_i=1S3M,6U4NC,VA3DX2,REFGM,1#](https://www.chathamhouse.org/expert/comment/blaming-china-dangerous-distraction?utm_source=Chatham%20House&utm_medium=email&utm_campaign=11483400_CH%20Newsletter%20-%2017.04.2020&utm_content=China-CTA&dm_i=1S3M,6U4NC,VA3DX2,REFGM,1#)

<https://oxfordpoliticalreview.com/2020/04/24/china-series-1/>

Since July, Corona is no longer a big serious issue, at least not in my experience and not on social media. However, those who are (still) confronted with Corona in their professional lives are still intensively involved. All in all, a lot of research has been done and published since the beginning of the year. In the beginning, these were rather reports on how people were affected, then practical handouts, and finally scientific articles and books.

<https://mp.weixin.qq.com/s/dH-FjeIWF1UGRvuNIBAQHg>

<https://www.alibabacloud.com/zh/universal->

[service/pdf\\_reader?pdf=Handbook\\_of\\_COVID\\_19\\_Prevention\\_en\\_Mobile.pdf](https://www.alibabacloud.com/zh/universal-service/pdf_reader?pdf=Handbook_of_COVID_19_Prevention_en_Mobile.pdf)

Concrete projects and initiatives

Since mid-January I have been exchanging information with Chinese colleagues and friends on a regular, one could almost say daily basis. Here are the central topics, projects and initiatives that have resulted from this. The resulting cooperation is probono.

- A colleague of mine, Li Wentian, told me already in mid-January about his intensive commitment in Wuhan to set up a psychological crisis intervention. He did this with a truly unimaginable commitment, namely in a 24-7 mode, so to speak, over a period of 3 months.

<https://www.tagesspiegel.de/gesellschaft/panorama/psychische-folgen-von-corona-angst-und-depression-quaelten-wuhans-bewohner/25763734.html>

- Stimulated by our communication, several webinars, conceptual development, as well as practical supervision with regard to psychological crisis counseling (e.g. with well-known Chinese internet platforms as well as mental health counseling centers) were developed in the first 3 months of the year together with other colleagues and organisations. Here are two examples (presentation and specific Q&A)

<https://mp.weixin.qq.com/s/oUkpVEg7DFyr5RdabzhdSA> (Platform: Jiandanxingli)

<https://mp.weixin.qq.com/s/RLrmiD98P-GU7EkzvDeDEw> (Q & A)

- Supervision sessions consistently addressed the fears of the therapists/consultants as well as those of the clients. The fears of not being able to move safely in such a dangerous global crisis, the fear for the well-being of the family, but also the fear of not being able to feel an inner, safe, emotional place that would be a certain resilient counterbalance to the extreme threat were described.

The supervisions therefore served both to improve interaction with clients/patients on the one hand and to support resilience among colleagues themselves on the other.

- In this context, the desire arose to produce videos that show in a short, understandable and pragmatic form which (physical) exercises can be helpful to improve one's own well-being and rehabilitation (as a kind of body-self-experience). These videos were intended for people affected by Corona, their relatives and the medical staff. Here is an example:

[http://m.v.qq.com/play/play.html?vid=d0958t45ij8&url\\_from=share&second\\_share=0&share\\_from=copy&pgid=page\\_detail&mod\\_id=mod\\_toolbar](http://m.v.qq.com/play/play.html?vid=d0958t45ij8&url_from=share&second_share=0&share_from=copy&pgid=page_detail&mod_id=mod_toolbar)

- Since the end of January, I have referred in some articles to aspects of the Corona crises, as well as the experience we have made. These were communicated several times in Chinese translation via social media. Two articles were even taken up by official sources (e.g. Peking Rundschau).

<https://mp.weixin.qq.com/s/h7WQpxuGp0pIdaR8vtBp2A>

[http://german.beijingreview.com.cn/International/202002/t20200213\\_800192883.html](http://german.beijingreview.com.cn/International/202002/t20200213_800192883.html)

- The cooperation with the translators resulted spontaneously, sometimes with people who were complete strangers to me. At the same time, the resulting exchange initiated a further exchange, as well as cooperation, but also stimulation for new initiatives.

- Chinese colleagues from DCAP have expressed their views on the corona topic at a very early stage. (like Zhao Xudong, Qiu Jianying) Here are two examples

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7061893/>

<https://www.researchsquare.com/article/rs-17172/v1>

There were also three contributions that I wrote together with a Chinese colleague from Beijing (Peking Union Medical Hospital), namely on the topic of fear of physical illness under Corona. Here are two examples:

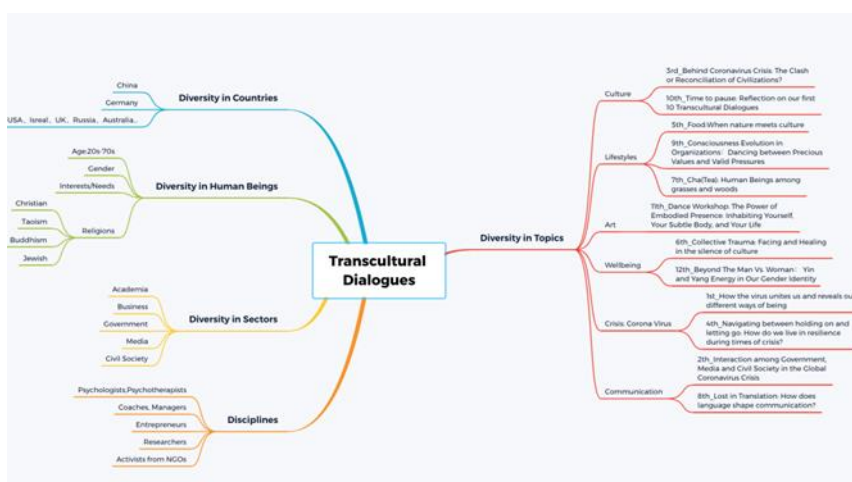
1. "The association between stress and severe illness anxiety during Corona-virus Disease,"  
<https://www.ijbmc.org/index.php/ijbmc/article/view/203>

2. „Medical practitioners are exposed to extreme psychological stress during the corona crisis (Qualitative Metasynthesis of Chinese research on the psychological burden of medical treatment personnel)“

- The International Journal of Body, Mind and Culture (IJBMC) publishes a special Corona issue at the turn of the year. Psychotherapists from various countries describe how the Corona crisis influences their work, their relationship with patients and in relation to themselves. My contribution is "(self-) experience and (self-) support as a body psychotherapist in times of Corona In China and Germany".

- The effects and experience of the Corona crisis have increasingly affected young people, especially students. While many Chinese students often felt anxious, depressed, lonely, etc. abroad even before the Corona crisis. This was intensified by the crisis. Since I encountered this topic from different sides, I initiated a project group in summer, which is especially concerned with the psychological state of experience (personal experience, problems etc.) as well as the transcultural experience of Chinese students in Germany. The goal of the project is to learn more about the subjective experience of Chinese students in Germany through an exploratory study, in order to develop a corresponding orientation and practical measures for local support here in Germany. At the same time, the project aims to provide Chinese students with more specific, and above all transcultural, relevant support before they leave for Germany. In the project team I work together with colleagues from Tongji University in Shanghai and Zhejiang University in Hangzhou. Representatives of other universities are involved. In the meantime, the Cultural Department of the Chinese Embassy in Berlin has also expressed interest in the project to win Professor Zhao Xudong as a mentor for the project. The VCSK (Verein chinesisches Studenten Köln) has also promised its support.

- The participation in some conferences was mainly related to resource-oriented aspects. For example, one lecture dealt with the topic "Vitality and Joy", another with "Stress Management and Mindfulness". The number of about 240,000 conference participants shows how strong the interest of Chinese people is under such a perspective.
- A special Bereavement project has been under development in Wuhan since early summer. The aim is to research the effectiveness of, among other things, a body-oriented approach (in this case bioenergetic analysis). It is intended to work with therapists as well as with patients. This RCT study is applied for at the National Nature Science Foundation.
- In the meantime some of the Chinese contacts have been networked with colleagues in Iran, Italy and England. Through this, further initiatives are starting, such as Li Wentian and I will speak as a tandem about crisis management at an international conference in Italy in December. Two of the joint publications with a Chinese colleague have appeared in the International Journal of Body, Mind and Culture and so on.
- Via the IASS in Potsdam (Institute for Advanced Sustainability), in cooperation with a very large Chinese internet platform, a concrete project is hosted, which deals with topics of transcultural communication, especially in times of Corona. This is done through topic-specific webinars / dialogues taking place every two weeks, a Wechat group (several 100 participants) and virtual ad-hoc groups. Initially, the focus was on Corona, later on on the effects on the social and communicative life of people in China and Chinese people abroad. Enclosed a mind-map of topics. <https://mp.weixin.qq.com/s/4IA3JlGhIEz2vbmCgSaJWA>



sollmann@sollmann-online.de

### **3. Bernhard Trenkle**

On 13.1.2020 I flew back to Germany from Beijing. I could well have been Patient Zero. In those days I had been leading a workshop of one of our training groups. At the same time we planned the 2nd National Hypnosis Congress for July 2020 (10 international speakers plus about 50 from China). An organization team should be built up to gain experience with large congresses. In 2022 this team should organize the 2nd Asian Hypnosis Congress and apply for the International Hypnosis Congress 2024.

But already at the end of January the fight against Corona was in focus. I started to support the Chinese colleagues who started to produce psycho-educative, preventive and self-care texts, audio files, group trances etc. At first to support the friends and colleagues in Wuhan and then for all in China in the lockdown.

Nobody could have guessed at that time how hard this virus would hit us as well.

A part of the materials and text files can be found on the website of the International Society of Hypnosis ISH [www.ishhypnosis.org](http://www.ishhypnosis.org).

Already at the end of March it became clear that we could not run the congress in July as a live congress.

We started to consider an online congress. My not easy task was to motivate the 10 international speakers with an average age of just under 70 years to get involved in the adventure of online teaching. This was mostly successful. The International Faculty was: Camillo Loredio Italy, Amir Raz (Can/USA) , Giuseppe de Benedittis Italy, Kris Klajs, Poland, Woltemade Hartman South Africa, Enayat Shahidi Iran, Ben Furman Finland, Consuelo Casula Italy, A few others originally scheduled did not dare to do online teaching. Thankfully, some German colleagues from the MEG, such as Gunther Schmidt, Stefan Junker and Stefanie Schramm, stood in for them. All three had been in China before and had already taught there. Additionally 67 Chinese colleagues have been teaching.

I myself was not able to follow the online-congress. To do this you needed wechat. I had wechat since many years but suddenly my wechat was not working anymore and till today I was not able to restart it.

The organization team was lead by Xin Fang, Jun Gao and Ting Wang. Many talented younger colleagues as well as family members like the son of Xin Fang helped us to realize technically this online congress.



The organization of this congress was enormously energy-sapping and some of the Chinese team were very exhausted afterwards. Beyond what one is used to from the organization of a normal large congress.

From what I have heard, the congress was very successful both in terms of content and number of participants. I got some numbers afterwards. About 850 participants registered for the congress. The team also invited many more guests, so that there were more than 1000 participants. ( 926 female, 238 male) There were several pre-congress workshops (300 participants) and two 2-day post-congress workshops (200 participants). The vast majority of the participants were counselors/psychotherapists and quite a few physicians.

At the moment I have not heard about our further plans for the upcoming congresses 2022 and beyond.

How the overall political situation will develop after the American elections and the economic recovery in a post-corona period, even the best state-certified psychics cannot predict with certainty at the moment.

Bernhard Trenkle

#### **4. Alexander Korittko**

Unfortunately I could not finish the training in psychotraumatology which started in August 2019 in Shanghai at Tongji University. But from January 2020, I could supervise colleagues from different areas (Shanghai, Xi'an, Wuhan, Shenyang, Suzhou) with their trauma cases. We meet 90 min per month online, 60 min case supervision and 30 min group discussion. This supervision formate will continue in 2021.

In 2019 I was lucky to meet a psychologist from China who studied in Germany and speaks German and English. She was willing to translate one of my books about psychotrauma treatment with parents, teenagers and children. The translation is finished now and my German editor is in contact with an editor in Beijing. Prof. Zhao from Tongji University Shanghai will write the foreword. The plan is to print the Chinese edition of the book in spring 2021.

I am glad, that in this way I am in a solid professional contact with our Chinese colleagues in times of corona.

## **5. Doris Biedermann: Short report on the Trainings in Systemic Therapy**

Due to the outbreak of the Corona Pandemic, it was not possible to carry out the planned seminars of the training courses started in 2019.

This concerns three trainings in Beijing at the 6th Hospital of the Peking University :

1. Systemisch Therapy for Families with Children and Adolescents in Crises and Conflicts
2. Systemic Short-term Therapy for Children and Adolescents
3. Program for Systemic Thinking and Skills in Mental Health Services

In 2019 two of the four planned seminars could take place. The Chinese colleagues will keep in contact with the participants of the training in order to (hopefully) continue the training in 2021. According to the Chinese colleagues they are very interested in continuing the training.

The VIII National Training Program for Systemic Family Therapy at Tongji University in Shanghai started in 2019. Also here two of five seminars could take place in 2019. A third seminar is held online in August by the Chinese colleagues, but shortened to 3 days (of 7 days). The German colleagues took over the supervision via zoom.

After some initial difficulties it went well and to the satisfaction of all. In two Zoom conferences the seminar was prepared together. The second half of the seminar is planned for early 2021.

The plan is to continue with the seminar four und five in 2021 in presence.

With the Chinese Colleagues we keep in contact by email and zoom.

The SYMPA training in Shanghai / Pudong is suspended for the time being

Doris Biedermann

## **6. Alf Gerlach: Training psychoanalytic oriented psychotherapy at Shanghai Mental Health Center**

Our group, 13 psychoanalysts from Germany, Austria and Luxemburg, had planned to start a new training round in springtime 2020, together with the Chinese colleagues and teachers from German-Chinese Academy for Psychotherapy. Due to the Corona-pandemic we had to postpone the date several times, and actually it is not sure when we may begin. We are used to offer the different parts of the training in person, in the training rooms in Shanghai Mental Health Centre: Introduction in psychoanalytic theory, self-experience in individual and group setting as well as supervision of first interviews with patients and of ongoing psychotherapies of the participants. Only slowly we started to discuss if we should offer at least some parts of the training by online teaching, e.g. developmental psychology, treatment technique, psychopathology and psychodynamics of neurosis. But not only the German teachers have been reluctant to this idea, but also our Chinese colleague told us: "The feedback for online training is not good so far as I got. I also asked the opinions from some participants. They are ambivalent. On one side they wish to have the training soon, but on the other side, they know the limitation for online training." So we are still in the discussion process, hope for a start in person in 2021.

## **7. Alf Gerlach: Impact of the Corona pandemic on my work with Chinese colleagues**

For some years now I have been accompanying a group of 14 Chinese psychotherapists with a fortnightly supervision. The Chinese colleagues meet every fortnight without me and discuss a treatment in Chinese. They then send me the individual case report as well as a summary of their discussion. In the following week I meet with them and an interpreter for an online supervision, in which I draw on what they have worked out, but also develop my own thoughts on psychodynamic understanding as well as on treatment techniques. I experience this work as extremely stimulating for all sides.

When the corona epidemic began in China, its effects on therapeutic work were immediately felt by everyone. We discussed not only the personal limitations to which the Chinese colleagues were subjected and which they endured admirably, but also the necessary adjustments of the setting and the confrontation with the suffering that the epidemic brought for them, but also for their patients. The therapists and the patients shared a situation with everyone that causes regressive reactions in many people. In particular, it was difficult to realistically assess the existing danger. We could realise how people tended to exaggerate or to

deny existing dangers. Paranoid reactions, projective thinking, but also magic thinking appeared as typical defence mechanisms.

Related to the individual cases, we spoke about the responsibility of the therapist to make the patient aware of and prepare him/her for the changes associated with the change of frame, e.g. if the meeting changed to online sessions. We are used to the therapist being responsible for the frame: We have furnished our practice, arranged objects and pictures in the room, assigned the patient his place. But in online sessions the patient contributes to the frame: He should choose a quiet place, be able to be undisturbed, protected from disturbance by others. Patient and therapist need to choose an app for the online session that offers as much protection and confidentiality as possible. The group became also aware that the change unsettles the patient and can cause additional irritation and fear, and these fears should be actively addressed by the therapist if they become an obstacle to therapeutic work. If necessary, they should also be examined for their transference implications.

This experience of mutual support in working together on new issues became helpful to me when the first pandemic cases were reported in Europe and we faced new problems here too. During this time, I was relieved to have a certain head start in dealing with the associated problems for my own work and to be able to pass on this experience to German colleagues.

It was also with a heavy heart that I had to adapt my work in training Chinese candidates under IPA to the new situation. While I had been able to offer training analyses on site in Shanghai three times for 4-6 weeks each in 2019, I now had to switch to online meetings. Here I particularly missed the work in personal encounters, with both bodies in the same room, with attention to the many different pitches of the voice, the smell of the patient, the subtle body movements on the couch. To this day it costs me an additional effort to work under these circumstances. I long for the time when I can continue my work with the couch in a therapy room at Shanghai Mental Health Centre under the old conditions.

Very early after the beginning of the epidemic in Wuhan I was asked to give a public online lecture on "How to deal with a crisis. Some advice for counsellors and psychotherapists". This was organised by "Xinlicheng Counseling", a platform for therapists in Shanghai. Several thousand participants signed up for it, and after the lecture on February 5th I received many questions from the participants. In April I repeated this lecture for another therapy platform in Shenyang in the northeast of China. The echo was so great that I developed a series of 10 seminars with the following topics: 1. The psychodynamic understanding of trauma, 2. Research

results: Developmental psychology and neuroscience, 3. Collective trauma and their impact at large groups, 4. Transgenerational transmission of collective trauma, 5. Disaster psychology – first psychological aid, 6. Post-Traumatic Stress Disorder – diagnostic approach, 7. Traumatic neurosis – a case example after individual trauma, 8. Psychodynamic treatment of PTSD, 9. Traumatic neurosis – a case example after collective trauma, 10. Transference and countertransference in the treatment of PTSD.

Here it became possible not only to address the current epidemic and its psychosocial consequences and the counselling and therapeutic handling of it, but also to include questions of large group psychology, e.g. collective trauma and its transgenerational transmission. The series of seminars became an enriching experience for all, especially as the participants also had the opportunity to present their own counselling and treatment cases.

Alf Gerlach

[alf.gerlach@pulsaar.com](mailto:alf.gerlach@pulsaar.com)

## **8. The first online Seminar of the Advanced Training program Cognitive Behavioral Therapy Level 2**

Due to the special situation during the pandemic period of COVID 19 SARS2, the Chinese and German teaching team decided to offer an online seminar to the participants of the advanced training program Cognitive Behavioural Therapy Level 2.

The three-day seminar in early December was held by the Chinese and German teams. There were 89 Chinese participants. The German teachers of this seminar were Jan Glasenapp, Thomas Fydrich and Anne Troesken. The Chinese teaching team consists of Zhang Ning, Qian Mingyi, Zhang Lan, Qian Wenhong, Li Yanling, Li Jiyun, Zheng Ning, Fang Xin, Li Fei, Qiao Huifen, Xiao Yang, Liu Yang, Wang Chun and Ma Hui.

The seminar focused on obsessive-compulsive disorder, PTSD, and group therapy for CBT. The seminar was organized as follows: morning: lectures and video by the German teachers, early afternoon: 6 small groups and case supervision with the Chinese teaching team, plenary in the late afternoon with the Chinese and German teaching team for discussion, role play, etc. Evening lecture by Qian Mingyi. Every day there had been a debriefing meeting of the Chinese and German team. The feedback of this seminar was very good. The participants hope for a continuation soon.

Margarete Haass-Wiesegart



and published the Book Fighting against coVID-19, Peace of Mind -- Psychological Self-help And Rescue Book for The Whole People at the first time of the epidemic, and Professor Wang Chun organized DBT team to publish the popular science book based on the concept of DBT "Mind Wisdom -- Psychological Adjustment Guide for Children and Adolescents under the Epidemic" .



3. On January 15-19, 2020, the second phase of the fourth "Continuous Training for Psychoanalytic Therapists" with reference to the "German-Chinese Training" model was successfully held in Hefei, Anhui. Nearly 250 trainees participated in the training. This project is sponsored by the Anhui Mental Health Center and co-organized by the Professional Committee for Psychoanalysis of Chinese Mental Health Association and the Anhui Supervision Center of the Clinical Psychology Registration Committee of the Chinese Psychological Association. Teachers in this project are all members of the Psychoanalysis Committee of the Chinese Mental Health Association and registered supervisors of the Chinese Psychological Association. Well-known foreign experts also participate in it. The training project has been successfully held for three sessions and is very popular. (Author: Li Xiaosi, Zheng Cheng)



4. Now the content of Cognitive Behaviour therapy, Family therapy and Psychoanalytic therapy has been included in the standardized training materials for Chinese psychiatric residents.

## 10. Zhao Xudong and Liu Zhongmin publish psychosocial guide in German language

We are particularly pleased that our Chinese colleagues Zhao Xudong and Liu Zhongmin have now translated their guide, which was written at the beginning of the pandemic and published in Chinese, into German. The title is: "Stay alert, stay strong. Psychosocial counsellor for self-help during a pandemic. A Chinese contribution to the fight against the Corona crisis." The aim of the book is to provide psychological assistance to the general public, but especially to medical and psychological professionals. It offers guidelines and practical advice that are easy to implement and can be used in prevention, therapy and aftercare. (AG-LIT-VERLAG, ISBN 978-3-935043-11-3)

Alf Gerlach



**Deutsch-Chinesische Akademie für Psychotherapie**  
**www.dcap.de**

Dr.med. Wolfgang Merkle

**Präsident**

Hospital zum Heiligen Geist

60311 Frankfurt, Lange Str. 4-6

Tel +49-69-21 96 21 01, Fax +49-69-21 96 21 03

w.merkle@em.uni-frankfurt.de

Dr.med.habil. Dipl.Soz Alf Gerlach

**Vize-Präsident**

66117 Saarbrücken, St.Avolderstr. 2-4

☎ +49-681-52797 · 📠 +49-681-52697

✉ alf.gerlach@pulsaar.de

Dipl.Psych Margarethe Haass-Wiesegart

**Vize-Päsidentin**

69493 Hirschberg, Breitgasse 26

☎ +49-6201-53575 · 📠 +49-6201-590118

✉ m.haass@t-online.de