



DEUTSCH-CHINESISCHE AKADEMIE FÜR PSYCHOTHERAPIE

Newsletter 2023

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1. Developments in the field of behavioral therapy

Jan Glasenapp

In the past year, we were able to build on and expand the good cooperation of the years before the pandemic.

Thanks go to all those involved in China and Germany who made this possible. The years of the pandemic and the political developments in the world cannot be without a trace, but the cordiality and openness in personal contact remain unaffected. There is also a great deal of interest on the Chinese side in further developing behavioral therapy to meet the great need for psychotherapeutic support among the population.

I would like to take a closer look at three projects:

1. In cooperation with the West China Hospital in Chengdu and the Nanjing Brain Hospital, the Advanced CBT Training Program, which began back in 2019, was successfully continued with an online training course at the end of November 2023 and will be completed in May 2024 in presence in Chengdu. Thomas Fydrich worked hard to recruit Stephanie Mehl from the Philipps University of Marburg on the topic of psychotic disorders, Myriam Thoma from the University of Zurich on the topic of psychotherapy for older people and Klaus Wölfling from Mainz University Hospital on the topic of internet addiction in children and adolescents.

The advanced training follows on from the fact that the Chinese colleagues were able to implement their own basic CBT training very successfully.

2. In cooperation with the Nanjing Brain Hospital and the Chinese DBT Association, Martin Bohus was recruited to offer a total of 20 days of in-depth training in Dialectical Behavioral Therapy (DBT) in 2023 and 2024. The first block in May 2023 took place online, the second block in September partly online and in presence by me. As one of the further developments within behavioral therapies, DBT is proving to be extremely popular in China due to its combination of mindfulness and modern behavioral change techniques. An internationally acclaimed multi-center study by Wang Chun et al. from Nanjing Brain Hospital showed significant efficacy in adolescents with non-suicidal self-injurious behavior (NSSI).

3. In cooperation with the Guangdong Psychological Association and South China Normal University, I was able to continue a multi-part CBT basic training program in Guangzhou. The training, which began online in 2022, was fortunately continued in person in September after a further online block in the spring.

In light of the developments described above, further projects are also planned for 2024 and beyond:

- Due to the progress made in organizing our own CBT basic training courses, these are to be supplemented in future by topic-specific workshops with German teaching therapists and experts.

- Special training of CBT supervisors in China is to take place in order to meet the increasing demand.

- In January 2024, a supervision platform will be established to offer CBT- and DBT-oriented supervision with international experts.

Finally, I would like to emphasize that after a long period of intensive translation work, the Chinese publication of the first part of the VT textbook 'Verhaltenstherapie in der Praxis' by Eva-Lotta Brakemeier and Franz Jakobi is imminent.

Finally, it should not go unmentioned that Ma Haass-Wiesegart, with her vast experience and wonderful personal contacts, and Thomas Fydrich, with his network of teaching therapists, continue to provide support in all developments.

If you have any questions about the CBT section, please contact Jan Glasenapp (email: jan.glasenapp@therapie-und-beratung.de).

2. Psychotraumatology

Seminars

In 2023 I gave two seminars in psychotraumatology, four days each. The first seminar was on basic theoretical aspects and on stabilization interventions. The content of the second seminar was on trauma exposition interventions, mainly first psychological aid after individual and larger catastrophes, as well as a screening technique for any trauma exposition. 32 professionals were attending these seminars, which were organized by Tongji University Shanghai.

Lectures

I gave five short information lectures on the following topics: Trauma – Basic Knowledge, Different Approaches of Trauma Therapy; Violence in the Family; Intergenerational Trauma; Trauma and Grief. 300 to 400 participants.

Supervision

I was leading a 90 minute individual case supervisions and group discussions on trauma cases with 30 attendees, one session per month. Professionals sent in case reports, which could be read by all participants one week before.

Alexander Korittko
Hannover

3. Sino-German Training and Research in Psychosomatic Medicine and Psychotherapy

Kurt Fritzsche, University Medical Center Freiburg
Department of Psychosomatic Medicine and Psychotherapy

In Cooperation with
Markus Bassler, Mainz and Hochschule Nordhausen - University of Applied Sciences (UAS)

Jonas Tesarz, University Medical Center Heidelberg, Department of General and Psychosomatic
Medicine

1. Sino-German Alumni Network in Psychosomatic Medicine and Psychotherapy - DCAPP



Participants of the opening ceremony, Heidelberg 2018

After five years of funding from the BMBF, the project came to an end with a final event on
April 14, 2023 in Berlin.

2. Psychosomatic and Psychotherapy basic and advanced training in
Beijing Union Hospital, Suzhou, Guangzhou, Taiyuan (Shanxi Province)

3. Psychocardiology training in Shanghai, Tongji Hospital

4. Scientific research: Somatic symptom disorders, COVID 19, Training in psychosomatic
medicine and psychotherapy

Publications:

Wei J, Fritzsche K, Shi L, Cao J, Bassler M, Müller A-M, Zhang Y, Lüdemann H-T and Leonhart R
(2023) Training in psychosomatic medicine and psychotherapy for medical doctors in China: A
field report. *Front. Med.* 10:1119505. doi: 10.3389/fmed.2023.1119505

Ma D, Lu W, Fritzsche K, Toussaint AC, Li T, Zhang L, Zhang Y, Chen H, Wu H, Ma X, Li W, Ren J, Leonhart R, Cao J and Wei J (2023) Differences in psychometric characteristics of outpatients with somatic symptom disorder from general hospital biomedical (neurology/gastroenterology), traditional Chinese medicine, and psychosomatic settings. *Front. Psychiatry* 14:1205824. doi: 10.3389/fpsy.2023.1205824

Ma D, Cao J, Wei J, Fritzsche K, Toussaint A, Li T, Zhang L, Zhang Y, Chen H, Wu H, Ma X, Li W, Ren J, Lu W and Leonhart R (2023). The distribution of somatic symptom disorder and bodily distress syndrome in general hospital outpatients in China: A multicenter cross-sectional study. *General Hospital Psychiatry*, 85, 171-176. DOI=10.1016/j.genhosppsy.2023.10.017.

Wang Y, Li L, Huang L, Ma J, Zheng L, Fritzsche K, Leonhart R, Toussaint A, Schaefer R, Zhang L (2023) Integrative group psychotherapy for patients with somatic symptom disorder: A randomized controlled trial. *Psychiatry Research* doi: 10.1016/j.psychres.2023.115660

Wu H, Manglike A, Chen Y, Liu Z, Fritzsche K, Lu Z. Scoping review update on somatic symptom disorder that includes additional Chinese data. *Gen Psychiatr.* 2023 Jun 9;36(3):e100942. doi: 10.1136/gpsych-2022-100942. PMID: 37337547; PMCID: PMC10277133.

Xiong N-N, Fan T-T, Liu Q, Fritzsche K, Leonhart R, Stein B, Waller C and Müller MM (2023) Burnout, emotional distress and sleep quality among Chinese psychiatric healthcare workers during the COVID-19 pandemic: a follow-up study. *Front. Public Health* 11:1272074. doi: 10.3389/fpubh.2023.1272074

Xiong, N., Fritzsche, K., Pan, Y. et al. The psychological impact of COVID-19 on Chinese healthcare workers: a systematic review and meta-analysis. *Soc Psychiatry Psychiatr Epidemiol* 57, 1515–1529 (2022). <https://doi.org/10.1007/s00127-022-02264-4>

PDF version of the manuscripts can be requested at: kurt.fritzsche@uniklinik-freiburg.de
Kurt Fritzsche 28.12.2023

4. The 5th Sino-German Training Program in Psychosomatic Medicine opens in Shanghai. Wolfgang Merkle

On the morning of November 26, 2023, the 5th Sino-German Advanced Training Program in Psychosomatic Medicine, co-sponsored by Shanghai Mental Health Center (SMHC) and the Sino-German Institute of Psychotherapy (DCAP) and supported by the Chinese Medical Association (CMA), Chinese Branch of Psychosomatic Medicine (CBPM) and other committees related to psychosomatic medicine, was formally opened in Shanghai. 90 trainees from all over China gathered in Shanghai to attend the opening ceremony of this course. 90 trainees from all over China gathered in Shanghai to attend the opening ceremony of the course.

Chen Jue, Director of the Department of Clinical Psychology of Shanghai Mental Health Centre, the Chinese director of this training program, presided over the opening ceremony. Guests at the opening ceremony included: Prof. Zhao Min, President of Shanghai Mental Health Centre, Prof. Wolfgang Merkle, German Director of the training program and current German President of the Sino-German Institute of Psychotherapy (DCAP), Prof. Yuan Yonggui, member of the Main Committee of the Department of Psychosomatic Medicine of the Chinese Medical

Association (above), Mr. Thomas Wirth, senior art therapist and lecturer of art therapy in Germany, and Mr. Jade Chen, Director of the Department of Clinical Psychology of the Chinese Mental Health Association (CMHA). Dr. Xu Yong, Main Committee Member of the Special Committee on Group Counseling and Therapy of China Mental Health Association, Shanghai Mental Health Centre, and Dr. Yuan Chengmei, Chief Physician of the Department of Clinical Psychology. Wang Jiani, a psychotherapist from Shanghai Mental Health Center, acted as interpreter for the opening ceremony.



Opening ceremony



Chen Jue, Director of the Department of Clinical Psychology, Shanghai Mental Health Center
Director Chen Jue began by welcoming the participants from all over the country. When she visited Heidelberg University and Heilig-Geist-Krankenhaus in Frankfurt in 2014, she saw the gap between the psychosomatic department in China and the German psychosomatic department and discussed with Prof. Merkle about introducing the German model of psychosomatic medicine. In 2015, Director Chen invited Prof. Merkle and his team to support the program. He invited Prof. Merkle and his team of senior nurses and CMT therapists to China to successfully organize the first Sino-German training in psychosomatic medicine. Between 2015 and 2019, four training events were held, training a total of nearly 50 psychosomatic medicine teams and nearly 1,000 psychosomatic medicine doctors. During the epidemic, both China and Germany still held the fifth basic course online, which finally materialized, which Director Chen is very pleased about.



President Zhao Min

On behalf of Shanghai Mental Health Center, President Zhao Min warmly welcomed the arrival of the German experts and all the trainees, and thanked all the teachers and working teams involved in this training. President Zhao praised the perseverance and continuous efforts of the Sino-German psychosomatic medicine training program over the past eight years, shared new thoughts on the current development of mental health services, pointed out the urgency of training talents and the new initiative on the upcoming establishment of the Institute of Psychotherapy, and hoped that more people would develop and introduce good training programs from the perspective of developing psychological disciplines to be sown in the field of mental health services in China. In conclusion, President Zhao Min wished the training a complete success and wished all participants not only learned something but also made friends.



German Art Therapist Mr. Thomas Wirth

Mr. Wirth gave a brief introduction of his clinical work and shared his interesting experiences in clinical work and exploring the inner world with his patients.

Mr. Wirth also expressed his special feelings about coming to China for the first time and looked forward to sharing his clinical experiences with the participants and having a wonderful training time together.

Prof. Wolfgang Merkle, the German director of the training program, first expressed his pleasure to come back to Shanghai to lead the offline training, and thanked all the leaders and faculty for their great support and hard work for this training program. Prof. Merkle described his relationship with China, saying that China and Germany have a deep philosophical connection, with extensive academic cooperation in clinical education and research, and that he is fascinated by the hard work and depth of the Chinese people, and welcomed the trainees with a humorous message in Chinese, wishing them an enjoyable learning journey.



Chairman of the Department of Psychosomatic Medicine of the Chinese Medical Association
Prof. Yuan Yonggui

Last but not least, Prof. Yuan Yonggui, Chairman of the Department of Psychosomatic Medicine of the Chinese Medical Association, delivered a speech via webcam from his busy schedule. Professor Yuan gave a warm review of the origins of psychosomatic medicine in China and praised the psychosomatic medicine team of Shanghai Mental Health Centre as a model for the construction of psychosomatic medicine in psychiatric hospitals, as well as the first series of "Advanced Psychosomatic Medicine Integrated Diagnostic and Treatment Centers" of the CMA Department of Psychosomatic Medicine, which plays an important role in promoting Sino-German exchanges and the development of psychosomatic medicine. It has played an important role in promoting the exchange and development of Chinese and German psychosomatic medicine. Prof. Yuan Yonggui expects that this training will further promote the academic exchange and experience sharing between China and Germany in this field and promote the development of psychosomatic medicine, and wishes the program a complete success and the participants a happy and fruitful study!

After the opening ceremony, the participants and lecturers of the German-Chinese training program for psychosomatic medicine posed for a group photo.

The training program took place from November 26 to 30 2023. Professor Merkle introduced the key points of psychodynamic therapy and clinical practice of German psychosomatic integration, focusing on the training of somatoform disorders, post-traumatic stress disorder, eating disorders, cancer and other psychosomatic disorders of psychosomatic integration of diagnostic and therapeutic skills in psychosomatic medicine, with the aim of improving the psychosomatic treatment concepts and techniques of professionals to improve the level of treatment of difficult psychosomatic disorders in the clinical setting. The aim of the course was to expand the concepts and techniques of psychosomatic treatment for professionals, to improve and further learn the treatment of difficult clinical psychosomatic disorders, to improve mutual cooperation within the professional treatment team and to better deal with the dilemmas in clinical work.

Written by: Lin Zongjin, Yu Guangrui

Photography: Zhang Jun

Reviewed by: Gu Lian, Jue Chen



5. Promoting the systemic approach in psychiatry - A multi-professional training programme on systemic and social-psychiatric attitudes and methods in psychiatry

A new four-part training course to promote systemic and social psychiatric approaches in psychiatry started from 19 November to 23 November 2023 at the Pudong New Area Mental Health Centre in Shanghai. A second block will take place in March 2024. At the same time, the thematically similar training programme at the 6th Hospital of Beida University in Beijing, which began in 2019 before the pandemic, can also be continued.

The aim of the training programme, which will be attended by 75 participants in Beijing and 50 in Shanghai, is to promote and train the theoretical background and practical methods of the systemic approach in the treatment and organisation of psychiatry. Together we will work out how systemic attitudes and methods can be implemented in clinical psychiatric work. The theoretical basics of the systemic approach in psychiatry are presented, discussed in detail and practised. This includes imparting disorder-specific knowledge of psychiatric clinical diseases, a systemic understanding of diagnostics, a patient-centred approach to psychiatric drugs and an insight into person-centred as well as recovery- and social context-oriented concepts of treatment, rehabilitation and the promotion of social participation. In triologue reflecting teams, relatives, people with experience of psychiatry and professionals reflect together on their experiences of the disease, the treatment and the recovery process. An important part of the training consists of case-related practical reflection and integrated self-awareness units. The training in Shanghai is supplemented by a two-day workshop with clinic managers, in which current challenges in practice and the possibility of introducing and adapting systemic and social psychiatric concepts into clinical practice are discussed. In this way, a continuous organisational development process is supported and the content taught is adapted to existing practice.

The training courses are organised and conducted by a team consisting of:

Doris Biedermann, Jürgen Armbruster, Stefan Weinmann, Sylvie Fahr-Armbruster, Roswita Hietel-Weniger. Lin Hong in Beijing and Liu Liang in Shanghai are responsible for organising the course on the Chinese side.

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GERMAN-CHINESE ACADEMY FOR PSYCHOTHERAPY

German/Chinese Curriculum

Promoting the Systemic Approach in Psychiatry - A Training of Systemic Attitudes and Methods in Psychiatry for Doctors, Nurses and Administrators

Objectives

The training programme aims to promote and train the theoretical background and practical methods of the systemic approach in the treatment and organisation of psychiatry. Together we will work out how systemic attitudes and methods can be implemented in clinical work.

This seminar is based on the following goals:

- Teaching the basics of systemic theories, skills and methods.
- Deepening of concepts of aetiology and pathogenesis
- Reflection and improvement of person-centred and systemic-oriented treatment
 - Strengthening and empowerment of patients
 - Reflection and improvement of interactions and relationships between doctor, nurses and patients
 - Involving families in the therapeutic process
- Reflection and improvement of the therapeutic context - creating a healthy and stimulating atmosphere and context on the wards
- Self-experience and supervision

The precondition for the participation of Chinese colleagues is continuous clinical practice. Continuous participation in all seminars is mandatory in order to obtain certification for the entire training programme.

For all participants who are not doctors or psychologists, participation in a pre-seminar is obligatory. Contents are ICD diagnostics and basic knowledge of clinical and developmental psychology.

Time frame and organisation

The training will last 11/2 years, with a total of 4 seminars. Each seminar will last 5 days. The seminars will be led by German and Chinese lecturers.

Seminar work

The discussion of the different topics in the seminars will be based on the participants' own experiences in their respective work contexts. Explicit attention will be given to how they can apply systemic approaches to their specific work

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context.

The theoretical basics of the systemic approach in psychiatry are presented,

discussed in detail and trained in practice. An important part of the further training consists of case-related practice reflection. Parts of each seminar are daily lectures, exercises in subgroups, meetings in permanent small groups for joint reflection on the learning process.

Self-experience is integrated into the seminar work and is deepened in individual sessions. Each participant must attend at least two individual sessions and participate in the group self-awareness.

Seminar I

1. Introduction

a) Changing systems - development of social psychiatry in Europe

b) Own attitudes in clinical psychiatric work

- Professional motivation

- Challenges in practice

2. Teaching the basics of systemic theory, skills and methods I

a) Systemic interview

- Basic attitudes,

- Approaches and methods

- Contextuality - reflection mandates/ contracting goals

b) Introduction to systemic questions

- Contextuality

- neutrality

- Resource orientation

- circularity

c) Introduction to genogram work

- Family patterns

- Stages of the life cycle

3. Critical reflexion of the concepts of aetiology and pathogenesis I

a) Diagnostics over time

b) Understanding psychosis

- Theories of understanding

- Experiences in dealing with psychoses

4. Life-interview with relatives and patients about expectations and experiences of psychiatric treatment

5. Single self-experience and case work

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Seminar II

1. Teaching the basics of systemic theory, skills and methods II

a) Introduction to the world of systemic thinking and acting

b) Introduction to working with the family board

c) Working with sculptures

d) Systemic interview II

- Basic attitudes,

- approaches and methods

e) Systemic questions - exercises

- Contextuality

- Neutrality

- Resource orientation

- Circularity

2. Critical reflexion of the concepts of aetiology and pathogenesis II

a) Understanding depression and dealing with suicidality

- Own attitude towards suicidality

- Reflections on dealing with suicidality

b) Personality disorders

3. Reflection and improvement of the therapeutic context I

a) Reflections between professionals, relatives and patients on:

- Understanding of the disease, self-understanding as patient and relative

- Experiences with the disease and treatment

- Meaning and significance of a diagnosis

4. Group self-experiences/ individual self-experience and case work:

5. Systemic questioning of problems and challenges in the daily work.

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Seminar III

1. Reflection and Improvement of the therapeutic context I

a) Introduction to the concept of trialog:

- Psychosis seminar

- Empowerment

- Recovery
 - 2. Critical reflexions of the concepts of aetiology and pathogenesis III
 - a) Borderline - personality disorder
 - b) Critical treatment of psychotropic drugs
 - 3. Reflection and improvement of person-centred and systemically oriented treatment II
 - a) Counteracting chronification
 - Escalations and de-escalations
 - Patterns of interactions
 - 4. Teaching the basics of systemic theory, skills and methods
 - a) Systemic understanding and management of difficult situations
 - b) Reflecting team
 - Trialog: Conversations with family members and patients
 - 5. Group self-experiences/ individual self-experience and case work:
- Final conclusions:
- Further ideas for developing of the clinical and community mental health services in a systemic way.
- Responsible:
- Doris Biedermann
- Prof.Dr.Jürgen Armbruster
- Dr. Dr. Stefan Weinmann
- Sylvia Fahr-Armbruster
- 06.04.2023

6. Psychoanalytic oriented psychotherapy. Alf Gerlach

Training in psychodynamic psychotherapy

A total of 8 psychoanalysts offered the second and third parts of a four-part curriculum in psychodynamic psychotherapy at the Shanghai Mental Health Centre from 21-28 May and 15-22 October. There were 6 groups in the basic training, 2 groups in the mediation of experience in supervision activities. While we were still meeting online in May, in October we were able to offer classes on site and in person again. This was an enormous relief for both the participants and the lecturers and allowed for more intensive encounters with both the participants and the Chinese lecturers. The start of the groups was originally planned for spring 2020 and then had

to be postponed again and again until it became clear that the coronavirus pandemic and the resulting travel restrictions would subside. The final fourth part of the training will now be offered from 14-21 April 2024.

The start of new training courses has now been agreed from 25 August to 1 September 2024. It will then be possible to offer 6 basic groups, 6 advanced groups to impart experience and knowledge in group psychotherapy and 2 supervision groups. A new feature will be that the basic groups will also provide access to working with children and adolescents.

Training in psychoanalysis within the framework of the IPA and the Chinese Psychoanalytic Study Group

From 7 July to 6 August and 23 October to 11 November, I again offered training analyses for candidates of the Chinese IPA study group. I see the candidates for 2 sessions a day, 5 days a week (so-called condensed and shuttle analysis). It also gives me the opportunity to offer other candidates, whom I usually accompany online, supervision in face-to-face meetings after 4 sessions with their patients. In these supervisions, I learn a lot about the psychodynamics, individual and social suffering, but also about the everyday experiences of these patients.

University teaching

From 12 November to 18 November, I was invited by the Medical University of Hebei Province in Shijiazhuang to teach prospective psychotherapists in the Department of Psychotherapy at the First Hospital. Each day I gave two lectures on topics of my choice, one on clinical psychoanalysis in the morning and one on analytical social psychology in the afternoon. Topics have been: Attachment theory and psychoanalysis; Intimacy and shame; Jealousy and envy; Human destructivity; Adolescence; Depression and suicide; The structure of case presentation; The development of the setting in psychodynamic psychotherapy; Working alliance and transference; Ethical aspects in psychotherapy; The psychoanalytic understanding of personality disorders; Psychodynamic psychotherapy of patients with borderline personality disorder; Psychodynamic psychotherapy of patients with narcissistic personality disorder

In addition, I supervised two therapy cases presented to me. I found interested and committed participants who contributed their own ideas, comments and questions.

Group supervision online

Every fortnight I also work with a group of former Zhong-De-Ban participants in the supervision of ongoing treatments. The presenting colleague writes a report, which is sent to everyone in Chinese and to me in English. At the beginning of the two-hour supervision, he brings the group back into contact with the psychodynamics of the patient and the psychotherapeutic work in free speech. He is then asked to listen in silence while everyone else expresses their associations with the material presented. Later, the patient is invited to share the ideas that have arisen during the listening session. This often results in interesting new ideas that broaden access to the patient's psychodynamics and provide suggestions for psychotherapeutic work.

7. Report of Activities of 2023. Stay in continuous contact and building a trusting relationship in difficult times. Ulrich Sollmann

The world, and psychotherapy, is confronted with rapidly developing complexity and disruption. The Covid-19 pandemic, the war in Ukraine and political polarisation have shaken the world to its foundations. Germany developed a fundamental China strategy for the first time in the summer. Public opinion and media coverage, not only in Germany, are polarising the view of the relationship between Germany and China. A psychological/psychotherapeutic approach is necessary at this time in order to enable both a differentiated formation of opinion and concrete support for people in these tense relationships.

I still remember a conversation with Prof Sun, Head of the Department of Psychology at Fudan University, who, in a conversation back in 2013, emphasised the need to take special care of the people involved in these events. To "pick up" people with their specific experiences and views in such a way that they can keep up emotionally and mentally with social, economic and political developments.

Psychology and psychotherapy are therefore needed more than ever in this respect. Especially in times like these, it is important to sensitively support trust and security in people's relationships and lives, whether in Germany or China. Even though the pandemic is over in China and Germany, people are often still struggling with the after-effects.

As I was still unable to travel to China in 2023, the collaboration was generally organised online with China and face-to-face here in Germany. The conversations and collaboration were characterised by hope and confidence on the one hand, and deep concern about the fragile experience in these difficult times on the other. Supporting each other means both providing

concrete and sensitive tactful assistance to the other person, as well as finding words together for what is happening.

Lectures

I was invited to give a lecture on "body-language and psychosomatics" at the Mental Health Centre of Hebei Medical University. At the 11th International Psychological and Health Conference, the topic was "A transcultural view on ambivalence and ambiguity".



In August, my contribution "Resilience as Co-Creation or psychological and transcultural aspects of the German China-Strategy and China-Competence" at the 7th World Conference of Chinese Studies dealt with the discussion of the new German China strategy in expansion and in contrast to the need for revitalised psychological and psychotherapeutic cooperation between Germany and China.

Publications

- Jonas Tesarz and Zhang Ying have asked me to contribute a comparative article from the perspective of body psychotherapy to their book on TCM concepts of pain entitled "posture experience, expressive behaviour and pain".
- As part of a Springer book project "Beyond WEIRD: Psychobiography in Times of Transcultural and Transdisciplinary Perspectives", I was invited to contribute something on the topic "Psychobiography of Chinese Celebrities: Body-language, adult observation and learning history".
- Another article for the journal "Psychosomatic Medicine Research" dealt with the cross-cultural concept and practice of a body-based approach and practical exercises based on this for working with traumatised people.
- I have presented my reflections and critical comments on the German China strategy for discussion in several blog posts on the Carl Auer publishing house.
 - o <https://www.carl-auer.de/magazin/koerper/wissenschaftskooperation-zwischen-deutschland-und-china-ist-immer-auch-wissenschaftspolitik>
 - o <https://www.carl-auer.de/magazin/koerper/geht-china-strategie-ohne-china-kompetenz>

o <https://www.carl-auer.de/magazin/koerper/transkulturelle-perspektive-der-dt-chinastrategie>

o <https://www.carl-auer.de/magazin/koerper/wir-sind-realistisch-aber-doch-nicht-naiv-betont-baerbock-mit-einem-souveran-wirkenden-lacheln>

Beijing Review has also invited me to comment on Germany's China strategy. Here is the link:

https://www.bjreview.com/Opinion/Voice/202308/t20230804_800338721.html?fbclid=IwAR2my_APFWeyd9TlgVKZLZ5zlu7fk2A_tglB2yrwni0KGBvKRkiCux3FB7o

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Psychoeducation on the Internet

• Our Chinese colleague Wu Jia Jia (DCAP) has set up a psychoeducational channel on the internet, where she regularly reports on psychological topics in a low-threshold manner. She also invites psychological experts to talk about specific aspects. On the one hand, we both spoke at length about what needs to be considered when integrating psychotherapy (schools) in China. She has also translated three of my publications on the subject into Chinese and commented on them. The texts deal on the one hand with the topic of "Sexual abuse, shame and body psychotherapy", and on the other with "Relevance of ethics for psychotherapy" and "Application of ethics in therapeutic organisations".

• Together with Ms Bermann from Bildungsbrücke China-Deutschland, I was invited twice by the German Studierendenwerk to talk to representatives of individual Studierendenwerke about the mental health situation of Chinese students in Germany (combined with the development of concrete, practical concepts and steps that can lead to an improvement in the situation). This exchange will be continued next year.

Phoenix TV Hong Kong

In May and summer 2023, I was asked by Phoenix TV in Hong Kong for an in-depth, psychological look at the election in Turkey and the relationship dynamics between Putin and Prigozhin. I also perceived these invitations as an expression of increasing interest in China to include the psychological perspective/observation of social and political events more clearly in reporting. The consistently positive interest in these two analyses in an official TV station in China could give hope that a psychological view of social phenomena, albeit in small steps, seems to be increasingly possible.



Psychosocial exchange of experience

- Since mid-2023, I have been exchanging ideas with Prof Chen from New York, who is strongly involved in the professional exchange between China and the USA. Our communication is about the relevance of psychological concepts for China and their application, e.g. in the field of social work and psychoeducation. Here is his profile <https://www.pace.edu/profile/sheying-chen> He invited me to contribute to a book on the topic: Affectivity problems caused by the lockdown in China.
- Barmer KV, Mrs Wenxu Yang, is very interested in the health and medical treatment of Chinese people in Germany. They are looking for suggestions in this regard. I am in contact with Mrs Yang.

There were two meetings in Düsseldorf, organised by both the Chinese consulate and the GDCF / ADCG. The main topic was the exchange of cultural experiences. At both meetings, the official side also emphasised the importance of the psychological perspective. This was done by the official envoy of the Chinese Embassy in Berlin, Mr Zhang, as well as a high-ranking director of the Chinese People's Association for Friendship with Foreign Countries, Mr Lü. Mr Lü had travelled all the way from Beijing. He had invited me to his Peking office in spring 2024. Both emphasised the importance of psychology in general, but especially with regard to psychotherapeutic support. There are already many problems in this regard and the psychological / psychotherapeutic support would not be sufficient for Chinese people in Germany.



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