

## WCIMH 2017 pre workshops

	Organizer	Institution	Co-speakers	Title	Short overview
1.	Dr Bettina Berger	University of Witten Herdecke		Qualitative research methods in complementary and integrative medicine	This workshop will give an insight in qualitative research methods for complementary and integrative medicine, teach how to reflect quality criteria of qualitative research methodology and try different ways to interpret data to know more about the diversity of qualitative methodologies
2.	Dr Rosaria Ferreri,	Hospital Centre of Integrated Medicine	Dott. Simonetta Bernardini, Dott. Roberto Pulcri, Dott. Franco Cracolici, Dott. Massimo Rinaldi, Dott. Claudio Porciani	Personalizing health and care for a new integrated chronic care model in diabetes care	Move from the traditional model of diabetes care to a new model based on Interdisciplinary and differentiating. This scientific session on integrative treatment in diabetes has its focus on an active exchange of the participants in terms of research and treatment results in integrative diabetes care. On top, the aim of this pre-congress-workshop is to collect a proposal for an European clinical trial about the integration of chronic care model in diabetes care (as already approved by Italian Public Health) to be presented to Health authorities of the respective countries.
3.	PhD Andrew Flower	University of Southampton	Jeanne Trill, Mark Lown, Merlin Wilcox	Herbal medicine research: From margins to mainstream	This pre-congress-workshop allows the participant to explore different research methods used to investigate herbal medicines as done at the University of Southampton. The key domains of herbal medicine research such as quality control, batch consistency, the importance of stabilising levels of known active compounds, interactions with pharmaceuticals, model validity, and herbal pharmacokinetics will be considered. Besides, the idea is to develop a model for future research into herbal medicines that can incorporate a properly phased, iterative programme of research that will optimise both pragmatic rigour and the clinical relevance of these investigations.
4.	Prof Eckhart	University Hospital	H. Carrie Chen,	Developing pre-residency core	The goal of this workshop is to provide the participants with a

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	Hahn	Erlangen	MD, PhD Dr. med. E. G. Hahn, MME (Course Director; Institution: University Hospital Erlangen, Germany) Benjamin E. Kligler, MD Mary S. Koithan, RN Dr. med. Sonja C. Lürer, MME Dr. med. Harm Peters	entrustable professional activities in Integrative Medicine: A skills-based workshop for medical educators and students	hands-on opportunity to create core Entrustable Professional Activities (EPAs) in integrative medicine for trainees entering residency and post-graduate training. The participants will know and understand the theory and practice of pre-residency EPAs and team-based practice as applied in integrative medicine. Furthermore, the participants will be able to create a blueprint of EPAs related to integrative medicine and to create and use a learning and assessment environment for pre-residency EPAs and team-based practice in integrative medicine.
5.	Dr Gary Kaplan	Kaplan Center for Integrative Medicine; Georgetown University School of Medicine		A comprehensive Integrative approach to the management of chronic pain	“Chronic pain” and “depression” are not actionable diagnoses; they are, instead, symptoms of a neuroinflammatory disease of multiple and compounding aetiologies. Exploring the proposal that accepted medical practices often fail to help chronic pain sufferers because they have been based on a fundamental misunderstanding of the illness itself, the goal of this workshop is to understand the pathophysiology of chronic pain and depression according to a neuroinflammatory model as well as the multiple aetiologies of neuroinflammation. The participants will learn how to take a comprehensive, chronic-pain history according to the neuroinflammatory model of chronic pain and, based on that, create an integrative treatment.
6.	Prof Kathi Kemper, M.D.		John Weeks, Tom Rowles	Getting your work published – tips from editors	This will be an interactive session led by three editors from prominent CAM journals – BMC CAM, Complementary Therapies in Medicine, and Journal of Alternative and

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					Complementary Medicine. The pros and cons of submitting to different journals, the availability and recommended use of writing guidelines from the EQUATOR network will be reviewed and the participants will be offered a simple, hands on approach to writing a journal article without getting bogged down in writer's block.
7.	Dr Annette Kerckhoff	Carstens-Stiftung: Natur und Medizin e.V.		Home remedies from all over the world – evaluation and education	This workshop focuses on the evaluation of traditional folk remedies from all over the world. The top ten ingredients for home remedies will be examined closer; relevant data from food pharmacology and clinical trials will be presented to understand the active principle. Reliable and safe simple interventions are presented and advice for education is given. These evaluated interventions using easy-to-get, worldwide spread and cheap ingredients can support health and self-efficacy.
8.	Dr Rana Kim, Dr Eun Ha Jang, Dr Eunseop Kim	You and Green Korean Medical Clinic		Integrative Korean medicine treatment for the management of pregnant women's health: Korean medicine approach	Korean Medical Treatment including acupuncture, moxibustion, hip steam bath, and traditional medicine are effective adjuvant tools to help reduce any complications maintaining pregnancy and induce term delivery. The concern of this workshop is to share the knowledge about Korean Gynaecology that contributes to the improvement of overall health of mother and infant. Proving the efficacy of Korean Medicine Treatment in establishing the integrative model to help treat infertility, seeking an implication through active discussion and sharing knowledge with professionals in alternative and complementary medical fields.
9.	PhD Chistina M. Luberto	Harvard Medical School and Massachusetts General Hospital	PhD Aviad Haramati, PhD Sian Cotton	Differentiating the psychological and physiological mechanisms of relaxation versus mindfulness: An experiential workshop and clinical implications	The primary purpose of this workshop is to provide participants with a deeper understanding of the differences in the psychological and physiological mechanisms associated with relaxation versus mindfulness techniques, using a combination of experiential exercises and brief didactics. Furthermore, the existing evidence base regarding psychological and physiological mechanistic differences

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					between relaxation and mindfulness approaches will be discussed. The participants will learn to more thoughtfully and appropriately select relaxation or mindfulness techniques in clinical and research settings depending on clinical goals and populations.
10.	Prof Dr med David Martin, Dr med Silke Schwarz	University Tübingen; Initiative Lebensweise		Meditation and medicine – investigating the underlying laws and forces	Meditation is increasingly becoming a relevant health factor: What do students and physicians need to know? What are the underlying factors and „natural laws“? What actually happens during meditation? This experiential workshop focuses on the different types of meditation and what they can do for students, physicians, medical personnel and patients.
11.	Dr. Elad Schiff	Bnai Zion Medical Center, Haifa, Israel	Dr. Zahi Arnon	Implementing skills from hypnosis and touch therapies to improve doctor-patient communication	Understand the influence of spoken words and body language on hospitalized patients due to their placebo and nocebo effects. 2. Acquire communication techniques from non-formal hypnosis to enhance positive effects of treatments and reduce harmful effects. 3. Learn how to use techniques from touch therapies to improve physical exam skills, and facilitate patient comfort through appropriate touch.
12.	PD Dr Harald Matthes	Gemeinschaftskrankenhaus Havelhöhe Berlin; GAÄD/DAMID	PD Dr M. Kroez, Dr M. Girke, Prof Heusser	Visit of Gemeinschaftskrankenhaus Havelhoehe: Anthroposophic medicine in workaday life for patient centred care in a capital town	On this excursion the participants will experience the concept of the Anthroposophic Clinic “Havelhoehe” and get to know practical integrative concepts. The program includes a guided Visit in different (optional) fields: a) From the intracardiac catheter to the Heart school (life style modification) b) Integrative Oncology in a certified oncology centre (OnkoZert) c) Integrative Pain Unit d) Integrative Psychosomatic Medicine e) Integrative Concepts of functional diseases (IBS) f) The Self-Governing Concept of the Clinic. Time: 8.30am - 12.15pm (including bus transfer)
13.	Dr Christian S. Kessler	Institute for Social Medicine, Epidemiology and	Prof M. Mittwede, Dr H.	Ayurveda in Europe what’s needed when healing tradition travels abroad?	In order to further clarify Ayurveda’s current statuses in Western countries and its health care potentials in countries outside of South Asia interdisciplinary Ayurveda research and

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		Health Economics at Charité University Medical Center, Berlin; Immanuel Hospital Berlin: Department for Complementary Medicine	Gramminger, Dr H. Gupta, Dr S. Gupta, Dr W. Mohme		networking is required. This pre-conference workshop invites (1) leading scientists in the field to present their research work related to Ayurveda as practiced outside of South Asia, (2) senior clinicians with long standing expertise in treating patients with ayurvedic medicine in Western contexts to share their experience, and (3) board members of the leading Western therapists' associations for Ayurveda (DĀGAM, VEAT, AFGIM, EUAA, EURAMA, DGA and others) to highlight crucial aspects related to national/supranational health care economics and policy making.
14.	MD Gabriele Rotter, MSc. in Osteopathy	Institute for Social Medicine, Epidemiology and Health Economics at Charité University Berlin		Introduction to osteopathic medicine – a hands-on workshop	This workshop offers an introduction to osteopathic medicine and is intended for medical students and medical doctors with few or no knowledge in osteopathic medicine. The participants should learn basic osteopathic principles, their indication and contraindication as well as the integration of osteopathy into the overall treatment strategy of a patient. During the hands-on part of the workshop participants are given a practical demonstration of basic examination procedure with special emphasis on palpation, as well as selected treatment techniques.
15.	Dr Hedda Sützl-Klein (ESIHR/FORUM), Dr Beate Stock-Schröer (FORUM)	„Forum universitärer Arbeitsgruppen Naturheilverfahren und Komplementärmedizin“ (FORUM); European Society for Integrative Health Research (ESIHR)	Prof Dr Jost Langhorst, Prof Dr Roman Huber, Dr Wolfgang Weidenhammer, Dr Pierre Madl, Dr Kristjan Plaetzer, Dr Alexander Haslberger and others	Horizon 2020 – networking and creating working groups	Complementary and integrative medicine is supposed to provide opportunities for highly personalised medicine and other challenges of the specific programme „Health, Demographic Change and Well-being“ of Horizon 2020, the “EU Framework Programme for Research and Innovation” from 2014 – 2020. The goals of this pre-conference workshops are analysing the current (and upcoming) work programme, discussing possible research themes, networking to find appropriate partners or themes and exchange of experience to learn from EU research projects, in order to increase the number of applications and successful EU-projects (Horizon 2020-research projects) including integrative and

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					complementary medicine approaches.
16.	Diethard Tauschel	Integrated Curriculum for Anthroposophic Medicine (ICURAM); Institute of Integrative Medicine, Faculty of Health University Witten/Herdecke		Developing clinical clerkships in Integrative medicine	In this workshop the participants will discover possibilities and problems in establishing, conducting and sustainably developing clinical clerkships in Integrative Medicine (IM). This will include aspects of curriculum development like needs assessment, finding and setting adequate goals, learning objectives and the use of feedback and evaluation. Participants will be given an overview about the opportunities and challenges of IM clerkships, examples from 12 years of experiences of establishing and conducting IM Clerkships within the Integrated Curriculum for Anthroposophic Medicine (ICURAM), as well as tasks that will help them to figure the first steps in developing their own IM clerkship.
17.	Prof. Eran Ben-Arye	Unit of Complementary and Traditional Medicine at the Department of Family Medicine, Haifa	Noah Samuels	Integrative Medicine and the Health of Refugees in Europe	Experts from the Middle East and Europe will focus on the cross-cultural communication barriers that separate Middle-Eastern refugee patients from their European healthcare practitioners, and provide pragmatic skills on the effective and safe use of complementary/traditional medicine for chronic illness: “Refugees with Chronic Diseases between the Middle-East and Europe: The role of traditional and integrative medicine in bridging gaps”