

## **Cultural Consultation- Psychiatry and –Psychosomatics in the EACLPP (European Association for Consultation- Liaison- Psychiatry and - Psychosomatics)**

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We, a group of EACLPP members with special interest in cultural consultation- psychiatry and -psychosomatics are meeting regularly on the EACLPP conferences since about 3 years. This year we decided to ask the board for support to establish a “special interest group” (SIG) inside the EACLPP. The following text gives a short overview on our background ideas and planned activities.

### **Objective**

Up to 30% of patients in primary care as well as in general hospitals suffer from co-morbid psychiatric and/or psychosomatic conditions. They are often not adequately diagnosed or treated. This may affect outcomes of somatic treatments and worsen quality of life. There is even a higher risk of non detected psychiatric and psychosomatic disorders in people with migrational backgrounds. Addressing these patients´ needs is a task for consultation-liaison- (CL-) psychiatry and - psychosomatics.

The EACLPP has aimed to improve exchange of experience between researchers and clinicians on an international level since years. There are “working groups” (WG) and “special interest groups” to focus on different CL- topics like “WG Delirium”, “WG Medically Unexplained Symptoms”, “WG Procedures and Guidelines” and more. The idea of a “SIG Cultural Psychiatry and - Psychosomatics” has been developed in order to improve integration of cultural aspects into the CL-field.

### **Planned activities**

The planned “SIG Cultural Psychiatry and - Psychosomatics” unites a group of researchers and clinicians from Italy, United Kingdom, Spain and Germany.

As one of the first activities the planned SIG will send an e-mail-questionnaire to all EACLPP members in order to ask them for their ideas and needs on this field and encourage them to join or support the SIG.

Furthermore the group aims to organize symposia during the annual EACLPP conferences and to prepare multinational research projects. These projects shall be dedicated to cultural aspects and cultural sensibility of CL-work in general hospitals as well as in primary care.

### **Conclusion**

Integration of cultural aspects into research and clinical work is an important task for future work in the CL-field as well as in other medical areas. Experiences of Cultural Psychiatry and – Psychosomatics – activities inside the EACLPP during the last years indicate that it is important to point out practical relevance in order to highlight importance of cultural aspects in daily clinical work as well as in research projects. Far more it seems important to cooperate and network in a more structured way. The founding of a SIG should be the next step.

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