

## Special interest group<sup>SIG</sup> Pain Psychology - Diagnostics, Therapy and Research

### Annual Report 2023

#### **SIG Members**

The SIG pain psychology consists of 18 active members and about 108 interested professionals in the mailing list (25<sup>th</sup> of October 2023).

#### **Website and Linked-in**

The Website and Linked-in-Profile of the SIG was updated several times by Ben Brönnimann and Anne Aiyngol.

#### **Meetings, Annual meeting and Retreat, Congress**

As usual, 6 Meetings took place in the last year, in hybrid format:

- Four meetings directly after the meetings of the "Arbeitsgruppe chronischer Schmerz" of the SAPP in Brugg
- The SIG-meeting and presentation of the years report at the annual Congress of the SPS/SAPP on 10<sup>th</sup> of November 2023
- The annual meeting and retreat in Hasliberg on 4<sup>th</sup> of May

#### **Annual meeting and retreat of the SIG Pain Psychology**

The annual meeting of the SIG pain psychology took place in Hasliberg, organized by Johannes Grolimund, Ben Brönnimann, Julia Kaufmann and Ursula Galli. A presentation of the therapeutic concepts and locations by Dr. med. Georgios Kokinogenis and Dr. med. Salih Muminagic gave us an impression about the various therapeutic possibilities of the clinic. The prolonged SIG-meeting was dedicated to the discussion of case-studies and intervision between clinicians.



Clinic Hasliberg

### **2-day-Course (18 hours) of the SIG Pain Psychology**

The 2-days course in Pain Psychotherapy (Patronage SPS), which was developed and organized by our SIG, took place for the second time in September in Nottwil. It contains 18hours needed to receive the title «Pain Specialist SPS» in a modular way, by attending 50 of the 80 hours of the original Pain Course in Nottwil/Lucerne and completing it with 30hours in terms of our 2-days course as well as 12 additional units (for example via 3 meetings of the SAPPM «Arbeitsgruppe Chronischer Schmerz»).

The course was once again fully booked, the feedbacks very positive and a waitlist for the next course (planned for 6<sup>th</sup> and 7<sup>th</sup> September 2024) exists already.



Attendees of the 2. pain psychotherapy course in Nottwil, 2. sept. 2023

## Additional activities of SIG-members:

- The SIG speakers Ben Brönnimann and Julia Kaufmann took part in an Interview concerning pain psychotherapy with chronic back pain patients for the magazine "Beobachter" (Wie Psychotherapie Schmerzen lindern kann. Julia Kaufmann and Ben Brönnimann)
- Article in "Psychoscope" (see right)
- Interview on chronic pain for the magazine "Leben mit Schmerz" (Julia Kaufmann and Ben Brönnimann)

KÖRPER UND PSYCHE

# Interdisziplinäres Therapiekonzept bei chronischen Schmerzen

Die Rolle psycho-sozialer Ressourcen  
bei chronischem Schmerz

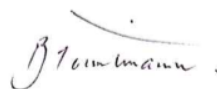
Wie können psycho-soziale Ressourcen bei chronischem Schmerzleben psychotherapeutisch gefördert und sinnvoll genutzt werden?

JULIA KAUFMANN UND BEN BRÖNNIMANN

experimentellen, akuten Schmerzreizen – als schmerzlindernd und scheint sich hilfreich auf Teufelskreise zwischen Schmerz und negativer Stimmung auszuwirken, wie ein Überblicksartikel von Patrick H. Finan und Eric L. Garland im *Clinical Journal of Pain* (2019) zeigt. Die Arbeitsgruppe um Céline Braunwaller aus der ausseruniversitären Forschungsinstitution Schweizer

## Agenda and Projects 2024

The dates of the next SIG meetings that are planned will be published on <https://swisspainsociety.ch/de/mitglieder/special-interest-group/sig-schmerzpsychologie/>. There will be the usual 6 meetings, including an annual retreat (expected: Sanatorium Kilchberg), and additionally the next 2-day course, taking place on the 06<sup>th</sup> and 07<sup>th</sup> of September 2024.



Ben Brönnimann  
Aarau



Julia Kaufmann  
Luzern