

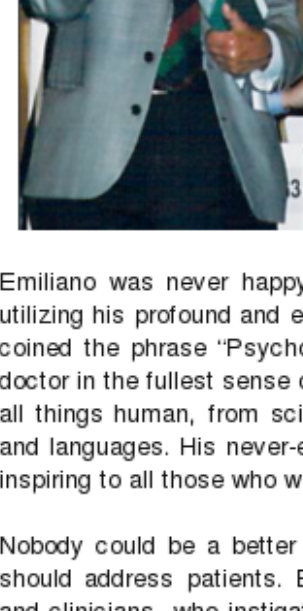


## ESDaP Summer newsletter

## The Emiliano Panconesi memorial has been published!

Dear members,

This special issue of Acta Dermato-Venerologica - the official journal of the European Society for Dermatology and Psychiatry - is dedicated to one of the founders of ESDaP, Professor Emiliano Panconesi, who passed away on 18 March 2014, at the age of 91 years.

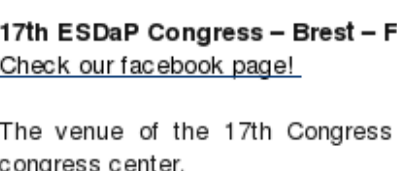


[Click here to access the whole special issue!](#)

He was also among the founders of the European Academy for Dermatology and Venereology and the first president of this highly regarded professional association. His beloved wife Diana was his life-long partner, manager and English translator, and she provided him with constant support, motivation and comfort.

Emiliano was never happy with the term "Psychodermatology" and, utilizing his profound and extensive knowledge of art and literature, he coined the phrase "Psychosomatic Dermatology". He was a medical doctor in the fullest sense of the word, showing passion and interest in all things human, from science to literature, from music to paintings and languages. His never-ending curiosity and love of knowledge was inspiring to all those who were fortunate enough to have met him.

Nobody could be a better role model than Emiliano for how doctors should address patients. Emiliano inspired a multitude of scientists and clinicians, who instigated new ideas and diagnostic therapies for dermatology. He was one of the first to put forward a vision on the relationship between the skin and the brain. His book, *Stress and Skin Disease: Psychosomatic Dermatology* (Philadelphia, J. B. Lippincott, 1984) reflected this vision.



Emiliano Panconesi receiving the Herman Musaph Award in Brussels 2003

Uwe Gieler, ESDaP President

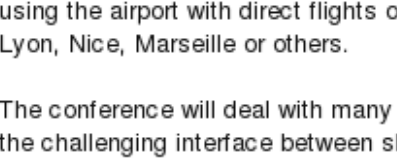
## Next ESDaP congress

## 17th ESDaP Congress – Brest – France 21-23rd June 2017

[Check our facebook page!](#)

The venue of the 17th Congress of the ESDaP will be the Brest congress center.

Brest is a town on the Atlantic Ocean with very beautiful views.



It is very well known as a parting point for transatlantic races, its walk of fame (like in Hollywood but for skippers), its ports, the famous aquarium Oceanopolis, the castle (with the museum of marine) and the Maritime Festivals.

Brest is very easy to reach using the airport with direct flights or connections from Paris, London, Lyon, Nice, Marseille or others.

The conference will deal with many aspects of psychodermatology, the challenging interface between skin and the mind, from neurobiology to the psychosocial and cultural aspects. The varied program is aimed at attracting participants from different backgrounds, while maintaining a focus on the clinical consequences of psychodermatological problems.

Special focuses on pathophysiology, psychoanalysis, pruritus, somatoform disorders or therapeutic education are scheduled.

Trois Journées francophones seront organisées parallèlement :

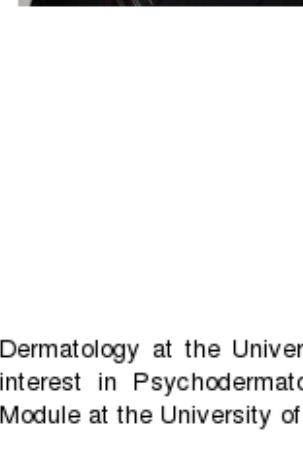
- Le 25ème forum Peau Humaine et Société
- La 1ère Rencontre du Groupe Psychodermatologie : Différents abordages psychologiques de la Dermatologie
- La Journée de la Société Francophone de Dermatologie Psychosomatique

Laurent Misery Congress President

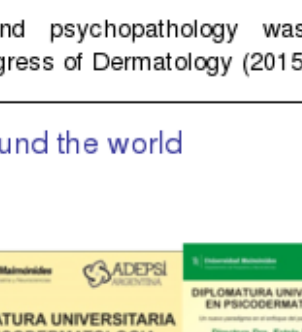
## Future ESDaP congresses scheduled:

- 18th ESDaP Congress – Giessen – Germany 2019
- 20th ESDaP Congress – Oslo -Norway 2021

## New members



Tanyo Tanev is a psychologist currently working as a Honorary Psychology Assistant at The Royal London Hospital in London, UK. Mr Tanev has an interest in stress management, relaxation therapies, CBT, and hypnosis.



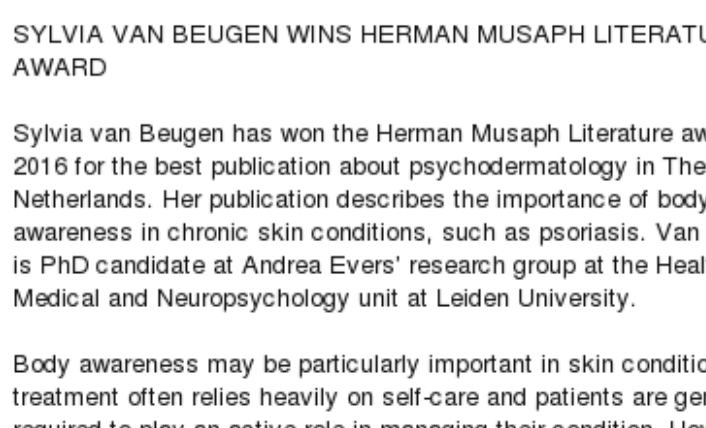
Barbara Roque Ferreira is Master in Medicine and a 3rd year resident in

Dermatology at the University Hospital of Coimbra. She has a deep interest in Psychodermatology and completed the Mind and Skin Module at the University of Hertfordshire.

Her work on psoriasis and psychopathology was awarded a scholarship in the World Congress of Dermatology (2015).

## Psychodermatology around the world

## Argentina



[www.adepsiargentina.com.ar](http://www.adepsiargentina.com.ar)  
[www.psicodermatologia.com.ar](http://www.psicodermatologia.com.ar)

## The Netherlands

SYLVIA VAN BEUGEN WINS HERMAN MUSAPH LITERATURE AWARD

Sylvia van Beugen has won the Herman Musaph Literature award 2016 for the best publication about psychodermatology in The Netherlands. Her publication describes the importance of body awareness in chronic skin conditions, such as psoriasis. Van Beugen is PhD candidate at Andrea Evers' research group at the Health, Medical and Neuropsychology unit at Leiden University.

Body awareness may be particularly important in skin conditions, as treatment often relies heavily on self-care and patients are generally required to play an active role in managing their condition. However, this had not been researched before.

Sylvia van Beugen and her co-researchers developed a new questionnaire, the Body Attention, Ignorance and Awareness Scale (BAIAS). It measures three aspects of body awareness:

- 1) Attention: being aware of and paying mindful attention to bodily signals
- 2) Awareness: self-perceived importance of and general attitude towards body awareness
- 3) Ignorance: not recognising and/or ignoring bodily signals

The study showed that these three subscales can be reliably measured.

The researchers examined the relationship between body awareness and physical and psychological functioning. Especially the subscale 'ignorance' appeared to be related to reduced functioning, which indicates that it may be relevant to measure these aspects in patients with chronic skin conditions.

[The article](#) was published in Acta Dermato-Venerologica.

## UK

Our next Psychodermatology UK meeting is 28 January at Royal Society Medicine

If interested contact [Anthony Bewley](#)

## USA

[www.psychodermatology.us](http://www.psychodermatology.us)

## India

*My assessment of the course of Psychodermatology in India*, from Dr Ram H Malkani - Mumbai

I am not sure if the Indian Dermatology community recognizes the fact that almost 50 percent of the Dermatology outpatients warrant a diagnosis related Psychodermatology.

The Indian Dermatologists are not sensitized to 'that fact' and hence do not get involved in eliciting a Psychosocial history. One of the excuses could be, being hard pressed for time in a busy practice, but the other issue could be the Dermatologist's own resistances to acknowledge the existence of conflicts in the mind. There is no doubt a stigma experienced both by the patient and the therapist to label a disease 'Psychosomatic'.

The majority of Indian Dermatologist currently are not therefor, to handle Psychodermatology patients.

Finally, treating body symptom without getting involved with the emotional world of the patient appears to be "a softer option".

For that matter even the busy Psychiatrists finds treating a morbid Psychiatric disease a softer option than treating a Psychosomatic disease. Majority of Indian institutes do not have a separate department for Psychosomatic illness.

Dr Ram H Malkani MD DVD DDV, is a consultant Dermatologist at Jaslok Hospital and Research Centre, Mumbai, India. He presented a poster in our ESDaP congress in St Petersburg: PP 23 and an abstract OA3 in ACTADERMATOLOGICA, Vol 95

He has created an [Institute of psychosomatic dermatology](#).

## New Publications from our members

[Patient-reported outcome measures in psoriasis: assessing the assessments.](#)

Finlay AY.

Br J Dermatol 2015 May;172(5):1178-9.

[Health-related quality of life in haemodialysis patients suffering from chronic itch: results from GEFHS \(German Epidemiology Haemodialysis Itch Study\).](#)

Weiss M, Mettang T, Tschulena U, Weisshaar E. Qual Life Res. 2016 Jun 15. [Epub ahead of print].

[Appropriate and inappropriate influences on outpatient discharge decision making in dermatology: a prospective qualitative study.](#)

Harun NA, Finlay AY, Salek MS, Piguot V.

Br J Dermatol. 2015 Sep;173(3):720-30.

[PFI-14®: A Rasch Analysis Refinement of the Psoriasis Family Index.](#)

Basra MK, Zammit AM, Kamudoni P, Eghlileb AM, Finlay AY, Salek MS.

Dermatology. 2015;231(1):15-23.

[How to CHAIR an academic session.](#)

Finlay AY, Atwan A, Crawford O, Piguot V.

Br J Dermatol. 2015 Sep;173(3):859-60.

[Body Attention, Ignorance and Awareness Scale \(BAIAS\): assessing relevant concepts for physical and psychological functioning in psoriasis.](#)

Van Beugen, S., Ograczyk, A., Ferwerda, M., Smit, J.V., Zeeuwen-Franssen, M.E.J., Kroft, E.B.M., De Jong, E.M.G.J., Zalewska-Janowska, A., Donders, A.R.T., Van de Kerkhof, P.C.M., Van Middendorp, H., & Evers, A.W.M.

Acta Dermato-Venerologica, 95 (2015).

[Comparison of the Dermatology Life Quality Index and the Children's Dermatology Life Quality Index in assessment of quality of life in patients with psoriasis aged 16-17 years.](#)

Oosten AM, de Jong EM, Finlay AY, van de Kerkhof PC, Seyger MM.

Br J Dermatol. 2016 Jan;174(1):152-7.

[Quality of life impact of childhood skin conditions measured using the Children's Dermatology Life Quality Index \(CDLQI\): a meta-analysis.](#)

Olsen JR, Gallacher J, Finlay AY, Piguot V, Francis NA.

Br J Dermatol. 2016 Apr;174(4):853-61.

[Assessing Changes in Chronic Spontaneous/Idiopathic Urticaria: Comparisons of Patient-Reported Outcomes Using Latent Growth Modeling.](#)

Stull DE, McBride M, Houghton K, Finlay AY, Gnanasakthy A, Balp MM.

Advances in Therapy 2016; 33 (2): 214-224.

[Psychophysiological processing of itch in patients with chronic post-burn itch: an exploratory study.](#)

Van Laarhoven, A.I.M. van, Ulrich, D.J.O., Wilder-Smith, O.H., van Loey, N.E.E., Nieuwenhuis, M., van der Wee, N.J.A., & Evers, A.W.M.

Acta Dermato Venereologica, 15, 2016 June

[Tailored therapist-guided internet-based cognitive behavioral treatment for psoriasis: a randomized controlled trial.](#)

Van Beugen, S., Ferwerda, M., Spillekom-van Koullil, S., Smit, J.V., Zeeuwen-Franssen, M.E.J., Kroft, E.B.M., De Jong, E.M.G.J., Otero, M.E., Donders, A.R.T., Van de Kerkhof, P.C.M., Van Middendorp, H., & Evers, A.W.M.

Psychotherapy and Psychosomatics, in press. (2016).

[Implicit stigmatization-related biases in individuals with skin conditions and their significant others.](#)

Van Beugen, S., Maas, J., Van Laarhoven, A.I.M., Galesloot, T.E., Rinck, M., Becker, E.S., Van de Kerkhof, P.C.M., Van Middendorp, H., & Evers, A.W.M.

Health Psychology, in press.(2016)

[Predictors of perceived stigmatization in patients with psoriasis.](#)

Van Beugen, S., van Middendorp, H., Ferwerda, M., Smit, J.V., Zeeuwen-Franssen, M.E.J., Kroft, E.B.M., de Jong, E.M.G.J., Donders, A.R.T., van de Kerkhof, P.C.M., & Evers, A.W.M. .

British Journal of Dermatology, in press.(2016)

If you have information you wish to share with the members, please send it to [esdapnewsletter@gmail.com](mailto:esdapnewsletter@gmail.com).

Thanks for reading,

Françoise Poot, Lucia Tomas & Nienke Vullink

## Future ESDaP Events

## Advance course on Psychodermatology: Skin Picking

17-19th of November 2016  
[Interested?](#)

## EADV Brussels Fostering Course for Practitioners

1st-2nd of September 2017

Training on personal Communication: interaction with your patients and your staff

[Interested?](#)

## Clinical case

A 17 years old female patient is complying about itching, scaly red plaques on the whole body

[Click here to access the whole case presentation](#)

Do you want to be able to help this kind of patient? Come to our Advanced Course in Venice

November 17-19 2016



