

Pressemitteilung**Universitätsklinikum Heidelberg****Jens Neus**

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<http://idw-online.de/de/news847804>Wissenschaftliche Tagungen
Medizin, Psychologie
überregional**UNIVERSITÄTS
KLINIKUM
HEIDELBERG****Strengthening the mental health of families: "Family at the Center"
symposium at Heidelberg University Hospital**

In Germany, around one in six families has to deal with psychosocial problems. For this reason, the Center for Psychosocial Medicine (Zentrum für Psychosoziale Medizin, ZPM) at Heidelberg University Hospital has been committed to developing support services for families for many years. From February 28 to March 1, 2025, the center will present the latest research results on prevention and therapy at a symposium and also invite experts, interested laypeople and affected families to practice-oriented workshops to get to know the center's various services.

Mental health conditions affect not only the individuals affected, but also their immediate environment. Family members often experience high levels of stress, which can lead to their own mental health disorders. In many cases, several members of a family are affected by mental illness. In the various psychosocial institutions at Heidelberg University Hospital, specialists from the fields of medicine, psychology, nursing, special therapies, occupational and physiotherapy, and social work work hand in hand to create customized therapeutic offers for families. These are aimed at parents and their children, couples, adolescents and young adults.

On the first day of the symposium, internationally recognized scientists will present their latest research results. For example, Susan H. Mc Daniel from New York will talk about family health and Ruth Feldman from Bar-Ilan University in Tel Aviv will discuss paternal parenting behavior, which is still in the early stages of research. Professor Christina Stadler from the University Psychiatric Clinics Basel will talk about "Aggressive Behavior: Phenotypes and Implications for Treatment in the Family Context". Professor Christine Heim, Director of the Institute for Medical Psychology at the Charité Berlin, will give a lecture on the "Neurobiological consequences of childhood trauma". Carla Sharp will report on new therapeutic developments in which mentalization plays an important role, an offer that is also available to parents at the ZPM.

On the second day, the focus is on the ZPM's services: various workshops will be held to present, among other things, the "Frühen Hilfen" (Early Support) services that support parents during the period of childbed and birth, as well as the systemic parental counseling that accompanies families in psychosocial crises. Topics such as relationship conflicts between parents or the burden on relatives of dementia patients are also covered. The Heidelberger Ambulanz für Familien (Heidelberg Outpatient Clinic for Families), which offers counseling and support to affected family members, will also be introduced.

Interested parties can register at www.ukhd.de/familiensymposium2025. Childcare will be provided for parents during the symposium, which can also be booked using the registration form.

About the Center for Psychosocial Medicine (ZPM) at Heidelberg University Hospital

At the ZPM, specialists from the fields of medicine, psychology, nursing, special therapies, occupational and physiotherapy, and social work work together to offer families in Heidelberg and the surrounding area a comprehensive and individually tailored range of services. The ZPM includes the Clinics for General Psychiatry, for General and Internal Medicine and Psychosomatics, for Child and Adolescent Psychiatry, as well as the Institutes for Medical Psychology and

for Psychosocial Prevention. But how do families find the right service for them? The Familienlotsin (family guide) is the central point of contact at the ZPM. She acts as a guide, not only addressing the individual needs of families, but also serving as a link to relevant resources and services.

URL zur Pressemitteilung: <https://www.klinikum.uni-heidelberg.de/kliniken-institute/kliniken/zentrum-fuer-psychosoziale-medizin-zpm/zpm-infothek/veranstaltungen/familie-im-zentrum-die-psychosoziale-perspektive-symposium-2025> Registration and program



The Center for Psychosocial Medicine (Zentrum für Psychosoziale Medizin, ZPM) at Heidelberg University Hospital
Universitätsklinikum Heidelberg