



The Psychodermatology Diploma

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*The presenter and the authors
reported no conflicts of interest*



THE CORONAVIRUS PANDEMIC PUSHED US IN A NEW WAY OF TEACHING



Comming from this: nice encounters



Working in small groups



Co-working to prepare

The Moodle Platform:
<https://psychodermatology.moodle.school>

TO THIS: AN ONLINE TEACHING

*Is a well known platform for online teaching
Videoconferences and recordings
Working in break-out rooms
Assignments, assessemnts, MCQ and a lot
of other possibilities*

THE MOODLE PLATFORM

OUR METHOD SHOULD BE ADAPTED WITHOUT LOOSING IT'S SPIRIT

Face-to-face

Creation of a group spirit

Few ex-cathedra lessons

Workshops in small groups with 1 teacher

Communication workshops in trio

Co-working and support between the teachers

The reflection of the day

Online

Creation of a group spirit:

- Communication workshops in break-out rooms with 1 teacher
- Most lessons were recorded for the Level 1 Part 1
- The lessons were prepared in teams of 2 participants and presented to the group for the other levels

Evaluation by the companions with positive comments

Co-working between the teachers during the preparation of the courses with regular online meetings

Chat sessions before and/or after the courses

The different time zones

THE DIFFICULTY

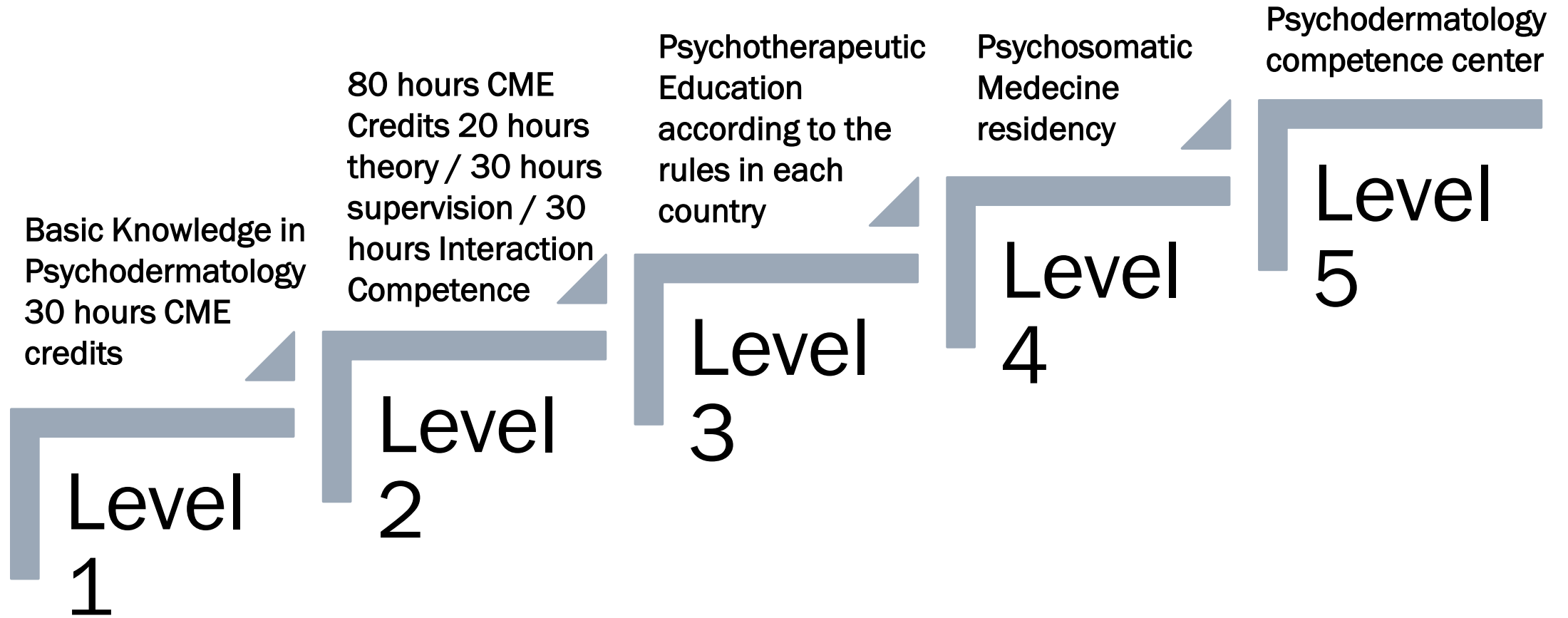
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DIFFERENT TIME ZONES CAN BE DIFFICULT TO MANAGE

Dubai	India	Montreal	Buenos Aires	Singapore	Victoria	Brussels CET
2:00pm 14:00	3:30pm 15:30	5:00am	7:00am	06 pm 18:00	09 pm 21:00	11:00 am
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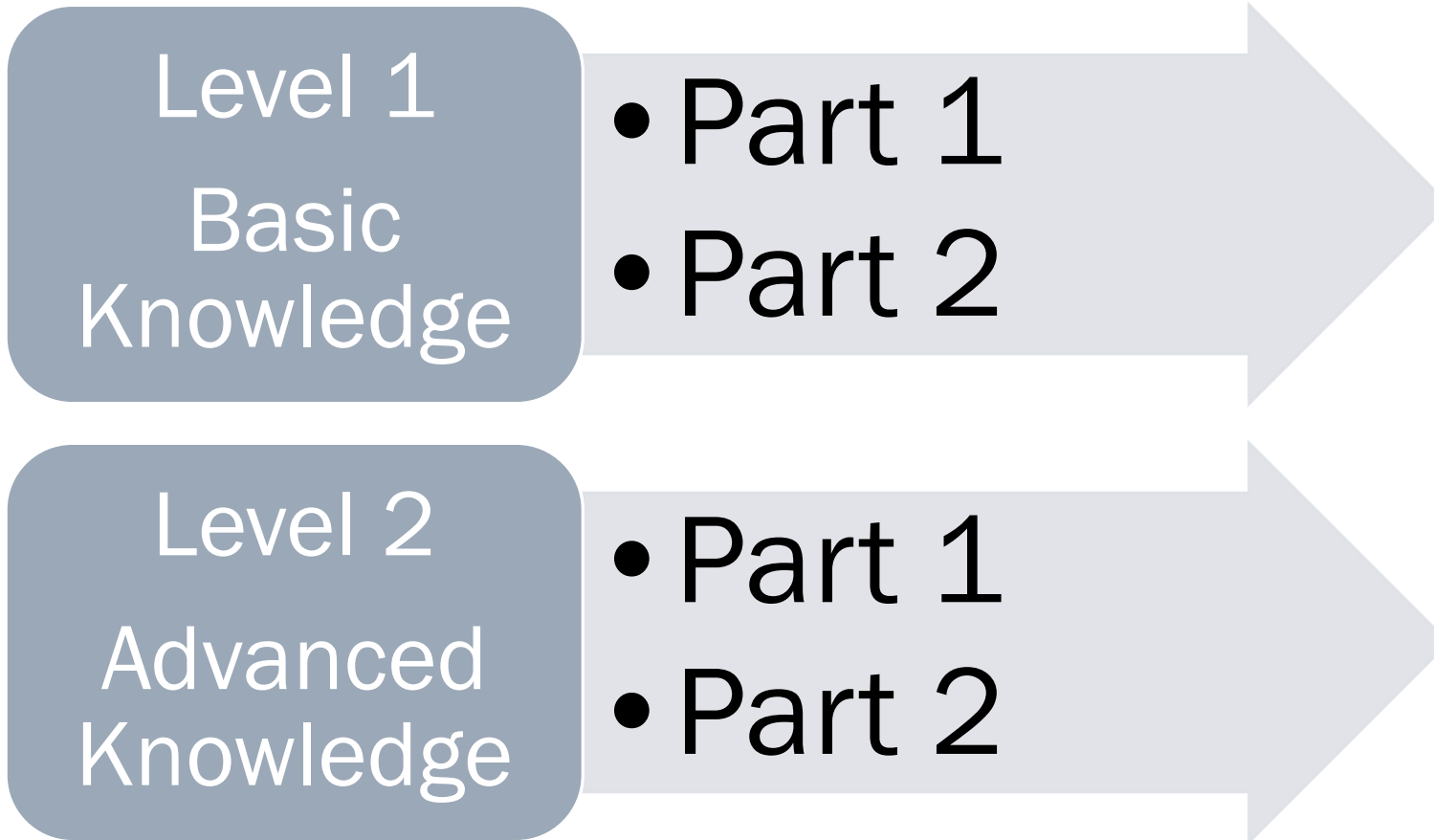
IT CAN BE WORSE!





Poot F, Sampogna F, Onnis L. Basic knowledge in psychodermatology. J Eur Acad Dermatol Venereol. 2007 Feb;21(2):227-34. doi: 10.1111/j.1468-3083.2006.01910.x. PMID: 17243959.

The candidates: dermatologist, psychologist, psychiatrist or resident in these specialties (other possibly on CV).



Recorded sessions

The neuro-immunocutaneous–
endocrine system

Health related quality of life

Adherence to treatment and
coping

Depressive and anxiety disorders

Psychopharmacology

How to make a good study

Psychotherapy

Level 1 Part 1

Online sessions for the interaction competences

Classification and clinic

Communication skills

Health Care Professional Patient relationship

The patient and his family

Case presentations: discussion

Chat sessions with each teacher once or twice a day if
necessary

The Topics

Neurobiology basics

Alexithymia

Developmental
psychology

Attachment theory

Body dysmorphic
disorder

Suicidal ideation and
suicidal attempt

Level 1 Part 2

Online sessions

Presentation of the different topics
prepared by the participants in teams.

Resources into the courses

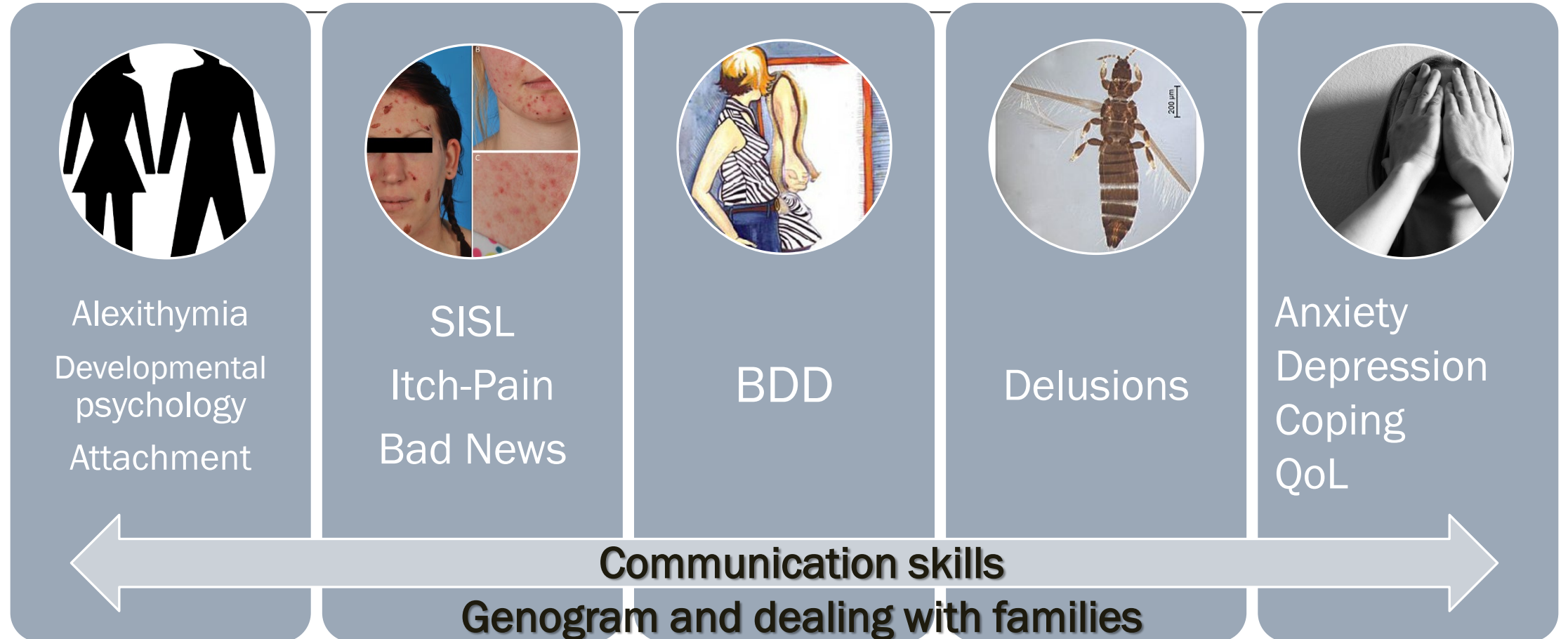
Discussion together

Communication skills workshop in trio

BDD – Announcing bad news

Clinical cases presentation and
discussion

Level 1 – 2 courses with clinical case presentation and MCQ



Level 1
Basic
Knowledge

- Part 1
- Part 2

Level 2
Advanced
Knowledge

- Part 1
- Part 2

The Topics

Classification of Mental Disorders

Attention-Deficit/
Hyperactivity Disorder

Stress and
Psychosomatics

Somatoform Disorders

Personality Disorders:
Borderline Personality

26/06/2021

Level 2 Part 1

Online sessions

Presentation of the different topics prepared by the participants in teams.

Resources into the courses

Discussion together

Communication skills workshop in trio

Clinical cases presentation

The Topics

PTSD, Trauma , Sexual
and physical abuse

Post-covid syndrome

Post-finasteride syndrome

Cosmetic changes

Sexual identity problems

Eating disorders

Nutrition allergy

Burnout syndrome

Addictions

Level 2 Part 2

Online sessions

Presentation of the different topics
prepared by the participants in teams.

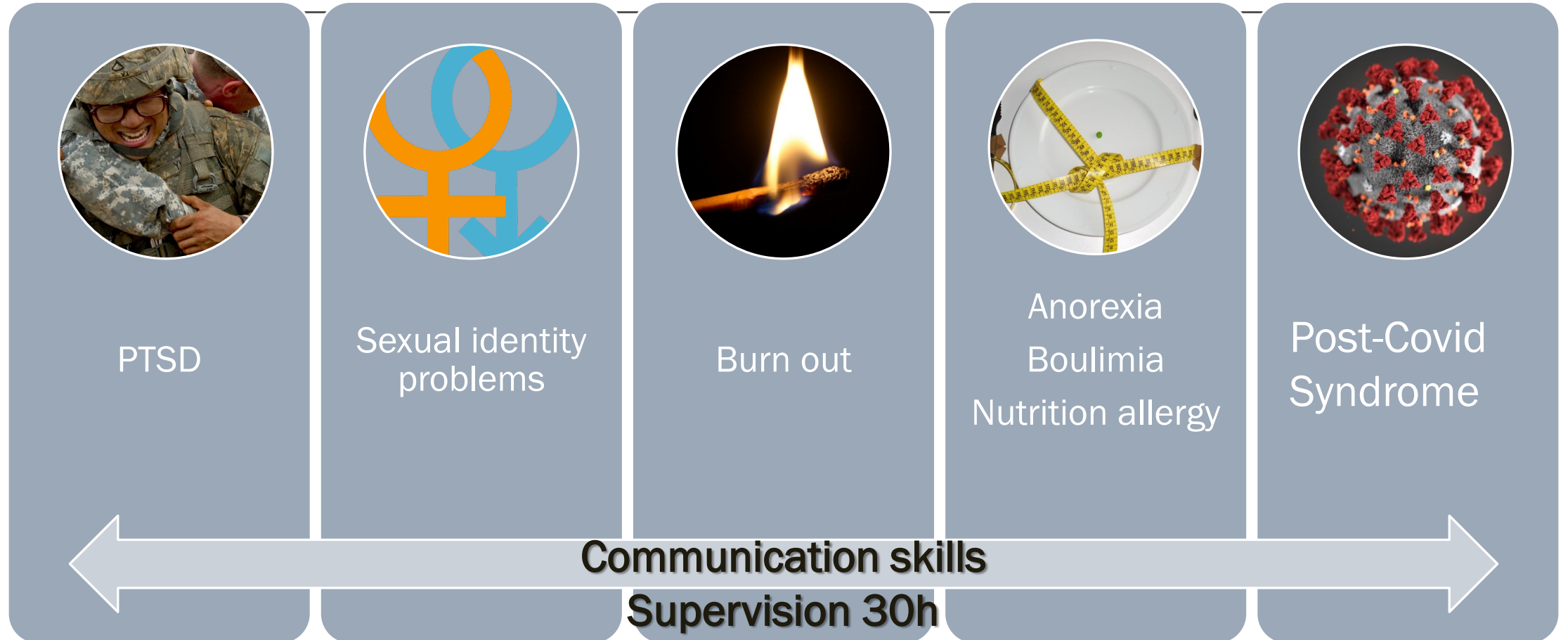
Resources into the courses

Discussion together

Communication skills: train the trainers
workshop in trio

Clinical cases presentation

Level 2 – 2 courses + lecture and clinical case presentation +one written +MCQ



Other requirements



Level 1

- Attendance at 1 ESDaP congress or 2 subspecialty or national meetings
- Or 1 publication in the field as first author



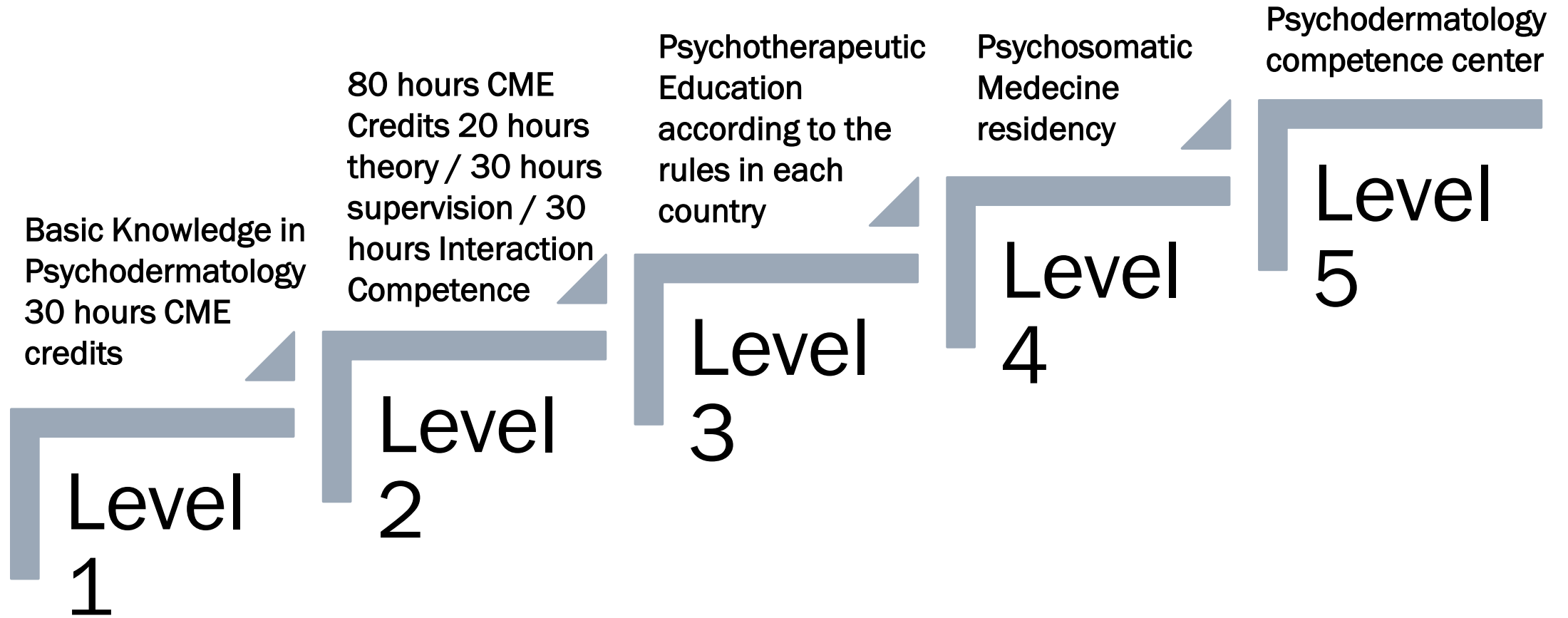
Level 2

- Attendance at 1 ESDaP congress or 2 subspecialty or national meetings
- 1 presentation at ESDaP Congress
- 1 case report written
- 1 role play evaluated
- 30 hours supervision



Level 3

- Full training in a recognized psychotherapeutic approach
- Level of the European Certificate in Psychotherapy



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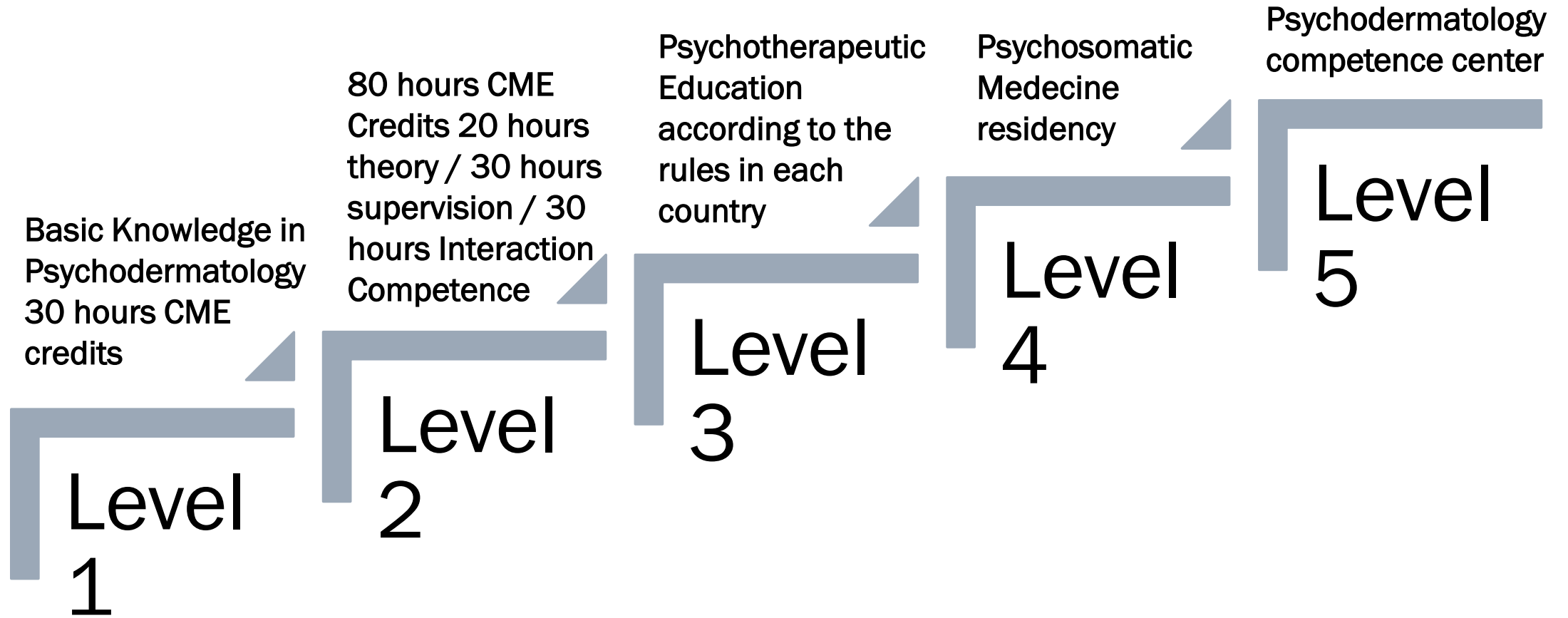
Level 3 – Psychotherapy competence

Agreement to the rules of each country

Recognized psychotherapeutic approaches:

- Psychodynamic psychotherapy
- Family therapy
- Humanistic therapies: Transactional Analysis, Gestalt therapy, Bioenergy
- Behavioral psychotherapy

Preferably European certificate in Psychotherapy



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Level 4 – Residency program in Psychosomatics

Specific for Germany and Austria

Level 5 – Building a Psychodermatology Competence Center

This center should be lead by an educated and well trained psychodermatologist (being at first a dermatologist)

A psychologist having a Psychodermatology Diploma Level 3

With a close contact with a psychiatrist preferably also educated in psychodermatology (Level 2 or 3)

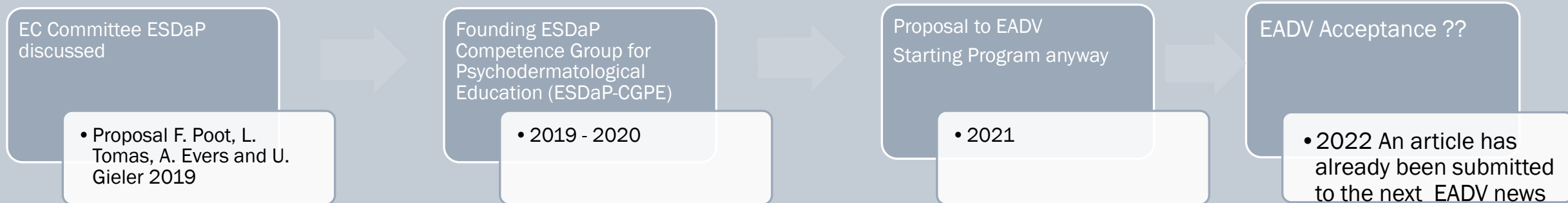
The appointments should be done in the dermatology department

There should be a adequate time at least 45 minutes for a first appointment and after if necessary

This should be translated in higher tariffs

The referring dermatologist should be invited to participate at the appointment as much as possible (see *An introduction to the assessment and management of psychodermatological disorders Russell Gibson , Penny Williams & Jason Hancock- BJPsych Advances (2020), page 1 of 8 doi: 10.1192/bja.2020.66*)

Development of the Psychodermatology Certification Program by ESDaP and Psychodermatology Task Force EADV





www.psychodermatology.net

www.psychodermatologydiploma.in

CONTACT AND INFORMATION