Eighteen Years of the University Degree in Psychosomatic Gynaecology

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The university degree in psychosomatic gynaecology was created eighteen years ago at the medical university Lariboisiere Saint-Louis in Paris. This degree is open to all gynecologists, obstetricians, endocrinologists and other doctors involved in reproduction. Now, many gynaecologist have a sensibilisation with this approach, so the discussions in this field are more active and the students are more and more motivated. Many meeting of ObGyn include psychosomatic session. In this way our goal is obtained.

During the cursus, we try to help our students to discover how the psychosomatic gynaecological approach could be, in addition to the clinical examination, a way to help the patient understand her demand. The idea is to detach oneself from a pre-established pattern in order to remain open-minded enough to follow the patients flow of expressions and thought, up to the point where a doctor–patient relationship can be established, and an appropriate therapy chosen. In addition to the theory, small workshops confront the students with more practical situations and emotional situations: case study methods (Balint style), simulated consultations and psychocorporal methods.

All these elements motivate the students, who are very demanding and involved, which of course gives an even greater drive to the leading staff.