

THE 26TH DANUBE SYMPOSIUM OF PSYCHIATRY: PSYCHIATRY – READY FOR THE FUTURE?

Ulrich Palm¹, Richard Musil¹, Monica Ienciu², Miro Jakovljevic³, Hans-Peter Kapfhammer⁴, Siegfried Kasper⁵, Martin E. Keck⁶, Berthold Langguth⁷, Rupert Lanzenberger⁵, Eva Meisenzahl¹, Hans-Jürgen Möller¹, Norbert Müller¹, Norbert Nedopil¹, Norman Sartorius⁸, Werner Schöny⁹ & Peter Falkai¹

¹Department of Psychiatry and Psychotherapy, University of Munich, Munich, Germany

²Department of Psychiatry, University of Timisoara, Timisoara, Romania

³Department of Psychiatry, University of Zagreb, Zagreb, Croatia

⁴Department of Psychiatry, University of Graz, Graz, Austria

⁵Department of Psychiatry and Psychotherapy, University of Vienna, Vienna, Austria

⁶Max-Planck-Institute of Psychiatry Munich, Munich, Germany

⁷Department of Psychiatry and Psychotherapy, University of Regensburg, Regensburg, Germany

⁸Association for the Improvement of Mental Health Programs, Geneva, Switzerland

⁹Pro Mente Oberösterreich, Linz, Austria

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Psychiatry is a rapidly moving field forced to face numerous challenges due to economic, demographic and sociocultural changes. To address these changes, the 26th Danube Symposium of Psychiatry, 15-17 October 2015 in Munich, Germany, served as a forum for peer discussions and offered a wide variety of topics, ranging from historical notes of psychiatric classifications and aspects of psychopathology to psychopharmacology, psychotherapy, imaging, brain stimulation, and forensic psychiatry. This Symposium linked the future of treatment strategies with the rich historical heritage of psychiatry. This heritage is deeply rooted in the Clinic of Psychiatry and Psychotherapy of the Ludwig-Maximilians-University Munich which was founded by Emil Kraepelin as first chairman, followed by numerous other famous Psychiatrists such as Alois Alzheimer, Franz Nissl and Friedrich Lewy. This tradition was recalled by P. Falkai (Munich), head of the department of Psychiatry, during the opening ceremony of the 26th Danube Symposium of Psychiatry. In his lecture "Psychiatry 2015: options and challenges", key note speaker N. Sartorius (Geneva) reviewed the many challenges facing psychiatry today and stressed the need for consensus and joint action of stakeholders in the field of mental health – health workers, people with mental illness, their families, governments and society at large – to overcome them. Continuing fight against stigmatization by mental illness (and its consequences) and the reform of psychiatric education deserve special attention in this respect. The Danube Society was introduced by W. Schöny (Linz), reporting on its history and aims to bridge the gap between cultures in central Europe as well as to unite basic sciences with clinical needs and diverse therapeutic approaches.

N. Müller (Munich) gave an overview over historical aspects of nosology and the role of the Munich

Psychiatric Clinic in the development of current psychiatric classifications in his talk "Psychiatric classifications: From a historical perspective to DSM-5". M. Ienciu (Timisoara) addressed the potentials and challenges of the vulnerability concept and its role in etiology of psychiatric disorders in her lecture "The concept of vulnerability – impact for the future". M. Jakovljevic (Zagreb) pointed out the need of integrative multidimensional treatment of depressive disorders including person-centered biological, cognitive, behavioural, spiritual, narrative and systemic directions in his lecture "Treatment of depression from seven perspectives: A transdisciplinary integrative approach". N. Nedopil (Munich) reported on an increasing number of coercive legal restrictions in Germany due to new mental health legislation in his talk "Forensic psychiatry – challenge for the future", and pointed out the need for extensive research in risk assessment.

Under the title "Psychopharmacology – quo vadis", H-J. Möller (Munich) depicted the historic development of psychiatric drugs, their reception in the recent public discussion, and the problem of treatment guidelines based on meta-analyses or other evidence based approaches. He finally discussed the reasons for the current difficulties to develop new innovative compounds. S. Kasper (Vienna) emphasized the role of electroconvulsive therapy as an outstanding tool in psychiatric acute and maintenance treatment in his lecture "Electroconvulsive therapy – still a fundamental treatment option". H-P. Kapfhammer (Graz) referred to nosology aspects and pharmacologic options in the treatment of acute and posttraumatic stress disorder in his contribution "Pharmacology of oblivion – to early interventions after traumatic experiences". M.E. Keck (Munich) addressed the "Neurobiology of psychotherapy" and presented recent findings of neurotrophine and cytokine markers in depression and their modulation

by psychotherapy. E. Meisenzahl (Munich) presented a European research project for early detection and prediction of psychoses with magnetic resonance imaging in her talk “Early recognition of psychosis with neuroimaging”. Imaging was also covered by R. Lanzenberger (Vienna) in his lecture on “Molecular and functional neuroimaging in anxiety disorders and depression” with a focus on PET imaging and fMRI of the serotonergic system in depression and anxiety disorders, including steroid hormone research. B. Langguth (Regensburg) referred on “30 years of TMS – directions for the future” and gave an overview over metho-

dological aspects, clinical results in depression, and further needs for optimization of the intervention. Finally, U. Palm (Munich) reported on the new treatment of transcranial direct current stimulation in depression and schizophrenia in his talk “Transcranial electric stimulation – from neurophysiology to therapy”.

Acknowledgements: None.

Conflict of interest: None to declare.

Correspondence:

Ulrich Palm, MD

Department of Psychiatry and Psychotherapy, University of Munich

Nussbaumstr. 7, 80336 München, Germany

E-mail: ulrich.palm@med.uni-muenchen.de