

The Moving Seminar - a practice of cross-cultural understanding of symptoms vis-à-vis members of different cultures.

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In the past ten years it has been possible to use the concept of the *Moving Seminar* in international congresses on Psychosomatic Medicine (Dubrovnik, Glasgow, Kobe, Lisbon, Quebec, Saragossa, Seoul, Tokyo). The aim was to interpret a symptom biographically in the Now(here) of the doctor patient relationship and vis-à-vis members of different cultures. This was done in close cooperation with Theo LEYDENBACH (Paris).

There were three different observable positions for dealing with a symptom:

1. an authoritarian, paternalistic position
2. a bargaining position
3. an empathetic, exploratory position.

The third position is the one to aim for but it can only be achieved by consistent insistence on the Now (here).

Seven points should be noted:

1. Group meetings should be interdisciplinary, and include doctors, nurses, psychologists, dance and other therapists, lay people (including interpreters!) willing to become aware of different positions and to assimilate them either temporarily or permanently.
2. A few participants present short (2 - 3 minutes) case histories formulating their main current problem in the treatment using one single sentence.
3. The participants discuss the situation and articulate their feelings and sensua! impressions.
4. There is no right or wrong in the Now (here).
5. There is no reason to call in the experts. *The group is the expert.*
6. There can never be a definite solution but there is always a salutogenic way. The focus should be on taking the Next Small Step.

7. The progress achieved by the seminar depends entirely on the effort the group members invest in the group work. This is no place for literature references or take-home messages.

Conclusion: Accept the challenge of the Moving Seminar - group work opens new horizons

Key words: symptom, Now (here), expert group, horizons, Moving Seminar.

Quellenangabe: Schüffel · Brucks · Johnen · Köllner · Lamprecht · Schnyder (Hrsg.):

Handbuch der Salutogenese - Konzept und Praxis

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