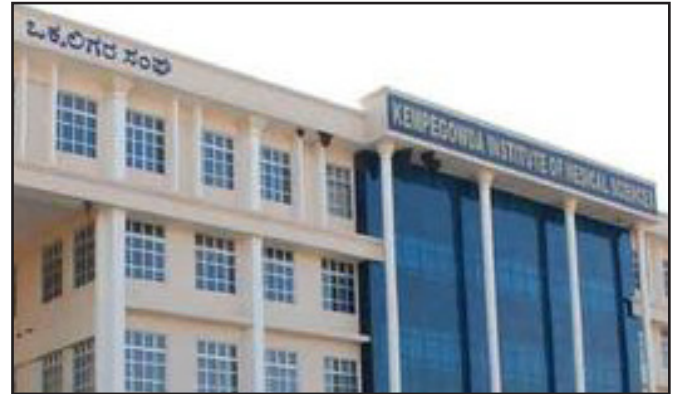


The psychosocial dimension of health in the 21st Century

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Abstract:

The authors situate modern medicine inside a contested area in which the traditional concept still resonates, even if greatly muted by the background noise of a new rapidly changing societal and professional Gestalt. It does this by recalling the traditional Asklepiion ideals which privileged the psychological support of the patient and how its healers, therapists and shamans still reflect that ancient orientation. This paper outlines how a modern medical service, in spite of technical advances, fails to serve the public through the shackling effects of its bureaucracy. There is a mismatch between what society promises and its expectations and the Doctor 's current role is illustrative of this conundrum. From the position of a known and esteemed societal figure, he is now merely a flunkey in hock to the state and forced to abandon the vocational and professional persona which formerly constituted his profession. He takes refuge in a narrow area of interest and his vision, dominated by machines and technology, now focuses on a body part, an X- ray image, or a body fluid analysis. The public fails to engage successfully with the new paradigm because of the demonstrable psychological content of illness, often expressed in terms of psychosomatization and chronification. "Dr. Google" (frequently consulted) overwhelms patients by a tsunami of information, often with baleful consequences of depression and anxiety. These syndromes are considered from an archaic evolutionary perspective as is the related concept of thanatosis, which if activated within society may trigger individual or community "apoptosis". In correcting the multiple toxic effects of a failed health service on doctors a substantial psychological support component must be included. Balint group training is one such strategy which is evidence-based and avoids the crippling impact of "burnout " - an ever present and eloquent illus-



tration of medical systems failure.

Biography:

Bohdan Wasilewski complied specialization in psychiatry and received the title of Doctor of Medicine. He was continuing his research and didactic work at the University of Warsaw, and then at the Medical University for Post-graduate Studies in Warsaw. For two years he worked in the Psychiatric Clinic of the University of Munich, he also completed shorter research visits at the University of London, Harvard University and the University of Moscow. He is employed at the Psychosomatic Institute in Warsaw, as medical director and extraordinary professor. He has published 148 papers and he is the author or co-author of 47 book publications.

Recent Publications:

1. Bohdan W. Wasilewsk ,Biochimie. 2019,
2. Bohdan W. Wasilewsk ,Platelets. 2019
3. Bohdan W. Wasilewsk ,Nutrients. 2019
4. Bohdan W. Wasilewsk ,Thromb Res. 2019
5. Bohdan W. Wasilewsk ,Cas Lek Cesk. 2018

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