

CURRICULUM VITAE

Prof. Dr. med. Rainer Michael Schaefer



Personal data

Date of birth 1971-10-15
Place of birth Burghausen/ Bavaria/ Germany
Nationality German
Marital status Married, 3 children
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Current positions

- Structural Professor of Psychosomatics, Medical Faculty, University of Basel, Switzerland
- Head of the Department of Psychosomatics/ Division of Medicine, University Hospital Basel
- Scientific Advisory Board, Schweizerische Akademie für Psychosomat. & Psychosoziale Med.
- Spokesman of the Dt. Kollegium für Psychosomatische Medizin (DKPM) and the Dt. Gesellschaft für Psychosomatische Medizin und Ärztliche Psychotherapie (DGPM) for Consultation and Liaison Psychosomatics
- Coeditor of the German AWMF S3-Guidelines on Functional Bodily Complaints

Academic career and diplomas

02/2017 Structural Professor of Psychosomatics, Medical Faculty, University of Basel
02/2017 Diploma for delegated psychotherapy (Fähigkeitsausweis Delegierte Psychotherapie)
01/2017 Diploma for Psychosomatic and Psychosocial Medicine
(Fähigkeitsausweis Psychosomatische und Psychosoziale Medizin, FAPPM)
01/2017 FMH General Internal Medicine (GLN 7601003894479)
02/2016 Venia docendi (Habilitation), Privatdozent (PD), University of Heidelberg; PhD Thesis:
Somatoform disorders – Diagnostics, Treatment, and Transcultural Aspects
(Department of General Internal Medicine and Psychosomatics,
Heidelberg University Hospital, Supervisor: Prof. W. Herzog)
09/2015 German Board Certification (Facharzt) for Psychosomatic Medicine & Psychotherapy
02/2009 German Board Certification (Facharzt) for Internal Medicine
03/2005 MD thesis “Consultation psychiatry and psychosomatics in a children’s hospital”
(Magna cum laude), Department of Child and Adolescent Psychiatry and
Psychotherapy, Ludwig Maximilian University Munich, Supervisor: Dr. med. R. Frank
04/1999 German Medical Examination (Ärztliche Prüfung)

Clinical training and employment history

07/2014- Senior Registrar (Oberarzt) of the Psychosomatic Outpatient Clinic, Department of
01/2017 General Internal Medicine and Psychosomatics, Heidelberg University Hospital
04/2013- Senior Registrar (Oberarzt) of the Psychosomatic and Psychooncological
07/2014 Consultation Service, Department of General Internal Medicine and Psychosomatics,
Heidelberg University Hospital
2011-2016 Implementation and conducting of a specialty clinic for functional gastrointestinal
disorders, Department of General Internal Medicine and Psychosomatics, Heidelberg
University Hospital
2009 – 2013 Resident Physician, training for Board Certification in Psychosomatics and
Psychotherapy, Department for General Internal Medicine and Psychosomatics,
Heidelberg University Hospital
2004 – 2009 Resident physician, training for Board Certification in General Internal Medicine,
Department of General Internal Medicine and Psychosomatics, Heidelberg University
Hospital (Prof. Herzog)
2000-2004 Resident physician, training for Board Certification in General Internal Medicine,
Department of Internal Medicine II, Bürgerhospital Stuttgart (Prof. Wedler)

Medical education

WS 94/95- Medical School, Ludwig Maximilian University (LMU) Munich, Germany
WS 98/99
WS 92/93- Medical School, Bayerische Julius Maximilian University Würzburg, Studium generale
SS 94 of philosophy

Civil service and school education

07/1991- Rettungsdienstheifer (RDH), Bavarian Red Cross Kreisverband München
09/1992 (qualification as Rettungssanitäter)
1982-91 Kurfürst Maximilian Gymnasium Burghausen (Abitur 07/1991)
1978-82 Hans Stethaimer and Hans Kammerer Primary School Burghausen

Additional qualifications

- Psychodynamic Psychotherapy, Heidelberger Institut für Tiefenpsychologie (HIT) and Stuttgarter Weiterbildungskreis (WBK)
- Operationalized Psychodynamic Diagnostics (OPD)
- Group analysis, Institute for group analysis (IGA) Heidelberg
- Seminars for the conducting of Balint groups (E. Petzold, G. Bergmann)
- Allgemeine und störungsspezifische Techniken der institutionellen Gruppentherapie (AstiG)
- EMDR (Arne Hofmann, Institute für Trauma Therapy Oliver Schubbe)
- Integrative Psychotherapy/ Gestalt therapy, Fritz Perls Institut (FPI) / European Academy for Health (EAG), Hückeswagen/ Düsseldorf
- Medical hypnosis, Gut directed hypotherapy
- Qualification program and advanced seminar "Clinical Research"
- Medical leadership and management competence, Interpersonal leadership and management cycle, University Hospital Heidelberg
- Ongoing qualification in Palliative Care (University Hospital Freiburg)
- Ongoing qualification in Psychooncology (WPO/ DKG)

Teaching activities

- since 10/2018 Lecturer of the Basel Institute for Psychosomatic Medicine (BIPM) in the curriculum for the Diploma for Psychosomatic and Psychosocial Medicine (Fähigkeitsausweis Psychosomatische und Psychosoziale Medizin, FAPPM)
- since 02/2017 Structural professor and main responsible for the longitudinal curriculum on Psychosomatic Medicine from 1st to 6th year Medical School, University of Basel
- 2009-2016 Regular lectures, seminars and workshops for MD students, University Hospital Heidelberg
- 2012-2017 Verbundweiterbildung ^{plus} Allgemeinmedizin Baden-Württemberg
- 2011-2017 Lecturer of the Heidelberger Institut für Psychotherapie (HIP)
- 07/2009-11/2009 Curriculum Psychosomatic basic care for primary care physicians of the special trial (together with Dr. Dipl.-Psych. C. Kaufmann)

Science awards

- 2013 Günter-Jantschek Research Award for Psychosomatics in Internal Medicine
- 2008 German Research Award for Primary Care (Dr. Lothar-Beyer Award)

Grants and research projects

- 2019-2022 Gesundheitsförderung Schweiz (Health Promotion Switzerland): Prevention of psychosocial distress in somatic hospitals: a model project for collaborative care (CHF 2 Mio.–)
- 2019-2022 Research Grant, Stanley Thomas Johnson Stiftung & Gottfried und Julia Bangerter-Rhyner-Stiftung. «Efficacy of a Modular Intervention to promote Dignity and Mental Well-Being by a Palliative Consultation-Liaison Service in Swiss Acute Hospital Care: A Pilot Randomized Controlled Trial». (CHF 117'985.–)
- 2018-2019 Research Grant, Swiss Cancer League (Krebsliga Schweiz). "A Clinical Trial of Group-based Body Psychotherapy to Improve Bodily Disturbances in Posttreatment Cancer Patients, in Combination With Randomized Controlled Smartphone-Triggered Bodily Interventions" (188'500 CHF)
- 2018-2019 Research Grant, Stanley Thomas Johnson Stiftung & Gottfried und Julia Bangerter-Rhyner-Stiftung. A Personalized Approach to Foster Dignity by a Palliative Consultation Service in Swiss Acute Hospital Care. (50'000 CHF)
- 2016-2017 Research Grant, Köhler Stiftung, „Psychodynamic characterization of patients with a high symptom burden – Attachment, mentalization, structure and adverse childhood events“; role: Principal investigator (28.000 €)
- 05-06/2015 Research Grant, Sino-German Center for Research Promotion Beijing, Chinese-German symposium: "Multiple distressing somatic symptoms in China and Germany – from Shen Jing Shuai Ruo to Somatic Symptom Disorder (DSM-5) and Bodily Distress Disorder (ICD-11)" in Chengdu; role: Co-Investigator (25.000 €)
- 2012-2014 Research Grant, Sino-German Center for Research Promotion Beijing, „Patients with somatoform disorders/ medically unexplained symptoms (MUS) in China“; role: Co-investigator (81.000 €)
- 2007-2010 Competitive Research Grant, German Ministry for Education and Research (BMBF), "Development, implementation and evaluation of a specific collaborative group intervention for patients with functional somatic syndromes in general practice – a randomized controlled trial“; role: Co-investigator (324.255 €)

Supervision of MD theses

- Kraus F, Publication: Berens S*, Kraus F*, Gauss A, Tesarz J, Herzog W, Niesler B, Stroe-Kunold E, Schaefer R. A specialty clinic for functional gastrointestinal disorders in tertiary care: Concept and patient population. *Clin Gastroenterol Hepatol.* 2017 Jul;15(7):1127-1129.

- Poser C (2017): "The explanatory model of patients with functional/ somatoform complaints in primary care – connections between causal attributions and illness perception with complaint constellations and illness behavior."
- Kirsch G, Publication: Schaefer R*, Kirsch G*, Kaufmann C, Hermann K, Szecsenyi J, Herzog W, Bölter R. New Ways in Caring for Patients with Functional Syndromes- Interdisciplinary Group Intervention in the Primary Care Setting: A Qualitative Study. *Psychother Psychosom Med Psychol* 2013; 63: 167-75.

Membership in scientific and professional organizations

- Schweizerische Akademie für Psychosomatische & Psychosoziale Medizin (SAPPM)
- Dt. Kollegium für Psychosomatische Medizin (DKPM)
- Dt. Gesellschaft für Psychosomatische Medizin und ärztliche Psychotherapie (DGPM)
- Dt. Balint-Gesellschaft (DBG)

AWMF-Guidelines

- Since 2017 Mandate for the SAPPM in the AWMF S3-guideline on consultation and liaison psychiatry and psychosomatics
- since 2007, Coeditor of the German AWMF S3-Guidelines on Functional Bodily Complaints
update 2018
- 2014-2017 Mandate for DKPM and DGPM in the consensus group of the AWMF S3-guideline on Lyme Borreliosis

Reviewer for the following journals

Der Schmerz; Psychotherapie, Psychosomatik, Medizinische Psychologie; Journal of Psychosomatic Research; Psychotherapy and Psychosomatics

Selected Publications

1. Frey Nascimento A, Tondorf T, Rothschild SI, Koller MT, Rochlitz C, Kiss A, Schaefer R, Meinschmidt G, Hunziker S, Gaab J, Zwahlen D. Oncologist Recommendation Matters! - Predictors of Psycho-Oncological Service Uptake in Oncology Outpatients. *Psychooncology*. 2018 Nov 22. doi: 10.1002/pon.4948. [Epub ahead of print]
2. Dong Y, Berens S, Eich W, Schaefer R, Tesarz J. Is body mass index associated with symptom severity and health-related quality of life in irritable bowel syndrome? A cross-sectional study. *BMJ Open*. 2018 Oct 17;8(10):e019453. doi: 10.1136/bmjopen-2017-019453.
3. Tondorf T, Grossert A, Rothschild SI, Koller MT, Rochlitz C, Kiss A, Schaefer R, Meinschmidt G, Hunziker S, Zwahlen D. Focusing on cancer patients' intentions to use psychooncological support: A longitudinal, mixed-methods study. *Psychooncology*. 2018 Jun;27(6):1656-1663. doi: 10.1002/pon.4735.
4. Berens S, Stroe-Kunold E, Kraus F, Tesarz J, Gauss A, Niesler B, Herzog W, Schaefer R. Pilot-RCT of an integrative group therapy for patients with refractory irritable bowel syndrome. *J Psychosom Res* 2018; 105: 72-79.
5. Grossert A, Meinschmidt G, Schaefer R. A case series report of cancer patients undergoing group body psychotherapy. *F1000Res* 2017; 6: 1646.
6. Xiong N, Zhang Y, Wei J, Leonhart R, Fritzsche K, Mewes R, Hong X, Cao J, Li T, Jiang J, Zhao X, Zhang L, Schaefer R. Operationalization of diagnostic criteria of DSM-5 somatic symptom disorders. *BMC Psychiatry* 2017; 17: 361.
7. Berens S, Kraus F, Gauss A, Tesarz J, Herzog W, Niesler B, Stroe-Kunold E, Schaefer R. A specialty clinic for functional gastrointestinal disorders in tertiary care: Concept and patient population. *Clin Gastroenterol Hepatol* 2017; 15: 1127-1129.
8. Konnopka A, König HH, Kaufmann C, Egger N, Wild B, Szecsenyi J, Schellberg D, Herzog W, Schaefer R. Cost-utility of a specific collaborative group intervention for patients with medically unexplained symptoms. *J Psychosom Res* 2016; 90: 43-50.
9. Tang L, Fritzsche K, Leonhart R, Pang Y, Li J, Song L, Fischer I, Koch M, Wuensch A, Mewes R, Schaefer R. Emotional distress and dysfunctional illness perception are associated with low mental and physical quality of life in Chinese breast cancer patients. *Health Qual Life Outcomes*. 2017 Dec 1;15(1):231.
10. Leonhart R, Tang L, Pang Y, Li J, Song L, Fischer I, Koch M, Wuensch A, Fritzsche K, Schaefer R. Physical and psychological correlates of high somatic symptom severity in Chinese breast cancer patients. *Psychooncology*. 2017 May;26(5):656-663.
11. Schaefer R, Welsch P, Klose P, Sommer C, Petzke F, Häuser W. Opioids in chronic osteoarthritis pain. A systematic review and meta-analysis of efficacy, tolerability and safety in randomized placebo-controlled studies of at least 4 weeks duration. *Schmerz*. 2015 ;29: 47-59.
12. Zhang Y, Fritzsche K, Leonhart R, Zhao X, Zhang L, Wei J, Yang J, Wirsching M, Nater-Mewes R, Larisch A, Schaefer R. Dysfunctional illness perception and illness behaviour associated with high somatic symptom severity and low quality of life in general hospital outpatients in China. *J Psychosom Res* 2014; 77: 187–95.
13. Schaefer R, Klose P, Moser G, Häuser W. Efficacy, Tolerability, and Safety of Hypnosis in Adult Irritable Bowel Syndrome: Systematic Review and Meta-Analysis. *Psychosom Med* 2014; 76: 389-98.
14. Schaefer R, Höner C, Salm F, Wirsching M, Leonhart R, Yang J, Wei J, Lu W, Larisch A, Fritzsche K. Psychological and behavioral variables associated with the somatic symptom severity of general hospital outpatients in China. *Gen Hosp Psychiatry* 2013; 35: 297–303.
15. Schaefer R, Kaufmann C, Wild B, Schellberg D, Boelter R, Faber R, Szecsenyi J, Sauer N, Guthrie E, Herzog W. Specific collaborative group intervention for patients with medically unexplained symptoms in general practice: a cluster randomized controlled trial. *Psychother Psychosom* 2013; 82: 106–19.
16. Schaefer R, Hausteiner-Wiehle C, Häuser W, Ronel J, Herrmann M, Henningsen P. Klinische Leitlinie: Nicht-spezifische, funktionelle und somatoforme Körperbeschwerden [Clinical Practice Guideline: Non-specific, functional and somatoform bodily complaints]. *Dtsch Arztebl Int* 2012; 109: 803–13.
17. Konnopka A, Schaefer R, Heinrich S, Kaufmann C, Luppä M, Herzog W, König HH. Economics of medically unexplained symptoms: a systematic review of the literature. *Psychother Psychosom* 2012; 81: 265–75.