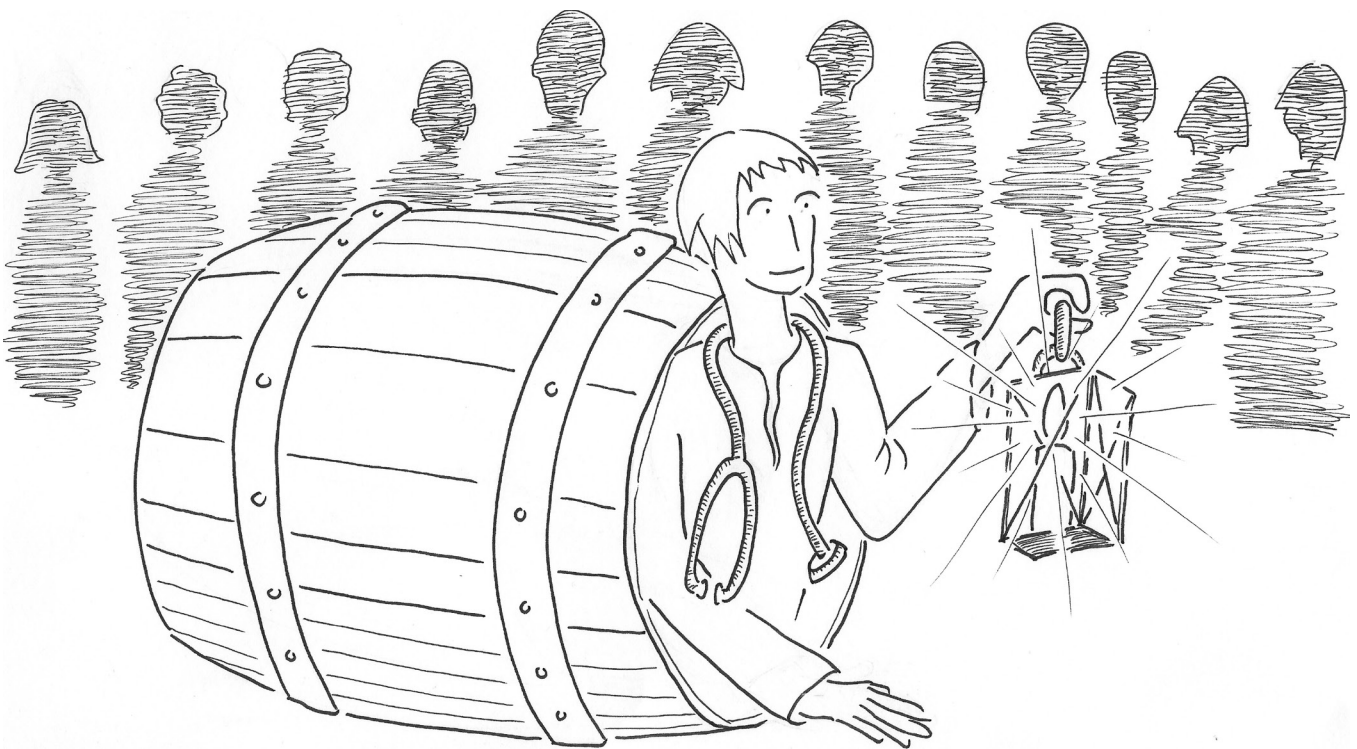




Médecine
de la Personne
International Group

Solitude and isolation in healthcare



72nd international meeting

July 27th to 30th 2022

**DOORN
Netherlands**

www.medecinedelapersonne.org

The International Association for Medicine of the Person

The Medicine of the Person organization is formed of doctors and members of other caring professions who with our partners want to understand the ill person as a whole so that we can care for them better. At our meetings, we talk about the relationship between illness and other issues affecting our patients whether psychological, social or spiritual.

Starting in 1940, **Paul Tournier**, a doctor practising in Geneva, described 'Medicine de la Personne' in his books and lived it in his work: the doctor links his medical and technical knowledge to his understanding of the 'person' of the patient, looking beyond the psychological defence mechanisms which disturb health and can delay healing. In this type of medical care, the relationship between doctor and patient takes on a crucial importance.

The annual meetings of the association take the form of a conference with a theme relating to 'Medicine of the Person'. Each morning, there is the option of a meditation session before breakfast. This is followed by some thoughts about a biblical text and by medical talks. In small groups, we talk about the practical applications of what we have heard to our daily lives.

The conference takes place in French, English and German and written translations are available in the other languages during each talk. The small groups (single language or bilingual) are central to the conference and what is said in those small groups remains confidential. During the evenings there are

other opportunities to share and to chat together. The conference finishes with an ecumenical service of Holy Communion.

Three days of relaxation and discovery before the conference give the opportunity to get to know the area where the conference is taking place and also to get to know friends from widely different countries, backgrounds and professions.



> In order to register

for the conference please return the enclosed form to the secretariat of your country (see page 8) by 30th April 2022. You can also register on-line at the website: www.medecinedelapersonne.org.

As the workshops in small groups and personal contacts play a fundamental role it is only possible to come to the whole conference.

For other information, see page 7.

Solitude and isolation in healthcare

With our interest in treating the whole person, we routinely explore our patients' symptoms and signs to make the diagnosis and at the same time consider their domestic, social, emotional and religious identity along with their expectations before formulating treatment options with them.

Paul Tournier wrote: 'What helps people is what helped me, an encounter with people who talk honestly about their distress, frustrations and rejections' and he continues, 'The medicine of the whole person, then, is a medicine of the person of the doctor, not just of the person of the patient. We as doctors have to recognise our problems before we are able to have true contact with others. It is in those times of quiet', and for Christians like Tournier, 'when we listen to God, that we come to recognise the problems that are blocking true contact with others.'

Growing up, it is important to understand that solitude plays a part in developing your own individuality and personality but we even see children who are lonely because so much of their contact with others is via social media. Time to reflect is just as vital as communication with good friends, yet young doctors and therapists, constantly moving hospitals, can be lonely and lack confidence. As a therapist, if your approach to treating patients is different to that of your colleagues, you can feel quite

isolated. Our patients often feel very alone, not really knowing what is wrong with their health because no-one has taken the time to check that they understood what they were being told in the hospital or in the clinic. They come to see us on their own because they have no-one to accompany them and sometimes their doctor is the only person they can talk to about their problems.

What can we do to help the lonely patients who bring their difficulties and sorrows to us? How do we embrace solitude and reflection as an aid to treating our patients better while avoiding feeling isolated and alone ourselves?

Through lectures and small group discussions, we will learn more and have the opportunity to discuss our dilemmas and share our clinical experience.

Netty Brink

Programme 2022



Daily at 07.40: meditation (optional)

Wednesday 27th July

From 16.30 onwards: Arrival of Participants

18.00 Dinner

20.00 Welcome, information, Introduction to the Theme

Thursday 28th July

8.00 Breakfast

9.00 **Jesus, a man surrounded by others but terribly alone**
(according to the gospel of Matthew)

Étienne Robin, nephrologist, France

9.30 **In touch and yet alone – isolation in the era of social media**

Roland Stettler, psychiatrist, Switzerland

10.30 Coffee-Break

11.00 Groupwork

12.30 Lunch

15.30 **Relieving isolation and cultivating connection for carers and people living with dementia.**

Dr Martha Pollard, Edinburgh College lecturer in Health and Social Care (Counselling), Scotland

16.30 Coffee/Tea-Break

17.00 Groupwork

18.00 Dinner

20.00 Evening

Friday 29th July

- 8.00 Breakfast
- 9.00 **Being alone, one way towards community (Gen. 2.18, John 6, 37)**
Dorette and Thomas Zürcher, psychological counselor and gynecologist, Switzerland
- 9.30 **Addiction: the three orders of medicine**
Jacques Besson, psychiatrist, Switzerland
- 10.30 Coffee-Break
- 11.00 Groupwork
- 12.30 Lunch
- 14.30 **Members' Meeting**
- 15.30 **Filling the Void: Understanding Teens, Phones and Loneliness**
Rachel Melville-Thomas, M.A., child and adolescent psychotherapist, UK
- 16.30 Coffee/Tea-Break
- 17.00 Groupwork
- 18.00 Dinner
- 20.00 Personal Ideas

Saturday 30th July

- 8.00 Breakfast
- 9.00 **God, our refuge and hope in a lonely world (Psalm 71)**
Dr Kathy Webb-Peploe, cardiologist, UK
- 9.30 **From a feeling of isolation to a life lived alone**
Marie-Claude Vincent, psychiatrist, France
- 10.30 Coffee-Break
- 11.00 Groupwork
- 12.30 Lunch
- 14.00 **Ecumenical Service**
- 15.00 End of the Conference

Médecine de la Personne, International Group Annual General Meeting

All participants having paid the annual fee are invited to attend the annual general meeting at 14.30 Friday July 29th 2022 at Doorn. Members unable to attend may delegate a proxy using the form attached to the registration form.

Agenda: General Report | Financial Report | A.O.B.

Kathy Webb-Peploe, President

Discovery days

Sunday 24th to Wednesday 27th July 2022

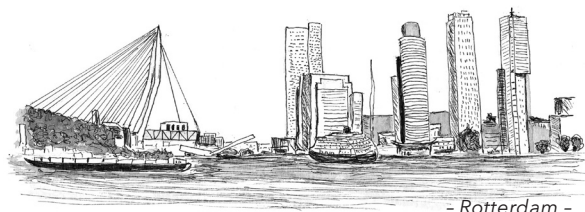
Sunday 24th July

- > 16.00 onwards: Arrive
- > 18.00 Supper
- > 20.00 Welcome and information about the leisure days

Monday 25th July

Rotterdam, its port and museums

> 9.15: Leave by coach for Dordrecht. We will walk through the old port of Merwedehaven, on the edge of the river Merwede, another name for the Rhine. The excellent state of preservation of the old port makes it worth walking as far as Merwekade, where we will catch a boat to Rotterdam (a journey lasting an hour). We will arrive at the New York Hotel, the old headquarters of the Holland America Line, used by thousands of emigrants leaving Europe in the hope of finding a better life in America.



- > Lunch at the New York Hotel
- > Afternoon: 20-minute walk to the museum quarter where we will visit the Kunsthal (one of the leading cultural institutions in Holland with a wide range of exhibitions and activities).
- > 16.00: Return by coach
- > 18.00: Supper at Het Brandpunt

Tuesday 26th July

Boat trip to explore Biesbosch ('forest of sedges') and then Dordrecht

> 9.15: leave by coach for Sleewijk where we will get on a tour boat to spend 4 hours exploring the Biesbosch National Park, one of the last extensive areas of freshwater tidal wetlands in Northwestern Europe, consisting mainly of willow forests but also of wet grasslands and fields of reed.

- > Lunch on the boat
- > 15.00: Disembark at Dordrecht (Merwedehaven), the oldest town in Holland. Free time to explore the town centre or take a guided tour of the Grote Kerk (a medieval Protestant church in the Brabantine Gothic style).



- > 16.30: Return by coach
- > 18.15: Supper at Het Brandpunt

Wednesday 27th July

The region around Doorn and Huis Doorn

- > 9.30: Leave by coach to explore the countryside around Doorn.
- > 12.30: Lunch at Het Brandpunt
- > 14.00: Walk in the grounds of Huis Doorn (laid out as an English landscape garden), where former Kaiser Wilhelm II lived in exile after



the 1st World War from 1920 until his death in 1941, having brought with him 59 train wagons of splendid furniture, paintings, silver and porcelain from his palaces in Berlin and Potsdam to furnish the house.

- > around 16 h: Return to Het Brandpunt

Booking information

Conference address

Het Brandpunt Doorn

Postweg 18

3941 KA Doorn

+31 343 412 332

info@hetbrandpunt.nl

www.hetbrandpunt.nl

Travel instructions

By plane

At Schiphol Airport take the train for Arnhem/Nijmegen (direct line).

Get off at Driebergen-Zeist.

Telephone +31 630 690 00 03 and we will be there to pick you up in about 15 minutes.

By train

most trains stop at Driebergen-Zeist.

Telephone when you arrive (see above).

By car

From Utrecht (20 km), take the A12 towards Arnhem. Exit **21 Maarn**.

Head towards Doorn on the **N227**.

After 3.6 km, turn left on the **N225**.

After 450 m, turn right towards **Schoonnoordselaan** and after 140 m, turn right on **Postweg**. Het Brandpunt is 20 m further on.



Cost of the meeting and how to book and pay

Leisure days: 450 € | 400 GBP

Conference: 400 € | 355 GBP, *annual subscription included: 15 € | 12 GBP*

Students pay a reduced fee of 100 EUR (88 GBP) for the study days. Special fees are applicable, solely for the study days, for **people from eastern Europe:** 100 € for doctors and medical professionals, 50 € for students.

If the **cost is a barrier to you coming**, please do not hesitate to contact one of the members of the *équipe* (page 8) to explore options. We have a bursary fund which may be able to assist.

It is possible to reserve **extra nights** both before and after the meeting, by contacting Het Brandpunt after booking your place at the meeting.

Booking can be done online on the website www.medecinedelapersonne.org or by using the attached form and sending it to your regional secretary (see page 8) before **30th April**. The **total cost** needs to be paid before the **31st May**.

Children of participants are welcome. Children under 11 come free, children 11-16 half price. Children of all ages remain the responsibility of their parents. During the study days childcare will be available for children over 6.

For further information prior to the meeting please contact

Rutger Meijer and Netty Brink

Cloosterweg 8

NL - 2103 SG Heemstede

+31 237 501 904

ihjkbrink@hotmail.com

or your regional secretary

Équipe / Team - Secrétariat / Secretariat / Sekretariate

Gerda DIETZE
OT UENGLINGEN
Belkauer Weg 18
D – 39576 STENDAL
+ 49 (0)3 931 213 169
gerda_dietze@yahoo.de

Petr FIALA
Sekretariát (CZ)
Zvěřinova 12
CZ – 13000 PRAHA
+ 420 602 133 078
petrfiala@hotmail.com

Ralf HINRICHS
Sekretariat (D)
An der grauen Burg 44,
D – 53332 BORNHEIM
+49 (0)2227-9099181
ralf_hinrichs@hotmail.com

Philippe LERNOULD
Secrétariat (F)
61 rue Dupont des Loges
F – 57000 METZ
+33 (0)3 87 75 18 89
phlernould57@orange.fr

Étienne et Claude ROBIN
40 bd Carnot
F – 21000 DIJON
+33 (0)3 80 66 84 90
claude.robindelpla@wanadoo.fr
etienne-m.robin@wanadoo.fr

François SCHERDING
31 rue Champ Rochas
F – 38240 MEYLAN
+33 (0)4 76 90 11 56
francois.scherding@laposte.net

Michael TERRY
Orchard Cottage, Brook Lane
Chillerton
UK – Isle of Wight
PO30 3EN
+41 (0)1983 556 852
+41 (0)7801 948 438
mterry@btinternet.com

Frédéric und Ruth VON ORELLI
Sekretariat (CH)
Rainweg 8
CH – 4144 ARLESHEIM
+41 (0)61 681 81 89
frederic.vonorelli@bluewin.ch

Katharine WEBB-PEPLOE
Sekretariat (GB)
Gravelye House, Gravelye Lane
GB – Lindfield, West Sussex,
RH16 2SN
+44 (0)1444 484 838
+44 (0)7711 078 987
kathywp@dircon.co.uk

Rutger MEIJER
Secretariaat (NL)
Cloosterweg 8
NL – 2103 SG HEEMSTEDE
+31 237 501 904
ihjkbrink@hotmail.com



Banques / Bank / Bankverbindungen

Dr. Ralf Hinrichs
Medizin der Person
Deutsche Apotheker-
und Ärztebank
BIC DAAEEDDDXXX
IBAN:
DE32 3006 0601 0407 2643 64

Crédit Suisse
Case postale 556
CH - 2001 Neuchâtel
Association Médecine de
la Personne.
Compte no 359488-61
CCP 12-35-2
IBAN:
CH43 0483 5035 9488 6100 0

Crédit Mutuel d'Autun
14, av. Charles de Gaulle
71400 Autun
Compte : Médecine de la
personne
IBAN:
FR76 1027 8025 0200 0732 6934 553

Médecine de la
Personne
British Branch
Natwest Haywards
Heath
Account n° 10982647
sort code 60-10-26