

## Newsletter SIPS conference on placebo studies



## The conference program is updated!

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The program of the [plenary](#) and [parallel](#) sessions have been uploaded. Visit our [website](#) for more information!

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### Invited plenary sessions

We are pleased to announce that twenty-five prominent researchers in the placebo field are willing present their latest insights into the placebo effect in five thematic symposia.

Click on the name of the session to see more information about the researchers presenting in this session.

- [Session 1: Ethical aspects and challenges of trial design in placebo](#)
  - [Session 2: Clinical applications of placebo effects](#)
  - [Session 3: Learning and brain plasticity in placebo effects](#)
  - [Session 4: Placebo effects: Mediators and moderators](#)
  - [Session 5: The neurobiology of placebo and nocebo effect](#)
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## Accreditation for Dutch healthcare professionals

Accreditation was granted for Dutch general practitioners (*huisartsen*) and healthcare psychologists (*gezondheidszorgpsychologen*).

Accreditatie Bureau Cluster 1 (ABC1): 17 points

Federatie van Gezondheidszorgpsychologen en Psychotherapeuten (FGzPt):  
18 points



## Special attraction: **North Sea at Katwijk**

A trip to the Netherlands is not complete if you have not seen our fantastic North Sea coast. From Leiden, you can reach Katwijk at Sea by bus in twenty minutes. Lounge in one of the many beach clubs and bars, or go for a long stroll along the shore. The North Sea coast has it all.



### **In the spotlight: Prof. Dr. Winfried Rief (Invited speaker)**

***Expectancy focused  
psychotherapy***

### **Short biosketch**

Winfried Rief is Professor of Clinical Psychology and Psychotherapy, Philipps University of Marburg, Germany and Head of the Clinic for Psychological Interventions. He also holds a license for psychotherapy and supervision. Dr. Rief worked for many years in hospital settings (e.g., Roseneck Hospital for Psychosomatic Medicine, Prien a. Ch.). He is specialized in

### **Abstract**

Placebo research has shown that patient's expectancies are one of the most potent predictors of treatment outcome in various medical conditions. Therefore interventions focusing on the change of expectations might be most effective. However, this could be of relevance not only for outcome expectations, but also for disease-specific, problem-specific and

placebo- and nocebo effects, perception and coping with somatic symptoms, optimization of clinical studies and interventions. He was guest professor at Harvard Medical School, Boston (2004/2005), University of Auckland Medical School (2002), and University of California San Diego (2009/2010). Additionally, he was nominated for the expert committee of WHO/APA for the revision of the classification of mental disorders according to DSM-5, and he is co-chairing the WHO working group on chronic pain diagnoses in ICD-11. Dr. Rief is elected coordinator for grant applications to the German Research Foundation and he is spokesperson of the DFG-research unit on placebo and nocebo mechanisms. His publication record summarizes more than 400 articles, in particular in the field of behavioral medicine and somatoform disorders. He received the Distinguished Researchers award in Behavioral Medicine in 2014.

treatment-specific expectations.

I will present latest results on disorder-specific expectations, e.g. in depression. Psychotherapy will be reformulated as an intervention that should target expectation violation of disorder- and treatment specific expectations. Patient strategies how to devalue learning effects in expectation violation situations are exemplified, and ways how to optimize expectation-violating effects are highlighted. As a practical example, data from a large RCT ( $n = 126$ ) are shown confirming the effect of a presurgery optimization of expectations in patients scheduled for heart surgery (CABG). Disability scores 6 months later confirmed best outcome for heart surgery patients who participated in preoperative psychological interventions is optimizing expectations. Practical aspects of the intervention will be presented, and perspectives how to implement these procedures to optimize outcome in medical interventions will be discussed.



The conference dinner location: Scheltema, Leiden