

## MAIN COOPERATION

- Latvian Medical Association (LMA)
- Latvian Association of Psychosomatic Medicine and Psychotherapy (LPMPA)
- Association of European Physicians for Psychosomatic Medicine and Psychotherapy (AEPM)

## RECENT PROJECTS

- “Psychosocial support to pre-retirement and retirement age people with social isolation problems”, *European Social Fund, 2012–2013*
- “Teacher education and relationship-building skills with “difficult pupils” and their parents”, *in cooperation with the Municipality of Riga, 2012*
- Establishment and development of psychoemotional support system for the employees of Medical Emergency Service, 2012–2013
- “Training of relationship”, public health project, 2012–2013
- Summer schools for doctors: psychosomatic approach to patient with low back pain; headache; diabetes and obesity etc., 2011–2013
- “What fosters development of different addictions? The possible solutions.”; “What creates aggression in child? How to prevent it?”; “Psycho-emotional development of children. Building emotionally healthy relationships.” project for educational institutions, *in cooperation with the Municipality of Riga, 2013*

## CONTACT INFORMATION

### RSU Clinic of Psychosomatic Medicine and Psychotherapy, Ltd

**Address:** Kapselu Street 23, Riga,  
LV-1046, Latvia  
**Phone:** + 371 67 625 655  
**E-mail:** info@psihosomatika.lv  
**Web-site:** www.psihosomatika.lv

### Contact persons

#### Head of the Chair and Clinic:

Asoc. professor **Gunta Ancane**, MD, PhD  
**E-mail:** gunta.ancane@rsu.lv

**Director:** **Agita Lazdina**, MD, MBA

**E-mail:** agita.lazdina@psihosomatika.lv

#### For scientific collaboration:

**Daina Smite**, PhD  
**E-mail:** daina.smite@rsu.lv



RĪGA STRADIŅŠ  
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PSIHOSOMATIKAS  
KLĪNIKA  
Rīgas Stradiņa Universitāte



## CLINIC OF PSYCHOSOMATIC MEDICINE AND PSYCHOTHERAPY



IEGULDĪJUMS TAVĀ NĀKOTNĒ



EIROPAS SAVIENĪBA

Prospect was printed by ERDF Project  
2010/0200/2DP/2.1.1.2.0/10/APIA/VIAA/006

### RSU Clinic of Psychosomatic Medicine and Psychotherapy

is one of the leading institutions in psychosomatic and mental health problems in the Baltics.

## ABOUT RSU CLINIC OF PSYCHOSOMATIC MEDICINE AND PSYCHOTHERAPY

**RSU Clinic of Psychosomatic Medicine and Psychotherapy** is the centre for treatment, research and education, characterised by distinction, quality, knowledge, scientific innovations, and achievements.

## IMPORTANCE OF PSYCHOSOMATIC MEDICINE



Mental health is not only an issue of person's emotional well-being, it prevents from somatic disorders as well (World Health Organization, 2009).

Psychosomatic medicine underlines the role of mental health and emotional state in the diagnostics, treatment and prevention of somatic disorders.

It provides a possibility to treat effectively emotional stress-related somatic disorders.

Psychosomatic approach to treatment is becoming indispensable and vital with the growing frequency of emotional exhaustion and burnout in Europe.

# RSU

### MAIN SERVICES

- Consultations in psychosomatic medicine
- Individual psychotherapy, embracing children and teenagers
- Group therapy
- Couple therapy, family therapy
- Crisis psychotherapy
- Consultations on Skype
- Balint groups for doctors
- Educational projects (seminars, conferences, lectures, etc.) for doctors and public
- Consultation projects for entrepreneurs

### RESEARCH FIELDS

- Chronic pain – psychosomatic aspects in diagnostic and treatment
- Mental health
- Emotional support, quality of life
- Healthy ageing
- Doctor – patient relationship
- Somatization and efficiency of psychotherapy
- Post-traumatic stress disorder
- Critical and magical thinking

