

ANNUAL REPORT 2006 OCTOBER

MAIN EVENTS 2005/2006:

- ***First Symposium of the CEEBM-NET in Targu-Mures, Romania, 14-16 October 2005***
The regional meeting was organized by the University of Medicine and Pharmacy of Targu Mures, the Selye Society, the Institute of Behavioural Sciences at Semmelweis University Budapest and the ISBM.
The main topic was "Development of Behavioural Medicine in Central Eastern Europe: The role of a regional network in integrating behavioural medicine and sciences with medicine and public health". More details on our websites: www.ceedbm-net.hu, or www.selyesociety.hu
- **Warsaw, Poland 28. August, 2006: *Statutory Meeting of the Central and Eastern European Society of Behavioural Medicine***, participants agreed on and accepted its Charter and by-laws. The organisation of this meeting was supported by the Selye Society, the ISBM, and the Warsaw School of Social Psychology
- ***Implementation of the Hungarian version of the Williams Lifeskills Program.***
The Selye Society in cooperation with the Williams Lifeskills Inc. has completed the cultural adaptation of the Williams Lifeskills program, the rights of the Hungarian version belonging to the Selye Society.
The training of trainers curriculum has been also developed, and over 15 new "Facilitators" have received their diploma, that allows the implementation of the program in different sites in Hungary.
During the past year over 250 persons participated in the program from different background, and the program is very popular and needed.
- ***"Presence of Mind Film Club" – continuous since 2001.***
Informal discussions, introduced by a movie film, between medical students and health professionals or other invited guests about psychological, sociological, behavioural aspects of health, illness and health professions.
- ***"Janos Selye Award 2005*** The Society started to award an undergraduate student doing outstanding research in the field of behavioural medicine in the frame of the "Annual Scientific Conference for Medical Students" this year hold in Budapest in February 2005.
- ***7th Behavioural Sciences Days – Pécs, June 7-8, 2006.***
National Meeting of professionals working at the Behavioural Sciences Institutes at the four Hungarian Medical Universities. The main topics are common issues in field of Behavioural medicine, with special regards to Hungarian educational, scientific and financial issues.

PLANS FOR ACTIVITIES AND EVENTS 2006-2007:

- **23-26 August 2007 Budapest: World Stress Congress: Stress of Life: from Molecules to Man -** International Congress to celebrate the centennial birth anniversary of Hans Selye
Website: www.stress07.com
- **Editing of a memorial book** to celebrate the centennial birth anniversary of Hans Selye
- **Announcement for students: Prized application** for sending documentary, literature and graphical works in connection to the life, the oeuvre and the philosophy of Hans Selye in celebration of his centennial birth anniversary
- **8th Behavioural Sciences Days**
- **Extension of postgraduate educational and training activities**
Postgraduate seminars on behavioural interventions not only for physicians and psychologists, but also for other diplomed health professionals (e.g. nurses), teachers, and social workers. The accreditation of the curriculum has been initiated.
- **Behavioural intervention programs for high risk groups**
Workplace stress-management, patients with chronic disease, unemployed, burn-out prevention among health care professionals
- **Research: community based behavioural interventions effectiveness studies**
Mainly based on the Williams Lifeskills Stress-management programs