

2nd International Scientific Conference on Mind-Body Medicine (ISC-MBM 2026)

A hybrid event under the direction of Tobias Esch, M.D.,
organized by the Institute for Integrative Health Care and Health
Promotion (IGVF) at Witten/ Herdecke University, Germany



Program
November 19th & 20th

2nd International Scientific Conference on Mind-Body Medicine (ISC-MBM 2026)

Thursday, Nov 19th 2026

<i>Local time</i>	<i>Content</i>
10:00 - 11:30	Pre-Conference Workshops (on-site) “Mind-Body Medicine across Care Settings” “Listening as a Resource in Holistic Healthcare” “Artificial Intelligence and Digitalization in Mind-Body Medicine”
12:00 - 12:30	Welcome by Prof. Dr. Tobias Esch & Prof. Dr. Petra Thürmann
12:30 - 13:15	Keynote by Prof. Dr. Eckart Altenmüller “The effects of music as a physical experience and source of mental strength”
13:15 - 14:15	Short Presentations (online and on-site) MBM interventions Modes of action of MBM Artificial Intelligence in MBM research Psychosomatics: the connection between mind & body
14:15 - 14:45	Break
14:45 - 15:30	Keynote by Prof. Dr. Andreas M. Krafft “From individual to self-transcendent hope – Broadening and growth effects”
15:30 - 16:00	Poster Sessions (online and on-site) MBM interventions Modes of action of MBM Artificial Intelligence in MBM research Psychosomatics: the connection between mind & body
16:00 - 17:00	Short Presentations (online and on-site) MBM interventions Psychosomatics: the connection between mind & body The role of connectedness & dangers of loneliness for health
17:00 - 17:30	Music from Folkwang University of the Arts

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Friday, Nov 20th 2026

<i>Local time</i>	<i>Content</i>
09:00 - 09:15	Tea & Coffee
09:15 - 09:30	MBM Energizer (interactive activity) by Danny Awad
09:30 - 10:15	Keynote by Prof. Dr. Catherine M. DesRoches <i>OpenNotes (title to follow)</i>
10:15 - 11:00	Oral Pesentations (online and on-site) MBM interventions The role of connectedness & dangers of loneliness for health Artificial Intelligence in MBM research
11:00 - 11:30	Poster Sessions (online and on-site) MBM interventions Psychosomatics: the connection between mind & body
11:30 - 12:15	Keynote by Prof. Dr. Dr. Christian Schubert “A New Paradigm for Medicine Requires a New Paradigm for Research”
12:15 - 12:45	Break
12:45 - 13:30	Keynote by Prof. Dr. Eckart von Hirschhausen “From Personal to Planetary Health and back”
13:30 - 14:00	Closing of the Conference by Prof. Dr. Tobias Esch

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Location



Witten/Herdecke University
Alfred-Herrhausen-Str. 48
58455 Witten

New Building
Conference Hall 1

Contact & Registration

Institute for Integrative Health Care
and Health Promotion (IGVF)

Mind-Body Medicine Research Council (MBMRC)

Registration and more information:
<https://www.the-mind.org/conference/>

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