



RENE HEFTI, M.D.

**Head of the psychosomatic department, clinic SGM Langenthal
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Dr. Hefti graduated from Zurich University Medical School in 1987. He completed residencies in internal medicine and cardiology in Switzerland, Austria and Jemen from 1988 – 1998. At the same time, Dr. Hefti did specialty training in psychosomatic medicine and existential psychotherapy. 1998 he became head of the psychosomatic department of the Clinic SGM Langenthal, Switzerland.

Dr. Hefti did his doctoral thesis on “psychosomatic medicine and spirituality”. In 2002, he conceptualized an extended bio-psycho-social model integrating religion and spirituality. For further scientific training in this specific area he visited the Center for Spirituality, Theology and Health at Duke University, Durham/NC, and participated in a research workshop with Prof. Harold Koenig. Inspired by the work of the Duke Center Dr. Hefti went back to Switzerland and founded in 2005 the Research Institute for Spirituality and Health (www.rish.ch). He also spear headed the founding of the European Network and European Conferences on Religion, Spirituality and Health (www.ecrsh.eu) in 2010.

Dr. Hefti’s main research interest is the influence of religion and spirituality on stress reactivity as a possible mechanism for the positive effects of religion/spirituality on health. His special focus is cardiovascular reactivity (BP, BRS, HR, HRV). A second research interest is religion/spirituality as coping resources in physical and mental disease and how to integrate these resources into the bio-psycho-social treatment model. Finally, Dr. Hefti is a member of the editorial board of the Journal for Spiritual Care (German).

Publications

- Hefti, R. Integrating Religion and Spirituality into Mental Health Care, Psychiatry and Psychotherapy. *Religions* 2011, 2(4), 611-627
- Hefti, R. Existential fulfillment buffers cortisol in patients with moderate depression. Abstract submitted to the 70th Annual Scientific Meeting of the American Psychosomatic Society, Athens, Greece, March 14-17
- Hefti R. Seelisches Gesundheit und Spiritualität - ein Überblick über empirische und existenzanalytische Ergebnisse. *Existenzanalyse* 2011, 28 (2), 51-56
- Hefti, R.; Religion und Mortalität. In *Die Bedeutung von Religion für die Gesundheit, Konzepte – Befunde – Erklärungsansätze*; Klein, C., Berth, H. & Balck, F., Eds.; Juventa Verlag, Weinheim, 2010; pp. 361-374.
- Hefti, R. Spiritualität – die vierte Dimension oder der vergessene Faktor im biopsychosozialen Modell. *Primary Care* 2010, 10 (14), 259-260

- Hefti, R.; Probst S. Religion as a moderator of cardiovascular reactivity in patients with mild to severe depression. Poster presented at the 68th Annual Scientific Meeting of the American Psychosomatic Society, Portland, Oregon USA, March 10-13
- Hefti, R.; Integrating Spiritual Issues into Therapy. In *Religion and Spirituality in Psychiatry*; Huguelet, Ph., Koenig, H.G., Eds.; University Press, Cambridge, 2009; pp. 244-267.
- Hefti, R.; Koenig, H.G. Das Gebet als Therapeutikum. *Münchener Medizinische Wochenschrift* 2007, 149 (51-52), 31-34
- Hefti, R.; Hefti, D.; Angeli, R. Depression als psychobiologisches Phänomen. *Existenzanalyse* 2004, 21 (2), 1-5

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