



## WORLD SOCIETY OF PERSON-CENTERED MEDICINE (WSPCM)

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Giuseppe R. Brera

### 1. Epistemological innovation in medicine

- Pioneered an [epistemological shift in medical science](#) toward an **interactionist** and **teleonomic** view of human nature.
  - Developed the [Person-Centered Medicine \(PCM\) paradigm \(1999\)](#) and the [Person-Centered Clinical Method \(PCCM\)](#), reframing health as “*the choice of true possibilities for becoming the best human person.*”
  - Established [Theoretical Medicine](#) as a distinct discipline and introduced the first formal teaching model for PCM/PCCM in medical education (late 1990s).
  - Proposed a new epistemological approach to clinical practice described as “[A new alphabet of medicine.](#)”
  - Developed an epistemological model for pandemic prevention and management: “**immunostimulation and antiviral allostasis.**”
  - Authored the [first theoretical paper on Person-Centered Medicine.](#)
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### 2. Translational research and clinical implementation

- Conducted the first controlled studies worldwide on the [clinical effects of PCCM](#), translating theoretical models into validated clinical protocols, diagnostic tools and care pathways.
  - Coordinated multicenter translational projects demonstrating the real-world effectiveness of person-centered interventions across diverse clinical settings.
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### 3. Epistemology and clinical science of adolescence (Adolescentology)

- Formulated a [unitary theoretical framework for adolescence \(Adolescentology\)](#) and [a derived hermeneutic of human nature termed Kairology.](#)(1993)
  - Led original research on adolescent health—including prevention, health promotion, transition to adulthood and psychosocial interventions—focused on individuals aged 13–24.
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### 4. Integration of PCCM with youth care

- Adapted person-centered approaches to the developmental needs, ethical considerations and communication styles specific to adolescents and young adults.
- Developed and validated youth-specific **PROMs** (patient-reported outcome measures) and protocols to improve continuity of care during the transition from pediatric to adult services.

- Provided evidence that person-centered approaches improve care quality, adherence and wellbeing in young populations; contributed to guideline development and age-sensitive policy advocacy.
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## 5. Methodological and educational innovation

- Created validated instruments (scales, questionnaires) and comprehensive educational programs that integrate clinical competencies with relational skills tailored to adolescents.
  - Designed undergraduate and [postgraduate curricula](#) to orient medical education toward Person-Centered Medicine and to train clinicians in PCCM.
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## 6. Ethical impact, policy and advocacy

- Coordinated international committees for the [Universal Declaration of Youth Rights and Duties](#) – he wrote and contributed to the [World Health Charter](#).
  - Applied socio-analytic methods and diplomatic engagement in humanitarian contexts, advising on interventions to reduce civilian and military casualties.
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## 7. Mentorship, collaborations and recognition

- Mentored physicians and early-career researchers in PCCM and Adolescentology; fostered national and international research networks.
  - Secured competitive funding and awards and held leadership roles in scientific committees and editorial boards.
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## 8. Founding of scientific societies and editorial leadership

- **Founded national and international scientific societies**, including [the Italian Society of Adolescentology and Medicine of Adolescence](#), the [World Federation and Society of Adolescentology](#), and the [World Society of Person-Centered Medicine](#).
  - Founded international journals including [Medicine and Mind \(1984\)](#), [Medicine, Mind and Adolescence \(1996\)](#) and [The Person-Centered Medicine International Journal](#) (2010).
  - Authored foundational textbooks: [Person-Centered Medicine and Medical Education \(2001\)](#) and [Person-Centered Medicine and Person-Centered Clinical Method \(2021\)](#).
  - [Authored the unique treaty in the world on COVID-19 prevention](#) theory and [application](#)
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