

8TH WORLD CONGRESS ON PUBLIC HEALTH AND GLOBAL WELLNESS

November 14-15, 2025 | London, UK



Jan-Helge Larsen

Kalymnos Consultation, Denmark

The Kalymnos Consultation method

The Kalymnos consultation method is based on laboratory experiments where doctors are impersonating one of their own patients and another doctor is training to meet this patient. The play is videorecorded and reviewed twice. In this way we have compiled results of effective doctor patient communication perceived by "the doctor-patient", him or her becoming a golden standard for what is effective. The results are fed back to the following consultations and courses in a circular process. This is inspired from action research methods in education. The result from role plays and real consultations has JHL collected from his supervisions. The laboratory work has been supplemented with theories from psychology, philosophy and neurophysiology. The feedback from participants say that they work much more effectively and prevents burnout. More than 5,000 Danish and Swedish doctors have participated in one-week courses.

The aim of the Kalymnos method is to help the doctor focusing on:

1. Building a working relation to the patient (the importance of giving receipts and acknowledgements is explained),
2. Providing relevant information in a short time (the three parts of the consultation and the use of the Five card method),
3. Sharing existential concerns (behind strong feeling are existential concerns),
4. Taking care of the doctor (about housekeeping).

Keywords

The consultation, methods, supervision, video, primary care, housekeeping

Biography

Jan-Helge Larsen GP and former Associate Professor (1986-2006), University of Copenhagen. Supervisor for GPs, Danish and Swedish. Since 1992 running the Kalymnos consultation courses; developed models and methods for consultation and supervision. MRCGPH 2018. Halfdan Mahler price 2022.