

**Tuesday 10th April**

17:00-18:00 Conference registration  
 18:00-19:00 Welcome reception & opening of the congress

**Wednesday 11th April**

09:00-10:30 Invited speaker - Michel Landry  
 10:30-11:00 Coffee break + poster session  
 11:00-12:30 Parallel - Oral presentations, session 1

Hall E, Chair: Daniel Catalan	Hall F, Chair: Jonna Jensen	Hall G, Chair: Louise Danielsson	Hall H, Chair: Lene Nyboe	Hall I, Chair: Birgitte Ahlsen
<b>1. Assessment in PT</b>	<b>2. Dementia and mental impairment</b>	<b>3. Child and adolescent psychiatry</b>	<b>4. Physiotherapy in mental health</b>	<b>5. Somatoform disorders</b>
Physical balance as a measure of imbalance: Balance performance in psychiatric patients in comparison to healthy subjects. <b>Monette Indahl</b>	The feasibility and effectiveness of a dance-related exergame in people with major cognitive disorder. <b>Nathalie Swinnen</b>	The prevalence of childhood obesity: Are children with intellectual disabilities different? <b>Nirmala Naidoo</b>	Physiotherapy in mental health: an historical overview. <b>Michel Probst</b>	Identifying treatment modalities for a multidisciplinary and blended care intervention for patients with moderate medically unexplained physical symptoms: a qualitative study among professionals. <b>C. Veenhof</b>
Active Assessment: A clinically useful method of pain acceptance clustering. <b>Graciela Rovner</b>	Steps to overcome barriers to health for people with intellectual disability. <b>Ursula Danner</b>	Exploring LGBTQ-youth's embodied experiences of mental illness and suicidality – a qualitative interview study from northern Sweden. <b>Maria Strömbäck</b>	Mapping a road to a movement awareness domain in physiotherapy – a theory construct developed from basic body awareness therapy (Bbat). <b>Liv Helvik Skjaerven</b>	Men, masculinity and fibrom <b>Merja Sallinen</b>
Do participants understand questions as intended? Exploration of the 3-step Cognitive Interview. <b>Louise Svendsen</b>	Experiences Of Basic Body Awareness Group Therapy In Older People. <b>Norma Elisa Gálvez Olvera</b>	Impact of a school-based physical activity intervention on mental health variables of elementary school children: Results from a real-life intervention in Flanders, Belgium. <b>Tine Van Damme</b>	Prevention of Deconditioning amongst Long Stay Psychiatric Patients. <b>Sumanth Kumar Venigalla</b>	Physical therapists' clinical view on management of functional neurological symptoms in Iceland. <b>Sif Gylfadóttir</b>
Physiotherapy assessments in Mental Health- Are we measuring the right things in a societal perspective? <b>Amanda Gyllensten</b>	Augmenting CBT with physical exercise in treatment of generalised anxiety disorder in older adults – results from a pilot study. <b>Silje Haukenes Stavestrand</b>	Relaxation Program for Adolescents with Anxiety. <b>Marco Kuukasjärvi</b>	WHO, Staff groups active in mental health in the European Region: physiotherapy survey. <b>Michel Probst</b>	Self-Efficacy and Body Awareness in Chronic Migraine - A phenomenological study. <b>Mikko Patovirta</b>
	Physical training versus cognitive training – effect on cognitive functioning of older adults. <b>Blanka Koščak Tivadar</b>	Motor abilities of male adolescents with a psychiatric disorder: Highlights from a doctoral dissertation. <b>Tine Van Damme</b>		Basic Body Awareness Therapy in patients suffering from fibromyalgia: a randomised clinical trial. <b>Cristina Bravo</b>

12:30-14:00 Lunch  
 14:00-15:30 Parallel - Workshops, session 1

Hall E	Hall F	Hall G	Hall H	Hall I	Hall K
<b>1. Which is better? Aerobic exercise or yoga for Schizophrenia? Julie Broderick</b>	<b>2. Physical therapy and technology: Using heart rate variability. Mayke Kummer</b>	<b>3. A workshop in Tai Chi for Arthritis (TCA). Kent Skoglund</b>	<b>4. "Body image" and physical activity, two cornerstones of physiotherapy for patients with eating disorders. Michel Probst</b>	<b>5. Voice, breathing and movement quality - How can the three provide the physiotherapist with therapeutic tools - A workshop based on principles from basic body awareness therapy. Liv Helvik Skjaerven</b>	<b>6. Pain acceptance as indicator of mental, physical function and the experience of the body in pain and the sense of self. Graciela Rovner</b>

15:30-16:00 Coffee break + poster session  
 16:00-17:00 General assembly  
 19:00-22:00 Conference dinner

**Thursday 12th April**

09:00-10:00 Invited speaker - Stephanie Saenger  
 10:00-10:15 Special guest  
 10:15-10:30 Coffee break + poster session  
 10:30-12:00 Parallel - Oral presentations, session 2

Hall E, Chair: Cindy Veenhof	Hall F, Chair: Amanda L. Gyllensten	Hall G, Chair: Merja Sallinen	Hall H, Chair: Caroline Griffiths	Hall I, Chair: Hulda Hákonardóttir	Hall K, Chair: Margrét Gunnarsdóttir
<b>6. Schizophrenia</b>	<b>7. Education</b>	<b>8. Pain</b>	<b>9. PTSD and stress</b>	<b>10. Affective disorders</b>	<b>11. Embodiment</b>
'Walk This Way': results from a pilot randomised controlled trial of a health coaching intervention to reduce sedentary behaviour and increase physical activity in people with serious mental illness. <b>Brendon Stubbs</b>	The Master of Physiotherapy in Basic Body Awareness Methodology. An International post-graduate study programme of Physiotherapy in Mental Health. <b>Daniel Catalán-Matamoros</b>	The meaning of body awareness in the context of long-term pain: A phenomenological description from the patients' perspective. <b>Gabriele Biguet</b>	Does baseline score associate with change in self-reported interoceptive awareness after two contrasting interventions in trauma-affected refugees diagnosed with Post-Traumatic Stress Disorder? <b>Jonna Jensen</b>	Basic Body Awareness Therapy in group setting for patients suffering from depressive and anxiety disorders: What are patients' experiences? <b>Stefan Perner</b>	Becoming more aware when being in movement - A phenomenographic study of physiotherapists' movement experiences. <b>Sirpa Ahola</b>
Predictors of hospital admission due to falls and fractures in people with schizophrenia spectrum disorder: a large representative cohort study. <b>Brendon Stubbs</b>	Physical Therapy in Mental Health: a flexible master of science education program. <b>Linda Slootweg</b>	Common factors perspective in physiotherapy for chronic low back pain. <b>Emanuel Brunner</b>	Effect of basic body awareness for patients with post traumatic stress disorder. <b>Lene Nyboe</b>	The effect of learning oriented physiotherapy on anxiety and depression: A randomized, controlled multicenter study. <b>Silje Frich Thuland</b>	The effect of psychomotor physical therapy on health-related quality of life, pain, coping, self-esteem and social support. <b>Kirsten Ekerholt</b>
Sleep: Physiological Stages with Tremendous Influences on our Psyche. <b>Cristina Staub</b>	The impostor phenomenon – does it also apply to physiotherapy students? <b>Betina Ringby</b>	Stories of healing and health: Physiotherapists' accounts of treatment of patients with chronic pain. <b>Birgitte Ahlsen</b>	Reduction of increased stress level with Ashtanga Yoga. An interview study. <b>Louise Svendsen</b>	The examination of the ABC – Awareness Body Chart – in healthy people and in people with bipolar disorder. <b>Ursula Danner</b>	Strategies to keep working among workers with common mental disorders – a grounded theory study. <b>Louise Danielsson</b>
	Evaluation of 4 years of psychosomatics in bachelor program at the university of applied science Utrecht: looking back and having dream's. <b>Selma May</b>	Patients suffering from HIP Osteoarthritis (HIP OA) – a clinical model for group intervention based on principles from Basic Body Awareness Therapy (BBAT). <b>Mary-Anne Sundal</b>	Can Body Awareness Enhance Recovery From Chemical Dependence? A Group Intervention. <b>Erja Karjalainen</b>	The effects of exercise on Depressive and Anxiety Symptoms in Rheumatoid Arthritis: A Systematic Review and Meta-Analysis. <b>Seán McKenna</b>	
		Mups and limited health literacy. <b>Annet de Jong</b>		Physiotherapy for hospitalized patients with bipolar disorder and mania. <b>Lene Nyboe</b>	

12:00-13:30 Lunch  
 13:30-15:00 Parallel - Workshop, session 2

Hall E	Hall F	Hall G	Hall H	Hall I	Hall K
<b>7. Psychophysical physiotherapy – Stabilizing trauma-group. Tiina Tikkanen</b>	<b>8. Physiotherapy for reducing manic symptoms. Irene Smith Lassen</b>	<b>9. ActiveRehab: Acceptance and Commitment Therapy (ACT) for the physiotherapist in chronic pain: skills training. Graciela Rovner</b>	<b>10. Physiotherapy education and mental health : Preparing the 2020 ER-WCPT education conference in Leuven (Belgium). Michel Probst</b>	<b>11. A workshop in basic body awareness therapy (BBAT) – A holistic approach on human movements used in physiotherapy and mental health care. Kent Skoglund</b>	<b>12. Remote momentary assessments – a brave new future challenge! Aki Rintala</b>

15:00-15:15 Coffee break + poster session  
 Plenary discussion & Evaluation  
 15:15-16:30 Closing & Rewards

**Posters**

1. Learning to Evaluate Movement Quality using Body Awareness Rating Scale – Movement Quality and Experience (BARS-MQE). A Comparison of Students’ Observational Scores.  
Cecilie Ravndal Nilsen
2. Experiences from implementing basic body awareness therapy as a treatment for four veterans suffering from post traumatic stress disorder – A pilot study. Karen Nissen
3. Pain acceptance-based groups and their differences in anxiety, depression and avoidance levels.  
Graciela Rovner
4. Anxiety management – Participants’ experiences of a physiotherapeutic group treatment in Swedish psychiatric outpatient care. Helena Ölund
5. The Flemish physical therapy education in mental health. Michel Probst
6. Meaningful Experiences for the Body. S. Hafdís Ólafsdóttir
7. Good Sleep Program for Adolescents. Marco Kuukasjärvi
8. Massage as a technique of treatment in disorder of the Autista spectrum. A systematic review.  
Antonia Gomez-Conesa
9. Effects of physical exercise in methamphetamine dependence. A systematic review.  
Antonia Gomez-Conesa
10. Body Awareness in healthy subjects Relation to oneself, others and society. Gunhild Kjölstad
11. To measure changes in dysfunctional breathing patterns in patients with chronic pain  
- A single subject experimental design. Sara Murray & Marianne Björklund
12. The effect of pelvic floor complaints after childbirth on sexual embarrassment. Alma brand
13. The benefits og psychophysical physiotherapy experienced by the patients in HUH psychiatry.  
Tanja Balk
14. One-year follow-up of basic body awareness therapy in patients with posttraumatic stress disorder. A small intervention study of effects on movement quality, PTSD symptoms, and movement experiences. Conny Blaauwendraat