**International Organization of Physical Therapists in Mental Health (IOPTMH)**

**Introduction**

At the IOPTMH general meeting of Utrecht 2014, the general assembly agrees with the business plan of the Executive committee to make the IOPTMH more visible at the WCPT Singapore conference 2015 in order to enlarge the scope of the IOPTMH to other contingents.

With this newsletter, we inform our members and our interested colleagues about the input of the IOPTMH at the WCPT-Conference. The colleagues who attended the meeting will surely agree that the EC committee did a real effort to give the IOPTMH more presence and visibility. For the colleagues who didn’t have the possibility to go to the Singapore conference, we want to give an overview of the different presentations and meetings meetings.

Singapore—At the Singapore general meeting of the WCPT on 29th of April, the general meeting reconfirmed the International Organization of Physical Therapists in mental health as an official WCPT subgroup 2015-2019. At the same meeting, Emma Stokes (Ireland) was elected as new president of the WCPT. We congratulate Emma with her new position.

**Reconfirmation IOPTMH**

Singapore—At the Singapore general meeting of the WCPT on 29th of April, the general meeting reconfirmed the International Organization of Physical Therapists in mental health as an official WCPT subgroup 2015-2019. At the same meeting, Emma Stokes (Ireland) was elected as new president of the WCPT. We congratulate Emma with her new position.
The IOPTMH network includes practitioners, educators and researchers in the field, our objectives are to:

- foster co-operation between physical therapists practicing in mental health throughout the world
- encourage improved standards and consistency of practice in mental health care by physical therapists
- advance practice by communication and exchange of information
- encourage scientific research and promote opportunities for the spread of knowledge of new developments in the field of mental health
- assist WCPT member organisations in the development of recognised sub-sections in mental health
- IOPTMH believe that physical therapy will have an effect on worldwide health problems, including views, strategies for actions and research where body, mind and existence is treated as a unity and the physical therapist is working at the highest professional standards with human movement as its core.
IOPTMH agenda at the WCPT

The executive committee and related IOPTMH delegates were happy to participate in the busy IOPTMH schedule. Besides the IOPTMH agenda, a lot of informal new contacts were made. International colleagues were positive about the fact that IOPTMH was present at the WCPT 2015. People quoted often that Mental Health in physiotherapy is upcoming and needed.

### IOPTMH agenda at the WCPT Conference Singapore

<table>
<thead>
<tr>
<th>Date</th>
<th>Meeting</th>
<th>Responsible/ Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td>29/</td>
<td>General meeting WCPT (til1/5)</td>
<td>M. Probst, L. Skjaerven, A. Parker</td>
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<tr>
<td>29/</td>
<td>Welcome reception by the Singapore PT Association.</td>
<td>M. Probst</td>
</tr>
<tr>
<td>30/</td>
<td>Executive committee meeting IOPTMH</td>
<td>Michel Probst (Belgium), Anne Parker (UK), Liv Helvik Skjaerven (N), Amanda Gyllensten (S), Rutger Ijntema (NL)</td>
</tr>
<tr>
<td>1/</td>
<td>Opening ceremony and Welcome reception</td>
<td>The Executive committee and the delegate members and interested colleagues were presented.</td>
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<tr>
<td>2/</td>
<td>Subgroups Chairs</td>
<td>Michel Probst and Liv Skjaerven</td>
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<td>2/</td>
<td>Mental health NWS-19 Physical therapy in mental health</td>
<td>Chair: Michel Probst (B) Speakers: Daniel Catalan (ES), Anne Parker (UK), Liv Helvik Skjaerven (N), Amanda Gyllensten (S), Rutger Ijntema (NL)</td>
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<tr>
<td>2/</td>
<td>WCPT PT Futures Forum</td>
<td>M. Probst (B)</td>
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<tr>
<td>3/</td>
<td>IOPTMH General meeting</td>
<td>Michel Probst (B), Anne Parker (UK), Liv Helvik Skjaerven (N), Amanda Gyllensten (S), Rutger Ijntema (NL) and Daniel Catalan (ES) and the delegates of the members</td>
</tr>
<tr>
<td>3/</td>
<td>Clinical practice standards “Moving clinical practice standards documents into delivery”</td>
<td>Chair: Annalie Basson (South Africa) ; Speakers: Karen Beeton (United Kingdom); Bhanu Ramaswamy (United Kingdom); Michel Probst (Belgium); Perspective of the International Organisation of Physical Therapy in Mental Health</td>
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<tr>
<td>3/</td>
<td>Party night reception</td>
<td>Michel Probst (B), Davy Vancampfort (B), Daniel Catalan Matamaros (ES)</td>
</tr>
<tr>
<td>4/</td>
<td>Meeting with the Australian Physiotherapy Association</td>
<td>Michel Probst (B), Jo Connaughton (Aus); Phil Calvert (Aus) &amp; Chris Massis (chief executive officer)</td>
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<tr>
<td>4/</td>
<td>IOPTMH seminar “Evidence based physical therapy in mental health”</td>
<td>Chair: Michel Probst (B); Speakers: Daniel Catalan (ES), Davy Vancampfort (B), Liv Helvik Skjaerven (N), Amanda Gyllensten (S)</td>
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<tr>
<td>2-4/</td>
<td>Poster presentation</td>
<td>Different colleagues from IOPTMH presented their poster</td>
</tr>
<tr>
<td>4/</td>
<td>Closing Ceremony</td>
<td>D. Catalan (ES), D. Vancampfort (B), L. Skjaerven (N), A. Gyllensten (S), A. Parker (UK), R. Ijntema (NL)</td>
</tr>
</tbody>
</table>

**Agenda IOPTMH at the WCPT**

### Social media

Our open Linkedin group is still growing fast. Right now we have 1500 members. Interesting discussions take place and information is shared between physiotherapist in mental health all over the world.

On the internet you can type: *Physiotherapy in Psychiatry and Mental Health Linkedin group* and we will welcome you to our group.

The ICPPMH promotion film is online on You-tube!. Go to YouTube and type *ICPPMH Conference Spain*. Make sure you press the "like"button!

On www.icppmh.org you find the Linkedin button and the Youtube button. In this way you can visit our social media directly!
Reconfirmation IOPTMH (continued)

Singapore - At the general meeting of the WCPT on the 29th of April all WCPT subgroups were present. The IOPTMH delegation was present. In an exiting and inspiring atmosphere talks between member countries and subgroups took place. The general meeting reconfirmed the International Organization of Physical therapists in Mental Health as an official WCPT subgroup 2015 - 2019.

IOPTMH Networking session WCPT conference: provisional definition PTMH

Singapore - 53 courageous colleagues from 18 different countries meet each other at 7 AM. The IOPTMH EC organized a debate about a provisional definition of Physical therapy in Mental Health*. Each EC member presented a part of the definition together with background. After the general presentations the EC members discussed the definition on a round table with the interested colleagues.


“Physiotherapy in mental health is defined as a specialty within physiotherapy. It is implemented in different health and mental health settings including psychiatry.

Physiotherapy in mental health is person-centered and aimed at children, adolescents, adults and elderly with mild, moderate and severe, acute and chronic mental health problems, in primary and community care, inpatients and outpatients. Physiotherapists in MH provide rehabilitation, treatment, preventive health care and health promotion for individuals and groups.

Physiotherapists in mental health create a therapeutic relationship to provide assessment and services specifically related to the complexity of mental health within a supportive environment applying a bio-psycho-social model. The core of physiotherapy in mental health is to optimize wellbeing and empowering the individual by promoting, movement awareness, functional movement and movement activities bringing together physical and mental aspects. Physiotherapists in MH play a key part in the integrated multidisciplinary team.
Singapore—At the general meeting of the IOPTMH, all IOPTMH member countries sent a delegate to the 4th general meeting except Turkey. “Open” in this meeting means that all interested colleagues are invited to attend the general meeting. The agenda is shown in the blue box. At this meeting Austria got accepted as a new member country of the IOPTMH.

### The 4th Open General meeting of the IOPTMH: Singapore 3th of May 2015

Welcome to the IOPTMH members and all interested colleagues  
Acceptance of the Singapore General Meeting agenda  
Approval of a new IOPTMH member: Austria  
Approval of the minutes of the third General Meeting in Utrecht 2014  
Election procedure for the Executive Committee in 2016, Madrid  
The 2016 ICPPMH conference in Madrid  
The IOPTMH-book Physiotherapy in mental health: state of the art  
How to become a member of the IOPTMH?  
Announcements of the Executive Committee  
Proposal to change the constitution at the Madrid 2016 GM  
AOCB (any other competent business)

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**Impression: IOPTMH open general meeting**

**Photograph of the attenders (members and interested colleagues of the 4th “Open” General meeting in Singapore**
IOPTMH seminar

**Singapore**—The IOPTMH organized a seminar on the theme: “Evidence based physical therapy in mental health” Prof dr. M. Probst chaired this seminar. The first IOPTMH seminar at the WCPT conference was a success. More or less 75 interested colleagues attended the seminar.

At this seminar different speakers presented related to the theme:

**Ass. Prof. Dr. Daniel Catalan Matamoros** presented: How is physical therapy in mental health important to society?

**Prof Liv Skjaerven** presented: Physical therapy approaches worldwide - under a magnifying glass and consequences for education in physical therapy in mental health.

Several posters were presented by international colleagues.

Dr. Davy Vancampfort presented: Research on physiotherapy for persons suffering from mental health problems.

Ass. Prof. Dr. Amanda Lundvik Gyllensten presented: Patients experiences of physical therapy in mental health – review of research.

Poster presentations at the WCPT

**Singapore** - Under the subheading mental health several posters were presented by international colleagues.

Alice Waugh (Ireland) won a poster abstract award. Congratulations!

<table>
<thead>
<tr>
<th>Title of poster presentation</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multimodal exercise program for promoting physical and cognitive health in people with mild to moderate dementia: a feasibility study</td>
<td>Ka Yan Luk (Hong Kong)</td>
</tr>
<tr>
<td>Unexplained physical complaints in everyday physical therapy practice in the Netherlands</td>
<td>Matthijs Rumke (Netherlands)</td>
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<tr>
<td>Social and gendered embodiment. A useful theoretical concept in youth mental health and physiotherapy</td>
<td>Maria Wiklund (Sweden)</td>
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<tr>
<td>Management and prevention of negative emotions by introducing positive attitude awareness technique in psychosomatic physical therapy</td>
<td>Uma Shridkhar (Norway)</td>
</tr>
<tr>
<td>Physiotherapy in eating disorders: change in body avoidance and checking behavior over six months</td>
<td>Michel Probst (Belgium)</td>
</tr>
<tr>
<td>How much does therapeutic Nordic walking help people to cope with psychosomatic disorders?</td>
<td>Martin L. Verra (Switzerland)</td>
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<td>Development of an e-health program for self-management of stress related problems</td>
<td>Caroline Eklund (Sweden)</td>
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<tr>
<td>Consensus on the theory of basic body awareness therapy. Qualitative action research implemented into the movement awareness domain</td>
<td>Liv Helvik Skjaerven (Norway)</td>
</tr>
<tr>
<td>Building communication strategies for promoting physical therapy in mental health: a qualitative study</td>
<td>Daniel Catalan Matamoros (Spain)</td>
</tr>
<tr>
<td>Investigations of mood disorders in polio survivors. A retrospective audit of patients attending polio services Victoria, Melbourne</td>
<td>Russel Anbiah (Australia)</td>
</tr>
<tr>
<td>The challenge of global mental health. What can we do as physiotherapists?</td>
<td>Anne Kristin Wanvik (Norway)</td>
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<tr>
<td>A feasibility study investigating a physiotherapy motivational interviewing programme to reduce cardiometabolic risk in schizophrenia and bipolar disorder</td>
<td>Alice Waugh (Ireland)</td>
</tr>
<tr>
<td>Clinical feasibility of cervical exercise to improve the neck pain disability and psychological factors of person with post-traumatic stress disorders</td>
<td>Suhn-Yeop Kim (South Korea)</td>
</tr>
<tr>
<td>The effects of basic body awareness therapy for the people with schizophrenia on sense of agency and motor control</td>
<td>Tasei Yamamoto (Japan)</td>
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<tr>
<td>Wellness for life: an international –professional intervention to address wellness in persons with severe mental illness</td>
<td>Ellen Zambo-Anderson (USA)</td>
</tr>
<tr>
<td>The new ABC and further steps – innovative self assessments and interventions for more efficient coping strategies of people with bipolar disorders</td>
<td>Ursula Danner (Austria)</td>
</tr>
</tbody>
</table>
Davy Vancampfort (KU Leuven, Belgium) was invited by Dr. Sutapa Basu of the National Institute of Mental Health, Buangkok Green Medical Park, 10 Buangkok View, Singapore 539747. He gave a lecture at the 5th May of 2015, for an audience of psychiatrists, psychologists, nurses, occupational and physical therapist with the title: “Exercise in schizophrenia. Where are we, where do we go?”

In the marge of the WCPT-conference

Alice Waugh (Ireland) won a WCPT poster abstract award. Congratulations!

Who will be hosting our 7th ICPPMH- conference 2018 ?!

Candidates for hosting the 2018 ICPPMH-conference are welcome to contact the president of the IOPTMH, Michel Probst, before December 2015

Criteria for hosting an ICPPMH are available.
News

Sweden - There is a new book: “Mental Health and Basic Body Awareness Therapy, the lived body, containing a patient story, theories and movements” by Amanda Lundvik Gyllensten, Kent Skoglund and Inger Wulf. Studentlitteratur, Lund: Sweden. ISBN: 9789144086637

Last year 4 thesis about Mental Health was published in Sweden. They can be downloaded from the Mental Health subsection.

http://www.fysioterapeuterna.se/Om-forbundet/Sektioner/Mental-halsa/Forskning-och-evidens/

Maria Afrell University of Linköping, Maria Strömbeck University of Umeå, Lena Hedlund University of Lund, Graciela Rovner and Louise Danielsson University of Gothenburg Sahlgrenska Academy, of Spain

USA—Brendon Stubbs (Greenwich University, UK) and Davy Vancampfort (KU Leuven, Belgium) organized on May 26 2015 together with colleagues from the University of New South Wales, Sydney a first seminar ever on mental health and exercise at the reputed American College of Sports Medicine Conference in San Diego, US.

Switzerland - The first German newsletter “Fachgruppe Physiotherapie in der Psychosomatik” with information concerning the IOPTMH, the WCPT, the German speaking countries and information of interesting literature is published. Emanuel Brunner and Daniela Benz (Switzerland) are the editors. Yvonne Harder is the contact person. Congratulations !

The executive committee developed guidelines for countries wanting to become an official member of the IOPTMH: “ROUTE TO MEMBERSHIP”.

The executive committee of the IOPTMH developed a folder with important information of the IOPTMH.

The Netherlands— The Dutch Education programme Physiotherapy in mental health was awarded the best Master of Science Physical therapy in the Netherlands 2015. The “Dutch best choice guide” for master education programmes, based this number 1 ranking on the opinion of students and experts in the field of physiotherapy.

Liverpool—European region-WCPT, 4th European Congress 11th -12th November 2016, Liverpool, United Kingdom


News from the executive committee

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The 6th International conference physiotherapy in psychiatry and mental health
ICPPMH Madrid 2016

Madrid, 9-11 March 2016

Theme: “Addressing today’s complex challenges in mental health, chronic pain, long-lasting musculoskeletal disorders and psychosomatic through Physiotherapy”

Important dates

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<th>Date</th>
<th>Event</th>
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<td>10 September 2015</td>
<td>Advance registration</td>
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<td>30 October 2015</td>
<td>Abstract and workshop submission</td>
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<tr>
<td>30 November 2015</td>
<td>Early Bird registration deadline</td>
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<tr>
<td>15 January 2016</td>
<td>Publication of provisional programme</td>
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<tr>
<td>29 February 2016</td>
<td>Normal registration deadline</td>
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<tr>
<td>9 March 2016, 3 pm</td>
<td>Opening of ICPPMH16</td>
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<tr>
<td>11 March 2016, 1 pm</td>
<td>Closure of ICPPMH16</td>
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See website: www.icppmh.org

Conference chair

Dr Daniel Catalan, PT, PhD
University Carlos III of Madrid, Spain
E-mail: icppmh@fisioterapiasm.es