Dear Colleagues,

The Spring is always a very exciting period of the year. New life is born. People have more energy for new initiatives and for bringing all these new ideas into practice!

As an organization, we tackle the questions “What can physiotherapy offer for persons with mental health problems, a vulnerable group in our society?” “How can we improve the quality of life of persons with mental health problems” and “What is the evidence for physiotherapy in mental health?” Besides information about the past activities, this newsletter will emphasize three new activities: the 7th ICPPMH conference in Reykjavik, 2018; the International symposium of the state of the art of the BBAM, Bergen October 2017; the Eating disorder conference, Alpbach Tirol, October 2017. In all these scientific activities, physiotherapists are playing a leading role.

We invite all colleagues to participate in the survey of physiotherapy in mental health. This survey is necessary for the development of our organization.

The Executive committee underlines the deadlines regarding the application for the organization of the 2020 ICPPMH conference and for the open places in the Executive committee in 2018.

Kind regards,

Prof. dr. Michel Probst, President of the IOPTMH

Prof. Liv Skjaerven, Vice-president of the IOPTMH
Unnur Pétursdóttir, President of the Icelandic Physiotherapy Association and R. Sigrún Guðjónsdóttir, President of FSSH, the Icelandic subgroup in PT Mental Health together with the IOPTMH invite you at the 7th ICPPMH in Reykjavik, Iceland.

For more information please consult: https://icelandtravel.artegis.com/event/ICPPMH-Conference2018

**Provisional programme**

**Thursday 10 April:** Opening of the congress – welcome reception at 18.30 – 19.30

**Wednesday 11 April:** Congress, ca 9 – 17. Congress dinner at 20.00

**Thursday 12 April:** Congress, ca 9 – 16.

**Venue**


**Scientific committee:**

**Australia:** Associate Professor Joanne Connaughton, PhD, PT

**Belgium:** dr. Davy Vancampfort, PhD, PT

**Brazil:** Janette Z. Canales, PhD, PT

**Denmark:** Lene Nyboe, PhD, PT

**Denmark:** Associate Professor Jonna Jensen, PhD, PT

**Finland:** Associate Professor Merja Sallinen, PhD, PT

**Iceland:** Unnur Pétursdóttir, PhD, PT

**Iceland:** Sigrun Gudjonsdottir, PT

**Japan:** Taisei Yamamoto, PhD PT

**Mexico:** Associate Professor Norma Elisa Gálvez Olvera, PhD, PT

**The Netherlands:** Professor Cindy Veenhof, PhD

**Norway:** Birgitte Ahlsen, PhD, PT

**Spain:** Daniel Catalán-Matamoros, PhD, PT

**Sweden:** Louise Danielsson, PhD, PT

**Switzerland:** Emanuel Brunner, PT

**UK:** Brendon Stubbs, PhD, PT
Key note speakers

Michel D. Landry, BScPT, PhD, Associate Professor and Chief of the Doctor of Physical Therapy Division, in the Department of Orthopedic Surgery at Duke University Medical Center in Durham, North Carolina.

Dr. Landry is a Past-President of the Canadian Physiotherapy Association, and a former Career Scientist at the Ontario Ministry of Health and Long Term Care. He lectures on rehabilitation across Canada, the United States and internationally.

Dr. Landry has been involved in emergency response and development in conflict and disaster settings for over 20 years. Lately, he has been working as a disability policy consultant for the Nepal Office of the World Health Organization (WHO) after the 2015 earthquake, and within WHO’s Emergency Medical Teams in Geneva, Switzerland. He is also a consultant and mentor within the World Confederation of Physical Therapy (WCPT) project in West Africa.

Stephanie Saenger, is an occupational therapist who started her career in mental health. She founded 3 Occupational Therapy (OT) departments in psychiatric hospitals and developed and implemented effective OT-programs for acute, mid-term, day care and outpatient units in mental health.

Since her graduation in 1978 she has been an active volunteer for the Dutch Association for Occupational therapy (EN) and represents EN in many committees and governmental advisory boards on health and education. She was for many years, board member of EN, was co-author of the first Professional Profile of occupational therapy and the Code of Ethics for Occupational Therapists in the Netherlands. In 2014 was she honoured with the Astrid Kinébanian award for her outstanding contribution to the profession.

Since 2000, she has been involved in the Council of Occupational Therapists for the European Countries (COTEC) as delegate of the Netherlands. She was a board member of the European Network for Occupational Therapy in Higher Education (ENOTHE) and member of the TUNING working group. She is a co-author of the COTEC Guidelines for an Ethical Code and the TUNING competences. In 2013, Stephanie Saenger was elected as president of COTEC. COTEC is the European organization for all Occupational Therapists through their National Associations, with the purpose of ensuring an adequate number of high quality occupational therapy practitioners and services in Europe. COTEC is a non-profit organisation and represents 30 European Occupational Therapy Associations and more than 120,000 Occupational Therapists.

As president of COTEC, Stephanie strives to make the profession Occupational Therapy recognised, visible, valued, available and accessible for all citizens in Europe and to have one strong voice for OT in Europe. She finds cooperation with other organisations and client groups essential as she is convinced that only respect for each other’s (professional) skills and organising people centred, coordinated and integrated care can provide the best health- and social services - for citizens.
**NEWS FROM THE IOPTMH EXECUTIVE COMMITTEE**

**CONFERENCE 2020**

Members and non-members can apply for the organization of the 2020 ICPPMH. The application needs to be send before the **first of September 2017** to the president (Michel.probst@kuleuven.be).

**ELECTION 2018**

The EC encourages member organizations to participate and to influence the IOPTMH. In 2018, during the Iceland ICPPMH-conference, two places in the Executive committee will be open for election. The EC refers to the IOPTMH Constitution point 7.

All candidates should apply before **31 of December 2017**. The members will be informed at least two months before the general meeting i.e. before 9 February 2018.

**CONSTITUTION**

At all times, the constitution is easily available for all interested colleagues (see website icppmh.org).

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**ONLINE SURVEY: Physiotherapy in the Mental Health**

The International Organization of Physical Therapy in Mental Health invites you as an interested colleague/expert in physiotherapy in mental health, to participate in this international project.

**Background**

In 2016, IOPTMH became member of the World Health Organization (WHO) - Regional Office for Europe, Mental health workforce, participating together with occupational therapists, psychologists, psychiatrists, social workers and nurses. One of the agenda points of the last WHO-meeting, was a request for all professionals to make a workforce survey. The IOPTMH executive committee (EC) agreed to develop a survey to collect general, anonymously data from physiotherapists working in mental health and within the field of psychiatry. The project leaders are Prof. dr. Michel Probst (KU Leuven) and Prof. L. Skjaerven (Western Norway University of Applied Sciences). We are honored to invite you to participate in the survey. The estimated time for your involvement with the survey will be approximately 10-15 minutes.

**The expert survey**

The expert survey consists of a questionnaire, containing close- and open-ended questions regarding expertise and experience as a physiotherapist working in mental health care. If you do not wish to answer a question, or if a question does not apply to you, you may leave your answer blank.

**Collaboration partners**

The development of the survey is a cooperative effort of the World Health Organization (WHO), the IOPTMH, and the Department of Rehabilitation Sciences of the KU Leuven (Belgium).

If you did not receive an earlier invitation, please go to the survey link: [https://surveyplanet.com/58b0321750d7202f481be3b3](https://surveyplanet.com/58b0321750d7202f481be3b3)

Colleagues who are working in mental health and who didn’t receive an invitation are more than welcome to participate. On behalf of the project coordinators, the IOPTMH would like to thank you in advance for your collaboration.
Third meeting of staff groups active in mental health in the European Region, Copenhagen, Denmark, 19 December 2016. The ER-WCPT represents physiotherapy at the European level. For that reason, the IOPTMH consulted the ER-WCPT for a joint cooperation. The ER-WCPT, through Sarah Bazin, president of the ER-WCPT agreed. The field of physiotherapy was represented by the ER-WCPT vice-president R. Craps and IOPTMH president M. Probst. The meeting of staff groups active in mental health in the European Region concerns a specific field of physiotherapy with the focus on physiotherapy in mental health. For the IOPTMH, this is an interesting opportunity for interdisciplinary networking and strengthening collaboration with international organizations and other professional groups in the field of mental health.

THE AGENDA OF THE MEETING:

- Update on issues and activities
- Consensus Statement – WHO
- Ethics: overview of positions – WHO
- Terminology: use by associations – WHO
- Human rights: consultation paper
- Service models
- Roles and responsibilities
- Future of working group: discussion
- Conclusion, tasks and next meeting

Interesting websites:

- Cotec: Council of occupational therapy for the European countries: http://www.coteceurope.eu/
- EFPA: European federation of psychologists’ associations: http://www.efpa.eu/
- EPA: European psychiatric association : http://www.europsy.net/

Within the “Workforce development for mental health”, the ER-WCPT and the IOPTMH collaborated on the consensus statement.

A multi-disciplinary consensus on Mental Health in Europe (April 2017) is now available on the ICPPMH webpage (section announcements).

The IOPTMH collaboration within the WCPT:
The WCPT (or in Europe the ER-WCPT) represents the profession of physiotherapy worldwide. Clearly, a subgroup has not the legitimacy to represent the profession at world level or continental level (constitution of the WCPT). This is not an issue for the IOPTMH.

For specific meetings, when the focus lies on mental health, WCPT jointly collaborates with the IOPTMH. For the IOPTMH, this is an interesting opportunity for interdisciplinary networking and strengthening collaboration with international organizations and other professional groups in the field of mental health.
HORATIO, European Psychiatric Nurses in collaboration with the Maltese Association of Psychiatric Nurses (MAPN) invited the IOPTMH at the 4th European Festival for Psychiatric Nursing that will be held between **Thursday 11th and Sunday 14th of May 2017**. This edition’s theme will be “Working in Partnership” as we are aiming to have an event in which all professionals working in the Mental Health field will be able to contribute.

Michel Probst will give a lecture about “Physiotherapy in mental health, a puzzle piece in the transdisciplinary mental health care?”.


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**NEW PHD’S IN PHYSIOTHERAPY RELATED TO MENTAL HEALTH**

Ursula Danner: Dr. scient.med

Doktorin Der Medizinischen Wissenschaft, Medizinischen Universitat Graz, Austria, Abteilung Psychiatrie und Psychotherapeutische Medizin

“Der ABC-Entwicklung und evaluierung des Awareness Body Chart mit praktischer Anwendungen bei Menschen mit bipolarer Erkrangungen”.

In 2014, Ursula became part of the multidisciplinary research team at the outpatient center for bipolar affective disorders at the Department of Psychiatry at the Medical University of Graz and as one of the first Austrian physiotherapists joined a doctoral program for medical science at the Medical University of Graz/Austria. Important milestones during her study were the contacts with IOPTMH, such as the WCPT congress in Singapore 2015, the IOPTMH congress in Madrid 2016 and especially the internship in the Research group of Prof. Michel Probst “Physiotherapy in mental health and psychomotor rehabilitation” in 2015. The 30th of Jan. 2017, she defended her thesis “The ABC - Development of the Awareness Body Chart and First Results in Individuals with Bipolar Disorder”. The thesis is written in German.
A new book in German Language from our colleague Astrid Kathrein (2017; isbn 978-3-456-85661-2)

Astrid Kathrein is a bachelor in physiotherapy (Innsbruck) and a master in psychology (Univ. Klagenfurt). She works as a physiotherapist in a psychosomatic rehabilitation clinic (psychosomatische Rehabilitationsklinik).

- Teil 1: Psychosomatik: ausgewählte Theorien und Modelle aus Medizin und Psychologie - Wie zeigen sich ihre Erkenntnisse in praxisnahen Ansätzen?
- Teil 2: Physiotherapie als vielfältiger Beruf im Wandel - Welche neuen Entwicklungen bauen auf welche bestehenden Eckpfeiler?
- Teil 3: Physiotherapeuten sprechen über ihre Erfahrungen - Welches (Fach)Wissen ist hilfreich, um die Bedürfnisse der Patient(inn)en zu erkennen?

Part 1: Psychosomatics: selected theories and models from medicine and psychology - how do their findings show in practice-oriented approaches?
Part 2: Physiotherapy as a diverse profession in transition - What new developments are built on existing cornerstones?
Part 3: Physiotherapists talk about their experiences - Which (specialist) knowledge is helpful to recognize the needs of the patient?

ANNOUNCEMENT: 25TH INTERNATIONAL JUBILEUM CONGRESS: EATING DISORDERS CONGRESS
19-21 oktober 2017, Alpbach, Tirol, Austria

BE DIFFERENT - BE YOU!
DÜNN SEIN IST KEINE ANTWORT!
"Body image and exercise in eating disorders":
A health, a psychosocial and a psychotherapeutic related approach.
Pre-Congress Clinical Day for
Physiotherapists, Occupational therapists, Psychologists, Psychiatrist, a. o.
Language: English
Chair: Prof. Michel Probst, PT, PhD

On October 20-21th the participants can follow the program of the 24th International Conference after registration (see Congress website). Colleagues are also encouraged to submit a paper, workshop or poster for the conference.

NEWS FROM BELGIUM
Acceptance and commitment therapy in physiotherapy

December 2-3th, 2016 at the KU Leuven, a two day workshop Acceptance and commitment therapy in physiotherapy by dr. Graciela Rovner, University Goteborg, was organized.

G. Rovner is the first and only physiotherapist that is recognized ACT trainer by the ACBS (Association of Contextual Behavioural Sciences).

The workshop introduced the basics of ACT and ACTiveRehab™, the step by-step ACT adaptation for physiotherapists and rehabilitation professionals in the area of chronic physical and mental pain.

NEWS FROM GREECE:
The Scientific Section “Physiotherapy in mental health” of Panhellenic Association of Physiotherapists is a legal entity of public law, and wishes to inform you about its recent activities.

Round table: "Anxiety, a multidisciplinary approach: evaluation and clinical reasoning"
- “The contribution of breathing in treating anxiety disorders, reeducation techniques” Barkatsa V, PT
- “Biofeedback: Another physiotherapy intervention to relieve anxiety” Stathopoulos S, PT
- “Progressive muscle relaxation for anxiety disorders” Ventura E-A, PT

Free oral presentations:
- "The role of physiotherapy for the improvement of psychopathological manifestation during hospitalization due to exacerbation of chronic obstructive pulmonary disease” (primary research) Stathopoulos S, PT, Aggelakou Vaitsi S,MD, Vaitsis N, MD, Stathopoulos A, PSY

13th conference "Complementary and Alternative Therapies in Cancer: Role-Reliability-Clinical Application"5 November 2016
"The contribution of physiotherapy to psychological problems of oncology patients”
- “Progressive muscle relaxation & cancer” E-A. Ventoura, PT
- “Is Biofeedback an additional 'tool' for physiotherapists in the battle against psychological problems of oncology patients?” S. Stathopoulos, PT

Round table: “Quality of life in patients with schizophrenia; an interdisciplinary approach”

- "Progressive muscle relaxation for people with schizophrenia" E-A Ventoura, PT
- "Prescribing exercise to patients with schizophrenia" S. Stathopoulos, PT.
- "Physiotherapy Intervention. Looking into the economic benefits conservative treatment offers to people with schizophrenia" V. Barkatsa, PT

Free oral presentations

- "The side effects of medication in schizophrenia. Concerns related to physiotherapy approach and outcomes." Papagiorgos G, PT, Stathopoulos S, PT

During this conference, coordination committee’s elections will be held for electing the new committee Boards of the Scientific Sections of PanHellenic Physiotherapists’ Association

The current Coordination Committee of the Scientific Section “Physiotherapy in mental health” with tenure until 2019 consists of:

- Coordinator: Elli Anna Ventura
- Vice Coordinator: Epaminondas Haronitis
- General Secretary: Stavros Stathopoulos
- Public Relations: Georgios Mitsikaris
- Member: Konstantinos Hatzisavvidis

Last but not least physiotherapists are among the professionals who provide mental health services for the first time in Greece, according the Article 4, paragraph D and the Article 6 of the Law 4461 / 28 March 2017.

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NEWS FROM NORWAY

INTERNATIONAL SYMPOSIUM

Movement Quality and Movement Awareness Learning in Physiotherapy and Mental Health – State of the Art of

Basic Body Awareness Methodology (BBAM) 2003-2017

Education, Research and Clinical Implementation

We are glad to invite you to an International Symposium on movement quality and movement awareness within physiotherapy in mental health at Western Norway University of Applied Sciences (Bergen University College), Campus Kronstad, Bergen, Norway.

You will have the possibility to meet 27 graduating students from 15 countries and 4 continents, as well as distinguished international and national scholars and teachers representing a variety of cultures within physiotherapy and mental health.

Through the ERASMUS teacher exchange program, the scholars and teachers have collaborated during the BBAM study program for many years. You will meet BBAM graduates presenting MSc and PhD projects as well as teaching within the field.

**Time:** Thursday the 26th (1230) till Friday the 27th (1500) of October 2017

**Fee:** NOK 1900,-, including 12 hours seminar, course material, 1 evening light meal (26.10) and 1 lunch (27.10), both at HVL cantina.

**Subjects:** International Physiotherapy in Mental Health; the Concept of Human Movement, Salutogenic and Socio-cultural approach to movement; Movement Quality and Movement Awareness Learning; Implementation of BBAT for persons suffering from Schizophrenia, Anxiety, Depression, Hip-Osteoarthrosis, and a span of examples on Communication, Teaching and Research within the field. A guided movement session in BBAT will be provided. There will be time for critical reflection on professionalization within the field.

*We hope to see YOU at this forum for future networking*

**Contact person:** Liv Helvik Skjærven, liv.karin.helvik.skjaerven@hvl.no / +4755585689.

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**Book:** Physiotherapy in mental health and psychiatry. A scientific and clinical based approach. Elsevier

Good news! By the end of June the book will be printed in China. We will inform you when our book is published.

THE EXECUTIVE COMMITTEE 2016-2017

Photo: The Executive committee at the national office of the Danish Association in Copenhagen: Michel Probst, Liv Helvik Skjaerven, Ann Parker, Merja Sallinen, Rutger IJntema, Amanda Gyllensten.

Michel Probst  Belgium  President  Michel.probst@kuleuven.be
Liv Helvik Skjaerven  Norway  Vice President  Liv.Helvik.Skjerven@hib.no
Rutger IJntema  The Netherlands  Secretary  rutger.iijntema@hu.nl
Ann Parker  UK  Treasurer  Anne.Parker@nhslothian.scot.nhs.uk
Amanda Gyllensten  Sweden  Member  Amanda.Lundvik_Gyllensten@med.lu.se
Merja Sallinen  Finland  Member  merja.sallinen@samk.fi

Website: http://www.wcpt.org/ioptmh & www.icppmh.org

Please, send all information for the newsletter to Michel Probst
before 1st of October