Dear Colleagues,

The holidays are over and colleagues are focusing again on their job. Therefore, it is time to bring some matters under your attention. First, do not forget Mental Health Day the on October 10th! In September, the annual meeting of the Executive committee was held in Copenhagen. A consensus statement concerning the role of physiotherapists regarding the treatment of mental health and psychiatric disorders was accepted and it will be proposed at the seventh International Conference of Physiotherapy in Psychiatry and Mental Health. This conference will take place in Iceland (Reykjavik) from April, 10th till April 12th 2018. The EC is looking forward to welcome you in Reykjavik. September 2017 is also an important milestone in the history of the IOPTMH. After a long period, the IOPTMH is proud to announce that the book “Physiotherapy in mental health and Psychiatry, a scientific and clinical based approach” is published and available for purchase. Fifty-four authors from 12 different countries across the world contributed to this unique work. The Executive Committee stresses the deadline (31/12/2017) regarding the application for the open places in the Executive Committee in 2018. We hope you will enjoy the last newsletter of 2017. We wish you a prosperous end of 2017 and healthy 2018. We are looking forward to meeting you in Reykjavik.

Kind regards,
Prof. dr. Michel Probst, President of the IOPTMH
Prof. Liv Skjaerven, Vice-president of the IOPTMH
On behalf of the Icelandic Physiotherapy Association (IPA) and the Icelandic subgroup in Mental Health, it is with great pleasure that we announce the 7th International Conference of Physiotherapy in Psychiatry and Mental Health to be held in Reykjavik, Iceland in April 2018.

This is the biannual conference of the International Organization of Physical Therapy in Mental Health (IOPTMH), [http://www.icppmh.org](http://www.icppmh.org).

To register to the conference please go to [https://icelandtravel.artegis.com/event/ICPPMH-Conference2018](https://icelandtravel.artegis.com/event/ICPPMH-Conference2018)

Please like the conference on Facebook: [https://www.facebook.com/icppmh2018/](https://www.facebook.com/icppmh2018/) and/or follow it on Twitter: @ICPPMH2018 to get the newest updates.

The physiotherapy profession is on the move and new knowledge is emerging everyday. The importance of holistic approach is getting clearer day by day and the integration of mental health and well-being is a part of that project. All practicing physiotherapists face the fact that every person has a history, social environment and mental status. Physical and mental well-being are in close connection to each other which means that we need to build a bridge between physiotherapy in mental health and mental health in physiotherapy.

Therefore the theme of this conference is:

**Mental health is all physio’s business**

It is our intention that this conference will increase the knowledge of mental health issues and the connection between mental and physical health among physiotherapists around the world.

Key speakers: **Michel D. Landry, BScPT, PhD and Stephanie Saenger OT.**
2017

The International Organization of Physical Therapy in Mental Health (IOPTMH)

Professional book by IOPTMH available now!

Click [HERE](#) for more information!
NEWS FROM THE IOPTMH EXECUTIVE COMMITTEE

CONFERENCE 2020

Till the first of September 2017, members and non-members could apply for the organization of the 2020 ICPPMH. Two countries consider organizing the ICPPMH 2020: Finland and Mexico. Australian Physiotherapy Association is not able to organize a conference in 2020 but is happy to explore the option of 2022. Finland and Mexico are now in the application phase. More information in a next newsletter.

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.
Amanda Gyllensten expresses beginning of September the intention to step down from her place in the EC, since she is going to stop working in the beginning of 2018. For that reason a supplementary place (3 instead of 2 places) will be open for election.
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).

6th GENERAL MEETING IOPTMH 2018

The EC of the IOPTMH invites all member countries at the next general meeting of the International Organization of Physical Therapy in Mental Health. The 6th Open General Meeting will be held the 11th April 2018 during the ICPPMH Reykjavik conference 2018. Previous to the General Meeting and before the official opening of the 7th conference an informative meeting together with the EC will be organized the 10th of April 2018.

Fourth meeting of Staff groups active in mental health in the European Region

Copenhagen, Denmark

22 September 2017

Place: UN City, 2100 Copenhagen, Denmark
Participants:
WORLD HEALTH ORGANIZATION, REGIONAL OFFICE FOR EUROPE, Division of Non-communicable Diseases and Promoting Health through the Life-Course, Council of Occupational Therapists for European Countries (COTEC), European Federation of Psychologists Associations (EFPA), European Psychiatric Association (EPA), Horatio: European Psychiatric Nurses, International federation of Social Workers (IFSW Europe), European Region of the World Confederation for Physiotherapy (ER-WCPT) and the International organisation of physical therapy in mental health (IOPTMH).
Programme Manager, Mental Health Dan Chisholm and Matt Muijen, consultant to the WHO lead the meeting.

Photo: Dan Chisholm (WHO), Melita Murko (WHO), Matt Muijen (WHO) Levin Hofgaard (EFPA), Michel Probst (IOPTMH), Elena Shevkum (WHO), Martin Ward (Horatio), Stephanie Saenger (COTEC).

Agenda:
WHO activities and priorities for the next biennium
Responding to policy challenges in Europe: mental health and migration; adolescent health and well-being; workforce needs / development
Implications for staff groups of new frameworks and approaches (Sustainable development goals; Human rights: Report of the UN High Commissioner for Human Rights; Dimensional approach to mental health and illness)
Progress and next steps on agreed initiatives: survey, glossary, joint publication
Conclusions: Future of working group, expected roles and future meetings
The IOPTMH was officially not represented in the WCPT Conference 2017 in Cape Town. Jonna Jenssen attended the conference and she was so kind to send us a small report about the activities related to mental health. For the whole program see: [http://www.wcpt.org/wcpt2017/final-programme](http://www.wcpt.org/wcpt2017/final-programme)

**Mood image of the WCPT (World Confederation for Physical Therapy) congress in Cape Town, South Africa 2-4 July 2017**

There were about 2500 participants at the World congress and it was for the first time held at the African continent. A part of the congress was to promote and increase research to the African countries. Before the congress there had been fundraising, so that Physiotherapists from poorer African countries could join the congress.

The congress was well organized and with a good mood. There were many PT students to guide the participants at the congress. It was clearly that the South African PT’s have a high professional standard and they have a big focus on the citizens who live in town ships.

The number of participants were less than in previous world congresses. This could be the reason that there were very few known keynote speakers. Another lack was research in mental health.

There were few platform presentations and posters in mental health. There were a network meeting for PT working with mental health, and about 25 showed up. At the meeting, the time was used to present us and what we were working with. I think that it could have been nice, if we had been divided into groups based on some pre-set interests, as I experienced at another network meeting.

**Some of the interesting submissions I heard were:**

a focused group symposium (FS-12) Pain – post trauma (recorded in the bottom of this link [http://www.wcpt.org/wcpt2017/FS-12](http://www.wcpt.org/wcpt2017/FS-12)). The 5 speakers were very good.
a focused group symposium (FS-13) When emotions are painful – integrating neuroscience and subjective pain experience. Unfortunately, this has not been recorded, but some of the powerpoint from the symposium are available on http://www.abstractstosubmit.com/wcpt2017/abstracts/

At the congress home page you can view some of the congress proceedings http://www.wcpt.org/wcpt2017/proceedings. There are 4 posters as well as some abstract combined to mental health, mostly about pain.

The next WCPT world congress is in Geneva, Switzerland 10-13 May 2019 and I hope there will be many more presentation and physiotherapists who work with mental health

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

“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
NEWS FROM MEXICO

Norma Elisa Galvez Olvera, the president of the Mexican Association of physiotherapy in Mental health informs the IOPTMH that August 26 2017 is the formal beginning of activities of the Mexican Association of Physiotherapy in Mental Health.

NEWS FROM AUSTRALIA:

On your bike for mental health

CYCLIST Simon Rosenbaum will ride from Perth to Broome to collect data for an area of medical science he’s been exploring for more than a decade – mental health.

Simon Rosenbaum was one of the key-note speaker at the 6th ICPPMH in Madrid. He is an exercise physiologist.

The Coogee 30-year-old (pictured) said he was nervous and excited about taking part in the TourXOz in a relay for eight days, averaging 150km a day.
“I was in Uganda a couple of weeks ago and ended up with a bacterial infection that wiped me,” he said. So, no, I’m not at already but we’ll be right.”

A Senior Research Fellow at the Black Dog Institute, UNSW lecturer and accredited exercise physiologist, Rosenbaum will encourage the 64 riders on the tour – including former Swans AFL champion Adam Goodes – to download an app that records data relating to their experience of the ride starting on September 16.

“I’ll be monitoring each cyclist’s level of mood, fatigue and so on,” he said. “A select few riders will be subjected to more rigorous testing including focus groups.

“The aim is to contribute to the increasing scientific evidence which clearly shows that exercise is important in promoting positive mental health, but also in helping to treat symptoms of mental illness.”

Through his work at UNSW and the Black Dog Institute, Rosenbaum has encouraged hundreds of people to help them get back on their bikes.

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**NEWS FROM LITHUANIA**

Physiotherapists at the conference of the European Council of Eating Disorders in Vilnius (Lithuania) (7-9 September 2017).

For more information please see [http://www.ecedvilnius2017.net/important-dates/](http://www.ecedvilnius2017.net/important-dates/)

**COMPULSIVE EXERCISE AND TREATMENT OF EATING DISORDERS: FIFTEEN YEARS OF CLINICAL EXPERIENCE AND RESEARCH.** (Marit Danielsen, Sigrid Bjørnelv, Øyvind Rø)

**RATE OF WEIGHT GAIN IN INPATIENT TREATMENT OF ANOREXIA NERVOSA.** (Marit Danielsen, Sigrid Bjørnelv, Henrik Lundh, Harald Skogmo)

*Photo: Prof. Michel Probst (B), Dovile Stankuté (LT) and Marit Danielsen (N).*

**Workshop**

THE BODY AS FRIEND OR FOE: PRACTICAL MANAGEMENT OF BODY IMAGE ISSUES IN EATING DISORDERS. (Gerard Butcher, Michel Probst)

**Workshop**

MALES AND EATING DISORDERS: CLINICAL FEATURES AND THERAPY. (Fernando Fernández-Aranda, Michel Probst, Cynthia M. Bulik)
NEWS FROM GREECE:

The Scientific section “Physiotherapy in mental health" of Panhellenic Association of Physiotherapists in the framework of their goals and objectives, organizes a series of scientific meetings with general theme: "When physiotherapy met mental health"

The first scientific conference on "Specialized Physiotherapy intervention in depression" was held in Athens on 13 May 2017 at "Evaggelismos" Hospital.

Their purpose was to inform physiotherapists, all other mental health professionals and the general public about the physiotherapists’ role in the treatment of mental diseases.

NEWS FROM THE NETHERLANDS

New education program leader
Last February, the University of applied sciences Utrecht appointed Mrs. Linda Slootweg as the new leader of the master program physiotherapy in mental health. Linda is the successor of Rutger IJntema who held this position for the last 12 years. Besides guiding the education program, she carries the responsibility to cooperate, with four other Utrecht master physiotherapy programs and the bachelor physiotherapy program, on offering up to date flexible personalized and online education. The master is ranked best master physiotherapy program in the Netherlands for the third time in a row and officially marked as top education program. We wish Linda all the best in her new job.

Medically unexplained symptoms research project
A consortium of the University of applied sciences Utrecht, University Medical Centre Utrecht and University of applied sciences Fontys work on a PARASOL study. This study aims at the evaluation of experienced quality of life (physically and mentally) and the effectiveness of preventive care (including early detection) regarding persons with medically unexplained symptoms. Special attention is
given to whether online treatment (eHealth) and self-management influences the experienced quality of life and whether online treatment is cost-effective. The project leader is Martijn Pisters PhD.

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**

Apply and book your ticket to ensure a seat at the symposium:

**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.

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

News From Austria

Every two years the European Association of Mental Health in Intellectual Disability organizes an interdisciplinary congress. The topic of this year’s congress in Luxembourg – with 500 participants from Europa and abroad – was: Better mental health for people with intellectual disability. Ursula Danner (FH Campus Wien, Vienna) participated and presented the “ABC” – awareness body charts to fill in with colours, as a possible instrument to use also in people with people with intellectual disability.

More information: https://eamhid.lu/luxembourg-2017
The international interdisciplinary network “Health Dialogue Culture” this year organized a congress in Sao Paulo with the title: Promoting Global Health: strategies and actions on the individual and collective level. Ursula Danner (FH Campus Wien, Vienna) and her colleague Barbara Gödl-Purrer (FH Joanneum, Graz) were present with a video-presentation: Transforming obstacles into springboards – the Special Olympics Experience from the health professionals’ perspective.


**NEWS FROM SPAIN: Invitation ICF Schizophrenia, Survey**

Researchers of the University of Barcelona are currently conducting an international research project about functioning and disability in schizophrenia.

They ask us to forward this message to all the professionals in your organization who work with people with schizophrenia (physiotherapists, nurses, social workers and occupational therapists).

Colleagues who are familiar with people with schizophrenia are invited to participate in this international research project. The researchers are especially interested in physiotherapists, nurses, occupational therapists and social workers.

This team, supported by the ICF Research Branch, partner of the World Health Organization (WHO), has been responsible for developing the International Classification of Functioning, Disability and Health (ICF) Core Set for schizophrenia. This Core Set is a shortlist of ICF categories that are relevant for describing the functioning and disability of people living with schizophrenia. Please find more information about the project here.

The next step of this project is to validate the first version of the Core Set that our team has developed. This has to be done through different sources of evidence, one of which is a Delphi study. We have already completed the Delphi studies involving psychiatrists and psychologists. We are now preparing other Delphi studies based on other professions: nurses, occupational therapists, social workers and physiotherapists.

We would very much like colleagues who are familiar with population to participate in the Delphi validation process. Your involvement with the project would require you to take part in a three-round survey conducted via email. Each round will take you approximately 10-15 minutes; you will receive each set of documents monthly and you will have two weeks in which to respond. Your participation will start on October 2017 and will finish in December 2017. In order to facilitate your participation the survey is available in five languages (Chinese, English, French, Russian and Spanish). To participate you do not need any specific knowledge about the ICF, we only require your knowledge about the functioning of people with schizophrenia, acquired in your clinical practice. All those who take part in the survey will, if they so wish, be named in the paper that will be published subsequently in order to summarize the results (at the acknowledgments section).
If you agree to participate, we would be grateful if you could briefly describe your professional background at the following survey: ICF.CoreSet.Schizophrenia

(please, click on the link or copy and paste into your browser: 
https://survey987.co1.qualtrics.com/jfe/form/SV_5AqHL6RF8vtfXeJ)

Even if you accept or not to participate, you could forward this email to other experts on the treatment of schizophrenia (physiotherapists, nurses, occupational therapists, social workers).

Professor Juana Gómez-Benito, GEIMAC team
University of Barcelona, Department of Methodology of the Behavioural Sciences
icf.schizophrenia@ub.edu

NEW PHD’S IN PHYSIOTHERAPY RELATED TO MENTAL HEALTH

The 18th of September 2017, Christina Bravo successfully defended her PhD-thesis, “The effectiveness of Basic Body Awareness Therapy in patients with Fibromyalgia” at Lleida University, Spain.

Photo: one of her supervisors, dr. Daniel Catalan, Spain with a member of the Tribunal dr. Amanda Lundvik Gyllensten, Sweden.

SOME RELEVANT LITERATURE


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Please, send all information for the next newsletter to Michel Probst