



June 2016

International Organization of Physical Therapists in Mental Health (IOPTMH)

Year 5, Issue 8

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Introduction

Dear Colleagues,

Madrid - March 2016 was a historical event in the young history of the International Organization of Physical Therapy in Mental Health. Over 200 interested colleagues from 35 countries and 5 continents really enjoyed the well-organized conference. On behalf of all the attendees, the IOPTMH executive committee thanks the Spanish Association of Physiotherapy in Mental Health as well as the Spanish Physiotherapy Association. Apart from the program and the social events, the attendees appreciated the atmosphere and the informal contacts between colleagues from so many different countries, all with their specific approaches.

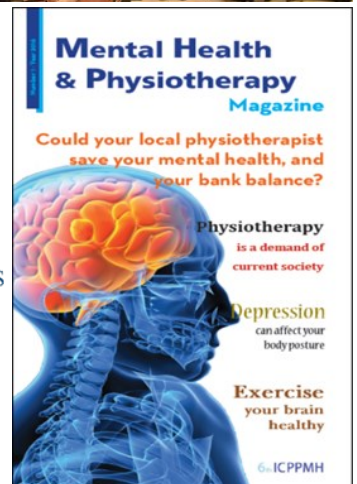
Simultaneously, the executive committee realizes - just like the members - that the IOPTMH has to cope with several challenges:

- The IOPTMH continuously has to promote the field of physiotherapy as a specialization within mental health worldwide. The ultimate goal is to prove that physiotherapy treatments could provide an added value for patients with mental health problems.
- The IOPTMH desires that the entire field of physiotherapy pays attention to the concept of mental health. Today this is not everywhere, nor always the case. For this reason, the IOPTMH will improve the visibility and the potential of physiotherapy in mental health care.
- In order to do so, the IOPTMH has to design a well-

established organizational model based on open dialogue, within as well as outside the physiotherapy domain. With this letter, the executive committee presents you information concerning the past conference, IOPTMH announcements and information in regard to worldwide physiotherapy in mental health. The executive committee wants to underline that the newsletter is one of the possibilities to communicate with colleagues all over the world. It is up to you to use this channel. The executive committee hopes you will enjoy reading it.

Prof.dr.Michel Probst
President of the IOPTMH

Prof. Liv Skjaerven
Vic-president of the IOPTMH



International Organization of Physical Therapists in Mental Health (IOPTMH)

The Executive committee of the IOPTMH 2014-2015

President: Prof. dr. Michel Probst, KU Leuven, Belgium

Vice President: Prof. Liv Helvik Skjaerven, Bergen University College, Norway

Secretary: Rutger IJntema MBA PT, University of Applied Sciences Utrecht, The Netherlands

Treasurer: Anne Parker, Superintendent physiotherapist UK

Member: Ass. Prof. dr. Amanda Lundvik Gyllensten, Lund University, Sweden

Member: Merja Sallinen MSc, Finland

E-mail: info@icppmh.org



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 world-wide 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.

Visit our media!
www.wcpt.org/iopthmh
www.icppmh.org
Free membership on [LinkedIn](#)
[Youtube](#)



Executive committee left to right: Michel Probst, Liv Skjaerven, Amanda Lundvik Gyllensten, Rutger IJntema, Anne Parker.

ASOCIACION
ESPAÑOLA DE
FISIOTERAPEUTAS



ICPPMH MADRID 2016

Madrid—The 6th International Conference of Physiotherapy on Psychiatry and Mental Health (6th ICPPMH) took place in Madrid - Spain, 9-11 March, 2016. The Conference was organised by the University Carlos III of Madrid and the International Organization of Physical Therapists in Mental Health, the official subgroup of the World Confederation of Physical Therapy. The event included innovative and effective physiotherapeutic strategies to address today's complex health challenges such as mental health, long-lasting musculo-skeletal disorders, chronic pain, psychosomatics, etc.

6th ICPPMH was attended by more than 200 participants split among 36 countries (Europe 21, Asia 6, America 5, Africa 3 and Australia). The Conference included seven keynote lectures, six round tables, six parallel sessions and fifteen workshops. In total, the Scientific Committee approved 134 abstracts (81 oral presentations and 53 posters). The European mental health manager of the World Health Organization was a keynote lecture and reflected on the importance need of physiotherapy in mental healthcare services.

206 delegates from 36 countries attended the 6th ICPPMH. 134 abstracts from 161 were accepted.

The most represented countries are Norway with 38 participants, Spain (22 participants), Swe-

den (19 participants), The Netherlands (18 participants), Denmark and Finland (14 participants)

den (19 participants), The Netherlands (18 participants), Denmark and Finland (14 participants)

Other countries represented are SWITZERLAND (10), UNITED KINGDOM (8), BELGIUM (7), AUSTRALIA (6), AUSTRIA (6), USA (4), BRAZIL, ESTONIA, Iceland, PORTUGAL, SAUDI ARABIA (3), EGYPT, FAROE ISLANDS, LATVIA, MEXICO, QATAR (2), CANADA, CHILE, COLOMBIA, CZECH REPUBLIC, FRANCE, IRELAND, ITALY, JAPAN, KENYA, POLAND, SINGAPORE, SOUTH-AFRICA, TURKEY, UKRAINE

Besides 175 physiotherapist, 12 psychologists, 6 psychiatrists, 5 occupational therapy and 8 other specialties attended the 6th ICPPMH. 40 participants had a PhD, 90 a master, 72 bachelor and 4 pre graduate. The gender diversity is 149 female 57 males.

The main professional role of the participants were clinician (120), Educators (52), researchers (16), manager (4) and 2 policy makers. 8 postgraduate students and four pregraduate students followed the conference.

The years of professional experience were spread equally: fourthy colleagues had more than 30 years of experiences. 53 colleagues from one to 10 years, 55 from 10-20 and 58 from 20-30

Only nine colleagues followed the sixth conference, 5 colleagues missed one conference and 14 colleagues two times.

117 participants attended for the first time the ICPPMH, 36 participants participated once and 25 twice.

The programme consisted of 3 keynote sessions, 6 Morning Round Tables, 6 Paralell sessions, 15 Workshops and a Poster exhibitions with 52 posters. In total there were 81 oral presentations.

The 6th ICPPMH main conclusions were:

- The field of Mental Health Physiotherapy is growing internationally very rapidly
- Increasing scientific evidence shows the effectiveness of physiotherapy in people suffering from mental health
- Communication strategies are important in order to make society know about the field and get benefit from it

The theme for the Conference was "Communication in a Connected World" in order to reflect on the digital world in our current society where communication is now spread out throughout every aspect of healthcare, enabling greater data sharing for both patients and health professionals, which is in turn empowering health settings and it's not without challenges. As a result, the Conference published some key communication tools such as: the Physiotherapy & Mental Health Magazine, the Conference Proceedings in the scientific indexed journal "Fisioterapia", conference photos in Flickr, twitter through hashtags #ICPPMH and #IOPTMH, and

the Conference film that will be published in the Youtube channel.

Download the 6th ICPPMH abstracts, magazine, photos, program and social networks at: http://www.fisioterapiasm.es/icppmh2016_publications.htm

If you would like to order reprints of either the 6th ICPPMH abstracts Journal or the Magazine Physiotherapy & Mental Health, the publisher has made an offer of 20€ each (VAT and mail included). Please, submit your order to the email address: icppmh@fisioterapiasm.es



Impressions from the ICPPMH 2016

Madrid—The IOPTMH received this photo from Retiro park (Madrid) made by Agnes Hove (Austria) with following reflection:

Physiotherapists are coming together – sticking their heads and thoughts together – coming in touch with each other – finding their

roots in their praxis with mental health/bodies and souls an scientific work around mental health diseases – together physiotherapists try to cut/to make a Frame/a form for physiotherapy in the future, so the Society will be Aware of physiotherapy in Mental Health like those trees in Retiro Park in Madrid



Tenor Cesar Arrieta



Part of Spanish delegation (organiser ICPPMH 2016)



Part of Dutch delegation (organiser ICPPMH 2014)

"Physiotherapy for Survivors of Torture" refugees

The IOPTMH received from Laura Gueron and MaryAnn de Ruitter following interesting information.

With the numbers of refugees around the world being at the highest levels since World War II, and with estimates of prevalence of torture survivors among refugees ranging from about 15-49% depending on country of origin and other demographic information, it is more important than ever that physios learn about working with survivors. There are many links to articles and other resources for physios at several websites, including the Dignity—Danish Institute Against Torture library

http://www.reindex.org/RCT/main/Hits.php?qe=physio&ColSearch=node0_0&tgtGroup%5B%5D=1032&tgtGroup%5B%5D=1033&PortalMode=1&tgt

Pos=1&SearchMode=lay and the HealTorture Physiotherapy section

<http://www.healtorture.org/content/physical-therapyphysiotherapy>

The last link includes links to article reviews by physiotherapists in Minnesota USA and in some cases, links to full text articles about physiotherapy with torture and trauma survivors.

Two recent blogs by Center for Victims of Torture physiotherapists in Jordan highlight some of the sensitivities needed in working with torture survivors:

<http://www.cvt.org/blog/healing-and-human-rights/building-clients%E2%80%99-trust-through-physiotherapy>

<http://www.cvt.org/blog/healing-and-human-rights/physiotherapy-help-survivors-torture-their-darkest-hours>



Laura Pizer Gueron, Clinical Advisor for the Kenya programs (left) and MaryAnn de Ruitter, the Clinical Advisor for Physiotherapy for the Jordan programs.

In addition, there is a new Facebook group for physiotherapist working with torture or trauma survivors, and any interested physio may join. Please send a Facebook friend request to Laura Pizer Gueron, who is a physio and

an administrator of the group and she will add you to the group and then “unfriend you” for your privacy if you would like to join.

International news

Australia—On November 12, 2015 Davy Vancampfort gave a seminar hosted by Prof. Dr. Philip Ward and Dr. Simon Rosenbaum on the importance of body awareness in the treatment of people with first episode psychosis at The Bondi Centre First Episode Program, Sydney Australia.

British Columbia—On November 30, 2015 Davy Vancampfort gave a lecture at the British Columbia Children's Hospital, Vancouver, Canada on the importance of considering autonomous motivation in physical therapy programs for people with first episode psychosis. The lecture was hosted by Dr. Julia Wong.

South Africa—2/12/2015 Marianne Unger, PT from the Stellenbosch University South Africa, visited the KU Leuven,

Department of Rehabilitation Sciences. She met Prof. dr. M. Probst and discussed the role of PT in mental health.

Greece—Panhellenic Physiotherapists' Association Scientific Section of "PHYSIOTHERAPY IN MENTAL HEALTH" had in Athens during the Physical therapy conference in Greece 22-24/1/2016 an active participation with a round table “Anxiety disorders: A multidisciplinary approach”. A psychiatrist, a psychologist, a nurse and an occupational therapist together with three physiotherapist (Prof. Stathopoulos, Ventoura en Barkatsa) participated at this round table. Ventoura explained the role of progressive muscle relaxation, Barkatsa the breathing reeducation techniques and Prof Stathopoulos the biofeedback.

Following oral presentations were presented:

1. The role of physiotherapy in improving psychopathological manifestations during hospitalization due to aggravation of chronic obstructive pulmonary disease Stathopoulos S, Aggelakou Vaitis S, Vaitis N, Stathopoulos A.

2. Effect of massage therapy on anxiety, in patients with fibromyalgia: A meta-analysis of randomized controlled trials. Ventoura E, Barkatsa B, Aggelakou-Vaitis S, Vaitis N, Saturno G. Stathopoulos A, Stathopoulos S, Aggelakou Vaitis S, Vaitis N, Saturno G.

Africa—Together with Dr. Caleb Ademola Omuwa Gbiri (University of Lagos, Nigeria and University of Pretoria, South-Africa), Dr. James Mugisha, MD (University of Kyambogo, Uganda) and Miss Jepkemoi J. Kibet (Sarit Centre, Kenya), Dr. Brendon Stubbs (King's College, UK) and Dr. Davy

Vancampfort (University of Leuven, Belgium) wrote an opinion piece about the importance of physical activity in the mental health care of Sub-Saharan Africa. This opinion piece will be submitted in an African Medical Journal and is available upon request from Dr. Davy Vancampfort.

Dr. James Mugisha, MD (University of Kyambogo, Uganda), Dr. Brendon Stubbs (King's College, UK) and Dr. Davy Vancampfort (University of Leuven, Belgium) wrote also an opinion piece about the importance of physical activity in the treatment of HIV / AIDS in Sub-Saharan Africa. This opinion piece will also be submitted in an African Medical Journal and is also available upon request from Dr. Davy Vancampfort.

News from the General meeting and executive committee

Seven new member countries

The IOPTMH warmly welcomed 7 new members (Australia, Estonia, Greece, Latvia, Mexico, Poland, Switzerland). They all fulfilled the criteria to become member of the IOPTMH and the GM approved their membership. The IOPTMH now consists of 20 members from 5 continents.

The IOPTMH Vision and aims 2016-2017

-to be engaged in the field physiotherapy of mental health by responding to the needs of society for health and wellbeing, globally.

-to optimise wellbeing and empower the individual by promoting movement bringing together physical, mental and relational aspects.

-to stimulate innovation, professionalism and excellence in clinical practice, education and research in physiotherapy in mental health.

-to communicate the added value of physiotherapy in mental health.

-to be a structured, well governed and democratic organisation with sustainable, adaptable

and creative principles

The ICPPMH 2018 Conference

IOPTM received only one bid from the Iceland subgroup of mental health in cooperation with the mother-association, the Icelandic Physiotherapy Association for the 2018 conference. The GM congratulated Iceland with their proposal to be the next ICPPMH host in 2018. More upcoming information will be published in our next newsletter.

ICPPMH conference 2020: The Executive Committee invited any country to host the ICPPMH 2020. You are welcome to contact EC for guidelines.

The IOPTMH-book Physiotherapy in mental health: state of the art

Michel Probst, Liv Skjaerven (editors) and all authors put a lot of energy into the IOPTMH book. The process of Elsevier's evaluation of the draft of the book has taken much longer time than anticipated. Finally, the intension of Elsevier (publishers) is to release the book during 2017.

IOPTMH and the WHO for mental health region for Europe

Dr. Matt Muijen, the regional officer of the World Health Organization (WHO) for mental health Region for Europe and Middle Asia, was invited as a keynote speaker at the Madrid conference. The 11th of March, the EC had a meeting with him together with dr. D. Catalan-Matamaros to explore further cooperation between both organizations. The intention is to start a collaboration between WHO and IOPTMH and to ensure that physiotherapy is included in international guidelines for mental health services. The GM appreciated this work. In this process, the EC consulted the ER-WCPT and the president and vice-president will represent the ER-WCPT and the IOPTMH at the WHO-Europe mental health workforce meeting on 7th of June 2016 in Copenhagen

IOPTMH logo

All colleagues are invited to send in suggestions for an IOPTMH logo.

Election of the Executive Committee: Elections 2016

4 out of the 5 elected members (Michel Probst, Liv Helvik Skjaerven, Anne Parker, and Amanda Lundvik Gyllensten) had completed one term of office in the EC. All might be re-elected for one further term. The general meeting decided that Michel Probst, Liv Helvik Skjaerven and Amanda Lundvik Gyllensten are reelected till 2020. Anne Parker and Merja Sallinen are elected till 2018. Michel Probst and Liv Skjaerven are reelected as president and vice-president respectively.

Elections 2018

In 2018, two positions are vacant in the EC. In agreement with the constitution, at least one position is reserved for a member from another continent than Europe.

Elections 2020

Michel Probst, Liv Skjaerven and Amanda Gyllensten finish their second and last term. Three positions are vacant in the EC

The Executive Committee for 2016-2017

The IOPTMH EC	Name	Country
President	Prof. dr. M. Probst	Belgium
Vice-president	Prof. L. Skjaerven	Norway
Secretary	Rutger Ijntema	Netherlands
Treasurer	Anne Parker	UK
Member	Merja Sallinen	Finland
Member	Ass Prof. A. Gyllensten	Sweden

All information for the next newsletter is welcome and can be send to michel.probst@faber.kuleuven.be

Executive committee meeting Copenhagen 7-8 September 2016

The executive committee will have a meeting in Copenhagen the 7th and 8th of September. We are grateful for the Danish Association that invited us at their national office.

The EC makes a call to all of you to send questions, proposals and remarks concerning our IOPTMH organization. The IOPTMH is your organization, so if you want to help us to improve you are welcome to send us your ideas. All mails will be answered.

The provisionial agenda consists of:

- ◆ Expectations from the IOPTMH for 2016 /2018 /2020
- ◆ IOPTMH organizational issues
- ◆ Evaluation of the 2016 Madrid ICPPMH
- ◆ The IOPTMH internal organization; working model
- ◆ Communication between executive committee and IOPTMH-members
- ◆ The functioning of the exectutive committee
- ◆ General meeting, election procedure
- ◆ Finances and member fee
- ◆ Website
- ◆ Logo
- ◆ Newsletter
- ◆ Flyer
- ◆ Conference 2018 (Iceland) & 2020
- ◆ IOPTMH: Vision 2020 and the “content of physiotherapy in mental health”
- ◆ Definition of physiotherapy in mental health
- ◆ Education in physiotherapy in mental health
- ◆ Consensus statement of physiotherapy in mental health



Social media

Our open LinkedIn group is still growing fast. Right now we have over 2200 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 related promotion film are online on You-tube!. Go to YouTube and type *IC-PPMH Conference* . 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!



Discussion session: Physiotherapy in mental health ER-WCPT Liverpool 11 and 12 November 2016

Friday November 11th

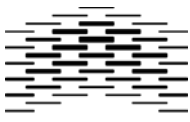
Organized by	The International Organization of Physical Therapy in Mental Health.
Chaired by	Prof. dr. Michel Probst, president of the IOPTMH
Aims:	Exploring physiotherapy in mental health an unknown area in physiotherapy. Physiotherapy for patients with schizophrenia, bipolar disorders, eating disorders and chronic low back pain The common factor model in physiotherapy
Speakers:	The mental health and physical face interface: A central role for physical therapists by Dr. Brendon Stubbs (UK) A feasibility study investigating a physiotherapy motivational interviewing programme to reduce cardio-metabolic risk in schizophrenia and bipolar disorder by Alice Waugh (Ireland) Common factor model in non-specific chronic low back pain by Emanuel Brunner (CH) Physiotherapy guidelines for patients with eating disorders by dr. Michel Probst (B)



Saturday, 12 November from 7:45 – 8:45.

Networking session

Title	Physiotherapy in mental health. Organized by the International Organization of Physical Therapy in Mental Health. Chaired by prof. dr. Michel Probst, president of the IOPTMH
Short outline	Discussion of the definition of physiotherapy in mental health Exploring physiotherapy in mental health an unknown area in physiotherapy. Physiotherapy for patients with schizophrenia, bipolar disorders, eating disorders and chronic low back pain.



HØGSKOLEN I OSLO
OG AKERSHUS

BASIC COURSE IN NORWEGIAN PSYCHOMOTOR PHYSIOTHERAPY BODY EXAMINATION

“The Resource Oriented Body Examination” (ROBE)

will be held at Oslo and Akershus University College of Applied Sciences, Oslo, Norway during autumn 2016 and spring 2017.

Teaching and learning approach:

Self-study: E-learning and clinical practice from November 1st .
Attendance: Course in ROBE and Clinical Assessment in Oslo: March 8th – 11th , 2017.
Teaching language: English.



Further information: <http://www.hioa.no/eng/Studies/HF/Courses-taught-in-english/The-Resource-Oriented-Body-Examination-ROBE>

EAPM 2016

Transforming health through evidence and empathy

SUNRISE 01:02
SUNSET 00:04

EAPM 16-18 June 2016

4th annual scientific conference of the European Association for Psychosomatic Medicine (EAPM) in Luleå, Sweden, 16-18 June 2016. For more information = <http://eapm2016.com/>