Dear Colleagues,

At the end of the year, it is a tradition to look back at the events of the past year. March 2016, we had a historical conference in Madrid. June 2006, we attended the WHO mental health workforce in Europe meeting in Copenhagen and November we were present at the Liverpool ER-WCPT conference.

At the conference in Madrid, the General meeting voted for a new Executive committee, while Reykjavik was nominated for the next ICPPMH conference.

In 2016, three colleagues obtained their PhD. Interactions between colleagues worldwide increased. All these activities show that the field of physiotherapy in mental health is evolving and growing. However, there is still much to do: we are currently finalizing the book of physiotherapy in mental health, and preparing the ICPPMH conference in 2018. This way, we hope to increase the visibility of physiotherapy in mental health even more while stimulating cooperation with other mental health care professionals. We are confident that all together, we will continue to achieve the IOPTMH goals. We therefore look forward to work with all of you in 2017. In the meantime, we extend best wishes to all our colleagues for the festive season and success in the New Year. The EC wishes you, your family and your colleagues a fruitful and healthful 2017.

With this second newsletter in 2016, we close a fantastic year 2016.

Kind regards,

Prof. dr. Michel Probst, President of the IOPTMH

Prof. Liv Skjaerven, Vice-president of the IOPTMH
WORLD HEALTH ORGANIZATION EUROPE (MENTAL HEALTH WORKFORCE)

Second meeting of staff groups active in mental health in the European Region, Copenhagen, Denmark, 7 June 2016.

The IOPTMH received in May an invitation from Dr Matt Muijen, Program Manager for Mental Health, World Health Organization - Regional Office for Europe, Copenhagen, Denmark to attend the second meeting of staff groups active in mental health in the European Region. Dr. M. Muijen was invited at the 7th ICPPMH Madrid Conference where he gave a presentation “Mental health Reform and workforce challenges in Europe: A WHO perspective”. The IOPTMH informed the European Region of the World Confederation for Physical Therapy (ER-WCPT) about the meeting of the European Mental Health Workforce Associations (EMHWA). In consensus with the ER-WCPT, the IOPTMH represented the ER-WCPT and the IOPTMH-members.

THE AGENDA OF THE MEETING:

- Introduction of the participants, news, etc. and a brief presentation by the IOPTMH
- Consensus Statement “Working together towards an effective and influential mental health workforce in Europe”: feedback, discussion, adoption and dissemination
- Workforce survey: data available, next steps
- WHO consultation: Supporting effective ways of working between governments and healthcare partners (Monika Kosinska, Programme Manager, Governance for Health)
- Standards of practice and codes of conduct: introduction Professor Gaebel, discussion
- Multi-disciplinary training standards: harmonization of competencies?
- Develop a set of agreed terms and definitions

For the first time, the IOPTMH met in a very pleasant and open atmosphere associations affiliated with occupational therapy, psychology, psychiatry, social work and nursery. Everyone was able to express their views, expectations and ideas. The participants showed interest in each other’s work. All were able to express new ideas. There is strong belief that further collaboration between the WHO and the participants within the European Mental Health Workforce Associations is necessary.
THE CONSENSUS STATEMENT WHICH YOU CAN FIND ON OUR WEBSITE (ANNOUNCEMENTS) WAS SUPPORTED BY:

- The Council of Occupational Therapists for the European Countries (COTEC), which represents 30 European Occupational Therapy Associations.
- The European Federation of Psychologists’ Associations (EFPA), which has 36 member associations in as many countries.
- The European Psychiatric Association (EPA), which has National Society Members from 36 countries.
- Horatio: European Psychiatric Nurses, with 28 national Associations as members.
- The International Federation of Social Workers (IFSW), which has 40 member organizations in 35 countries.
- The International Organization of Physical Therapy in Mental Health (IOPTMH), which represents 17 European countries, on behalf of the ER-WCPT which represents 39 European members of the WCPT. The EC of the ER-WCPT subscribed this viewpoint (July 2016).

Concerning the agenda point “Workforce survey: data available” the IOPTMH endorsed the idea to organize a survey along the interested colleagues. The IOPTMH would like to identify the characteristics of physiotherapists working in Mental Health. Another interesting discussion point raised was whether dementia is a mental health topic or not. The conclusion was that as long as it is financed by health care and not social care it is in the field of mental health.

The next meeting will take place the 19th of December in Copenhagen. The ER-WCPT vice president and the IOPTMH president are the official delegates.

NEW PHD’S IN PHYSIOTHERAPY RELATED TO MENTAL HEALTH

MARIT DANIELSEN defended in 2016 her doctoral thesis “Disturbed body image and compulsive exercise in female eating disorder patients” at Norwegian University of Science and Technology in Trondheim.

Her thesis consisted of three papers: Link to the open access to thesis: http://hdl.handle.net/11250/2390660.


**TINE VAN DAMME** defended the 1st of July 2016 at the University of Antwerp her doctoral thesis “Motor abilities of male adolescents with a psychiatric disorder”. The doctoral thesis consisted of five articles:


**OSCAR RODRÍGUEZ NOGUEIRA,**

Oscar Rodriguez-Nogueira, member of the Spanish Association of Physiotherapy in Mental Health has finished his PhD thesis in the University CEU Cardenal Herrera. He is currently a university lecturer of Physiotherapy in Mental Health in the Bsc of Physiotherapy in the University Bages Foundation (Barcelona). His thesis examined the effect of patient-physiotherapist relationship during the therapeautical intervention.

“Experiences and perceptions of the therapeautical relation quality between physiotherapists and patients of Valencia health services.” The thesis is in Spanish language.

**6TH ICPPMH NEWS**

The 6th ICPPMH conclusions and recommendations have been published. Find them in the 6th ICPPMH information together with the photos and other key documents of the Conference at:

THE 6TH ICPPMH MOVIE
Please find the new movie of the 6th ICPPMH in the IOPTMH Youtube Channel:
https://www.youtube.com/channel/UC_sLh8uoya7YSxlvpvYoDrw

Congratulations the winners of the 6th ICPPMH:

BEST ORAL PRESENTATION:
Patient subgroup according to the Pain Acceptance and a clinical algorithm to predict differential response to interprofessional rehabilitation (39) Graciela Rovner, Kevin E. Vowles, Linn Wifstrand, Björn Gerdle, Fredrik Johansson and David Gillanders. Division of Rehabilitation Medicine, Section for Highly Specialized Pain Rehabilitation, Department of Clinical Sciences, Danderyd Hospital, Karolinska Institutet, Stockholm, Sweden. Rehabilitation Medicine, Neurosciences and Physiology, University of Gothenburg at Sahlgrenska Academy and ACTiveRehab, Gothenburg, Sweden.
Picture: https://www.flickr.com/photos/138670907@N06/26805158232/in/album-72157666569839342/

BEST POSTER PRESENTATION:
Metabolic syndrome and aerob fitness in first-time hospitalized patients with depression Lene Nyboe. Research Unit, Dep. of Affective Disorders, Aarhus University Hospital, Denmark.
Picture: https://www.flickr.com/photos/138670907@N06/26293662684/in/album-72157666569839342/

BEST WORKSHOP:
Picture: https://www.flickr.com/photos/138670907@N06/26898780375/in/album-72157666569839342/

PHYSIOTHERAPISTS AT THE 24TH KONGRESS ESSSTÖRUNGEN (INTERNATIONAL CONFERENCE OF EATING DISORDERS) IN ALPBACH, TIROL, AUSTRIA; 22-24 OCTOBER 2016.

Astrid Kathrein, Agnes Hove and Ursula Danner from Austria and Jolien Diedens and Michel Probst from Belgium attended this conference.

PRESENTATIONS
Jolien Diedens MSc PT (UPC-KU Leuven, campus Gasthuisberg, Belgium): A treatment program for patients with obesity and binge eating disorder (workshop).
Ursulla Danner: The Awareness-Body-Charts.

Photo: U. Danner, J. Diedens, M. Probst, A. Hove.
The Austrian physiotherapists in Alpbach

A. Kathrein,
A. Hove
and U. Danner

LIVERPOOL ER-WCPT CONFERENCE 11 & 12 NOVEMBER 2016

The IOPTMH was visible at the Liverpool conference.

The president of the IOPTMH attended the reception offer to Brenda Meyers, the secretary general WCPT who leaves the WCPT after 21 years. The IOPTMH wishes her all the best and thanks her for all her efforts.

On Friday the 11th of November at 7:45 the IOPTMH had a Networking session “Physiotherapy in mental health”, chaired by prof. dr. Michel Probst. We presented the work which is done by the IOPTMH and discussed the definition and the field of mental health and physiotherapy. Twenty colleagues from different European countries attended this meeting. The photographs below are taken during the network session.
The opening ceremony with Sarah Bazin, president of the ER-WCPT and Kari Bø, Head, Norwegian School of Sport Sciences (NSSS), Norway with “How can future physiotherapy practice become more evidence based?” For more information, see http://www.liverpool2016.com.

The same day in the afternoon the IOPTMH organized a symposium “Exploring physiotherapy in mental health an unknown area in physiotherapy” with Dr. Brendon Stubbs (UK), Alice Waugh (Ireland), Emanuel Brunner (CH) and dr. Michel Probst (BE). 127 interested colleagues attended this symposium. Photo: Brendon, Daniel, Emanuel, Alice and Michel.

The content of the symposium:

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 program 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)
OTHER INTERVENTIONS:

Dr. Daniel Catalan-Matamaro presented “The European perspective how health care provision causes both health and social care” in a discussion panel and debate about patient-centered care: where the health and social care world meet.

Brendon Stubbs held a presentation on Saturday 12th of November about “mental health: time for change” in the symposium “Contemporary health challenges: how can physiotherapy have an impact?”

In Liverpool, the IOPTMH delegation, met other colleagues Jonna Jensen (DK), Sharon Greenspoon (UK), Caroline Griffiths (UK), Elisabeth Moyner (N) and many other colleagues.

In the poster session, we saw 3 posters related to physiotherapy and mental health
- Physiotherapy within the psychiatric hospitals of region of Southern Denmark, Annemette Jepsen (University College Southern Denmark, Esbjerg, Denmark)
- The effect of clinical pilates exercises on the cognitive parameters of schizophrenia patients, Filiz Can (Hacettepe University, Faculty of Health Sciences, Ankara, Turkey)
- “A light bulb moment!” Physiotherapists’ experiences of delivering: Physiotherapy informed by Acceptance and Commitment Therapy (PACT), Duncan J. Critchley (King’s College London, UK).

PHYSIOTHERAPY NEWS FROM ALL OVER THE WORLD

NEWS FROM SPAIN

ACTIVE PARTICIPATION IN THE INTERNATIONAL CONGRESS OF PHYSIOTHERAPY, MÁLAGA-OCTOBER 2016

Congress website: www.colfisio.org/congreso-fisioterapia-y-movimiento/

Under the theme “Movement & Physiotherapy” the Congress took place in Malaga 7-9 October 2016. Approximately 500 participants attended the Congress which included speakers from many different countries such as Australia, United States, Germany and United Kingdom. The President of the Spanish Association of Physiotherapy and Mental Health, Dr. Daniel Catalan, was invited as a keynote lecturer with the presentation titled: Physiotherapy and Movement Quality – Effectiveness in mental health and disability. He also leaded two workshops on Basic Body Awareness Therapy during the Congress. Photo: Daniel Catalán during his keynote lecture.

NEWS FROM SWITZERLAND

The “Schweizerische Arbeitsgruppe für Physiotherapie in der Psychosomatik und Psychiatrie” published last week (10th November) in German their fourth Swiss newsletter. The IOPTMH congratulates our Swiss colleagues with their initiative.
NEWS FROM THE NETHERLANDS

Every year, physiotherapist in the Netherlands have the possibility to nominate a colleague for the title “physiotherapist of the year”. Last November, Sanneke Don, University of Applied Sciences Utrecht, physiotherapist in mental health, won the honor title of physiotherapist of the year 2016. The award was presented in front of 3000 colleagues. In this way, physiotherapy in mental health is in the spotlight he coming year. We congratulate Sanneke with this achievement!

Photo: presentation award

Photo: Sanneke Don & Rutger IJntema

NEWS FROM BELGIUM

Prof. dr. Fabianna Moraleida, Universidade Federal do Ceará - Centro de Ciências da Saúde/CCS, Faculdade de Medicina/FAMED - Departamento de Fisioterapia Fortaleza, Brazil visited the research group “Rehabilitation in mental health” of Department of Rehabilitation and physiotherapy (KU Leuven) from 26th of May 2016 till 27th of May.

Jorgelina Dellacasa, from Instituto Universitario del Gran Rosario, Departement of Kinesiologia y Fisiatria, Argentina visited the Department of Rehabilitation (Research group rehabilitation in mental health, KU Leuven) from the 18th of September 2016 to 19th of October 2016. From the 20th of October till 20th of November 2016 she visited dr. Andrew Soundy from Birgmingham University and dr. Brendon Stubbs.

Photo: Jorgelina Dellacasa (Argentina) & Emanuel Brunner

Prof K. Ekerholt, Prof L Skjaerven and Prof. M. Probst were invited to give a presentation and workshop in Brussels at the Fascia Conference, 14-16 October 2016.

Elisa Galvez Olvera (Mexico) the chair of the Mexican Mental health subgroup visited the 31th October 2016 till 4th November 2016 the Research group “Rehabilitation in mental health” (KU Leuven).

Prof. K. Ekerholt gave a two-day workshop about Norwegian psychomotor physiotherapy at the KU Leuven, Department of Rehabilitation Sciences (Belgium) the 17th and 18th of October 2016.
NEWS FROM NORWAY

Prof.dr. Michel Probst was invited by Prof LIV Skjaerven to give a one-day workshop for the BBAM students at the Bergen
25th of October

7TH ICPPMH REYKJAVIK CONFERENCE 10-12 APRIL 2018

Unnur Pétursdóttir, President of the Icelandic Physiotherapy Association and R. Sigrún Guðjónsdóttir, President of FSSH, the Icelandic subgroup in PT Mental Health started together with the IOPTMH the organization of the 7th ICPPMH in Reykjavik, Iceland.

We hope to meet you from 10 to 12 April 2018.

This conference is yours and so we are happy if you could send us suggestions. Suggestions for key-note speakers or concerning the structure of the conference can be sent to the IOPTMH president.

NEWS FROM THE IOPTMH EXECUTIVE COMMITTEE

The Executive committee had a meeting in the national office of the Danish Physiotherapy Association in Copenhagen 6-8 September 2016. The IOPTMH thanks the DPA for this opportunity. The most important decisions were:

WCPT SOUTH AFRICA CONFERENCE 2017

The IOPTMH will not hold a business meeting at the WCPT Conference 2017 in South Africa. The EC will probably not be represented at the conference, but we are searching for a strategy so that the IOPTMH is visible at the conference.

CONFERENCE 2020

Member 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.
**ELECTION 2018**

The EC encouraged member organizations to participate and to bring influence to the IOPTMH. In 2018, during the Iceland ICPPMH-conference, two places in the Executive committee are open for election. The EC refers to the IOPTMH Constitution point 7. All candidates have to 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**

The constitution is at all times easily available for all interested colleagues (see website icppmh.org).

**LOGO**

Hans Stryger (DK) developed a very nice logo. This logo is from now the official one.

**BOOK PHYSIOTHERAPY IN MENTAL HEALTH**

Good News! The IOPTMH had a contact with Elsevier publisher. The book is now in production process. All the authors will receive soon the proofs with the queries.

**WEBSITE**

In the near future, we will publish the newsletters of the Spanish and Swiss colleagues on our website under the section announcements. In this section we will also publish a list of books concerning mental health and physiotherapy in different languages.

**IOPTMHINTRODUCESHERNEWEXECUTIVECOMMITTEE**

**MEMBER MERRY SALLINEN**

Merja Sallinen is senior lecturer, working at the Satakunta University of Applied Sciences in Finland. [http://www.samk.fi/en/]

She made a PhD about fibromyalgia from women’s perspective, through narrative interviews. Her post-doc research project will focus on male patients’ experiences on chronic widespread pain and fibromyalgia. Fibromyalgia is considered as a health challenge of working aged women. Only 5-10% of the patients are male and therefore their experiences are rarely explored.

M. Sallinen has experience and expertise in narrative research methodology and participates in ongoing projects about long-term impacts of various chronic illnesses.

She has been awarded a **Marie Curie Scientia Fellowship** to Oslo University. Marie Curie programs are highly appreciated forms of international research funding.

We asked her to write some sentences about IOPTMH:
“In the IOPTMH, I hope to be able to support the executive committee and prof Probst in planning and executing the future events, as well as in expanding the organization to new countries. IOPTMH is one of the WCPT sub-groups that are growing quickly. Apparently mental health issues are found both interesting and challenging among physiotherapist around the world.

Currently, I work as a team Leader of the physiotherapy and rehabilitation education in Finland. This work includes teaching, research, administrative duties and leading the work of 12-13 teachers and 5-6 project workers.”

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.ijntema@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