



March 2015

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

Year 4, Issue 5



SUBGROUP OF WCPT

World Confederation for Physical Therapy

### Introduction

The International Organization of Physical Therapy in Mental Health continues to grow.

After the fifth conference in Utrecht, the Executive committee (EC) is now focused on the WCPT Singapore conference and our sixth ICPPMH-conference in Madrid 2016.

As a recognized subgroup of the WCPT, it is necessary to bring the IOPTMH more into the spotlight. Therefore the EC will attend different meetings (general meeting; meetings with the subgroup delegates) and organize different activities (see below).

The EC is also pleased to in-

form you about the Madrid conference (9th till 11th of March 2016), hosted by the Spanish physiotherapy association and their subgroup physiotherapy in mental health.

The EC welcome the Austrian Mental Health physiotherapy subgroup as an official member of the IOPTMH. The EC will soon be able to welcome more new country members.

Another challenge is the realization of the book project. At the moment the project consists of six parts and more than 30 subchapters. The EC hopes to finalize the project before end of this year. The EC

extends their grateful thanks to the authors for the different contributions from all over Europe.

The realization of this project has been made possible thanks to the positive engagement of the EC board members.

The EC hopes you will gain enjoyment from reading it.

**Prof.dr.Michel Probst**  
President of the IOPTMH

**Prof. Liv Skjaerven**  
Vic-president of the IOPTMH

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## World Confederation for Physical Therapy CONGRESS 2015

Singapore  
1-4 May 2015



At the WCPT May 2015 the IOPTMH will be present during several occasions. The dates shown are based on the preliminary WCPT programme of the congress. The IOPTMH will inform the member countries about the final programme before the start of the conference.

**Business meetings**  
**29th of April till 1th of May:**  
WCPT General meeting  
2nd of May from 15.30 till 17.00: WCPT subgroup chair meeting

**3rd of May 12.30 till 13.30:**  
"Open" IOPTMH fifth general meeting, Everybody is welco-

me!

**Scientific meetings**  
**2nd of May 07.00-08.30 AM; room 309:** IOPTMH Networking session. Chair: Michel Probst. Liv. Skjaerven, Anne Parker, Amanda Gyllensten, Rutger Ijntema, Daniel Catalan will be discussing with the audience on the subject: "Is physical therapy in mental health and psychiatry a growing specialty?!"

**Monday 4 May 2015, 13:45-15:15, Room 331-332:**  
WCPT Congress IOPTMH Seminar:

"Evidence based physical

therapy in Mental Health".

Chair: Michel Probst (Belgium). Speakers: Daniel Catalan (Spain), Davy Vancampfort (Belgium), Liv Helvik Skjaerven (Norway) and Amanda Gyllensten (Sweden)

**Learning objectives**  
To learn why physical therapy is important in mental health  
To have more insight in the different physical therapy approaches worldwide  
To be more familiar with assessment and re-assessment in physical therapy in mental health

The EC hopes to meet you at one of the different sessions!

## 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

### Primary contact IOPTMH

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### Editor Newsletter IOPTMH

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



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](http://www.wcpt.org/iopthmh)  
[www.icppmh.org](http://www.icppmh.org)  
Free membership on [Linkedin](#)  
[Youtube](#)

## Reports member countries

**Greece**—On Saturday the 6th of December, during the annual Conference of the Panhellenic Physical Therapy Association, a "specialist group in Mental Health" was created within the physiotherapy association in order to gain recognition for physiotherapists in mental health in Greece. Dr Stathopoulos and Eli-Ana Ventoura asked for support from the board to become a member of the IOPTMH.

**Finland**—The PSYFY's Conference on 3rd and 4th of October 2014 in Helsinki celebrated their 20th Anniversary! The Executive board of the IOPTMH, represented by the president Michel Probst, congratulated the Finnish subgroup of physiotherapy in mental health.

Together with Dave Vancampfort the president presented

different papers and one workshop:

- Physiotherapy in Psychiatry and mental health
- The importance of considering autonomous motivation in the treatment of schizophrenia
- Physical therapy in binge eating disorders patients: a systematic review and case study
- Workshop about mirror exercises in eating disorders and the use of the Body attitude test

At the same conference Kirsten Ekerholt and Elisabeth Moyner from Norway presented the Norwegian psychomotor therapy.

**The Netherlands** The Dutch National Association physical therapy in mental health celebrated their 30th anniversary on October 2014. The IOPTMH was represented by Rutger



### Colleagues from Finland

IJntema, Secretary of the IOPTMH.

The Dutch Education programme PTMH, University of applied sciences Utrecht, was accepted as a Master of Science on september 2014, by the Dutch Flamish accreditation organisation.

**Turkey**—Meral Huri, PhD PT from the Hacettepe Universi-

ty, Faculty Of Health Sciences, Department of Occupational Therapy, Turkey visited the president of the IOPTMH from 15/12/2014 till 05/01/2015. She will be making more publicity for the IOPTMH and the Madrid conference in Turkey .

**Latvia** -Livia Tiesnese from Latvia followed a two months internship in Leuven (Belgium) and she is intending to start an association of physiotherapy in Mental Health.

## Interesting Publications

**India** -Kaur, J., Masaun, M., & Bhatia, M.S. (2013). Role of physiotherapy in mental health disorders (psychophysiotherapy). Delhi Psychiatry Journal, 16, 404-408.

**Australia** -Rosenbaum, S., Tiedemann, A., Ward, P.B., Curtis, J., & Sherrington, C. (2015). Physical activity interventions: an essential component in recovery from mental illness. British Journal of Sports Medicine, in press.

**The Netherlands**- Klaver, M. 2014, *Limbische verklaring en cognitieve emotieve behandeling bij SOLK*.



Language Dutch. Subject: dealing with medically unexplained symptoms with focus on the limbic system.

**Belgium**—Found in an antique shop in Belgium: Ueberschlag, H. (1945-66?). La kinesithérapie psychiatrique (French language) [Physiotherapy in psychiatry]. Minerve (Haut-Pyrénées): Hopital Psychiatrique de Lannemezan (15 pp).

Henri Ueberschlag, was born the 13th of March 1912 in Hamborn-Duisbourg (Germany). He moved to France and gained French Nationality. He became a French medical doctor specializing in psychiatry. He died the 15th of April 1976 in Pau. In 1945 he was appointed medical director of the psychiatric hospital « Lannemezan » in Hautes-Pyrénées, a French Department. He held his position till 1966. The Lannemezan hospital became an example for the French psychiatric hospitals and even over the borders in Great Britain, Italy, the Czech Republic and Poland.

The article was probably written in 1960 but certainly between 1945 and 1966.



Ueberschlag, H.

**Norway** -New Doctoral Thesis at the University of Bergen, Norway, June 2014: Randi Sviland, PT, PhD : “Norwegian Psychomotor Physiotherapy and Embodied Narrative Identity. A theory generating study”.

**Nigeria**—An interesting article was published by our colleagues from Nigeria. Gbiri CA, Akinpelu AO, Odole AC, they wrote the article: Description of physiotherapy services in a mental health institution in Nigeria,

This study reviewed the utilization of physiotherapy in a Mental Health Institution in Lagos, Nigeria, and determined its contribution to quality of patient-care in the hospital.

In this publication the importance of physiotherapy in mental health is evidenced in the number of patients/clients who benefited from its services. Therefore, the authors state, physiotherapy is an integral and indispensable member of the mental health team.

However, physiotherapy is still under-utilized in the hospital. This points to the need for proper integration of physiotherapy into mental health team in the hospital and other similar health institutions.

SA Journal of Physiotherapy 2011 Vol 67 No 3.

## Social media

Our open LinkedIn group is still growing fast. Right now we have 1276 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!

The Dutch physical therapy in mental health association managed to be at the Dutch national television for 5 minutes in a very informative item about our profession.

On [www.icppmh.org](http://www.icppmh.org) you find the LinkedIn button and the Youtube button. In this way you can visit our social media directly!



## News from the executive committee IOPTMH

**Madrid/Bergen**—All the members of the executive committee of the IOPTMH met on two occasions, in Madrid from 10th till 12th of September 2014, and from 27th till 29th January 2015 in Bergen where a workshop was held. It was supported and organized by Bergen University College.

The agenda consisted of preparation for the Madrid

conference 2016, and the Singapore WCPT Congress 2015 further development of our organization ( administration, finances, ...), discussion on the content of the field of physiotherapy in mental health and defining physiotherapy in mental health.

Daniel Catalan, who is organizing the Madrid conference, was also invited and the Spa-

nish physiotherapy association provided their support for our meeting. Three specific points were on the agenda:

Editing the book "Physiotherapy in mental health" that we hope to finalize for the Madrid conference

Preparation for the WCPT Singapore Congress and the general meeting of the IOPTMH

Preparation for the elections to the board at the Madrid conference. The election procedure will be send to the official member country delegates.



Left to right: Michel Probst, Liv Skjaerven, Amanda Lundvik Gyllensten, Rutger Jntema, Anne Parker.



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

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

### Announcement: Basic Body Awareness Methodology Education

The international, part-time, post-graduate education for English-speaking Physiotherapists interested in Mental Health and Movement Awareness, **Basic Body Awareness**

**Methodology (BBAM)**, 60 ECTS, starts for its 7<sup>th</sup> time at Bergen University College, Norway 19<sup>th</sup> of October 2015. Application 1<sup>st</sup> of March 2015 or during

spring 2015. There is no study fee.

The study program is accepted at a master of science level. <http://>

[www.studiesok.no/basic-body-awareness-](http://www.studiesok.no/basic-body-awareness-)

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



*Plaza Major, Madrid, Spain*

**Welcome to the 6th International  
Conference of Physiotherapy in Psy-  
chiatry and Mental Health ICPPMH  
Madrid 9—11 March 2016. Organi-  
sed by University Carlos III of Ma-  
drid, SPAIN. Save the date in your  
agenda! Prepare your abstract! Mo-  
re information soon available at  
[www.icppmh.org](http://www.icppmh.org).**