MESSAGE FROM THE PRESIDENT

Dear Colleagues,

2018 is gradually coming to an end. 2018 was for the IOPTMH an exceptional year. In April, the IOPTMH had her seventh successful Conference in Reykjavik with 180 participants. During the General Meeting and for the first time a non-European colleague (Jo Connaughton) become member of the Executive committee. The IOPTMH stimulated the Mexican physiotherapy subgroup in mental health to organise a special conference in Mexico. They realised the idea in a short term and the conference in Mexico was a success. Colleagues from Ecuador, Guatemala, Costa Rica, Colombia, Chile and the United States, France and Switzerland attended the conference. The IOPTMH did a big step forwards to realize one of her objectives mentioned in the constitution “to foster the cooperation between physical therapy practising in mental health throughout the world”. And on a top of that the WCPT choose this year for the World Physical Therapy Day the 8 of September “Physical therapy and mental health” as theme, demonstrating the role that physical therapy and physical activity have in mental health. The EC looks forward to the future with hope and confidence. The IOPTMH will be present at the WCPT conference in Geneva and our Finnish colleagues already started the organisation of the 8th conference in Helsinki in 2020. The EC wish you and your family and colleagues a fruitful 2019.

In behalf of the Executive Committee

Prof. Dr. Michel Probst, President of the IOPTMH
The IOPTMH will be represented at the General Meeting of the World Confederation of Physical Therapy (WCPT) in Geneva.

During the WCPT congress in Geneva the 7th open General Meeting of the IOPTMH will be held. Additionally, a networking meeting will be organized.

A focus symposium with Prof. Michel Probst (Belgium), Prof Jo Connaughton (Australia), Dr. Brendon Stubbs (UK), Dr. Lene Nyboe (Denmark) and Dr. Emanuel Brunner (Switzerland) was accepted. Only 26 of 103 applications for a focus symposium made the final selection. Emma Stokes, President of the WCPT, congratulated us with the selection and thanks the IOPTMH so much for their support of and commitment to WCPT and #globalpt (mail 14/05/2018).

Program: see https://www.wcpt.org/wcpt2019/programme/preliminary
Friday 10th May: Open General meeting IOPTMH at the HQ hotel
Friday 10th May: Opening Ceremony 18.00-19.15
Sunday 12th May (NWS-14): Networking session: Mental Health; 8.30-9.45

At the closing ceremony, The IOPTMH will present an outstanding poster award at WCPT Congress 2019 in the field of mental health.

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**WCPT CONGRESS 2021 IN DUBAI, HOSTED BY THE EMIRATES PHYSIOTHERAPY SOCIETY**

Dubai offers the chance for the global physical therapy community to meet in a destination that links Europe, Asia and Africa,” says Emma Stokes, president of the WCPT

Dubai is the largest and most populous city in the United Arab Emirates, located on the southeast coast of the Persian Gulf. The WCPT Congress will welcome more than 2,000 physical therapists to a city known for its striking skyline and cutting-edge architecture, delivering a world-class scientific programme featuring the latest research, innovations and debate.
SAVE THE DATE! 8TH INTERNATIONAL CONFERENCE OF PHYSIOTHERAPY IN PSYCHIATRY AND MENTAL HEALTH.

Finland will host the 8th International Conference of Physiotherapy in Psychiatry and Mental Health. The theme for the conference is **Linking Body And Mind: The Key To Effective Physiotherapy**. The conference will be held 12-14 May 2020 at Marina Congress Center, Helsinki.


We hope to see you in Helsinki!

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**NEWS FROM THE UK**

**Raising profile of Physiotherapy and Mental Health**

Brendon Stubbs has an article in Frontline – The Physiotherapy Magazine for Chartered Society of Physiotherapists entitled *Mental Health is Everyone’s Business* where he talks about the close link between physical and mental health. You can access Frontline [www.csp.org.uk](http://www.csp.org.uk)

Sandra Philip-Rafferty, Highly Specialist Physiotherapist, Eating Disorder Service, Fulton Clinic, Royal Cornhill Hospital, Aberdeen, helps people with eating disorders in the Aberdeen area to fine a route back to health.
NEWS FROM AUSTRALIA

Letting go of the stigma was the title of the latest opinion piece by Dr Joanne Connaughton to be published in the Australian Physiotherapy Association (APA) Monthly Magazine InMotion in recognition of World Mental Health Day. The Australian Mental Health Group has been successful in having 3 articles in the magazine each year in an attempt to raise the profile of physiotherapy and mental health.

In addition the APA release regular ecommunications and a feature in the next one is a case study by Vaishalli Budige; Nadi Shodhana pranayananama (yogic alternate nostril breathing technique), for treatment of chronic neck condition and anxiety.

Australia is a vast country and members of the APA Mental Health Special Interest group in Brisbane are more than 4,000kms away from members in Perth so we have established a Facebook page to help keep us connected and share experiences.

NEWS FROM ESTONIA

Physiotherapy education system in Estonia only began in 1990 and thanks to Marin Radnur, Tartu Medical College is leading the way in teaching Physiotherapy in Mental Health. Marin found Physiotherapy in Mental Health and Psychiatry by M. Probst and L. H. Skjaerven was a great resource to build the structure for the course. Students are asked to promote mental health physiotherapy within general public and says “It is truly amazing how creative and hardworking students can get. They have made useful posters and flyers for different subgroups using the newest literature in the field. I see how this great learning experience in many levels can also improve PT visibility in public domain. The process has been inspiring for me and I hope to keep developing together with my students.”

NEWS FROM FINLAND

Kirsti Niskala, IOPTMH member and vice chairman of The Finish Association of Psychophysical Physiotherapy is awarded physiotherapist of the year 2018. Kirsti has been working as a physiotherapist in occupational health, in rehabilitation centers and as a private professional; as a BBAT teacher and NLP Trainer. She started BBAT education in Finland 2010.

The Finnish Association of Psychophysical Physiotherapy turns 25
The Finnish Association of Psychophysical Physiotherapy (PSYFY) was a founding member of the IOPTMH. Finnish physiotherapists have been participating in conferences with broad representation, they have been active in scientific research and developing national models in accordance with
PSYFY and Finnish physiotherapist have networks with associations and professionals from different countries.

**NEWS FROM SPAIN**

The Spanish celebrated World Physiotherapy Day with a Mental Health workshop. Physiotherapists, other health professionals and the general public attended. Workshop topics included "Know what Physiotherapy can do for your Mental Health", "Living with chronic pain" and "Know your body. Basic Body Awareness Therapy". The final presentation was by the author of the book "Couple Physiotherapy", the physiotherapist and poet Mr. José Antonio Cortés, who captivated everyone with the precious story of the project and realization of this successful book.

Physiotherapist Maite Cenoz present Mental Health during the World PT Day in Bilbao, Maite Cenoz from The Official School of Physical Therapists of The Vasque Country, Bilbao (North of Spain) celebrated World Physical Therapy Day with a presentation which introduced physical therapy in mental health field and briefly showed clinical intervention. It created interest amongst in the audience to learn more.

Master of Mental Health Physiotherapy in Basic Body Awareness Methodology

The University of Almeria (Spain) is now offering a Mental Health Physiotherapy Master program. This clinical master program provides tools for physiotherapists to face the challenges of our society such as long-lasting musculoskeletal disorders and mental health problems. It was developed from the clinical hypothesis of the three-fold contact problem, the person’s lack of contact with the physical body, inner life, external environment and in the relation to other persons’.

The one year program combines online courses with on-campus intensive practical teaching. The first group of students started in January 2018 with attendees coming from 11 countries. The next intake will be January 2020. Applications will be opened from February 2019. More information at: http://fisioterapiasm.es/masterbbam.htm
NEWS FROM SWITZERLAND

Symposium in Winterthur, Switzerland, 29 June, 2018

The Kantonsspital Winterthur (KSW) and the Swiss Association for Physiotherapists in Psychosomatics and Psychiatry (SAG PPP) organized a 1-day International Symposium with the title Integration of psychological aspects in physiotherapy. The program of the symposium included presentations and workshops on current clinical topics including sleep disorders, body image, chronic pain and therapeutic relationship.

NEWS FROM DENMARK

Physical Therapist and Ph.D. Lene Nyboe recently published an article demonstrating how systemized massage with ballstick balls helped manic patients to calm down and fall asleep resulting in almost 50% fewer restraints. The results of the project were published in the National Danish Physical Therapists Organisation Magazine (in Danish): "Fysioterapeuten", issue 5, 2018. https://www.fysio.dk/fysioterapeuten/arkiv/nr.-5-2018/kan-jeg-fa-noget-af-det-der-ole-lukoje-stov

Recognition of Physical Therapists who are specialists in Mental Health

A new education and qualifying system has been introduced in Denmark and currently there are 5 Physical Therapists who are recognized as specialists in Mental Health, among those is Lene Nyboe and Susanne Sternberg, Susanne is a current board member of the Danish Organization of Physical Therapists in Mental Health.

NEWS FROM GREECE

Recognition for the role of physiotherapists in mental health takes a leap forward

In 2018 the Minister of Health announced:

➢ Physiotherapists can be appointed to the position of Scientific Coordinator in Psychiatric Units in the Private Profit and Non-Profit Sector and
➢ In order to be licensed the boarding houses for end-stage dementia patients should provide mandatory services of "Palliative Physiotherapy"

Physiotherapists have been busy raising the profile of physiotherapists working in mental health with presentations at 14th PanHellenic Conference of the Hellenic Gerontological and Geriatric Society, 1st PanHellenic Multithematic Congress in Primary Health Care and 28th Annual PanHellenic Scientific Conference on Physiotherapy as well as providing consultancy services for the suitability exercise and active participation of our members in 1st European Sport Event in Mental Health.
A press conference on physiotherapy in mental health was held for **World Physiotherapy Day** and on **World Mental Health Day** there was representation of the scientific section "Physiotherapy in Mental Health" at the official meeting of the Hellenic Psychiatric Society at the University of Athens Academy.

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**NEWS FROM BELGIUM**

**Visiting Experts**

Turkish colleague, **Eylem KÜÇÜK** from Istanbul Aydin University visited KU Leuven Department of Rehabilitation Sciences, rehabilitation in mental health from 9/6/2018- 16/6/2018 with a Erasmus & training mobility program.

**Rodrigo Juarez**, professor of physiotherapy at the University of Rosario (Argentina) received a grant to visit the KU Leuven, Department Rehabilitation Sciences, Major Mental Health from 8 to 31 October 2018. He visited different mental health centres in Belgium, participated to courses and discussion groups related to physiotherapy in mental health.

**Simon Rosenbaum**, (Ph.D , Australia) visited Departement of Rehabilitation Sciences at give the 6th November 2018 a presentation “From evidence to practice using exercise in the treatment of PTDS disorders”

**Charbel Najem**, (MSc Antonine University, Beirout), was invited at the Departement of Rehabilitation Sciences to give the 7th November 2018 a presentation “Inclusion of cognitive behavior therapy (CBT) models in physiotherapy” & Physiotherapy in a multicultural world”

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**An English Master in Science in Rehabilitation Sciences and Physiotherapy, Major Mental Health, at the KU Leuven, Belgium.**

The Departement of Rehabilitation Sciences offers bachelor students in physiotherapy the possibility to follow a Master in Science in Rehabilitation Sciences and Physiotherapy with a Major in Mental health (120 ECTS). For admission and program see website.

In this Major program, students of Rehabilitation in Mental Health will become more competent to treat - within a bio-psycho-social model - children, adolescents, adults and elderly with common and severe, acute and chronic mental health problems, in primary and community care, inpatients and outpatients. The courses of physiotherapy in mental health are based on the existing evidence based literature and consist of promoting physical activity and fitness, exercise, sensory, body and movement awareness and functional movement. Additional attention is given to
health promotion, communication and the integration of principles of psychology to optimize physiotherapy outcomes.

Department of Rehabilitation: https://gbiomed.kuleuven.be/english/research/50000743/index.html
English program: https://faber.kuleuven.be/eng/education/NEWMscRehaScPhy/

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**NEWS FROM LATVIA**

The Latvian physiotherapy association organized a conference related to physiotherapy and mental health for World Physiotherapy Day. About 300 Latvian physiotherapist attended the conference.

The president of the IOPTMH was invited to present a key-note lecture: Mental health an important topic in physiotherapy. Dr. Agita Luse presented a lecture about Stigma and Dr. L Voogt (NL) presented a presentation about Applying modern pain neuroscience in clinical practice. Workshops were organized for the afternoon.

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**NEWS FROM MEXICO**

The first physiotherapy conference in psychiatry and mental health of the American continent took place, in Mexico City, from September 25th to 28th

Representatives from Brazil, Costa Rica, Colombia, Chile, Ecuador, the United States, Guatemala, Belgium, Norway, Netherlands, Switzerland, France, Spain, Australia and Mexico attended this conference to hear lectures from mental health experts from Europe as well as hearing about local experiences.

A document signed by representatives of the countries of America that attended the congress was announced, as well as the President of the IOPTMH, Michel Probst, and the representatives of the associations of Spain, Norway, Colombia and Mexico included “we proclaim the commitment of starting a mutual collaboration, aimed to structure a work plan about education, research and social disclosure of the existing knowledge which could allow to get a better position for the Mental Health field in the American continent through the endeavor of our network.”

The 2nd Congress is planned for Colombia.
The link to the conference in Mexico: www.fisioterapiasm.org

Witness from the Netherlands written by Linda Slootweg:
On the 25th of September 2018 the first international Congress on Physical Therapy in Mental health took place. The practice of BBAM, Norwegian Psychomotor therapy, psychosomatic physical therapy, psychomotor therapy in elderly, mindfulness and the huge importance of physical exercise was show. It was good to see the effort, interest and work that is already performed executed in physical therapy in mental health in America. It shows just how important it is to support and cooperate with our American colleagues.

Witness from Costa Rica written by Teófilo Borbón Arce, National Psychiatric Hospital
This is a short writing about my experience in the International conference of Physiotherapy in Mental Health, which took place in Mexico, for the first time in our American Continent. I had the opportunity to assist to the International conference in Mexico, which I was able to represent my country with a small speech about the programs that we have in physical therapy here in my work, and also the opportunity to share my experience with my colleagues from around the world. Is kind of interesting, that most of our colleagues that works in the public hospital they had the same points of view and the same challenge to change the vision of the physical therapy in psychiatry and mental health. The opportunity to assist at this conference had make a mark in our lives, as a person and as a professional, great speakers with a lot of experience in their own fields, great organization, great place in the UNAM, the hospitality of Mexico it make me come back again, not only as a tourist, but as a better person that made lots of friends. In this conference, we had the chance to make a declaration of commitment in order to improve our programs in mental health as a physical therapist, to promote the field of physical therapy in mental health as a need in our health system, to educate the scientific community in order to recognize our work as professional as there is a lot of scientific evidence, and finally, to create a brotherhood of all the physical therapist in America in mental health. I would like to end this writing, with this thought: “there is not progress in the collective without ethics in the professional.”
NEWS FROM COLOMBIA

Physiotherapy in Mental Health "Corporal-Mind"

The objectives of Corporal Mind has three main objectives focused on building and strengthening networks, research and training the health field metal in our profession. These are:
1. To promote research in this area using public, social and scientific evidence
2. To encourage the training of physiotherapists in this area practice
3. Strengthen academic and knowledge networks in this area to increase the visibility of the group and physiotherapists working in this field.

NEWS FROM GUATEMALA

Licda. Maria Eurgenia de Leon, PT, presented at the 30th National Congress of Psychiatry and Mental Health in 2018 with a paper about “Physiotherapy and Mental health, a new option in Guatemala for the comprehensive approach of the patient”

NEWS FROM LITHUANIA

The Lithuanian Minister of Education and Science and the Siauliai State College invited Prof. Dr. Michel Probst to provide a 40 academic hours of lectures about Mental health and Physiotherapy for the students for physiotherapy study programme from 15/10/2018 till 26/10/2018.

NEWS FROM LEBANON

Prof. Dr. Michel Probst was invited by the University Antonine, Beirut, Lebanon to give a lecture and
workshop about weight and eating related disorders. He used the opportunity to discuss opportunities to build a subgroup related to physiotherapy in mental health.

PHD’S IN PHYSIOTHERAPY RELATED TO MENTAL HEALTH

Eduardo Alfaro PhD (Chile)

On September 11, 2018 Eduardo was awarded a PhD in kinesiology in Chile with his dissertation "Validity of content and reliability of the central sensitization instrument in patients of the Program of Reparation and Comprehensive Care in Health and Human Rights of Concepción". The thesis consists of the validation of the instrument (content and reliability) of central sensitization (persistent pain) amongst victims of human rights violation including people who were tortured or relatives of disappeared detainees during the period of 1973-1990 in Chile.

- Eduardo presented his research and obtained second place for his poster at the VIII National Scientific Congress of University Students of Kinesiology 2018 "Science and movement, an Austral vision" of the University of Austral of Chile.
- In October 2018 he participated in the CONLEKIF Latin American Student Congress of Kinesiology and Physiotherapy.
- Together with a multidisciplinary team (psychologists, psychiatrist, kinesiologists focused on persistent pain) undertook the project entitled: "Prevalence of chronic musculoskeletal pain with and without central awareness in victims of human rights violations in Chile between 1973
- In 1990 attended in the Program of Repair and Integral Health Care postulated in the XV national contest of projects of investigation and development in health FONIS 2018.

NEW BOOKS

Psychosocial Elements of physical therapy: the connection of Body to Mind

Hannah Johnson, PT
Slack Books, 288 pages; ISBN 10 1 63091-553 X or 13 978 1 63091 553 7
Publication date: 2019

Physical therapists know that their patients are more than just a list of symptoms. They are people first, often with a complex mix of medical and psychiatric circumstances, who may receive a wide range of care from a team of professionals.

Keeping this in mind, Psychosocial Elements of Physical Therapy: The Connection of Body to Mind is
both a textbook and a clinical resource for physical therapist students and clinicians practicing in any patient population with psychological concerns or disorders.

Dr. Hannah Johnson provides an essential introduction of psychosocial concepts, general treatment approaches for culturally sensitive care, and selected classes of mental illness as defined by the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition* (DSM-5). A complete review of the current research and evidence base provides students a strong foundation to build their careers on, but can also act as a crash-course in the most recent literature for the busy clinician.

**Hannah Johnson, PT, DPT, GCS** is a practicing physical therapist in a skilled nursing facility setting in Wisconsin. Along with patient care focused on geriatric clients and persons with psychological conditions, she enjoys teaching and writing to help the next generation of physical therapy students. She earned her BS in biology and her DPT from Concordia University Wisconsin (Mequon, Wisconsin). Additionally, she has clinical board specialist certification in geriatric physical therapy. Currently, she is working on her PhD in Interdisciplinary Health Sciences, with a focus on carryover of exercise programs for long-term residents of skilled nursing facilities.

**THE EXECUTIVE COMMITTEE 2018-2019**

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<th>Name</th>
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<tbody>
<tr>
<td>Michel Probst</td>
<td>Belgium</td>
<td>President</td>
<td><a href="mailto:Michel.probst@kuleuven.be">Michel.probst@kuleuven.be</a></td>
</tr>
<tr>
<td>Liv Helvik Skjerven</td>
<td>Norway</td>
<td>Vice President</td>
<td><a href="mailto:Liv.Helvik.Skjerven@hib.no">Liv.Helvik.Skjerven@hib.no</a></td>
</tr>
<tr>
<td>Joanna Connaughton</td>
<td>Australia</td>
<td>Secretary</td>
<td><a href="mailto:Joanne.connaughton@nd.edu.au">Joanne.connaughton@nd.edu.au</a></td>
</tr>
<tr>
<td>Emanuel Brunner</td>
<td>Switzerland</td>
<td>Treasurer</td>
<td><a href="mailto:Emanuel.brunner@ksw.ch">Emanuel.brunner@ksw.ch</a></td>
</tr>
<tr>
<td>Merja Sallinen</td>
<td>Finland</td>
<td>Member</td>
<td><a href="mailto:Merja.sallinen@samk.fi">Merja.sallinen@samk.fi</a></td>
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**Updates from the Executive Committee (EC)**

The EC annual meeting was held 10-12 September 2018 in Copenhagen. Among discussions were:

- **Conference 2022** - Member and non-members can apply to host the 2020 ICPPMH. The application needs to be send before the first of September 2019 to the president.
- **General Meeting** - During the WCPT conference, the IOPTMH will hold an “open general meeting”. The goal of the general meeting is to inform the members and the interested colleagues about the work of the IOPTMH. The agenda will be sent before the end of the year 2018.
- **Elections 2020** - In 2020, an election will be hold for two places in the Executive committee.
- The EC has worked to change the official website from www.icppmh.org to [www.ioptmh.org](http://www.ioptmh.org). Information can also be found through the WCPT website info@ioptmh.org.

**Website:** [http://www.wcpt.org/ioptmh](http://www.wcpt.org/ioptmh) & [www.ioptmh.org](http://www.iptmh.org)
Please, send all information for the next newsletter to Joanne Connaughton before 10 May 2019

Flyers and infographics related to Physiotherapy and mental health: see also https://www.wcpt.org/wptday

Long-lasting musculoskeletal disorders and mental health are the leading causes of sick leave worldwide. To meet the needs of the patient, physiotherapists offer a wide range of approaches with a focus on human movement and function.

Exercise is an evidence-based treatment for people with depression, and physiotherapists work with people who may have depression alongside long-term health issues. Getting and staying physically active will help improve your physical and mental health. Talk to a physiotherapist and discover an exercise or activity you find enjoyable and have fun!

Get active. Stay active. Talk to a physiotherapist today

Movement for Health
World Physiotherapy Day

World Confederation for Physical Therapy
www.wcpt.org
#worldptday
Long-lasting musculoskeletal disorders and mental health are the leading causes of sick leave worldwide. To meet the needs of the patient, physiotherapists offer a wide range of approaches with a focus on human movement and function.

Exercise is an evidence-based treatment for depression. As qualified experts in movement and exercise, physiotherapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.

There are many reasons physical activity is good for your body – having a healthy heart and improving your joints and bones are two reasons – but did you know being physically active can also benefit your mental health and wellbeing.

As qualified experts in movement and exercise, physiotherapists are best placed to give advice on how to improve your physical health, decrease your anxiety symptoms and improve your quality of life.
PHYSIOTHERAPY AND MENTAL HEALTH

Mental health problems are one of the main causes of the overall disease burden worldwide.

People with severe mental disorders die on average 10-20 years earlier, often of preventable non-communicable diseases such as heart disease, particularly in low- and middle-income settings.

70% of premature deaths in mental health patients are due to poor physical health.

Physiotherapists work with patients who may have depression alongside long-term health issues.

- 20% of people living with osteoarthritis have depression or anxiety.
- 33% of stroke patients have depression.
- 38% of people with frailty have depression.

Exercise is an evidence-based treatment for depression.

Benefits:
- Offers protection against the emergence of depression.
- Better outcomes are achieved when exercise is delivered by a physiotherapist.
- Prevents the development of mental health issues.
- People with depression and schizophrenia are less likely to stop exercising when supported by a physiotherapist.
- Improves the quality of life and self-esteem of people experiencing mental health issues.
- Has a large and significant antidepressant effect in people with depression.

IMPROVING MENTAL HEALTH WITH EXERCISE

Long-lasting musculoskeletal disorders and mental health problems are leading causes of sick leave worldwide. To meet the needs of the patient, physiotherapists offer a wide range of approaches with a focus on human movement and function.

Exercise and activity have a wide range of health benefits – for your mind as well as your body.

How will a physiotherapist work with you to achieve your goals?

- Listen to you to understand what matters to you.
- Ensure targets are realistic and achievable.
- Work with you to develop a programme that is tailored to your needs.
- Keep you motivated and adapt the programme as you progress.

Choose an exercise or activity that you find enjoyable – have fun!

Get active. Stay active. Talk to a physiotherapist today.